



## Packed Lunches

We appreciate that children will have a wide range of favourite food and drink items, but as a school we work hard to ensure we give all of the children an understanding of a healthy diet. The vast majority of children who have a packed lunch have a selection of delicious and healthy foods, however some do not and therefore we created our packed lunch policy to help parents when choosing packed lunch items. Here is a summary of the policy:

### **Packed lunches can include:**

- A sandwich with a healthy savoury filling or equivalent main meal (eg. pasta, noodles, rice, cous cous, potato, soup, falafel, curry etc.)
- A portion of fresh or dried fruit without added sugar (eg. apple, mango, grapes, raisins) **AND** a portion of vegetables (eg. carrot sticks, mini yoghurt, fromage frais, cheese or similar dairy item or other non-dairy protein item (eg. tofu, seeds, salami).
- Tomatoes, cucumber, celery etc.)
- Water
- **ONE TREAT ITEM** - choose from a small cake OR a biscuit OR a cereal bar OR a small packet of crisps or snacks. (Please be aware that **these items often have high fat, sugar and salt levels**)

### **Please DO NOT INCLUDE:**

- Chocolate, chocolate covered biscuits or chocolate spread
- Sweets
- Fizzy drinks such as cola, Lucozade, and lemonade
- Fruit drinks (eg. Ribena, Fruit Shoots), flavoured water, 'sports' drinks, squash or cordials;

**as these items contain very high levels of sugar.**

Please help to keep all of our children safe by making sure that you are not using your mobile phone in the school grounds. You are welcome to use your phone in the area outside the school office or between the Hitherfield Road gate and the pedestrian gates to the Nursery or main school area near the Reception classes building.

Please make sure to remind your children to collect their belongings at the end of the school day. We collected more than 50 jumpers from the playground during this week along with various water bottles and snack box containers. All items left around the school will be placed in the lost property box. This box is located just inside the vehicle gates on Leigham Vale...please come and look for any items missing from your household!

Hitherfield Road is closed to vehicles between 8:30 and 9:30am and 3:00 and 4:00pm. Please make sure that you do not use this road to park on to drop off or collect your children as doing 3 point turns to turn around is unsafe for the families who are now very used to using the road at the start and the end of the school day.

Please do not park in front of our neighbours' driveways in Hitherfield Road or in the disabled spaces that residents have applied for and need access to. If one of the residents requests that you move, please respond politely as we like to think that our Hitherfield families are very good neighbours!

It is wonderful to see so many adults and children using our school grounds at the end of the school day. Please ensure your child is using the area sensibly, as we have noticed several objects have been thrown into the pond, which is not fair on the plants or the wildlife. Thank you.



## Autumn Arrives

The weather turned this week and we have begun to have fresher mornings as autumn starts. The conkers on Leigham Vale have been falling and many children have been stuffing their pockets full of them! It is great time to talk to the younger children about the seasons and how the changes can be seen in the weather and in nature.

It was a pleasure to see so many parents and carers attend the Years 1 to 6 parents' evening on Thursday and I hope you all found the meetings useful and that you enjoyed seeing the classrooms and the children's work displayed around the school. The school looks wonderful, as always, so if you haven't met with your teacher from Years 1 to 6 yet, please contact the school office so that a meeting can be arranged.

Thank you to the parents and carers who have started volunteering after drop off on a Thursday morning to help with the Edible playground. Poppy, our gardener, has a long list of jobs to do, so please feel free to come along and help as we need to get the area ready for winter. Have a great weekend and see you on Monday.

Chris Ashley-Jones  
Executive Headteacher.

## Year 4 Carnival Day 2021!

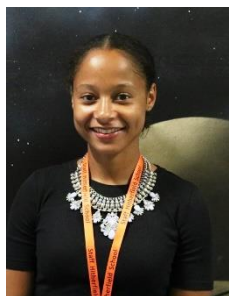
This term Year 4 have been learning about Claudia Jones, who was an activist and founder of the Nottinghill carnival.

We will be having a carnival themed day to celebrate and consolidate our learning.

We are looking for a volunteer who can give an interactive session related to carnival costumes or dancing. If you or someone you know would be interested in volunteering please send an email to [admin@hitherfield.co.uk](mailto:admin@hitherfield.co.uk)

Looking forward to hearing from you

Alicia  
4 Flamingo Class Teacher





## PTA NEWS

### MacMillan Coffee Morning

A huge "Thank-you" to everyone that helped, donated cakes and came along on Friday and ate cakes at our MacMillan Coffee Morning. It felt even more special because it was the first time we've all been together since the other 'C' word turned our world upside down!

We made a grand total of **£436.30** that will go towards helping MacMillan carry out their vital work supporting people going through cancer treatment.

If you didn't manage to make it on Friday and would still like to donate towards the fundraising total, we have a unique MacMillan fundraising page so feel free to use this link:

<https://thyg.uk/BUU004215854>



### Hitherfield Children's Christmas Cards – two weekends to go.

Over the next two weekends you have the opportunity to make Christmas (or other celebration) even more special and personal. Send your friends and loved ones a Christmas card made of your child's artwork. Children have received the template/order form in their bag. Your child should paint, draw, sketch a beautiful design such as these to be printed into really fabulous cards, wrapping paper, key rings and more. There are just two weekends left to get creative.

We will be collecting artwork, order forms and payment on the school gates in the mornings from 11<sup>th</sup> – 15<sup>th</sup> October. (11<sup>th</sup> and 12<sup>th</sup> for Breakfast Club).

The mince pies are in the shops – time to get making.

