



**HARLESDEN
PRIMARY SCHOOL**

LONDON BOROUGH OF BRENT NW10

Email: admin@harlesden.brent.sch.uk

December 21, 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...

Page 1 SLT message
Page 4 Theatre Trip
Page 9 Office meesgae

Page 2 Attendance
Page 5 Year 3 work
Page 10 Reception Places

Page 3 Winter Fayre
Pages 6-8 Brent School Nurses
Page 11 Term Dates

Dear Families,



And so we come to the end of yet another busy term at Harlesden. The children and staff have all worked extremely hard and fully deserve the upcoming break! This half term we have enjoyed class assemblies by years 6 and 5 as well as a Winter Concert performed by our Nursery and Reception Children. It was lovely to watch the children perform in front of an audience, show casing their learning this year. After the break, we look forward to watching performances by years 1, 2, 3 and 4.

Drop off

I would like to remind all parents that there is no stopping on the yellow zig-zag markings outside school. Not only does this put our children and families in danger, but it is an offence and could result in you receiving a fine. Please park away from the school gate and walk with your child, the short distance.





Attendance

Congratulations to Ringgold Class (year 3) for their amazing attendance. The children (and staff) enjoyed a popcorn and Karaoke party as their award. After the break, Wilson class (year 5) will be having a Karaoke party as a reward for their attendance this term.

It is extremely important that your child comes to school every day, so they do not miss out on learning opportunities. Term time leave will not be authorised, except in exceptional circumstances. If you do decide to take your child out of school, you may receive a fine of £120 per pupil, per parent. The local authority has already fined a number of families so far this year and are taking unauthorised term time holidays very seriously.

We break up on Thursday 21st December 2023 at 1.30pm and the children return to school on Tuesday 9th January.

We hope you have a peaceful and restful break. Thank you for your continued support and we look forward to seeing you all in the new year.

Winter Fayre



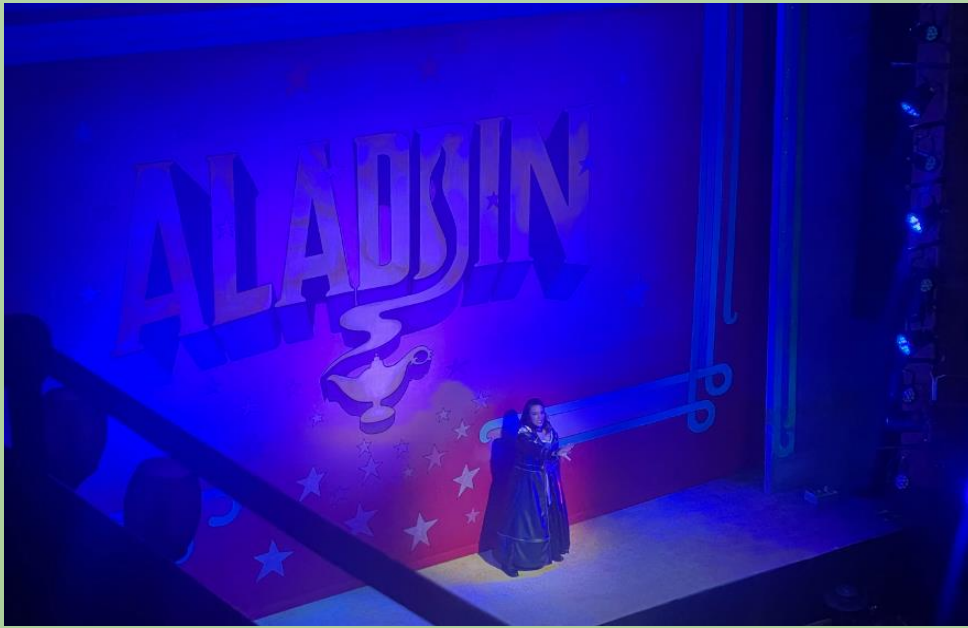
Thank you to everyone who came and supported our Winter Fayre last week. We raised over £600 for the school, which is fantastic! A big thank you to all of our helpers and to the 'Friends of Harlesden' for their hard work and commitment to improving the school.

