

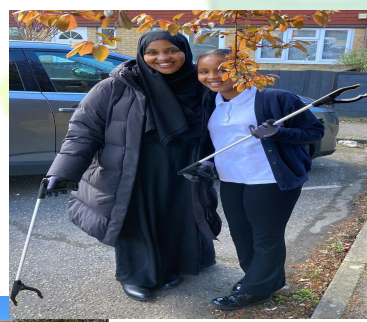
Principal's update

Sustainability News

Our School Council, guided by our Sustainability Lead Mrs Hopley, continue to work hard to meet the goals of our Climate Action Plan.

Just before Easter we took part in The Great Big School Clean event. It was really lovely having the parents there and they all were very keen to do their bit! We worked in the area around the school and managed to pick up quite a lot of rubbish.

Mrs Hopley



Dates for your diary

Bank Holiday:

Monday 4th May 2026

Staff Development Day:

Friday 22nd May 2026

Half Term:

Mon 25th May to Fri 29th May



Attendance

The class with the best attendance this last week was:

- 1st place: 5KS
- 2nd place: 4SM
- 3rd place: 6DS

It will be a non-uniform day for on 5KS on Friday 1st May, well done!



Safeguarding: A parent's guide to county lines

As young people become more independent and spend more time with their peers and away from home, parents might worry about them becoming involved in drug dealing and violence associated with "county lines". For many young people, becoming involved in county lines happens because they are being exploited by others.

County lines is when gangs and organised crime groups exploit children to transport and sell drugs, normally between big cities where the exploiters are based to smaller towns, sometimes across county boundaries but also locally and within the borough. The children have dedicated mobile phone 'lines' for taking orders for drugs; children are used as they are less likely to be stopped by police, allowing adult dealers to avoid the risk of arrest. County lines is a form of criminal exploitation; this occurs where a person or a group of people takes advantage of their contact with and influence over a young person to coerce or manipulate them into carrying out a criminal act.

If you're worried that a child might be at risk, it's a good idea to:





























- Look for changes in your child's behaviour – if you see anything, speak to them about it and explain why you're worried.
- Approach the situation with compassion – if they're involved in something, consider how the situation might have happened.
- Show your child that you are keen to understand and help.
- Ask a trusted adult to have a chat with them.

Well-Being:

Get Active!!

Take a look at April's calendar and get some ideas on what you can do to get more active!!

Active April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1. Commit to being more active this month, starting today	 2. Spend as much time as possible outdoors today	 3. Listen to your body and be grateful for what it can do	 4. Eat healthy and natural food today and drink lots of water	 5. Turn a regular activity into a playful game today	 6. Do a body-son meditation and really notice how your body feels	 7. Get natural light early in the day. Dim the lights in the evening
 8. Give your body a boost by laughing or making someone laugh	 9. Turn your housework or chores into a fun form of exercise	 10. Have a day with less screen time and more movement	 11. Set yourself an exercise goal or sign up to an activity challenge	 12. Move as much as possible, even if you're stuck inside	 13. Make sleep a priority and go to bed in good time	 14. Relax your body & mind with yoga, Tai chi or meditation
 15. Get active by singing today (even if you think you can't sing!)	 16. Go exploring around your local area and notice new things	 17. Be active outside. Plant some seeds and encourage growth	 18. Try out a new exercise, activity or dance class	 19. Spend less time sitting today. Get up and move more often	 20. Focus on eating a rainbow of multi-coloured vegetables today	 21. Regularly pause to stretch and breathe during the day
 22. Find a fun exercise to do while waiting for the kettle to boil	 23. Meet a friend outside for a walk and a chat	 24. Become an activist for a cause you really believe in	 25. Make time to run, swim, dance, cycle or stretch today	 26. Get active in nature. Feed the birds or go wildlife-spotting	 27. Have a 'no screens' night and take time to recharge yourself	 28. Take an extra break in your day and walk outside for 15 minutes

ACTION FOR HAPPINESS Happier · Kinder · Together



Well-Being during tests

Looking After Yourself During SATs (and other tests)



You might be feeling worried about your SATs and some children with tests in general, how you will feel during the test and if you will be able to answer the questions. Some stress is normal and can help you do your best but too much stress is not good for you.

Here are some top tips to help

- Talk to your teachers. Your teachers are there to help if you need support with your work or to manage worries.
- Learn some relaxation techniques, such as mindfulness and breathing exercises, which you could use if you feel anxious in a test.
- Try to get 8 to 10 hours sleep per night so you can focus better when taking your tests. Have a regular bedtime and avoid screens in the hour before bed- try reading, colouring, or listening to your favourite music instead.
- Keep active. Do some sport or go for a walk outside in the fresh air to improve your sleep and your mental health.
- Eat regular meals to give you energy and drink plenty of water that is best for your health and improves concentration. It is best to avoid high sugar and energy drinks.
- Try not to compare yourself to others. Everyone is different with their own special strengths and your wellbeing is the most important thing.
- Eat regular meals to give you energy and drink plenty of water that is best for your health and improves concentration. It is best to avoid high sugar and energy drinks.
- Try not to compare yourself to others. Everyone is different with their own special strengths and your wellbeing is the most important thing.

