



A MESSAGE FROM THE HEAD OF SCHOOL

Dear Parents and Carers

This week sees the beginning of Black History month and each day your child will be exploring, discussing and celebrating various figures from the past and present. These sessions are a powerful tool in ensuring we all reflect on the importance of equality and inclusivity. A huge thank you to Ms Bienge for putting this exceptional resource together.

Tomorrow, I will be visiting each class to review the children's home school diaries. Please can you ensure that you have read and signed the home school agreement at the front of the diary and acknowledged the homework they have completed.

Over the last few weeks in assembly, I have been talking to the children about safeguarding and how they can keep themselves safe at school and at home. This includes who they can talk to if they have any worries or concerns. Please take some time to reflect with your children about safety and especially how they can keep themselves safe online. This is something we are going to look at more in the coming weeks.

I hope you all have a brilliant weekend and enjoy the time with your family.

Jon James

HJS PRINCIPLES

Each month the school will focus on a different principle. This month is :



STARS OF THE WEEK

3E— Heba Ahmadyar
3M— Grace Elekes
3S— Abel Koroni
3T— Amber Thomas
4P— Ray Gardiner
4S— Isabella Griffin
4W— Audrey Rowan
4B— Akavan Nadarajah

5B— Prisvin Maryathash
5N— Parsa Hashemi
5H— Mayra Espejo Caboz
5R— Mason Sturton
6C— Nagul Ramanan
6G— Oscar Taylor
6L— Elle Jamieson-McLean
6GK— Ivy Wilmott



DATES FOR YOUR DIARY

Wednesday 12th October
Friday 14th October
Wednesday 19th October
Friday 21st October

No Pens Wednesday
5H Class Assembly
Open Morning (9.15am)
Yr6 Victorian Day



MESSAGES FROM THE OFFICE

Attendance Information

The class with the best attendance last week is : **4S (100%)**



The class with the least number of lates last week is : **3E, 5B , 5N & 6C**



Congratulations to Douglas Ball and his family for raising £116 for the Macmillan Cancer Support.

This is a fantastic achievement for a worthwhile cause.

Well Done Douglas. We hope everyone enjoyed your baking.



MEET THE HPP LEADERSHIP TEAM

Tuesday 18th October 9.15-10.15am at HISN

This is an opportunity for parents of HPP to meet the HPP Leadership team and governors to find out about HPP priorities for the coming year.



MESSAGE TO YEAR 6

If you are planning on taking your child to any secondary school open days please can you ensure the office are informed in advance so that they may mark your child's attendance record accordingly.

HJS are happy to authorise any year 6 children half a day's absence for any visits and request that children return to HJS after the visit. **Deadline for Applications—31st October 2022**





Mental Health and Well Being – Mindfulness activity of the week

Mindfulness and growth mindset are promoted in the classroom through daily activities focusing on developing wellbeing and resilience. This week, the children have been having ago at the breathing exercise, 'Take five'. Why not try it at home?

Take five

Purpose: Body awareness, Mindfulness of breath, Focus, Calm,

This is a great calming strategy for both children and adults and it's easy to do.

Simply make a fist of your preferred hand and open one finger at a time when you've completed one breath cycle (following one in-breath and one out-breath all the way).

You breathe in and notice the air going in.

You breath out and extend your first finger. This is take one.

Gently take another breath. Notice the air going in.

Breathe out and extend your second finger.

When you've opened your palm fully, you know you're done!

The great thing about this one is that if you are feeling a bit anxious or overwhelmed, this is a quick and easy way to calm yourself down.



SMART WATCHES

Please note that smart watches are not permitted to be worn in school.

If your child has one of these it **must** be handed into the class teacher in the morning and it will be returned at the end of the day.



We politely request one weeks written notice to the school office when you would like to change your child's lunch choice.

We do not offer an opt in/out daily meal choice, your child needs to have either school meals or packed lunch every day, 5 days a week. We have noticed an increase in the number of children that are on the school meals list and bring a packed lunch, which we do not offer at HJS.

