



## In This Newsletter

1. Head Teacher Message –
2. Dates for diary
3. Awards
4. Attendance
5. We are writers
6. Events and Aspirations
7. NHS Newsletter
8. Banbury Event
9. Lunch Menu

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## Dear Parents,

### Congratulations Mrs Sherrington – House of Lords Ceremony

A key part of our framework for excellence within Hanwell, is achieving the best in everyone. This in turn unlocks the best from everyone and great outcomes for all. I am delighted to say that in the Best in Everyone Awards that are held annual by United Learning (60+ schools across the UK) Mrs Corrine Sherrington won support staff of the year. Corrine, is a highly dedicated member of staff that works relentlessly for the best for the children in our school. She is our Assistant SENCo, mentor to staff, sunshine in our corridors! A well-deserved award that I know you would share my congratulations and thank you to her.

Corrine Sherrington at the House of Lords last Friday.



### What a fantastic week for the Sports Teams!

#### Years 3 / 4

**Rounders** - Fabulous performance with excellent teamwork on display!

**Athletics** - Well done to Sean, top 20 in whole event; Olivier – best throw in competition; Lucas – Fastest 50 m and fastest 400m in whole competition; Amelia- 12<sup>th</sup> best in whole competition; Kristin best - 400m in whole event

#### Years 5 / 6

Amazing teamwork and determination, runners up in the N. Oxfordshire Finals. Well done to Lucie, Stacie, Lily –Mae, Keira, Sienna, Lucas, Shay, Sam, Ollie, and Leo.

This team are now going to represent us at the County Finals – GOOD LUCK an AMAZING ACHIEVEMENT for Hanwell Sports.

**PLEASE CHECK BOOK BAGS AS A NUMBER OF LETTERS COMING HOME IN THE WEEK FOR DIFFERENT YEAR GROUPS.**

**I wish all our Year 6 an excellent transition to Secondary on their Induction Days next week. Some have already been but the Banbury Schools are this week. Do U Proud!**



**Dates for the diary**

6 <sup>th</sup> July	Foundation Stage Sports Day
7 <sup>th</sup> July	INSET DAY
8 <sup>th</sup> July	Summer Fete from 2:00pm
10 <sup>th</sup> July	Years 1-6 Sports Day
12&13 <sup>th</sup> July	School Production Performance
17 <sup>th</sup> July	Graduation Dinner @ 6.30pm
19&20 <sup>th</sup> July	Parent Consultations
21 <sup>st</sup> July	<b>Break for Summer 2pm FINISH</b> <b>No Sports Academy</b>

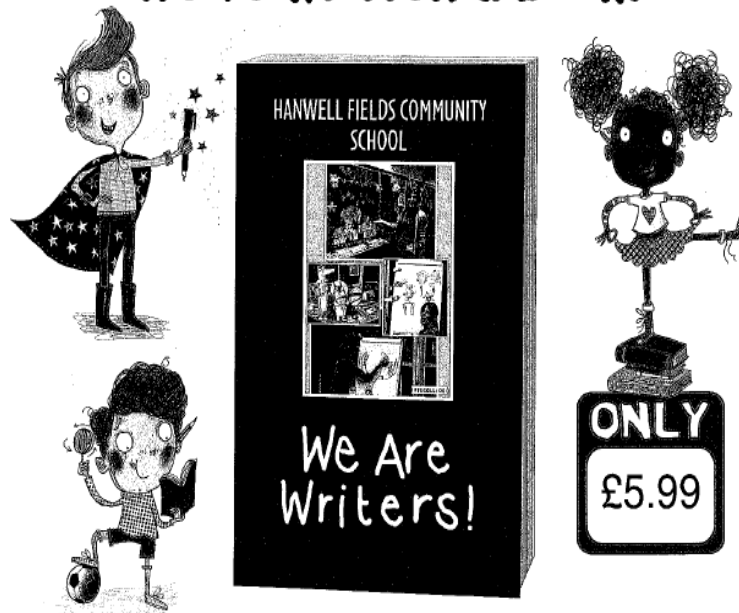
**Restaurant Award** - This week's winner is Year 4 and **House Point Awards** was won by **Yellow House** it is getting very tight at the top!