SATs are used to measure school performance and to make sure individual pupils have the support they need as they transition to secondary school. Children should not be made to feel under pressure but preparing for SATs and the tests themselves can cause some children to worry and compare themselves to others. Here are some tips for supporting your child during the test weeks.

- Look for signs of stress, including: difficulty sleeping or sleeping longer than usual; seeking reassurance more than usual; being tearful or irritable, having headaches or stomach aches.
- Help your child to get enough sleep by agreeing boundaries around screen time and encouraging a regular bedtime routine.
- Offer healthy meals, snacks, and plenty of water.
- Notice and praise effort and talk about your child's strengths to boost their self-esteem.
- Take time to talk to your child about anything that is worrying them. Acknowledge their feelings and encourage them to face their worries in manageable steps.
- Help your child learn to relax. Try some activities together and be a role model for looking after your own wellbeing.
- And finally, plan a treat or an activity together to mark the end of the tests.



Family Support Worker Focus:

The Importance of Physical Activity on our Mental Health?

What are the benefits?



Regular physical activity plays an important role in supporting the mental health of both children and parents. Movement helps reduce feelings of stress, improves mood, supports better sleep, and builds focus and resilience. For children, active play also boosts confidence and emotional regulation, while for parents it can increase energy and wellbeing. Finding simple ways to move together as a family can make activity feel enjoyable and achievable. Even short bursts of movement each day can have a positive impact on mental health. By making physical activity part of everyday family life, you are supporting emotional wellbeing and setting healthy habits for the year ahead.

Physical Activity for Children NHS guidance states children and young people need to do 2 types of physical activity each week: aerobic exercise and exercises to strengthen their muscles and bones. This should be completed for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week, through a variety of types and intensities of physical activity. This not only benefits children's physical health, but improves their mental health and wellbeing.

How can children complete 60 minutes of exercise a day?

- Walking and running
- Sports like football
- Swimming
- Skateboarding
- Gymnastics
- Jumping



Gentle Reminders: Children are more likely to stay active when adults join in and model enjoyment!



Events:

Recently, Hillingdon & Ealing Chess won 3rd place in the EPSCA Under 11 Final for Chess for the whole of England!

Kevin once again made a great contribution to the team by scoring 3/4 (3 wins in 4 games).

Hillingdon were also placed 4th in the Natinal U9 EPSCA County Final last week in which Kevin also took part. Well done!



Curriculum Showcase:

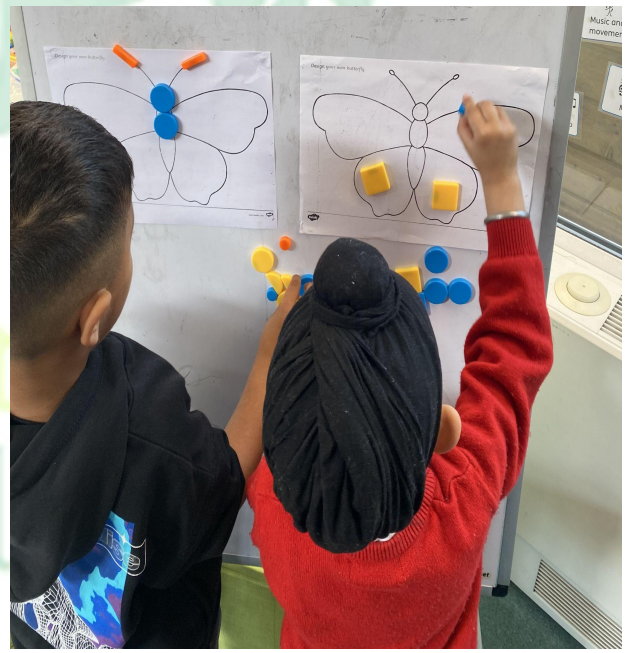
Garden Rooms

The topic this term is mini beasts and for the last two weeks we have been reading the 'Very hungry caterpillar'. The children have enjoyed learning all about caterpillars and butterflies. Amazing work all!



Curriculum Showcase:

Nursery



Our nursery is buzzing with excitement as we watch our caterpillars grow. We've been reading stories and getting creative making and decorating patterned butterflies. We are learning all about the lifecycle of a butterfly and can not wait to see our tiny caterpillars change into beautiful butterflies!