School meals are currently £2.40 per day, £12 per week which should be paid in advance either weekly or termly.

HJS School Council 2022

It was a real pleasure to listen to the speeches of the school council finalists who had been voted for by their classes. Their knowledge of mental health and wellbeing and their ideas on how we can promote it throughout the school were delivered with passion and enthusiasm.

Congratulations to our new school council members:

3E Cleo Tagg, 3M Bea Murphy, 3S Martha Richards, 3T Barney Ralli

4B Henry Todd, 4P Lana Askew, 4S Francis Clarke, 4W Anisha Kathare

5B Dunya Noori, 5H Matthew Ormerod, 5N Violet Angeli, 5R Jude Thomas

6C Lucas Crombie & Alex Plail, 6G Issy Dracott & Faris Askew

6GK Millie Stickland & Frank Atkins Richardson, 6L Matthew Juniper & Harriet Clarke

I am very much looking forward to working with these children to not only carry out all the normal duties of a school council but I am also excited to introduce a new training programme to support them in becoming 'Wellbeing Ambassadors' in the school.

Thea Woolf

PSHE Subject Lead



October is Black History Month

Black History Month celebrates the huge contribution that Black men and women have made to British society. It is a month-long celebration which recognises the events and people who have shaped and continue to shape our society.

This week children have been given the opportunity to find out more about significant figures in Black history and their impact on society.

We have watching short films about people such as Rosa Parks, Mary Seacole and Martin Luther King to name but a few. The Google Slides we will be using can be found in the "History" folder on Google Classroom.

Each week a short video will be posted on Facebook to showcase who inspired this week.

Free After School Youth Club For Years 5, 6 and 7

The Heatham House Transitions Club is a great way for young people in years 5, 6 and 7 to make new friends and get involved in a raft of amazing activities. It is held at:

Heatham House, Whitton Road, Twickenham, TW1 1BH - 3:30-5:30pm every Tuesday and Friday.

Young people will have access to all of our resources including

- 7-a-side 3G football pitch
 - 3V3 basketball court
 - Outdoor skatepark
 - Music studio and rehearsal rooms (with guitars, drum kit, piano, etc)
 - Games room (pool, table tennis, table football, Xbox and Nintendo)
 - Cooking
 - Tech room - iMacs with music, video and photo editing software
 - Wifi access (with protective firewall) and so much more
- This is a completely free offer staffed by trained youth workers at south west London's biggest youth centre.

No need to book, just turn up and have fun!

If you would like further information, please contact justin.johnson@achievingforchildren.org.uk or call on 020 8288 0950



European Day of Languages!



European Day of Languages – 26th September 2022

5H enjoyed learning Swedish and German and found out more about the customs of Sweden and Austria. They learnt some key words and phrases in each language. 5H were surprised to find out that children do not start school until they are 7 in Sweden!

Dear Parent/Guardian

I am delighted to inform you that your child/ren will be attending a virtual author visit with Greg James and Chris Smith - the authors of *Super Ghost*. This will take place during school time on **Friday 7th October**.

The session will cover:

- An introduction to *Super Ghost* from the UK's Funniest Writing Duo!
- Find out more about Paragon City and its super heroes
- Learn about imagination and creativity
- Listen to a hilarious reading from *Super Ghost*



More about the book:

***Super Ghost* is a superhero adventure with a twist from Greg James and Chris Smith - the hilarious bestselling duo behind *Kid Normal* and *The Great Dream Robbery*.**

Sitting alongside Greg and Chris' trademark laugh-out-loud moments is a powerful, heart-warming message about friendship, family and what it takes to be a real hero.

It's just another day at the office for world-famous superhero Doctor Extraordinary as he battles his arch-nemesis Captain Chaos in yet another epic showdown. Unfortunately, this one doesn't quite go to plan and they both get blown up inside a giant robot. Dr Ex's number-one-fan, twelve-year-old Sonny Nelson, is devastated. A world without heroes is totally rubbish! But things take an even more extraordinary turn when Doctor Ex returns as a ghost and only Sonny can see him...

