



West Lodge Primary School Weekly Bulletin

Respecting each other, learning creatively, challenging all.

Friday 21st May 2021

Dear Parents/Carers,

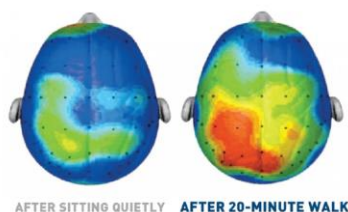
I hope you are all well. It has been a week of intense weather with hail, high winds and lots of rain (good for our new trees) – however the classes have been undeterred and continued with their outdoor learning. We are hopeful that summer is on its way soon though.

COVID Update

Here is the latest COVID update from Harrow Public Health - [Latest Harrow COVID Update](#). The cases due to the Variant of Concern first identified in India have been increasing across London – 44% of the cases are across 5 outer London boroughs – which includes Harrow and surge PCR testing will be happening in high schools next week in response to this. It continues to be important to remain vigilant. A reminder of that our [COVID Protocol Flowchart](#) can be found on the school website alongside other key documents and guides.

Healthy Living

We continue to aim to inspire our community to develop active, healthy lifestyles - powerful research from a range of studies has shown that our brains become more active and engaged after physical activity- your brain is better equipped to learn and process new information after exercising - the images of the brains illustrate this point. A reminder that many activities are now accessible to children out of school including swimming lessons - it is now a good opportunity to catch-up with key skills that children have missed out on developing. We are planning a **Healthy Living Workshop for all parents - scheduled for Thursday 17th June at 6:30pm.**



On-Line Parenting Course for Separated Parents

Have you separated or recently separated? Would you like to deepen your understanding of co-parenting?

In a safe, non-judgemental arena this 6-week programme uses a parent focussed- child centred approach. Children need two loving parents, consistent, positive discipline and clear communication.

Topics include: Understanding and acknowledging your needs and those of your children; Building self-esteem in your children and yourself; Understanding children's behaviour; why a consistent approach works best; listening skills; Effective communication; Dealing with feelings, yours and your children's; and promoting positive discipline.

Starting: Monday 14th June 2021 **Finishes:** Monday 19th July 2021 (6 sessions in total)

Time: 7.00-9.00pm

Venue: On-line Cost: £60.00/£30 Concessions (with proof) Per parent living in London Call us on 020 8863 7319/07498881496 to register Or email info@hopeharrow.org.uk www.hopeharrow.org.uk



Ayansh Arus in Red Class has adopted an Asian elephant named Kiruba – Ayansh has drawn a great picture of Kiruba – this is a wonderful way to support an endangered species. Year 4 have been working hard on improving their writing – here are some children peer assessing each other's writing - offering suggestions for improvement. Our Year 5 football finished 3rd in the Harrow tournament and the Y6 team finished as champions! Congratulations to both teams who represented the school with maturity, skill and determination.

We really enjoyed the class assembly put on by Pearl Class this morning where they shared lots of interesting facts about the continent of Africa, shared the wonderful art of storytelling and performed some great dances/music pieces. We are looking forward to class assemblies by Turquoise, Maroon and Lilac on 18th June, 25th June and 2nd July. After requests from some parents – next week we will go through our **RSHE presentation** again – this will be at **1:30pm on Thursday 27th May.**

Well-being Tip - Run for your life!

Running is not only a great way to improve your physical health and well-being, it can also alleviate symptoms of poor mental health. It reduces anxiety, increases social interaction, helps improve sleep, gives you a goal/purpose and increases confidence.

You don't need to be experienced, just dust off your (and your kids') trainers and get out there!

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

'Running allows me to set my mind free. Nothing seems impossible. Nothing unattainable.' **Kara Goucher**

Thank you for your continued support, I hope you have an enjoyable weekend!

Jim Dees

Summer Term 2021					
Date	Monday	Tuesday	Wednesday	Thursday	Friday
17 th – 21 st May		Y5 Boys' Football Final	Digital Creativity Festival Awards Ceremony Y6 Boys' Football Final Full GB 19:00	School Census Individual & Class Photos	Pearl Class Assembly Outdoor Classroom Day
24 th – 28 th May			Y6 Parents Enterprise Day talk 6:30pm – 7:00pm	13:30 – 14:30 RSE/PSHE Parents' Session Y6 Enterprise Day – FOWLS	Staff Inset Day
31 st May – 4 th June	Half Term				
Date	Monday	Tuesday	Wednesday	Thursday	Friday
7 th – 11 th June			Y3/4 Parents RSE Workshop 2:30pm Y5 swimming (Amber & Emerald) New Reception Parents' Meeting 18:30	Y3/4 Parents RSE Workshop 2:30pm Y5 swimming (Amber & Emerald)	Y2 India Day Y5 swimming (Amber & Emerald)
14 th – 18 th June		Year 5 ZooLab		FOWLS Fathers' Day Pop-up Shop Y5 swimming (Amber & Emerald) Healthy Living Workshop 6:30pm	Turquoise Class Assembly Y5 swimming (Amber & Emerald)
21 st – 25 th June				Y6 Camp Y5 swimming (Aquamarine)	Maroon Class Assembly Y6 Camp Y5 swimming (Aquamarine)

28 th June – 2 nd July 30 Days Wild Challenge	Play session for new Reception children Y5 swimming (Aquamarine)	 Y5 swimming (Aquamarine)	 Y5 swimming (Aquamarine)	US Virtual Music Concert Y5 swimming (Aquamarine)	Lilac Class Assembly Y5 swimming (Aquamarine) Parents' Forum 13:45
5 th – 9 th July		US Sports Day	Class swap day Y6 Transition Day (Harrow Schools)	Y6 Transition Day (Watford Grammar/St Clement Danes) Y6 Choices workshop	Reception end of year Celebration Assembly Reports out
12 th – 16 th July		LS Sports Day	RM Committee 19:00 Q & S Committee 19:00	Parents' Eve 16:00 – 18:00	FOWLS Summer Fair
19 th – 23 rd July		Play morning for new Reception Children & networking for parents	Y6 Production	Peter Daffon Assembly & Y6 Enterprise Assembly Y6 Leavers' BBQ & Disco	Leavers' Assembly End of Term – LS children finish at 1.15pm US children finish at 1.30pm