Curriculum Showcase:

Reception

Butterfly Fever in Reception

Our young learners have been captivated by the classic tale of The Very Hungry Caterpillar as they dive into the fascinating world of metamorphosis. To bring the story to life, the children have been practicing being responsible pet owners by caring for their very own pretend caterpillars, even building housing and preparing food for them.

This hands on preparation has been the perfect warm up for the real thing! We are thrilled to announce that live caterpillars have officially moved into the classrooms. The children are buzzing with excitement as they observe their new tiny friends, eager to watch them grow and eventually take flight as beautiful butterflies



Curriculum Showcase:

Year 1



Year 1 have been learning about the Victorians in both our English and History units this half term. To help develop the children's understanding of what life was like for a Victorian child they had a surprise visit from a Victorian teacher! She was very strict, she checked their hands to see if they were dirty then she made us chant 'Godliness is next to cleanliness'. We then had to write our alphabet using chalk which some of broke and got the dunce hat. We were all very relieved when our own teacher came back and we realised how lucky we are to go to school in 2026!

Curriculum Showcase:

Year 2

This term, Year 2 are exploring plants through our big question: *“Can plants grow without soil?”*

In Science, we have been learning about the differences between bulbs and seeds. This has linked with our Forest School sessions, where the children enjoyed searching for plants and seeds and observing them closely using magnifying glasses.

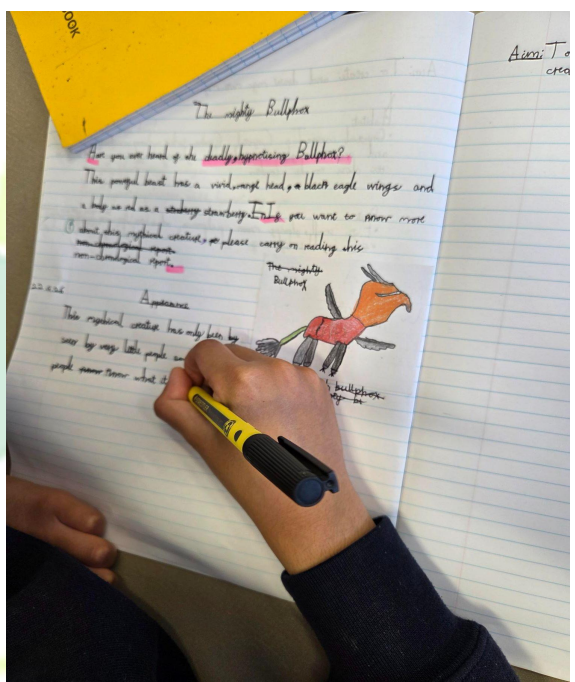
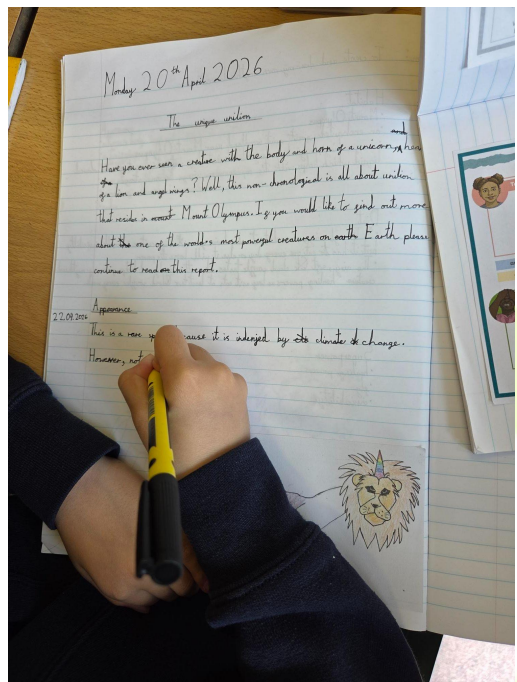
In Art, the children created detailed observational drawings of bulbs and plants, using their sketching skills to show what they discovered.

It has been lovely to see the children so curious and engaged in their learning.



Curriculum Showcase:

Year 3



Year 3 have really enjoyed this term's english unit where they have created their very own mythical creature! They planned what it looks like, where it lives, what it eats and what its superpower(s) are. They have now begun writing their non-chronological report about it! Have a look at some of the writing they have done so far.