Research shows that author events in schools inspire children and help them on their journey to a love of reading and I am sure you will agree this will be another wonderful way of developing our ethos of a strong reading community.

If your child wishes to obtain a copy of the book then you can do so using the following link:

<https://www.penguin.co.uk/books/319591/super-ghost-by-smith-greg-james-and-chris/9780241470534>

There is no payment or permission required for this and as always, I really appreciate your support.

Best Wishes

Miss Kennedy

Year 6 Teacher/ Reading Support

Hypermobility Information Workshop - Wednesday 19th October at 10.00am

Sarah from [Ehlers-Danlos Support UK](#) (EDS UK) will be leading a workshop explaining what the different types of hypermobility are, where to find support and how to create a Fatigue Management Plan. This workshop will be open to parents and school staff to improve understanding and support for hypermobile children and young people.

To book use this link: <https://www.surveymonkey.co.uk/r/HypermobilityWorkshop>

Autism and ADHD diagnosis and support for children and young people in Richmond – Tuesday 18th October at 11.00am and Thursday 20th October at 7.30pm

Rachel Oostru from NHS England has been reviewing the neurodevelopmental pathway (the systems that identify, diagnose and support neurodiverse children and young people) in Richmond. Join us for one of these two online workshops where Rachel will explain what support is available locally and listen to your views on what still needs to be improved. This workshop is only for parent carers in Richmond.

To book use this link: <https://www.surveymonkey.co.uk/r/NDPathwayWorkshop>

Children's Wellbeing Service

Who We Are...

We are Children and Young People's Wellbeing Practitioners (CWP). We work with the parents of children who are experiencing mild to moderate anxiety or common behavioural difficulties. We are a early intervention service, set up to provide support for families who are experiencing these common concerns, and CWP Kathy Barnett is in school on Wednesdays.

What We Do...

We offer two programmes; one for parents who would like support with managing their child's anxiety and one for parents who would like support with managing their child's everyday tricky behaviour.

The anxiety programme consists of six sessions – four x 1 h face to face (or remotely) and two shorter phone sessions.

The behaviour programme consists of nine sessions – five x 1 h face to face (or remotely) sessions and four shorter phone sessions.

These sessions aim to empower parents/carers by helping them understand their child's difficulties and by providing tools and coping strategies they can use with their child. We call this Guided Self-Help.

How Will It Help Me and My Child?

Anxiety support sessions give parents/carers techniques to use with their child to help manage their anxiety and develop resilience.

Behaviour support sessions aim to strengthen family relationships and enable parents/ carers to feel more confident in responding to their child's behaviour.

Who We See...

Parents with children who are:

- aged 4 – 11 and often feeling worried (e.g. shy, panicky or fearful of specific things such as dogs or social situations)

OR

- aged 3 – 7 and are experiencing any of the following common difficulties: not listening to or following instructions, difficulties at bedtime, tantrums, rude to parents.

*We are unable to see children who are currently open to Social Care or being seen by Child and Adolescent Mental Health Services (CAMHS).

How are parents involved?

- Sessions are held with parents rather than their child; we would ask your child to attend part of one session with your agreement.
- One parent or carer would need to be available to attend the sessions for the duration of the intervention.
- Guided Self-Help involves trying techniques with your child at home. It's really important that you give these a go so your family can get the most out of the sessions.

Next steps...

If you are interested - please collect a referral form from Lisa Maxted at school

Dear Parents

I am delighted to formally invite you to a very special online parent webinar on **Thursday 13th October at 7.00 p.m.** hosted by Dr Kathy Weston, entitled 'Raising a Resilient Child'. This webinar is designed to be a 'How to' guide for parents and carers and is aimed at parents of children from Year 3 to Year 8. This talk follows on from the guidance shared last term by Miss Jones (Head of ICT and Computing) on the suitability of various applications for our older pupils and how best to manage screen time and the use of technology. I strongly recommend you to join the session having heard Dr Weston speak at the IAPS Heads Conference in Bournemouth last year, knowing her insight is research based and very well conveyed.

