



Heathfield Juniors

Dear All

It has been a great start to the school year. Your children have settled in really well to their new classes and are showing all those qualities that we value so much in them. They are respectful, friendly, kind and hard working. The response to our reading challenge over the summer holiday was terrific and supports the message about reading for pleasure that we want to instil in our children. Another important focus this year is our GREAT DREAM programme designed to promote emotional wellbeing and resilience. There are more and more reports nationally of children being stressed and unhappy and we want to do everything possible to respond to that. I am sure you will support this work. Additional information about what we plan to do is included at the end of this newsletter.

Some of you may have noticed a new face in the Junior School Office, Mrs Tripp joins us on a permanent contract. She may not be a "new face" to all of you as you may recognise her from when your child was in Reception. We are very pleased to welcome Mrs Tripp to the team.

Best Attendance

Siberian Tiger Class won best attendance this week with an amazing 100% and *Lynx Class* were not far behind with 99%.

Singing Ensembles



Mr Speck will be running singing ensemble groups for all children wishing to have some fun and make music together! This term, we will prepare a selection of songs to perform at the Homelink Day Centre towards the end of October, and also to the rest of the school during our singing assemblies. Anyone is welcome to come along, and it would be especially good to have members of the school choir plus anyone who has singing lessons with Mr Speck:

Year 3 and 4 - in the hall during Monday morning break

Year 5 and 6 - in the hall during Tuesday morning break

Mr Speck is also looking out for any potential new singers who may be interested in having singing lessons later in the year so come along and show off your singing skills!

Allergies and intolerances

We have a number of children in school with allergies and food intolerances. We would like to ask parents to exercise caution when sending in cakes or treats for birthdays, food for parties and when preparing lunchboxes. **We are a nut-free school which means that no nuts (including peanut butter and Nutella) are allowed in school.**

Children with allergies are known to the teacher and teaching assistants working in the class. We would also encourage you to teach your child about any allergies they have so that they can develop their awareness of what they can and can't eat. Please keep us updated on any changes to your child's dietary needs.

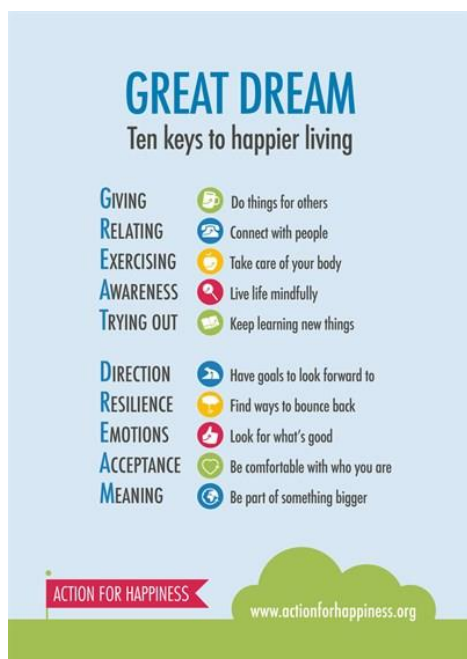
NEW Fruit Scheme

All children in the juniors will be given a piece of fruit to eat during the school day as one of their five a day. Each week the children will get a range of different fruits: apples, oranges, pears, carrots, bananas or raisins.



This a FREE scheme and you do not need to sign up.

GREAT DREAM - 10 keys to happier living



This is a programme designed to promote the emotional wellbeing and resilience of children. Each letter of the GREAT DREAM is one of the ten keys to happier living. Research shows that there are particular actions that have a significant impact on our sense of happiness and wellbeing.

What will happen in school?

Over the course of the year, each of the 10 keys will be introduced in an assembly and will be followed up by activities in class. All children will be encouraged to practise some of the strategies they have explored and to share these with you at home.

How can I support my child?

- Use the ten keys to recognise what you already do that promotes your child's happiness.
- Support your child with building in more of these ideas and actions into their approach to life-
- Share the ten keys of the GREAT DREAM model with family and friends and use them to improve wellbeing in your family.

How can I find out more?

Talk to your child's class teacher or go to www.actionforhappiness.org

Dates for your diary

Tuesday **17th September**, 9.10am – PTA Coffee Morning, Infant Hall

Tuesday **24th September**, 2.45pm – PTA Meeting, Junior Hall

Monday **30th September** – Year 5 trip to Hampton Court Palace

Tuesday **8th October** – Year 6 visit Hampton Wick Cricket Club for Junior Citizen Day

Friday **11th October** – Flu vaccinations by nasal spray (Please return consent form if you have not already done so)

Tuesday **22nd October** – Year 5 (Mink) to visit The National Archives

Wednesday **23rd October** – Year 5 (Turtle Dove & Vulture) to visit The National Archives

Monday **28th October** – Friday **1st November** – Half Term