**Attendance:**

**Whole School – 95.6%**



**We've written a book!**



Your child has become a published author in our school's very own book. To order your copy and help raise funds for our school, please complete the order form below and return it to school as soon as possible. You can order as many copies as you like and the more you buy the more money is raised for our school.



**Letters have been sent home to order your very own copy of the Hanwell Fields Community School 'We are Writers!' book. If you do wish to purchase a book please do put in your order before the 4<sup>th</sup> July. Please note that after this date we will not be able to request further copies.**



## Events and Aspirations

**School Fete July 8<sup>th</sup>** - We will be holding our 4<sup>th</sup> Summer Fete on Saturday 8<sup>th</sup> July 2pm- 4pm. If you would like to book a table to sell your handmade items please email Rebecca Lister below.

**School Production-Ellie Poppins – Tickets now on sale.** Tickets will cost £1.00 each and can be purchased at the school office, on a first come, first served basis.

Also..... If anyone has any old gardening tools (hand trowels etc) they no longer need could they also be taken to the school office next week so that the gardening club can make use of them?

Today **Friday 30th June** we had a non-uniform day throughout school, so that we can collect items/prizes for the school fete. Thank you for supplying items for the Summer Fete. We are happy to continue collecting anything from the following list:

*Tombola gift (bath bubbles, toiletries, notebooks, pens, hair accessories, colouring in books)*

*Packet of sweets eg. mints, boiled fruity sweets, marshmallows etc.*

*Bottle of something for our bottle tombola. (Squash, wine, water etc)*

**Please bring items to reception.**

**If anyone knows of any companies willing to donate a prize for our raffle please let us know so we can make enquiries.**

**Calling all cake bakers - if anyone could bake a cake for our refreshments stall could you please email Rebecca Lister (ingredients will need to be clearly marked) for details of when and where to bring it to.**

**Thank you for all your continued support.**

### [Congratulations to our school fete poster winners](#)

**Well done to Katie and Amanda for designing our amazing posters and leaflets, these will be used to advertise our school fete.**

**Also a special mention to the following children whose designs were fantastic: Jack Year 5, Scarlett Year 1, Dylan Year 6 and Cameron Year 1.**





# Primary School Health Nurse Team Newsletter

## Term 6 June 2017

*This newsletter aims to provide families and young people with some useful tips for keeping healthy. Childhood is an important time to instill healthy habits and learn crucial life skills. Establishing these habits early on will help to improve your child's quality of life in the future and enable them to reach their full potential educationally.*

Further information about SHN can be found on our website: <http://www.oxfordhealth.nhs.uk/children-and-young-people/oxon/school-health-nursing/>



**Picnics & Food Safety** To help everyone enjoy their summer picnics without worry the FSA has provided these easy tips to keep your family safe:

visit <https://www.food.gov.uk/safe-summer-food>

<https://www.food.gov.uk/picnics>



- 1. Clean up** (s) and vegetables under running tap water before packing them in the cool box.
- 2. Keep cold food cold** – place cold food in a cool box with ice or frozen gel packs. Cold food should be stored at 5 °C or below to prevent bacterial growth.
- 3. Organise** your cool box – pack drinks in one cool box and perishable foods in another. If using freezer packs (frozen drinks work well for this purpose), distribute them throughout the box – not all at the bottom!
- 4. Keep your cool box closed** – once at the picnic site, limit the number of times the cool box is opened as much as you can. This helps to keep the contents cold for longer.
- 5. Pack away your picnic** – once you've served it, dishes should not sit out for longer than two hours, or one hour if it's very hot outside. After this, the risk of bacteria increases and it becomes unsafe to eat, so best to throw it away when you get home. Pack away food so that your guests are not tempted to nibble later. To waste less, pre-plan portion sizes according to the size of your party and only pack what you need.

### PROTECT YOURSELF FROM THE SUN

Recent hot weather has meant that UV rays from the sun are particularly strong at the moment. Skin cancer is nearly always due to exposure to ultraviolet radiation which damages the DNA in skin cells.

Damage to your skin from sunburn when you are young could lead to skin cancer developing in later life, so it is important to take precautions in order to protect yourself from the sun.



The "ABCDE moles checklist" has been developed to help you tell the difference between a normal mole and a melanoma (skin cancer).