Our children are growing up in a fast-moving world and face many social, emotional, academic and digital challenges as they grow and develop. What can we do as parents right now, to get our children ready and excited about life's challenges and opportunities? How can we best future-proof them so that they are able to navigate difficulties well and thrive in all aspects of their lives? In this talk, Dr Weston will cover all bases and ensure that attendees receive practical, evidence-based parenting tips that will make a tangible impact on their child's journey ahead. Topics covered will include: mental health, anxiety, phone use, academic achievement and digital life. Parents are also invited to ask any questions during the live Q&A that follows the talk.

Dr Kathy Weston is one of the leading experts on parental engagement in children's lives and learning. She is the author of two books for schools, *Engaging Parents* (2018;2020) and the founder of *Tooled Up Education*: a digital resource library for families and school communities. See: www.tooledupeducation.com *Tooled Up Education* is the home of evidence-informed resources covering all aspects of parenting, education and family life.

In order to take part in this webinar please see below the joining instructions which require those participating to **register in advance**.

You are invited to a Zoom webinar.

When: Oct 13, 2022 07:00 PM London

Topic: Parent webinar: Dr Kathy Weston (Tooled Up Education) & Twickenham Prep School - Raising a Resilient Child: A 'How To' Guide for Parents and Carers

Register in advance for this webinar:

https://us02web.zoom.us/webinar/register/WN_Bf8kbtI3So6f6X8LL6PWSA

After registering, you will receive a confirmation email containing information about joining the webinar.



Make a Donation with Just Giving

We're all very busy parents and carers and for some people, trying to keep up with all the event requests is impossible. So we have set up a Just Giving page where you can support the school, once a month, once a term, once a year however often you wish!

To make Voluntary donation (please tick the box to include gift aid if applicable) click: <https://www.justgiving.com/fo-hamptonjuniorschool>

Easy Fundraising

This is an easy way to raise money for our school without even thinking about it!

Your online shopping is turned into donations to HJS on the following link:

<https://www.easyfundraising.org.uk/causes/friends-of-hampton-junior-school>

Amazon Wish List

This is a list of items you can buy for the school directly from Amazon. The following link will take you through to your own Amazon account to the updated list:

https://www.amazon.co.uk/hz/wishlist/ls/1AZCNN7GUR74T?ref=wl_share

Amazon Smile

When you sign up for this using your Amazon account, each time you purchase something, 0.5% of the purchase price of eligible products is donated to FOHJS. Use the link below to find out how to sign up. The name of the charity which needs to be entered is 'Friends of Hampton Junior School'

<https://smile.amazon.co.uk/ch/1066171-0>

Contact FOHJS

Contact FoHJS via email, join the HJS Parent Facebook group or follow us on Twitter for news and updates. Your class reps may set up optional 'WhatsApp' or email class groups, which are a great way to keep in contact with your class.



friendsofhamptonjuniorschool@gmail.com



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Search HJS Parents & request to join



Via your class rep



Mayor & Leaders Christmas Card Competition 2022 Guideline Sheet

- The competition is open to primary school children aged 5-11years
- We can only accept entries from children if they either live in the London Borough of Richmond upon Thames or go to school in the borough
- Entries should be A5 in size (just fold an A4 sheet in half)
- It must be your own original image
- Please use colours
- The winner of the competition will have their design made into a real card and the Mayor and Leader will send these out to local organisations and London Mayor's. The winner will also be invited to have tea with the Mayor in the Parlour along with 3 runners up.
- Closing date for entries is 5pm Friday 11th November 2022
- Please remember to write the name of the child, their age and their school or address on the back of their entry so we are able to notify them if they submit a winning entry.

Please send your entries to:

Mayor's Christmas Card Competition
Mayor's Office
York House
Richmond Road
Twickenham
TW1 3AA
Or email to mayors.office@richmond.gov.uk

Unfortunately, entries cannot be returned due to the volume we receive

