



**HARLESDEN
PRIMARY SCHOOL**

LONDON BOROUGH OF BRENT NW10

Email: admin@harlesden.brent.sch.uk

October 20, 2023

Be The Best That You Can Be!

The Harlesden Times

Harlesden Primary School's fortnightly newsletter

In this fortnight's newsletter, find out about some of the amazing learning and work that has taken place this half-term...

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Dear Families,

What a busy first half term we have had at Harlesden Primary School. Here are a few important messages from the Leadership Team. We hope you have a restful half term break.

[Online Safety @ Harlesden Primary School](#)

Managing Support
Digital Wellness
Experiences Healthy Boundaries
Time Behaviour
Wellbeing
Choices Online
Screentime



We have had reports from some children that they are playing the game Fortnite at home. We would like to remind you that the age restriction is 13+ and pupils at Harlesden Primary School should not have access to this game. Please see the below leaflet with lots of guidance about the game Fortnite.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



Fortnite: Chapter 2 has finally landed! With a whole host of new in-game features including a brand-new map, more water-based activities, upgraded character skins and a more streamlined arsenal of weapons, this Fortnite is promising to be the best yet. Almost all of the changes are cosmetic which means the concept of the game remains the same, with players still aiming to be the last man standing. Players will no doubt find the game much more enjoyable with so much more to explore. For parents and carers however, it pays to remain vigilant.



What parents need to know about

FORTNITE

CHAPTER 2

BATTLE ROYALE

Battle Royale games have become very popular over the last couple of years, and most tend to follow a very similar setup. Taking Fortnite as an example, 100 players drop into a map, loot buildings for weapons and armour and attempt to beat all the other players to be crowned victor at the end. If you've ever seen the Hunger Games movies, you'll have an idea of what this entails. Each game can take up to 20 minutes (assuming you last to the end) and can be restarted relatively quickly once 100 free players have been found.

IS FORTNITE ADDICTIVE?

Fortnite is at the forefront of gaming addiction discussions because it is so popular with young people. But whether it actually contributes to gaming addiction is up for debate. WHO (World Health Organisation) have classified gaming as a legitimate addiction, but this is not solely a concern with Fortnite. Signs of addiction can include irritability when not playing, lying about the amount of time played and a preoccupation with thoughts of the next gaming session. Ideally, it must be down to parents and carers to recognise these symptoms and act accordingly if they think they are developing.

FREE TO PLAY... OR IS IT?

While Fortnite is technically free to play (in that you can download and play it without paying) it does come with the caveat that spending money on things like skins and emotes in-game is heavily pushed to players. The currency used in-game is called 'V Bucks' and can be bought with real money through the game's online store. It's worth remembering that these purchases are absolutely not necessary, are cosmetic only and that V Bucks can be earned in-game with enough play time.

SEASONAL UPDATES

Every 10 weeks or so Fortnite is updated with a new season. This essentially adds new things like skins and emotes to the game, while also sometimes changing up the game map in interesting ways. These seasons are free to everybody and don't require additional money to play, though battle passes for each season can be bought with V Bucks. A battle pass will typically allow a player to earn experience faster and gain fun in-game items by completing a host of daily challenges.

CROSSPLAY IS AVAILABLE

One of the wonderful things about Fortnite is that it can be played cross-platform. This means that no matter what platform a person plays on (PC, PlayStation 4, Xbox One etc) they can play with friends who own the game on a different platform. To do this, an Epic Games account must first be created online (which is free) and then linked with your platform account. Doing this removes the age-old boundary of not being able to play together because you don't have the same console and opens up a whole new world of playing online with friends.

IS FORTNITE VIOLENT?

Fortnite has been rated by the ESRB (Entertainment Software Ratings Board) as 'Teen', as it contains cartoon violence and the weapons and acts depicted in the game are some way removed from their real life inspirations. Characters don't draw blood when shot and instead of dying, they are simply booted up off the map. Naturally, players younger than the recommended age limit will want to play the game and that should be at the discretion of parents and carers.



Top Tips For Parents

BUYING V-BUCKS

As mentioned, Fortnite does contain in-game purchases and microtransactions in the form of V Bucks which can be bought with real money. If you do decide to let your young one spend money in the game, be sure to delete your card information afterwards as it can be very easy to purchase more items at the game of a few buttons. It's important to set a limit on any purchases (as mentioned they are absolutely not necessary to play the game) and a suggestion would be capping the spending at around £50 - this is the normal retail price of a game.

