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*Our Values: Ambition Determination Respect Enthusiasm Creativity Confidence*



## Message from Head Teacher

### Food Bank and Harvest Festival

Thank you to all those that sent in items for the Harvest Festival Assembly. We have a very kind community with the amount of donations filling the back part of the hall. The Food Bank provides vital resources to our community in times of need.

### School Disco

(Please see later in the newsletter an update on future school discos).

I want to thank the parents for their feedback and understanding around the disco. We aim to put on discos throughout the year and following feedback have discussed how we can try to accommodate and provide an opportunity for as many as possible to have access to at least one disco. We do not want to disappoint any children but have to have cut off points for safety. However, the more people that can volunteer to help, the easier running the discos and events will become. If you are willing to give up your time and subject to a cleared enhanced DBS certificate and safeguarding training, the more volunteers the better! Please do drop into the office and ask to speak to Alison Gordon.

Wishing you a peaceful weekend

Mrs Paget-Wall Collins

Head Teacher

## Attendance

Whole School – 97.6%

Nbr 100% - 376

Nbr Lates - 21

Best Year Group – Year 5 – 99.7%

Best Class - EYFS – Palm – 98.8%

Lower – 1JD – 100%

Upper – 4CT & 5EW – 98.8%



## World Mental Health Awareness Day

World Mental Health Day, hosted by the World Federation of Mental Health, is held on 10 October each year. To help mark the occasion, there is lots of awareness around what can be done to ensure that people with mental health problems can live with dignity.

It is said that, one in four adults and one in ten children are likely to have a mental health problem in any given year. This can have a profound impact on the lives of tens of millions of people in the UK, and can affect their ability to sustain relationships, work, or just get through the day. But an ill-informed and damaging attitude among some people exists around mental health and that can make it difficult for some to seek help. It is estimated that only about a quarter of people with a mental health problem in the UK receive ongoing treatment, leaving the majority of people grappling with mental health issues on their own, seeking help or information, and dependent on the informal support of family, friends or colleagues. For more information follow the link below.

<https://www.mentalhealth.org.uk>

An important part of keeping fit and healthy is to take care of your own mental health. There are plenty of things you can do to help make sure you keep yourself mentally healthy. Here are 10 top tips to keep in good mental health. (Information via [peoplefirstinfo.org.uk](http://peoplefirstinfo.org.uk))

### Get plenty of sleep

Sleep is really important for our physical and mental health. Sleep helps to regulate the chemicals in our brain that transmit information. These chemicals are important in managing our moods and emotions. If we don't get enough sleep, we can start to feel depressed or anxious.

### Eat well

Eating well isn't just important for our bodies, but it's also important for our minds. Certain mineral deficiencies, such as iron and vitamin B12 deficiencies, can give us a low mood. Try to eat a balance diet. If you find you're a particularly stressed or anxious person, you should try limiting or cutting out caffeine as this can make you feel jittery and anxious.

### Avoid alcohol and smoking

Drinking and smoking aren't things which we always associate with withdrawal symptoms, but they can cause some which impact on your mental health. When you've had a few drinks you can feel more depressed and anxious the next day, and it can be harder to concentrate. Excessive drinking for prolonged periods can leave you with a thiamine deficiency. Thiamine is important for our brain function and a deficiency can lead to severe memory problems, motor (coordination) problems, confusion and eye problems. If you smoke, between cigarettes your body and brain go into withdrawal which makes you irritable and anxious.



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## Get plenty of sunlight

Sunlight is a great source of vitamin D. Vitamin D is a really important vitamin for our bodies and our brains. It helps our brains to release chemicals which improve our mood, like endorphins and serotonin. Try to go out in the sun when you can, but make sure you keep your skin and eyes safe. 30 minutes to two hours a day of sunlight is ideal. During the winter, some people become depressed because they aren't getting enough sunlight - this is known as Seasonal Affective Disorder (SAD). Some people find using a special light-therapy lamp helps to alleviate the symptoms.

## Manage stress

Stress is often unavoidable, but knowing what triggers your stress and knowing how to cope is key in maintaining good mental health. Try to manage your responsibilities and worries by making a list or a schedule of when you can resolve each issue. Often if you break down your worries and stresses and write them down, you realise that they are manageable. Try to avoid burying your head in the sand, and tackle problems face on. If you find you are having trouble sleeping, or are waking up thinking about all of the things that are stressing you out, write them down and reassure yourself that you can deal with them in the morning.