NORMAL		CANCEROUS
	<b>"A" IS FOR ASYMMETRY</b> • If you draw a line through the middle of the mole, the halves of a melanoma won't match in size.	
	<b>"B" IS FOR BORDER</b> • The edges of an early melanoma tend to be uneven, crusty or notched.	
	<b>"C" IS FOR COLOR</b> • Healthy moles are uniform in color. A variety of colors, especially white and/or blue, is bad.	
	<b>"D" IS FOR DIAMETER</b> • Melanomas are usually larger in diameter than a pencil eraser, although they can be smaller.	
	<b>"E" IS FOR EVOLVING</b> • When a mole changes in size, shape or color, or begins to bleed or scab, this points to danger.	



- Brush your teeth last thing at night and at least one other time of the day with a fluoride toothpaste
- Cut down on how often you have sugary foods and drinks
- Visit your dentist regularly and complete any treatment they recommend
- Children from the age of seven can use family toothpaste, as long as it contains 1,350-1,500 parts per million (ppm) fluoride
- Encourage them to spit out excess toothpaste, but not to rinse with lots of water. Rinsing with water after tooth brushing will wash away the fluoride and make it less effective.
- Make tooth brushing fun by using a timer for two minutes or listening to your favorite song.

Find a dental service near you via NHS Choices

<http://www.nhs.uk/Service-Search/Dentists/LocationSearch/3>

If you feel anxious about a visit to the dentist

<http://www.nhs.uk/Livewell/dentalhealth/Pages/Fearofthedentist.aspx>

## Year 6 Secondary School Entry Health Review

If your son or daughter will be starting secondary school in September, we would like to take this opportunity to introduce the Secondary School Health Nursing Service in Oxfordshire.

School Health Nurses are based in secondary schools and work in partnership with teaching and pastoral school staff to provide support and guidance to young people, to help them make healthy lifestyle choices.

All current Year 6 pupils will be asked to complete a Secondary School Entry Health Review form and return it to the School Health Nurse based in their new school. If health needs are identified a health review will be offered by the School Health Nurse in the Autumn Term.

### **Personal safety when walking to school**

Where possible travel to school in groups and stick to the busier roads

Be alert and aware of your surroundings and avoid the use of head phones as this can be a distraction.

Think about the best route home and where you could go if you felt threatened where you know there will be other people e.g. a shop.

Try to use well lit, busy streets and avoid quiet or badly lit alleyways, subways or isolated parks or waste grounds

Try to keep both hands free and don't walk with your hands in your pockets.

If a car drives alongside you and someone inside who you don't know well starts talking to you – turn and quickly walk away in the other direction.

Please report anything suspicious via 101 or 999 if in immediate danger



To contact the SHN Team in your locality Tele: 01865 904234

Email: [oxfordhealth.BanburySchoolNurses@nhs.net](mailto:oxfordhealth.BanburySchoolNurses@nhs.net)

The school health nurse for your school is: Helen Newitt



People's Park

- Sports Zone & outward-bound activities
  - Banbury Play Bus / Play Rangers
- Sunrise Multi Cultural Project activities
- Health Zone • Outdoor arts in the park
  - Sunshine Centre Fun Play
- Let's Play inclusive play activities
  - Cherwell Youth Activators
- Environmental based activities
  - Puritans Radio Road Show
  - Circus Skills, and much more!









## Next Week's Menu



### Lunch Menu - Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b> 	Tomato & Mozzarella Pasta Bake	Portugese Chicken	Honey Soy Beef	Slow Cooked Pork	Hot Dogs
<b>Second Choice</b>	Mozzarella & Courgette Pasta	Halloumi Kebabs	Vegetable Stir Fry	Pumpkin&Feta Bake	Veggie Dogs
<b>Veggies</b> 	Green Beans Cheery Tomato	BBQ Potatoes & Summer Greens	Chow Mein Noodles & Stir Fried Veg	Roast Potatoes with all the trimmings 	Potato Wedges & Spring Salad
<b>Desserts</b>	Pear Shortbread	Pineapple Upside-Down Cake	Raspberry Yoghurt Sponge	Chocolate Mousse	Berry Panna Cotta 

Our aim is to produce an exciting seasonal menu, we sought fresh local produce.  
This menu could be subject to change due to fresh produce availability.