GAMING WITH STRANGERS

Fortnite Battle Royale is an online game, and as such, there is a chance that young children could come into contact with strangers who are randomly placed into their groups in a game. It's difficult to predict what another person might say or do in a game, so it's a good idea for friends playing together to be grouped together. The only real countermeasure to interacting with strangers offered by Fortnite is to turn off all voice communications, which can be done in the game's settings. Using outside chat apps, like Skype or Discord while playing, is a great way to make sure you know who you're talking to and that nobody else is listening in.

LIMIT TIME, BUT BE FLEXIBLE

A game of Fortnite can last up to 20 minutes, so be flexible when it's time to pull it away. The approach of 'no more games' as opposed to '10 more minutes' will stop any complaints that a match is still ongoing. Better still, play with your child and take it in turns that way you're helping control the time played and can keep an eye on what they're experiencing.

TALK TO OTHER PARENTS / CARERS

If you're concerned about play time or spending money in the game, talk to other parents and carers of your child's friends. If you approach as a collective, it will be easier to know where their friends are online and you don't have to worry about who they're playing with. It can also help curb expectations on spending money on battle passes and skins if you stick together.

CAN DEVELOP SOME IMPORTANT SKILLS

It's often overlooked just how good gaming can be for young people. Fortnite encourages team play, quick and complex problem solving and communication; that's not to mention the lightning fast reflexes gamers can develop. While taking breaks to do other activities is of course important, there are benefits to screen time which might not be immediately obvious.

PLAY THE GAME YOURSELF

There's no substitute for sitting down and playing the game yourself to learn all about it. Fortnite is available for free on almost anything you can imagine, even your smartphone, so there's never been a better time to get involved and see what all the fuss is about. You never know, you might even be able to impress your children when you share their impressive Victory Royale tally!

Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGBible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.



www.nationalonlinesafety.com Twitter @natonlinesafety Facebook /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.10.2019

Balancing screen time

Get simple tips to put balance and purpose behind screen time to help your child benefit from their screen use.

Posters can be found at:

www.internetmatters.org/resources/esafety-leaflets-resources/

For 0-5, 5-7 and 7-11 years old.

Visit www.internetmatters.org or click the links for more information.

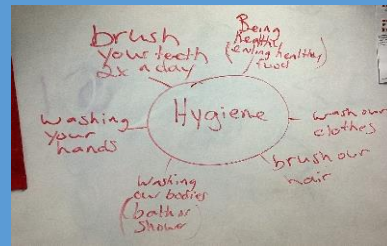


Well done to all of those children who have been coming to school every day and on time. Please have a look at your child's class attendance below. We are working hard to improve our attendance and punctuality

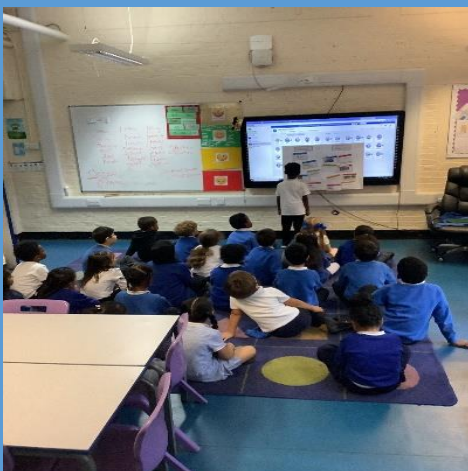
Class Name	Whole Class Attendance
De Souza	88.4%
Kerr Class	95.7%
Donaldson Class	93.6%
Cooke Class	92.6%
Browne Class	92.9%
McKee Class	90.0%
Dahl Class	87.4%
Ringgold Class	93.6%
Zephaniah	91.7%
Wilson Class	96.0%
Ibbotson Class	94.4%

Congratulations to WILSON class who won the 'Best Attendance' for this half term!

This half term the year ones and twos have been learning about being healthy. The students have used different forms of exercise, which has led to great discussions on why it helps our bodies to be healthy. We have also conducted a bread experiment to see why it is important to wash our hands. This has helped them understand the importance of hygiene.



For maths, we have been learning about greater than and less than. The students have been comparing numbers and discussing why a number is greater or less than another number.



