

World Mental Health Day 2022 - Monday 10th October

One of the few good things to come from the recent pandemic has been the greater awareness of mental health and how it is important for everyone to look after their own and other people's mental health and well-being. On Monday it is World Mental Health Day and there are lots of good resources and ideas on the Childline Calm Zone [Calm Zone](#) that are great for children - and adults too!

Thank You For Your Support

Everyone at Hitherfield would like to say a massive thank you to our wonderful PTA and to all our families and staff for supporting them. Through your support the PTA has been able to give the school £5000 for new reading books for the classrooms, £3000 for new handwriting practice materials and £3000 for other school resources - and that's just this term! In these days of very challenging school funding, we are so pleased that we can rely on our school community to support us. Thanks again.

Walking Museum - Black History Month

Please visit our Year 1 to 6 classes from 2:40pm to 3:20pm on Friday 21st October to see the children's learning about inspirational black people from history who have made such important contributions to society. You can then join the International Food Celebrations.

If your child attends our Breakfast and Afterschool Club, we would like it if you could take the time to complete this form to give us some feedback. <https://forms.gle/Bk6UBMvZgkEPZRXM6>

School Playground Equipment

Please can we kindly ask all families that the PE/playground equipment is not taken out of the sheds in the playground at the end of the school day as we do not have the money to replace them. If equipment is found outside after school could we kindly ask that you hand them into the school office or to a member of staff. Thank you.

Dates for the Diary

Monday 10th October – Year 6 trip to
Buddhapadipa Temple

Tuesday 11th October - 2 Hummingbird
Class Assembly and Open Morning

Wednesday 12th October
Individual and Sibling photos

Wednesday 12th October - 3 Macaw and 4
Flamingo Parents' Evening 2pm – 7pm

Wednesday 12th October - Reception
parents workshop reading in Reception
Hall 9am – 11am

<https://forms.gle/BihWjxgBacXKFUT59>

Thursday 13th October - 3 Anaconda Class
Assembly and Open Morning

Tuesday 18th October – 1 Sunbird Class
Assembly and Open Morning

Friday 21st October - International Food
Celebration 3:15pm – 5:30pm

Friday 21st October – Walking Museum in
Years 1 - 6
2:40pm – 3:20pm

The edible garden wants your old plant pots

In our edible garden we like to reuse, reduce and recycle wherever we can. If you have any old plastic plant pots - especially those used in the spring bulb competition we'd love to reuse them. Please bring any donations over the next week and drop them off by the shed outside the edible garden. There should be space either side of the shed that stands opposite the bike racks by the reception classrooms. Thanks!

Photo Day

We have our school photographer coming in on Wednesday 12th October to take individual and sibling photos. Please make sure your child is wearing full school uniform.

The children will come home with photocards on the day but the photos won't be available to see/book online for a couple of days until the photography company has uploaded them



Thank you for everything you did to help make Coffee Morning a huge success. Together we raised

£420.24

Every single item baked and every coin dropped in a box has helped change lives.

The Pre loved Uniform Sale on the coffee morning raised £233.25.

Thank you all for your support as always.



Whether you joined us for the cause, the chatter or the tasty treats, your generosity helped raise a fabulous

£ 420.24

to help support people living with cancer.

Simply scan this QR code with your phone to donate to your host's Coffee Morning. It's easy, quick and secure. Thank you.



Community Language Support

We have a number of families who have recently arrived in the school who do not speak English. It would be very helpful if we could ask some of our longer standing families to support with translating at meetings in order for us to offer the best support.

If you speak any of the following languages and think you could help translate please email the school admin@hitherfield.co.uk, stating which language you could help with. The languages we need support with are: Albanian/Shqip, Polish, Arabic, Farsi, Bengali and Portuguese.

Thank you

Christmas card artwork for next week!

This weekend is your last opportunity to create the magnificent Christmas card designs and raise money for our school in the process.

PTA volunteers will be on the gates in the mornings next week to collect the artwork. (Breakfast club Monday and Tuesday on Leigham Vale)

- Templates with the artwork on the front, completed order form on the back (names printed clearly to avoid disappointment)
- Please also fill out the email, so they can contact you if any details are unclear.
- Payment in an envelope labelled with name and class. Cheques to have name and class on the back please.

The cards and other products are of really good quality, don't miss out!

Friday the 14th is the absolute deadline.



