

HITHERFIELD HERALD

www.hitherfield.co.uk

PTA Celebration and Thank You

On Monday this week, the PTA celebrated Jacinta's 26+ years at Hitherfield and wished her a happy retirement. Many parents and carers from the school now and in the recent past joined Jacinta for a cake, or two, and other delicious nibbles, as the PTA presented Jacinta with gifts and a wonderful speech from Azy Siddiqui.



Message from Jacinta

What a wonderful surprise afternoon tea party I was given on Monday...honestly, I had no idea! I wanted to thank all of you who took time out of your busy day to come as well as those who were there in spirit. I know that many more of you contributed

to the gifts that were presented to me and I was truly overwhelmed by your generosity and the warm sentiments expressed in the commemorative book I was also presented with. I will treasure this for a long time to come.

I'm sure that I will enjoy my retirement because I'm not sure how much longer I could have gathered the energy that this wonderful job needs me to bring to it. However, I will forever miss the contact I have had with you all. It's a rare profession that allows you to feel so close to the community you serve and I feel blessed to have been able to do this.

A very merry Christmas to those of you who celebrate it and best wishes for a wonderful holiday for those who do not. I hope to see you around and about and will always enjoy having a little chat if our paths cross!

Dates for the Diary

Monday 12th December - Reception and Year 6 NHS Height & Weight measurements

Tuesday 13th December – Year 5 Ancient Benin Day

Friday 16th December – Last day of term

Wednesday 4th January - Children return to school

Wednesday 11th January – Parents' Evening for Reception to Year 6 pupils (not 4 Hippo)

Wednesday 25th January – 4 Hippopotamus Parents' Evening – New date!



Clubs for this term have now finished and there are no clubs on next week except for Martial Arts and French. Next week's French Club session will finish at 5pm, this time only, due to the art and craft activity. Could the children come with a container (take away meal size) to carry their creations home.

If you would like your child to attend a club next term, you will need to sign them up on ParentPay.

Every child in receipt of a free school meal is entitled to at least one free club during an academic year. Please email admin@hitherfield.co.uk with your child's name, class and club preferences. We will contact you to let you know which club they can attend

School Street - Hitherfield Road

We have had the Hitherfield School Street, on Hitherfield Road, for a few years and we are pleased to report it has now transitioned to a permanent traffic order. The timed restrictions have reduced road danger and created a safe and more pleasant environment outside that school entrance. We are delighted that it will remain in place and thank everyone for their help in supporting it.

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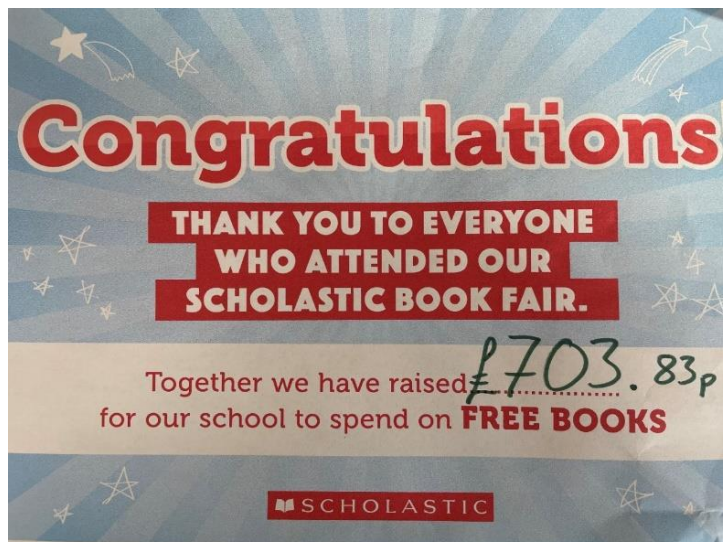
Christmas Lunch

We thoroughly enjoyed our Christmas Lunch on Thursday. In addition to a delicious meal we had crackers and a few impromptu singing sessions!



CONGRATULATIONS!

Together we raised £703.83p for new books for our library. A big thank you to everyone who attended our Book Fair on Friday. We sold over £1,174 worth of books which means we get 60% of that amount to spend on free books for the library, a wonderful £703.83p!



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Breakfast and Afterschool Club

This is from after school club. The children in year 1 and 2 after school club worked together to make sheep headbands for the reception children's Christmas play. Showing school unity.

From all here up in the reception hall xx



Being a Parent Of Children Affected by ASD

A free 10 week course to help parents learn practical skills to support the additional developmental needs of children affected by ASD.