## Activity and exercise

Activity and exercise are essential in maintaining good mental health. Being active not only gives you a sense of achievement, but it boosts the chemicals in your brain that help put you in a good mood. Exercising can help eliminate low mood, anxiety, stress and feeling tired and lazy. You don't need to run a marathon or play 90 minutes of football; a short walk or some another gentle activity might do the trick.

## Do something you enjoy

Try to make time for doing the fun things you enjoy. If you like going for a walk, painting or a specific TV show, try to set aside time to enjoy yourself. If we don't spend any time doing things we enjoy, we can become irritable and unhappy.

## Connect with others and be sociable

Make an effort to maintain good relationships and talk to people whenever you get the chance. Having friends is important not just for your self-esteem, but also for providing support when you're not feeling too great. Research has found that talking to others for just ten minutes can improve memory and test scores!

## Do things for others

Helping others isn't just good for the people you're helping; it's good for you too. Helping someone can help with your self-esteem and make you feel good about your place in the world. Feeling as though



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you're part of a community is a really important part of your mental health. You could try volunteering for a local charity, or just being neighbourly.

## Ask for help

One of the most important ways to keep yourself mentally healthy is to recognise when you're not feeling good, and to know when to ask for help. There's no shame in asking someone for support if you're feeling low or stressed. Everyone goes through patches where they don't feel as good as they should. You can try speaking to your friends or family, or if you think your mental health is getting on top of you then you can speak to your GP.

## Other information and advice

[Mind](#) is the UK's largest mental health charity. It provides information and advice to people with mental health problems, and aims to ensure that no-one with a mental health problem has to face that problem alone. Your local branch of Mind can put you in touch with a range of support groups that may be able to help you. Follow the link for the new Banbury based wellbeing hub.

<https://www.oxfordshiremind.org.uk/new-banbury-wellbeing-hub-launches/>

And Mind also host the [Elefriends](#) online forum - Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, and this is a safe place to listen, share and be heard. Whether you're feeling good right now, or really low, it's a safe place to share experiences and listen to others.



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## **Children's University**

Hanwell Fields Community School is the main Children's University campus for Oxfordshire. We have been running Children's University at the school for just under 2 years now and over 100 children in the school have passports.

The scheme is growing every day and we have some amazing parental support in obtaining new Learning Destinations. The following locations in Banbury/ Oxfordshire are learning destinations:

Banbury Library

Banbury Museum

Karate (Gareth Reese teaches on Friday at school)

Wade Gymnastics

Science Oxford

Pets at Home

Techno Ninjas

National Trust

North Banbury Scouts

Stagecoach theatre

(Mill Arts centre signed up this week, Banbury Hockey Club and Ashmolean Museum Oxford in pipeline)

If any pupils would like to join they can download a form on the school website - alternatively please contact the school office and request a form. It is a wonderful scheme and recommend getting your child involved!

The link below is a video which encompasses what Children's University is about - and we do everything that is on this video e.g. learning destinations, after school clubs etc.

If you would like to learn more about Children's University please do not hesitate to contact Mrs H Griffiths.

<https://vimeo.com/236016572>



## Hanwell Tech News

### 3D printing at Hanwell Fields Community School

We are Excited to have taken possession of a 3D printer (kind donation from Laserlines) to enrich, educate and equip our pupils.

Teaching children to understand a new concept or idea can take more than just a textbook or lecture, they need to use all of their senses. This approach is increasingly being used as a way to enthuse young people about engineering, by offering them something they can see, touch and feel.

We are very excited about using our new 3D printer within our curriculum, we will post more updates soon.

### Online Gaming Concerns

With Most children owning game consoles it's very important to check the age rating of games purchased, a lot of games contain swear words, nudity violence etc. Online gaming sites can also contain inappropriate content so please bear this in mind. A popular game site with children is called friv.com, and it contains a lot of games that have material that is not suitable for younger children. A child friendly gaming site to try is friv4school. There is nothing like sitting down with your children and joining in some of their games to find out just why they find them such fun. This gives you an opportunity to see what's really happening.

The PEGI (Pan European Gaming Information) labels appear on a game's packaging indicating one of the following age levels: 3, 7, 12, 16 and 18. They provide a reliable indication of the suitability of the game content for different ages.