Below are the competition and raffle winners:

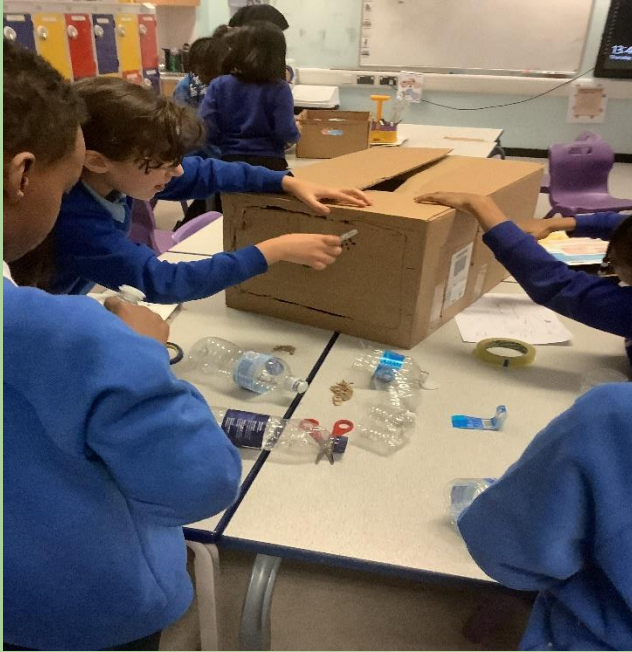
- Sweets in a jar – Nevaeh
- Hamper Winner – Ciaran
- Raffle runners up – Fatima & Maysoon, Zineddine, Viktoria, Mus'Ab



On Tuesday 21st November, Year 3 and Year 4 went on an exciting trip to Hackney Empire to watch Aladdin. This is their second time visiting the theatre and the children enjoyed the trip and did really well with the travelling to and from the theatre.



During this half term, we focused on the topics of greenhouses, construction, and recyclable materials. As a class, Year 3 successfully designed and constructed their own greenhouses using recycled materials. It was a fantastic project that helped us learn about the importance of sustainability and taking care of the environment. This shows that Year 3 is excellent at working as a team, collaborating on ideas, sharing them as a group, and supporting each other.



NEWSLETTER

Brent School Nursing
Issue 07 | Winter 2023 | For Primary School



WELCOME TO OUR WINTER NEWSLETTER!

Our newsletters aim 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.

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.

A WARM AND WELL WINTER

The air is colder and the days are shorter. Here are some ways to stay healthy and warm as the temperature drops.

STAY ACTIVE

Staying active could be extra challenging during winter. But staying physically active is one of the best ways to stay warm and healthy.

EAT WELL

Hot food and drinks can help keep you warm. It's also good to have a range of food in your diet and to have fruit and vegetables each day.

KEEP WARM

With the soaring energy bills, we can't just crank the heating up. Here are some cost-effective ways to stay warm this winter.

CATCH IT, BIN IT, KILL IT

Cough and sneezes spread diseases. Follow the respiratory hygiene and cough etiquette to reduce the spread of infections.

STAY STOCKED UP

It's important to stock up on remedies so you can deal with minor injuries in case the winter weather stops you from getting out and about.

WINTER ACTIVITIES

Go see the Christmas lights

Christmas lights lift everyone's mood and bring some festive cheer.

Try Ice Skating

Ice skating is a magical winter experience that everyone should enjoy. If you stumble a few times, just laugh it off, it's part of the fun!

Visit a Christmas Market

Enjoy street food, entertainment, and pick up presents for loved ones under the twinkling lights at some of London's most popular Christmas markets.

BIG Congratulations!

TO



for achieving **Asthma Friendly School** status

FROM THE **Brent COUNCIL**

Brent Libraries are once again opening their doors as warm spaces to help people struggling to meet rising energy costs.

Warm spaces are heated, safe and friendly spaces where families and people of all ages can gather for free to spend time making new friends, reading, studying and feeling part of their community.

Brent Libraries are part of a network of local places in Brent offering a warm welcome throughout the day.

Free hot drinks will be on offer at limited times, but residents are encouraged to provide their own reusable cups to help reduce waste and recycling.