Benton's Lane Children's Centre

Wednesdays 9:45 am - 12:15pm

18th January 2023– 29th March 2023

(no session 15th February due to half term)

Sign up and find out more at
www.lambeth.gov.uk/BeingAParent

- Looking after yourself as a parent
- Recognising and managing your child's emotions
- Learning positive parenting strategies

For Lambeth parents with children aged 5-12



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



Streatham & Norwood Google Drive

Please see below the link to the Streatham & Norwood Better Start Area Google Drive, keep up to date with what is on across the Children's Centres, as well as information and resources to access from home.

We hope you will find it useful.



Just hover your camera over the link to access the information or click [here](#)

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ARE YOU A YOUNG FATHER?

VOLUNTEERS NEEDED FOR RESEARCH STUDY

If you became a father before the age of 25 and experienced challenges or difficulties with your mental health during this time, you may be eligible to take part in this study

Research has shown that young parents experience specific challenges however, a lot of this research has focussed on the experiences of young mothers and very little is known about the experience of young fathers in the UK.

This study will focus on hearing from young fathers to better understand their experiences of being parents, their wellbeing and mental health needs and to understand young fathers' views and experiences of engaging with mental health services in the UK.

By learning more about young fathers' experiences we hope this will develop our understanding of how young fathers can be best supported and how we can improve the support that mental health services offer.

Participation would involve attending an online interview to share your experiences of parenthood and of accessing support for any challenges you may have faced.

Young fathers will be compensated for their time in taking part.

FOR MORE INFORMATION

If you have any questions or if you or anyone you know is interested in taking part, please contact:
Sara Martins
u2075215@uel.ac.uk

£10
Amazon
Voucher



University of
East London



Ready Steady Go!

Healthy Lifestyle Programme

Taster Session

Hitherfield Primary School

Monday 12th December from 3.15pm

Please come and meet some of our team, we are offering:

- *Height and weight measurements*
- *Nutrition Advice*
- *Join in some fun exercises and games*



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Cost of Living: How to save energy in your home



Here for you.

Quick and easy tips to reduce your energy bills



Electricity

- **Avoid leaving electrical items on standby** including charging after full charge, this can save you between £50-90 a year.
- **Turn off lights** when not using them to save up to £30 a year. Replace traditional light bulbs with LED bulbs to save even more.
- **Minimise use of an electric oven** by using a microwave or air fryer.



Water

- **Save water** by washing dishes in a plastic bowl rather than running the tap and fit aerators on taps.
- **Take short showers** rather than baths and fit your shower with a water efficient showerhead.
- Only **fill the kettle with the water you need**.



Draught-proofing

- **Install draught-proofing strips** around door frames and windows.



Heating

- **Keep your thermostat between 18-21°C** and wear extra layers to reduce your heating bills by up to 10%. You can request a free smart meter from your energy provider to keep track of your spending.
- **Set your hot water cylinder to 60°C** to prevent water from being overheated. If you have a combi boiler, you can turn down your flow temperature to 55 degrees.
- **Set your heating to come on** when you need it by setting the timer.



Washing

- **Wash your clothes at 30°C**, with a full load each time, and avoid the tumble drier where possible.
- **Use the eco programme on your dishwasher**, it will take longer but use less energy.


Lambeth

Investments to save money

These measures have an upfront cost but can save you money in the long term and reduce your emissions.

- Replace old boilers
- Insulate your loft, walls and floor
- Fit double or triple-glazed windows
- Insulate your water tank with an insulating jacket
- Upgrade appliances to energy-efficient models with A++ or Energy Star rating
- For radiators on outside walls, put radiator panels or aluminium foil behind them to reduce heat escaping. You can also use thermostatic valves.

Energy-efficiency grants, advice, and services

Energy Saving Trust advice centre

They offer free, impartial advice about energy efficiency, grants, offers, renewable energy, sustainable transport and reducing waste and water use. Telephone: **030 0123 1234** / Website: www.energysavingtrust.org.uk

Citizens Advice Consumer Service

They provide free, confidential, and impartial advice on consumer issues and rights, including energy and the best energy deals. They can also help with complaints to energy companies. Telephone: **034 5404 0506** / Website: www.citizensadvice.org.uk/consumer

Groundwork / The Green Doctors

They offer free, impartial advice and support to help you save energy, reduce your bills, and live in a warmer, more comfortable home. Telephone: **03003 653 005** / Website: www.london.greendoctors.org.uk

Energy trusts and funds

Most big energy companies have trusts or funds that could help you if you are having problems paying your energy bills. To find out about the support offered and the criteria, call your energy company or an advice agency like Citizen's Advice.

For further advice go to our website
www.lambeth.gov.uk/save-energy