Descriptors will indicate the main reasons why a game has received a particular age rating. There are eight such descriptors: bad language, discrimination, drugs, fear, gambling, sex, violence and online gameplay with other people.

**Peter Crane**





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## School Applications

### Applying for Your Child's Next School



Moving from Caterpillars (Nursery) to Butterflies (Reception) As your child was born between 1<sup>st</sup> September 2013 and 31<sup>st</sup> August 2014, they will be **starting Reception in September 2018.**

Despite previously applying for a Nursery place at Hanwell Fields, **you will soon need to re-apply for a Reception school place with us.** This will need to be applied through Oxfordshire County Council and not via the school direct.

The final deadline for school applications is **15<sup>th</sup> January 2018.** The easiest way for you to apply for your child's school place is using the Oxfordshire County Council's online system. You can access information regarding Primary School Applications [here](#)

To guide you through the process there is an online video providing step-by-step instructions. There is no need to fill out both an online and paper application form, but if you require a paper copy then we can print one for you.

As part of the process you will be required to list three schools in order of preference. It is strongly advised that you use all three options despite wanting a place in just one setting. Oxfordshire County Council suggest ensuring that at least one of your options is your catchment school. To find out where this is (or to make sure we are your catchment school), please enter your postcode on the above website.

Remember- **DON'T BE LATE!** A late application means you are less likely to get a place with us. If you need support with the application process, please approach a member of the Nursery team and we will arrange some time to help you.

#### **Key Dates for school-applications**

**Monday 25<sup>th</sup> October 2017:** Online school- application process opens

**15<sup>th</sup> January 2018:** Final deadline for school applications

**16<sup>th</sup> April 2017:** Offer letters/emails will be sent to you from Oxfordshire County Council.

***Sophie Chevis***

***Assistant Head-Teacher (EYFS)***



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## Moving on to Secondary School

The application system for September 2018 has opened and online applications are taking place now.

To read the guidelines to secondary admissions please click [here](#)

To apply online for secondary school click [here](#) to register or to print a PDF paper copy click [here](#)

If you have any queries with either reception or secondary applications please contact the School office.

## Reminders

### Parent Pay

The school will now be using Parent Pay for collection of all monies coming into the school. That means that the school are no longer accepting debit cards or cash. You will have received your personal account details to login to Parent Pay and setup your account with the school. This will allow you to pay for lunches, trips, afterschool clubs, etc. We would ask that you make every effort to ensure that you keep your account in credit.

## Aspiration Events at Hanwell Fields

Over the next few months we have some exciting events coming up at Hanwell Fields from the Halloween school disco to our fantastic annual Christmas Fayre. We will also be celebrating 'Children In Need' as part of our continued support to charities.

### Halloween disco 2nd November

~~5.30pm-6.30pm – Butterflies, Years 1, 2 and 3 – SOLD OUT~~

7pm-8pm – Years 4, 5 and 6 - *ONLY A FEW LEFT!*

Please collect children from the canopy. Tickets given to class teachers to be handed to pupils, please check book bags.

### Halloween Disco Update

After the great popularity of tickets sales for our Halloween disco, we are aware of the number of children that are unable to attend the event. We have listened to feedback and plan to trial these changes early in term 3. There will be two discos per night to accommodate each year group; one at 5.30pm-6.30pm and another at 7pm-8pm. This will enable more children to attend each event.

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Term 3/4 disco - available for children in butterflies, year 1 and year 2 only.

Term 5 disco - available for children in year 3 and 4 only.

Term 6 disco - available for children in year 5 and 6 only.

## Banbury Literacy Live 15<sup>th</sup> October

A great family day out for £5.00 (2 adults and 2 children). Tickets are available now from the school office. Hanwell Fields Choir will be performing. Visit the website for more details <http://www.literarylives.co.uk/>

## Pudsey Bear – 17<sup>th</sup> November

Dress up for the day in spots for a donation of 50p for Children in Need. We will also be holding a cake sale on this day after school. All profits will go to charity. Donations of cakes closer to the time would be appreciated.

## Christmas School Fayre – 8<sup>th</sup> December 3.30pm-5pm

If you would like to hire a table for our Christmas Fayre please contact Rebecca Lister for more details.

## Christmas Jumper Day - 15<sup>th</sup> December

Pupils to come to school wearing something festive for a donation of 50p for charity.