Good news cards

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

1 COBRA Scarlett and Adam	1 DUGONG Alfie and Eloise	1 SUNBIRD Ava and Cassius
2 MANATEE Eliza and Aayan	2 MONGOOSE Stanley and Elena	2 HUMMINGBIRD Tia-May and Christian
3 JAGUAR Shawnelle and Marcel-Aimé	3 MACAW Lola and Adam	3 ANACONDA Jules and Sofia
4 HIPPOPOTAMUS To be announced next week	4 FLAMINGO To be announced next week	4 CHEETAH To be announced next week
5 KINGFISHER To be announced next week	5 HEDGEHOG To be announced next week	5 OTTER To be announced next week
6 ORCA To be announced next week	6 PUFFIN To be announced next week	6 WOLVERINE Emira and Stanley

HITHERFIELD HERALD

www.hitherfield.co.uk

BLACK HISTORY MONTH

Hounslow and Richmond Community Healthcare NHS Trust

The NHS Vaccination team will be visiting Hitherfield on Monday 5th December to administer the Flu Vaccination to children in Reception to Year 6.

Please note; No child will be given a vaccination without consent. Please follow the link to complete an online consent form (one for each child) to ensure your child receives their vaccination. We also recommend that you complete the form even if you do not give consent so that we can keep a record and not chase you. <https://sav.hrch.nhs.uk/flu/2022/lambeth>

The vaccination is free and is a quick, simple and painless spray up the nose. Even if your child had the vaccine last year, the type of flu can vary each winter, so it is recommended to have it again this year or they won't be protected.

For further information visit:

www.nhs.uk/child-flu



Early Bird Offer "EARLY10" Until 10 October

AUTUMN HOLIDAY CAMP

MINI MOVERS - PLAY CREATE MOVE - SLD SOCCER CAMP

- COVID SAFE -
- EXTENDED DAY (UNTIL 5PM) -
- ARTS & CRAFTS -

@ THE ELMGREEN SCHOOL SE27 9BZ

Watch Here  Book Here 

020 8325 4544

MONDAY TO FRIDAY
24TH - 28TH OCTOBER
08:30 - 15:30



Love your mind

Making small changes to your life can have a massive impact on the way you feel. Here are some tips on how to improve your mood:



TAKE NOTICE
of the simple things that give you joy.



BE ACTIVE
step outside, cycle, play a game, garden, dance.



CONNECT
with friends, family and neighbours.



KEEP LEARNING
try something new, read a book, learn a new recipe.



GIVE
doing good for others makes us feel good too.



If the way you are feeling is starting to affect your daily life, it might be time to look for support. Talk to your GP, or check the websites below for more information:

<https://www.lambeth.gov.uk/mental-wellbeing>

<https://lambethtogether.net/living-well-network-alliance/get-help/>





Year 2 Hummingbird had a great trip to the South London Botanical Institute this week. The children explored the different habitats in the garden, examined leaves in different stages of decomposition using the microscopes and made paper food chains.

The children were engaged and enthusiastic throughout the trip and particularly enjoyed finding tiny bugs on the leaves and slugs and snails in the garden. A huge thank you to all of the adults who supported us by accompanying their children on the day.



The PTA warmly invites you to our first International Food Celebration

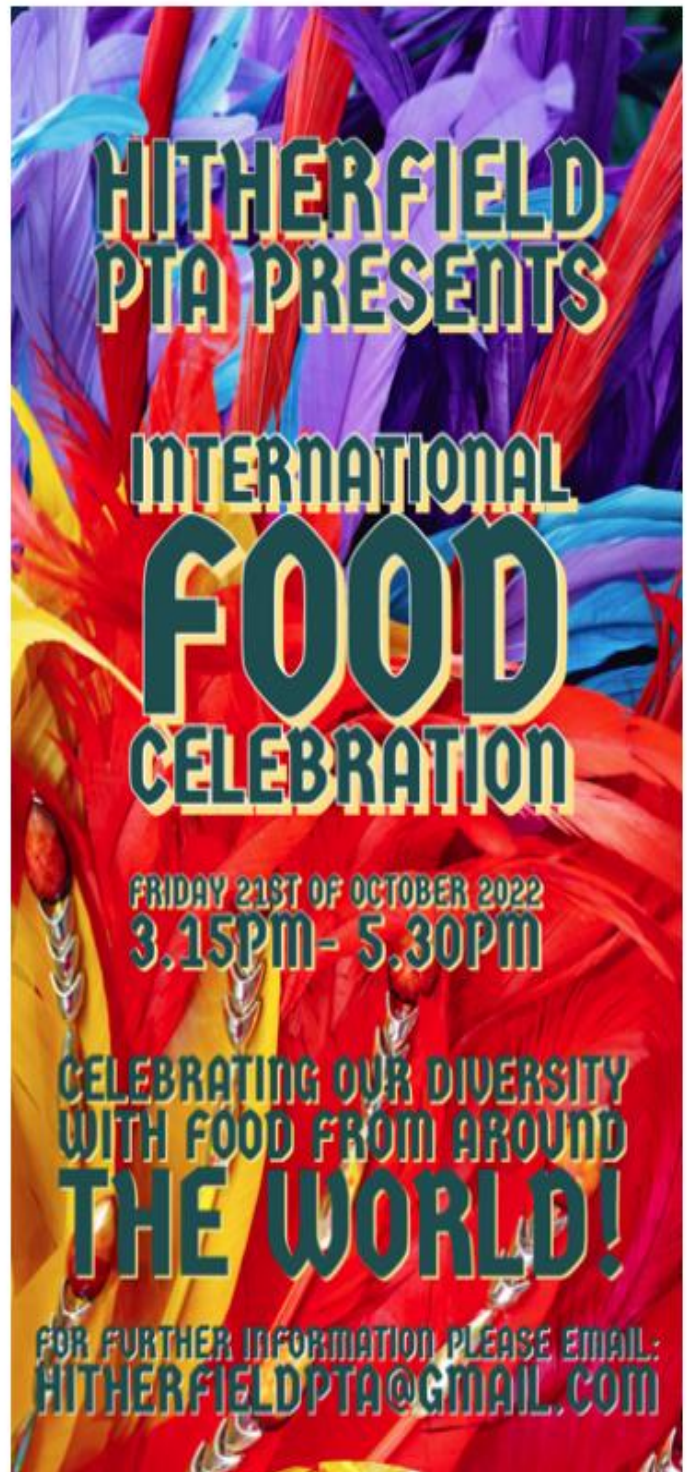
To celebrate all the wonderful nationalities and different cultures we have here at our school we invite you all to donate a home cooked dish (savoury or sweet) to give others a chance to taste your heritage