Any questions please message us through the Hitherfield PTA facebook page

Best regards, Hitherfield PTA



**Come and help us celebrate Eid by wearing your colourful clothes to school next Friday in return for a 50p donation.**

**Please also bring your cake donations for the cake stall to the office in the morning.**

**We still need a few volunteers to help out with Eid on the day, please email [hitherfieldpta@gmail.com](mailto:hitherfieldpta@gmail.com) if you can volunteer your time.**





## Dates for the Diary

Thursday 7<sup>th</sup> October – “Dinner  
at the Movies”  
Please see flyer below

Friday 8<sup>th</sup> October – Eid Fair

Wednesday 13<sup>th</sup> October –  
Individual photos

Thursday 14<sup>th</sup> October – Year 4  
Carnival Day

**Friday 22<sup>nd</sup> October - Last day  
of term**

Monday 1<sup>st</sup> November – The  
children return to school

## Good news cards

**Congratulations to these children who have really impressed their  
Teachers this week.**

<b>1 COBRA</b> Tess, Stanley, Amira and Gabriela	<b>1 DUGONG</b> Leo and Oona	<b>1 SUNBIRD</b> Atarah and Jonah
<b>2 MANATEE</b> Laurene and Eden	<b>2 MONGOOSE</b> Alba and Khallah	<b>2 HUMMINGBIRD</b> Isaac and Tilly
<b>3 JAGUAR</b> Amelia G AND Millie	<b>3 MACAW</b> Fatmire, Shanel and Sade	<b>3 ANACONDA</b> Javaun and Niah
<b>4 HIPPOPOTAMUS</b> Clem and Olive	<b>4 FLAMINGO</b> Theo and Juliet	<b>4 CHEETAH</b> Rachel and Lily
<b>5 KINGFISHER</b> Kyla-Mae and Alex	<b>5 HEDGEHOG</b> Jasmin and Olive	<b>5 OTTER</b> Jaden and Amber
<b>6 ORCA</b> Karanveer and Sasha	<b>6 PUFFIN</b> Max and Yasmine	<b>6 WOLVERINE</b> Syrine, Kiyah-Lei and Romel

## Afterschool Club Notice

Please note that on Fridays,  
Nursery and Reception  
Afterschool Club will be held in  
the Infant Hall and will be merging  
with Years 1 and 2 Afterschool  
Club.

Please use the intercom located in  
the Leigham Vale entrance in  
order to alert staff so that access  
can be gained to collect your child.

Thank you.

The Afterschool Club Team

**EID FAIR 2021**

HENNA TATTOO

FACE PAINTING, GAMES

**HOT FOOD & CHAPPATI STALL**

TEA, COFFEE CAKES, POPCORN

**BOUNCY CASTLE**  
and much more!!!

**Come along and do not miss the fun!**

**Friday 8<sup>th</sup> October 2021 @ HITHERFIELD PRIMARY  
SCHOOL**

**3.30 p.m. - 5.00 p.m.**

**THE FAMOUS CHAPATI STALL, HOT DOGS and  
INTERNATIONAL BUFFET!**

## New Lambeth Mental Health Support Team Service

Lambeth has launched a new service to schools called Mental Health Support Teams. Hitherfield is one of the participating schools and the team will be working with us and our community this academic year. The Mental Health Support Team can offer direct mental health support, delivering a range of evidence based, therapeutic interventions for pupils, presenting with mild to moderate difficulties. There are two strands of parent support, one for children with anxious thoughts or feelings and another for children with behavioural difficulties. Support can be offered either face to face, by telephone or online. If you are interested in this service, please contact your child's Phase Leader, our SENDco's Melanie & Julia or our Mentors, Suzy and Pascale for further information.



**WHAT'S ON YOUR CHILDS MIND?**

Have you noticed a change in your child's behaviour?  
Do they appear worried, angry, upset or display more challenging behaviours?

Are you concerned but are not sure who to turn to for support?

The Mental Health Support Team are here to help!  
The MHST are a group of professionals working in the school to support the mental health and wellbeing of pupils.

We offer support for children who are experiencing **mild to moderate anxiety & challenging behaviour** through parent led sessions. Teaching you the skills to help support your child.

To learn more about the MHST and how we can support your child please speak to:



## Birthday Celebrations:

We have recently had some confusion regarding children wishing to share cake with their classmates on their birthday. We would like to clarify our procedure and make sure that children who wish to bring in cakes to celebrate their birthday can do so with the minimum disruption to our staff. So, if you are one of the parents/carers who choose to bring in cake to share with your child's classmates then please take note of the following procedure. If this procedure is not followed, your child may be disappointed as she or he will not be able to share cake on her or his birthday - and none of us want that!

Parents/carers who collect their children are asked to bring the cake in with them at the end of the school day. The cake will then be given out by the parent/carer after the children have been brought to the playground by their class teacher. The parents/carers of the other children will then also be available to give permission that their child is able to eat the cake being offered. This is not a process the teachers will be involved in and the parent/carer will be expected to have enough portions to give to all children in their child's class.

Parents/carers who do not collect their child at the end of the school day may hand the cake/s into the school office staff at the beginning of the school day (or when the child is dropped off to breakfast club). If this is the case, the cake must be cut into individual portions and there must be enough for each child in the class (there are 30 children in most classes). Cupcakes are ideal for this particular situation as school staff will not be available to cut up cakes. These will be collected by the child having the birthday at the end of the school day and offered to their classmates after they have been brought down to the playground by their teacher.

Hitherfield is an allergy aware school, so please avoid the use of nuts in any baking/bought cakes as a number of our children have nut allergies. We are also a health conscious school, so please feel free to bring along healthy birthday treats instead of cake!