For more information, please visit [BRENT.GOV.UK](https://www.brent.gov.uk)

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 4900. We will call you back if you leave a message.



You can also contact us through email on elchit.brentsnpaduty@nhs.net



We are based at:

Sudbury Primary Care Centre, Warford Road, Wembley HA9 3HG

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

Brent School Nursing Newsletter

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NHS
Central London
Community Healthcare
NHS Foundation Trust

NOROVIRUS

Norovirus, also known as the "winter vomiting bug", is a common and very contagious virus. It is one of the leading causes of vomiting, diarrhoea, and foodborne illness. Anyone can get infected and sick with norovirus.

Most common symptoms



Diarrhoea



Vomiting



Nausea



Stomach pain

You may also have:

High temperature | Headache | Aching arms and legs

How norovirus is spread

- Having close contact with someone with norovirus, such as caring for them, sharing food or eating utensils with them, and eating food that has been prepared by them.
- Touching surfaces or objects contaminated with norovirus, then touching your mouth.
- Eating food or drinking liquids that are contaminated.



How you treat norovirus

You can usually treat your child and yourself at home. Drink plenty of fluids, to replace fluid loss from vomiting and diarrhoea. This will help prevent dehydration.

You will usually start to feel better in 2-3 days.



Stay off school until you have not been sick or had diarrhoea for at least 2 days.

Prevent the spread

- Wash your hands often with soap and water.
- Clean and disinfect surfaces with bleach.
- Wash laundry with hot water.
- Do not prepare food for others or provide healthcare while you are sick.

For more information, please see these helpful resources:

NHS

CDC

STREP A

Group A Streptococcus (GAS), also known as Strep A, is a common bacteria that can cause many different infections. Strep A is commonly found on the skin or in the throat.

Common Strep A infections include:



Strep throat



Tonsillitis



Scarlet fever



Cellulitis



Impetigo

Treating Strep A infections

Most Strep A infections are easily treated by antibiotics.



If you have Strep A infection, stay away from school for 24 hours after starting antibiotics. This will help stop the infection spreading to other people.

How to avoid getting infections

Strep A are spread by close contact between individuals, coughs, sneezes, or infected wounds.

- Wash your hands properly with soap and water.
- Cover your mouth with tissue if you cough and sneeze and bin used tissues as quickly as possible.
- Avoid close contact with someone you know is infected.

For more information, please see these helpful resources:

NHS

CDC

GET VACCINATED

Children can catch and spread flu easily. The flu can be a very unpleasant illness for children. The NHS offers flu vaccine yearly to protect people from the main types of flu circulating.

The children's flu vaccine - nasal spray or injection - are safe and effective.

For more information, please visit [NHS](#) and [GOV.UK](#).



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 16 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](#).



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](#)

[Trinity Trust](#)

[Sufra Foodbank and Kitchen](#)

Funded by



Department
for Education

Holiday Activities and Food Programme

Find more information about the
Holiday Activities and Food
Programme (HAF)

Visit [GOV.UK](https://www.gov.uk) 

Health and wellbeing

Activities for people with learning disabilities

Address: 3 Jardine House, Bessborough Road, Harrow HA1 3EX

Email: mencap@harrowmencap.org.uk Phone: 020 8869 8484

HARLESDEN PRIMARY SCHOOL

Acton Lane NW10 8UT

Tel: 020 8965 7445

Email: admin@harlesden.brent.sch.uk

Website: www.harlesdenschool.com

HEADTEACHER: SARAH WAWN, BA (QTS Hons), NPQH



19th December 2023



Dear Parent/Carers,

Please see the following date reminders below:

The LAST day of school will be this: **Thursday 21st December 2023 at 1:30 pm.**

Please come to school on time ready to collect your children at 13:30 pm.

All children RETURN to school on the **Tuesday 9th January 2024 from 8:45 am**

We wish you all a wonderful Christmas holiday and a Happy New Year.

Yours sincerely,

The Main Office Team
Harlesden Primary School



LONDON BOROUGH OF BRENT





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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 Acton Lane, London, NW10 8UT
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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

