



**YOUNG**MINDS

31/01/2020

## Parents Helpline

Worried about a child or young person? Call our free helpline for confidential, expert advice.

### **Advice from our Parent Helpline**

Our parents helpline is available to offer advice to parents and carers worried about a child or young person under 25.

You may have questions about a child's behaviour, emotional wellbeing, or mental health condition. You may have a child who's already been admitted to CAMHS and have questions about their treatment or want to know what to say to your GP when you visit them.

Our trained advisers are here to give you help and advice, whatever the question.

### **Call the Parents Helpline**

Call us for free Mon-Fri from 9.30am to 4pm - available in England, Scotland, Wales and Northern Ireland

**0808 802 5544** (Calls may be recorded for monitoring or training purposes)

## **Outside of the Parents Helpline hours**

Out of operating hours, you can contact the Parents Helpline via our online contact form. We will endeavour to reply to emails received within three working days. If you are in need of urgent help go to: [youngminds.org.uk](http://youngminds.org.uk)

For more information on support for parents and children, please visit the Young Minds website:

**[youngminds.org.uk](http://youngminds.org.uk)**

# Sporting News:

Congratulations to our football team who beat Hermitage 3:1. It was an exciting game and one where the scoreline would have been even higher had the crossbar and stanchion not intervened. Highlights of the game included Samir's first goal for the school (a cheeky flick on from a corner) and Adelin dominating the midfield.

Well done all. Next week's game is at away at Whitehall Junior School.

## **Cricket Taster Day**

Last Friday we had a visit from a member of Middx Cricket to deliver coaching sessions for Years 5 and 6. Although it was a bit chilly, the children thoroughly enjoyed themselves and learnt a lot about the skills you need to play the game.

## **Basketball**

On Thursday 30th January two teams travelled to Uxbridge College to take part in the Borough Basketball Competition. Twenty five teams took part and the atmosphere was exciting. Both teams played four games, winning two each, with some amazing shots from Sameer and Mads. However they did not quite make the next round. All the children competed to a high standard and enjoyed themselves immensely. Well done everyone!

# Book Swap

Next week children in KS1 will have the opportunity to start to swap preloved books from home for new ones in our book sheds. The timetable will be as follows:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EMERALD CLASS	AMBER CLASS	JADE CLASS	AMETHYST CLASS	CLOSED
Today's helpers Lola Harry	Today's helpers Ryan Mellisa	Today's helpers Kacper Jane	Today's helpers Elsie Abbas	Be free and caring.

The rules are as follows and the swaps can only be made during morning breaktime.

- Remember to tidy the shelves so all the books are facing the correct way.
- Treat everyone with respect.
- Make sure a book is swapped for a book in a good condition.
- Say thank you and talk politely to all children.

## HEAD LICE

All hair must be tied up. Please check your child/children's hair regularly as per leaflet sent out via email this week.

# STICK ON YOUR FRIDGE: DATES

Find Your Brave Week 3-9 February 2020

Phonics Breakfast -Wednesday 12 February 2020

**Half Term** - Monday 17th - Friday 21st February 2020

KS2 Dogs Trust Workshops and Assembly - 24th and 25th February

JRSO Dragons Den at Winston Churchill Hall - 26th February

Election Day - 27th February - Nursery closed

Junior Citizens event at Brunel University - 9th March

Be Headteacher for the Day - *Raffle Draw*: Monday 9 March 2020

Be Headteacher for the Day- *Actual day as Headteacher*: Thursday 12 March 2020

Parents Evening - 11th and 12th March

Swimming Gala - 12th March

Mothers Day Shop - 20th March

Spring Disco - 27th March

**End of Term** - Friday 3<sup>rd</sup> April 2020                      School finishes at 1.30pm **Infants**

School finishes at 1.35pm **Juniors**

**Term Starts** - Monday 20th April 2020

**Bank Holiday** - Friday 8th May 2020

**Half Term** - Monday 25<sup>th</sup> – Friday 29<sup>th</sup> May 2020

**End of Term - Friday 17th July 2020**                      School finishes at 1.30pm **Infants**

School finishes at 1.35pm **Juniors**