Curriculum Showcase:

Year 4

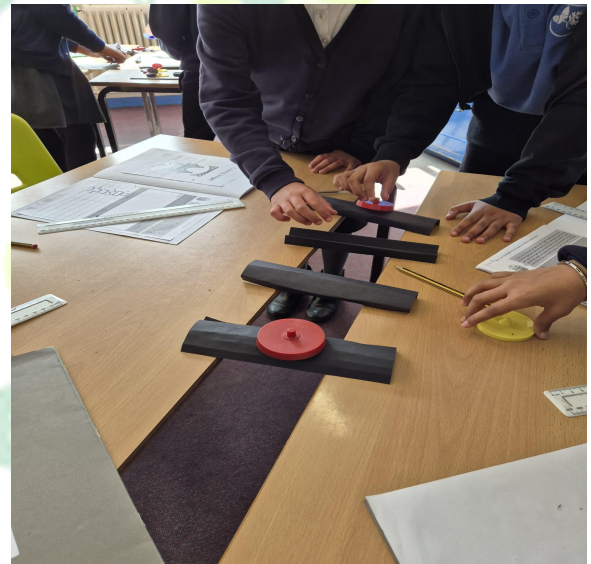
Year 4 have had great fun creating their own torches from recycled materials.

It's been a great chance to investigate circuits and use them in a practical way.



Curriculum Showcase:

Year 5



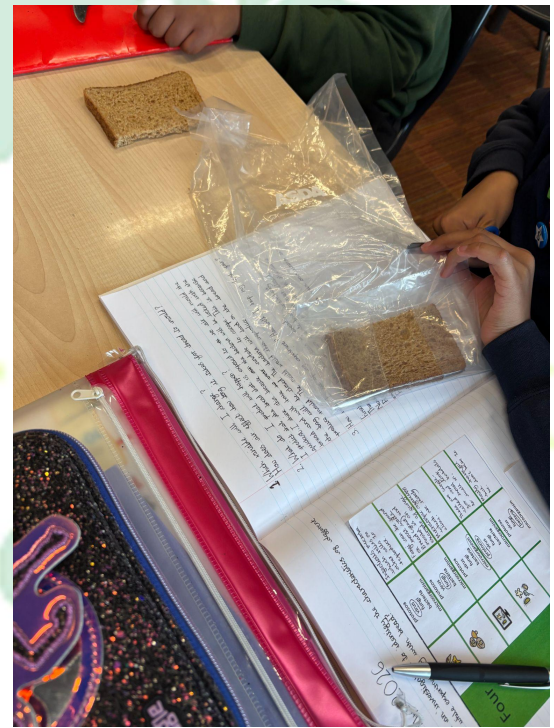
Y5 are becoming young engineers by designing their own bridges.

During outdoor PE they are building their fitness, coordination and teamwork skills.

Curriculum Showcase:


Year 6

Year six have been learning about the different types of micro-organisms in science this week. As part of our learning, we have been looking at the best conditions to grow mould. We have found out that warm and moist environments are the best conditions for it to grow.



EARLY YEARS

The Future Book
 by Mac Barnett



You might think you know what the future is like, and what words and phrases we use. But lots of things are different here in the future.

Have you seen the colour BLORANGE? You haven't? And how is it you say "goodbye" again? It's not "YOU SMELL LIKE A BABY?" Well... that might seem silly to you, but it's absolutely normal for us in the future.

Turn the pages of this book to discover what else has changed in the future, and to see how the funny word combinations lead to a brilliantly bonkers narrative that will have you rolling in the aisles of the BOLLY BOLLY HOO HOO (that's what we call the supermarket in the future).

KEY STAGE 1

Space Tortoise
 by Ross Montgomery



A beautiful, moving and heartwarming tale about bravery, kindness and welcoming strangers, from the team behind The Building Boy.

Once, in an old rusty bin in an old rusty playground in an old empty park...

... there lived a little tortoise.


But Tortoise is lonely. He's never seen any other tortoises, and wonders where they could all be hiding. Then, one day, he looks up and the night sky, and sees a million blinking lights winking at him. "That must be where the other tortoises are - at the top of the sky! I wish I could join them." But how can a little tortoise get to the top of the sky? And so begins a magical journey.

Mrs Matthews' RECOMMENDED READS



LOWER KEY STAGE 2

Future Hero
 by Remi Blackwood




Destiny is calling... When Jarell discovers that the fantasy world he is obsessed with doodling is actually real, he is launched into an incredible adventure.

Ulfrika, the land of his ancestors, is in trouble and he is the hero they need.

With the help of brave and wise-cracking Kimis', Jarell must stop the evil Ikala. The future of Ulfrika depends on it...

UPPER KEY STAGE 2

Dream Hunters
 by Nazima Pathan



Set in a fantasy, reimagined India where dreams can be captured and bottled, young Mini Malou must go on a quest to save the king and rescue her parents.

In the Citadel, we hunt. Dreams are our prey. If we catch them before they melt into moonlight, they can be recycled and sold for great profit. My family has been hunting dreams for generations. Capturing them as they slip away, and storing them in a soaring, magnificent library.