Lastly, in literacy we have been reading Jim and the Beanstalk. We have been practising our writing based on the book with a focus of learning about capital letters, full stops, finger spaces between words and various types of nouns. With this knowledge, the students have rewritten Jim and the Beanstalk in their own words. It has been a great Autumn 1 term!

A huge welcome to the children and their families who have joined us in the Early Years Foundation Stage this year. We are pleased to say how well each child has settled here. Over the last 6 weeks, we have been busy learning new skills for independence, learning about Harlesden's Rainbow Rules and building relationships.

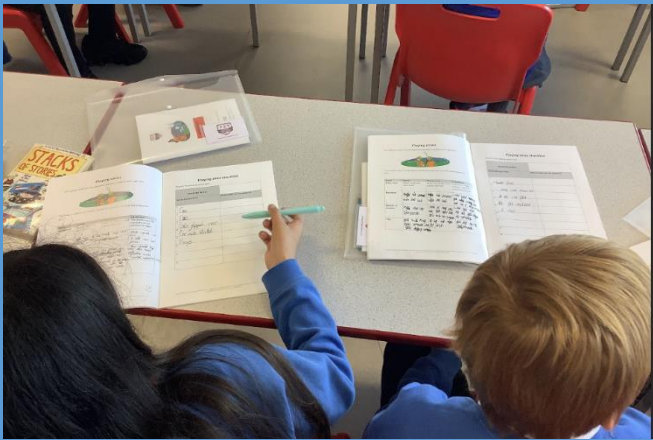
After half term, we will be starting some exciting things like P.E. on Friday for Reception and Wednesday for the Nursery as well as weekly assemblies for the Early Years on a Friday morning. Please make sure your child continues to bring a labelled water bottle, named sweatshirt and coat and comfortable black trainers/school shoes for P.E.

Thank you and we hope you have a relaxing half term,

From the Early Years Teaching Team



From the 9th to the 12th of October, our Year 6 students took part in Active Young Leaders training. Throughout the week, the students learnt how to lead different activities. They worked with their team to create a plan, led a game with the Year 3 and 4 students and completed first aid training.



This term, the Year 6 students completed a 4-day bike ability course and a selection of Year 3/4 students completed a 2-day course.

There were students who learnt how to ride a bike for the first time, others learnt how to use one hand on the bike to do turn signals and another group learnt how to ride safely on the road.



Lost and Found School Jumpers



We wanted to bring to your attention that we have recently inherited a number of school jumpers that pupils left behind last year. To ensure that every child has a school jumper we have taken the initiative to wash and store these jumpers in our welfare room.

If your child is in need of a school jumper or has misplaced their own, we encourage you to visit our welfare room, located in the old building, to pick one up. Our aim is to make sure all pupils have access to the appropriate uniform during school.

Please feel free to visit the welfare room after school; our school Welfare Officer will be happy to assist you in finding the right size for your child until those sizes have run out.

We appreciate your cooperation in helping our children to wear the correct school uniform. If you have any questions or require further information, please do not hesitate to reach out to our school office.

Thank you for your ongoing support, and we look forward to continuing to work together for the benefit of our children.



NEWSLETTER

NHS
Central London
Community Healthcare
Foundation Trust

Brent School Nursing
Issue Oct/ Autumn 2023 | For Primary School

WELCOME TO OUR AUTUMN NEWSLETTER!

Our newsletters aim to provide families and young people with some useful tips for keeping healthy. Childhood is an important time to instil 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.

WHO WE ARE

Brent school nurses work in all state-funded schools in Brent. School nurses help promote and look after children and young people's physical and emotional health. We work across education and health, providing a link between school and home for children and young people aged five to 19-years-old.

BIG
Congratulations!

TO



for achieving Asthma Friendly School status

EVENTS THIS AUTUMN

Autumn: 23 September – 21 December 2023

29 September	Mooncake Festival
1–31 October	Black History Month
30 October	World Mental Health Day
15 October	Global Handwashing Day
24 October	United Nations Day
31 October	Halloween
5 November	Guy Fawkes Night
11 November	Remembrance Day
13 November	Diwali
14 November	World Diabetes Day
20 November	Universal Children's Day
23 November	Thanksgiving Day
7–15 December	Hanukkah

PROTECT YOUR SMILE



46% of children in Brent were identified to have one or more decayed, missing, or filled teeth. Brent also has the highest prevalence of dental decay in 5-year olds in London.