If you can't bring a dish, please come along and taste the delicious offerings from our school community and take home some goodies home- don't forget to bring cash!

If you would like to donate a dish:

- Please email your suggestion to the PTA at hitherfieldpta@gmail.com
- Please bring your dishes to School on Friday the 21st of October from 2.30pm
- Clearly label the ingredients and the name and origin of the dish.
- You can also rent a table (£15.00) and sell your own food- email us for more info

100% of the proceeds will go back to our school, so we really appreciate all your support



*** We are looking for volunteers to help out on the day- please email if you can support this event ***

Dear families,

URGENT: Responsive Polio Vaccination for Children Aged 1 to 9 in London

In response to the alarming findings of the poliovirus in sewage in London boroughs, the Joint Committee on Vaccination and Immunisation (JCVI) have instructed all children aged 1 to 9 in London to urgently get a booster dose to ensure their children are fully protected.

We have not seen a live case of polio in the UK since 1984, and it is vital that we prevent any community spread which could result in life-long paralysis and other disabilities, and in some cases, even death. There is no cure for polio, immunisation is the only protection.

We are asking for your support in this drive to protect children by helping the NHS to raise awareness of the polio booster and directing parents and guardians at your school to take action.

The NHS have been contacting parents to arrange a booster vaccination at local GP practices, however, due to the urgency of the situation, we have also stood up additional vaccine centres and pharmacies to aid in the delivery of the vaccine.

Call to action:

- Visit nhs.uk/polio-sites to find local vaccination centres and pharmacies providing vaccination. Many offer walk-in services (no appointment necessary), and at others you can book online or by phone
- Visit <https://beta.lambeth.gov.uk/> for local services and information
- Check your child's health record (red book) to see if they are up to date on all their immunisations

You can find more information about polio and the vaccination programme at <https://www.gov.uk/government/publications/polio-booster-campaign-resources>

Assets are available for download and print here:

https://drive.google.com/drive/folders/1W_ZloqOfdjHpN72Cg4C203JQ079hKEg4?usp=sharing Please display posters at your school and share the social media posts on your parent-targeted channels.

You can get in touch with us if you have any questions at contactus@selondonics.nhs.uk

Yours faithfully,

Doris Marufu

Clinical services manager



Saturday Dads and Influential Males Stay & Play

Calling all Dads AIM (And Influential Males)

Come and join our weekly, under 5s Stay & Play session
@ Brockwell Park 1 o'clock club

Opportunity to meet local dads & guest speakers
Have fun learning through play
Share and find out what's going on locally
Take away FREE activities and ideas

For more information contact Angela Russell @ Unity Matters CIC
unitymatterscic@gmail.com 07508 074921 follow us on insta [unitymatterscic](https://www.instagram.com/unitymatterscic)

Date: 24th September 2022 - 31st March
2023 (Term Time Only)

Time: 10.00am - 12.00 Noon

Location: Brockwell Park 1 o'clock club
Next to the playground

Our Partners



Lambeth residents
are invited to this year's

Black Health & Wellbeing Day

Health, food & music

Saturday 15 October, 11am to 4pm
St Mark's Church Kennington
(opposite Oval tube station)
337, Kennington Park Road, SE11 4PW

- Good food and music are the secret to a happy body and soul.
- We'll have FREE African and Caribbean food, goody bags and DJ Rita Ray playing global sounds
- Health checks including diabetes, blood pressure, chronic pain and sickle cell
- Tips from health professionals
- Free fun activities

Scan the code below
to learn more.



inspire
Supporting the health of
Black Londoners



Just turn up,
no booking
required!