For all enquiries please email [rebecca.lister@hanwellfields.org](mailto:rebecca.lister@hanwellfields.org)

Rebecca Lister

Aspirations Lead/HLTA



## Ladybirds



Some of the children have been able to sort the bears by colour and have enjoyed using the egg boxes to do so!



We have painted our teddy bears to link with "round and round the garden"



The dragons have been in the "small world" play den outside.



We had our very own "hands on" car wash with some shaving foam and brushes!



And finally managed to get some artwork up on the walls after using the cars to make marks in pain!

Please follow our Facebook page <https://www.facebook.com/Ladybirds-1481634495450274/>



## Caterpillars

This week we enhanced our role play area. We added recognisable objects and familiarities from children's homes to enrich their role play experience. We have added a lounge (complete with a television and sofa!) and cleaning equipment that mummy's and daddy's might use in Peacock caterpillars. We have added a shop and market in Tigers. We have also added some shopping lists in the kitchen to promote mark making whilst they imitate.

We have observed so much learning following the enhancements and have thoroughly enjoyed playing alongside in these areas!

We are trying to collect some child dressing gowns and slippers to try and create a real homely feel in the role play area, so if you have anything suitable at home we would really appreciate your donations.





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## Choir



The Choir have enjoyed getting together for their first two after school practices and the children have been working hard to learn three songs (with actions!) ready for the Literacy Live event at NOA on Sunday 15<sup>th</sup> October.

The children will be bringing home letters with more information. I hope that as many as possible will be able to come along, to show off their singing skills and enjoy the other fantastic opportunities, which include: cooking, art and craft, meet the author sessions and creative writing workshops, among many others.

See [this link](#) for more information about Literacy Live.

Anna Haywood





## Harvest Festival



On Tuesday, Reverend Chris Gaynor came in to celebrate Harvest with us. The children learned all about Food banks and the important role they play in supporting struggling families. They also enjoyed singing classic Harvest songs, 'Cauliflowers Fluffy' and 'Autumn Days'. The Butterflies, in particular, impressed us all with their fantastic singing!

We have been overwhelmed by the response to our Food bank collection - thank you to everyone who donated for your wonderful generosity and we know that the donations will be very gratefully received by the Banbury Food bank.

Anna Haywood





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**St Francis Church is 25!**



**St Francis Church is 25!**

Come and join us as we celebrate 25 years of being a positive presence in our community.

**Saturday 7th October 10:30-12:15 (drop in)**

*The Zoo Comes to you!*

St Francis Church Kids Club are hosting Oreo and Friends who will be bringing some weird and wonderful animals, including meerkats, skinny pig, tarantula, lizards and Giant African Land Snail...

**St Francis Church, Highlands**



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## **Bridges**

Look out for Bridges half term booking forms which came out this week.

Activities will include sports and a Halloween themed day. We are also having a craft day which will be based on making gifts for the poorly children in the children's ward at the Horton hospital.

Please also be aware that our holiday hours have changed meaning that we are now open between 8am and 4.30pm. We hope to see many of you for our fun packed activities at Bridges.



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## Lunch Menus

Term 1

Week 1 – w/b – Monday 25<sup>th</sup> September 17

Week 2 – w/b – Monday 2<sup>nd</sup> October 17

Week 3 – w/b – Monday 9<sup>th</sup> October 17



## Lunch Menu - Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Sweet & Sour Chicken	Lamb Bolognese	Sizzling Chicken Wraps	Pepperoni Pizzas	Salmon Fish Fingers
<b>Second Choice</b>	Vegetable Spring Rolls	Tomato Pasta Bake	Vegetable Sausage	Margarita Pizza	Cheddar Puffs
<b>Veggies</b>	Rice with Broccoli	Penne Pasta Wilted Greens	Crispy Potatoes & sweetcorn Salsa	Hanwell Salad	Chunky Chips & Garden Peas
<b>Desserts</b>	Banana Bread	Jaffa Cake	Lemon Drizzle Cake	Hanwell Mess	Chocolate Muffin Tray Bake

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.



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## Contact Us



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[www.hanwellfieldscommunityschool.org](http://www.hanwellfieldscommunityschool.org)



Bridges Childcare 01295 269931

Ladybirds – 01295 709583



HanwellSports@hanwellfields.org



[ourschoolsapp www.ourschoolsapp.com](http://www.ourschoolsapp.com)