Top tips on how to take care of your teeth:

Take your child to the dentist when their first milk teeth appear or their first birthday. Take your child for regular dental check-ups as the advised by the dentist.



Brush at least twice daily for about 2 minutes with fluoride toothpaste. Brush last thing at night before bed and at least on 1 other occasion.

Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.



dental care for children is free.

Helpful links and sources:

[Find a dentist near you](#)

[Children's Teeth](#)

[Community Dental Service Brent and Harrow](#)

BRENT SCHOOL NURSING TEAM IS HERE FOR YOU!



If you would like to speak to a school health nurse, please call our 0-19 Single Point of Access number 020 8102 4300. We will call you back if you leave a message.



You can also contact us through email on elch.brentschoolnursing@nhs.net



We are based at:

Sudbury Primary Care Centre, Watford Road, Wembley HA0 3HG

Willesden Centre for Health and Care, Robson Avenue, London NW10 3RY

COUGH AND COLDS

Cough and colds are more common during the chiller months of the year. Viruses such as the rhinovirus spread more easily in lower temperatures and humidity. Most will make a full recovery within 5 to 7 days or up to 2 weeks without needing treatment.



Signs and symptoms:

- A raised temperature
- Headaches
- Muscle aches
- Pressure in your ears and face
- Blocked or runny nose
- Sneezing
- Cough
- Sore throat

Go to A&E or call 999 if your child:

- Has severe difficulty breathing
- Unable to swallow fluids or saliva
- Isn't showing normal colour of skin, lips, and tongue – very pale, blue, or purple

If you're very concerned about your child, trust your instincts and phone your GP or 111 for advice, or 999 in an emergency.

Managing symptoms:

- Encourage your child to drink plenty of fluids
- Get adequate rest
- Try drinking a warm drink or lemon and honey
- Use age-appropriate paracetamol or ibuprofen
- Saline nose drops or sprays can help relieve stuffy nose

Check with the pharmacist or GP about giving over-the-counter medications. Children with asthma may not be able to take ibuprofen.



Preventing the spread of cough and colds:

- Wash your hands regularly with soap and water
- Clean surfaces regularly to get rid of germs
- Put used tissues in bin as soon as possible
- Keep your child at home until they're feeling better

Helpful links and sources:

[NHS \(colds, coughs, and ear infections\)](#)

[NHSinform.scot](#)

[NHS \(common cold\)](#)

Brent Family Wellbeing Centres

The Brent Family Wellbeing Centres provide a range of community-led services that can support you from the moment you know you're expecting, through pregnancy and birth, until your child is 18 years old (or up to 25 for children and young people with special educational needs). The Centres offer a wide range of free health, education and welfare services to families and aim to give everyone in Brent the best possible start in life. Register to join the Family Wellbeing Centres [here](#).

VITAMIN D DEFICIENCY

Sunlight exposure is most people's main source of vitamin D. Our skin makes vitamin D in sunlight. But between October and early March, the sunlight is not strong enough to trigger vitamin D production in the skin, leading to low levels of the vitamin in the body.



Why is vitamin D important?

Vitamin D helps regulate the amount of calcium and phosphate in the body. These nutrients are vital keeping our bones, teeth, and muscles healthy.



Vitamin D deficiency can cause muscle weakness, fatigue, and can lead to bone deformities such as rickets to children.

Other sources of vitamin D



Fresh or tinned oily fish such as salmon, sardines, mackerel, and herring



Egg yolk



Red meat and liver



Dietary supplements

Children from the age of 1 year and adults need 10 micrograms or 400 IU of vitamin D a day. Everyone should consider taking a daily supplement of vitamin D during the autumn and winter. Vitamin D supplements are available at most pharmacies and supermarkets.

Helpful links and sources:

[NHS \(Vitamin D\)](#)

[British Skin Foundation](#)

[Cancer Research UK](#)

COVID

Covid case rates has risen over the past few months so as the concern over the variants "Pirala" and "BA.2.86". With the cold and flu season approaching, keep yourself updated with the NHS's rules and advice regarding Covid.



Check where your child could get the flu vaccine and see who's eligible for COVID-19 booster vaccine.

Food Banks

It's a challenging time for everyone at the moment. Food banks are grassroots, community organisations aimed at supporting people who cannot afford the essentials in life.

To find a food bank near you, visit:

[Brent Foodbank](#)

[Tottenham Food](#)

[Sutton Foodbank and Kitchen](#)



CELTIC SOCCER ACADEMY

PREMIUM CLUB PARTNER



DATE

23rd to 27th of October 2023

Celtic Football Club is legendary. As with most legends, as much myth as fact surrounds its history and what the Club stands for today. When founded, the Club's principal aim was to raise funds to provide food for the poor of Glasgow. Celtic FC embraces the responsibility of being a major Scottish social institution promoting health, well-being and social integration. Celtic FC is for people who want to support a club who stands for excellence in Scotland and Europe, is proud of its history and supportive of its community.

Professional Celtic Soccer Academy coaches will fly in from Glasgow (UK) to provide:

- 5 days of coaching
- Small & Larger Sided Games
- 1 to 1 feedback throughout
- Technical & tactical sessions
- Position specific training
- Plenty of Mini Tournaments & Fun!

7 to 13 years – 10.00 to 15:00

14 to 16 years – 13.00 to 15:00

**£25^{per}
player**

Early drop off
available at
additional cost



Location

Harris Lowe Academy Willesden
Doyle Gardens, London NW10 3ST

Or for more details contact USG:

Email: uthman@usgcoaching.com

Phone: 07397 903573

BOOK NOW



**CELTIC
SOCCER
ACADEMY**

PREMIUM CLUB PARTNER

**IN PARTNERSHIP
WITH ULTIMATE
SPORTS GROUP**



ULTIMATE SPORTS GROUP





Be The Best That You Can Be!

HPS Early Years Foundation Stage is accepting new applications!

If you are looking for high quality, nurturing provision for your child, please apply at the office today for a nursery place. Reception places can be applied for through Brent Council on <https://www.brent.gov.uk>

We are excited for your child to join us!

- Nursery (morning sessions 5 days a week, 8.45am-12.00pm) 30 HOURS AVAILABLE IF ELIGIBLE
- Reception (full time, 8.45am-3.15pm)



To check eligibility for 30 hours per week free childcare, please visit <https://www.gov.uk/30-hours-free-childcare>.

Please speak to the office team if you have any questions!



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 Email: admin@harlesden.brent.sch.uk
 SARAH WAWN (HEADTEACHER)



TERM DATES FOR 2023 – 2024

AUTUMN TERM 2023

AUTUMN TERM STARTS	Monday 4 th September 2023 (INSET 1) Tuesday 5 th September 2023 (INSET 2)
PUPILS RETURN	Wednesday 6 th September 2023
HALF TERM	Monday 23 rd October 2023 – Friday 27 th October 2023
PUPILS RETURN	Monday 30 th October 2023
TERM ENDS	Thursday 21 st December 2023
CHRISTMAS HOLIDAYS	Friday 22 nd December 2023 – Friday 5 th January 2024
BANK HOLIDAYS	Monday 1 st January 2024

SPRING TERM 2024

SPRING TERM STARTS	Monday 8 th January 2024 (INSET 3)
PUPILS RETURN	Tuesday 9 th January 2024
HALF TERM	Monday 12 th February 2024 – Friday 16 th February 2024
PUPILS RETURN	Monday 19 th February 2024
TERM ENDS	Thursday 28 th March 2024
EASTER HOLIDAYS	Friday 29 th March 2024 – Friday 12 th April 2024
BANK HOLIDAYS	Friday 29 th March 2024 and Monday 01 st April 2024

SUMMER TERM 2024

SUMMER TERM STARTS	
PUPILS RETURN	Monday 15 th April 2024
HALF TERM	Monday 27 th May 2024 – Friday 31 st May 2024
PUPILS RETURN	Monday 3 rd June 2024
TERM ENDS	Tuesday 23 rd July 2024 (INSET 4) Wednesday 24 th July 2024 (INSET 5)
BANK HOLIDAYS	Monday 6 th May 2024 and Monday 27 th May 2024

INSET DAYS 2023/24

Monday 4th September 2023 | Tuesday 5th September 2023 | Monday 8th January 2024 |
 | Tuesday 23rd and Wednesday 24th July 2024

