



## ***The Local School With The Big Heart***

*We are an inspiring learning community with high expectations, where all feel safe and happy and everybody has the opportunity to unlock and realise their potential*

### **Messages and updates**

**Red Nose Day** - On Friday 21<sup>st</sup> March, children are invited to wear a red item, red nose or accessory with their school uniform. There will be a themed lunch and a 'joke off' too. Children can come in with their jokes on the day, so get practicing! We're also raising money for Save the Children so please bring in £1 to donate if you're able to.



### **School Council Lead Successful Meeting with the Catering Company**



Last Friday, some of the School Council members met virtually, with our catering company Taylor Shaw to discuss the upcoming summer menu.

After discussing the various options on offer and deciding on the dishes that are preferred by pupils, the school council were able to go to the catering company with their ideas.

They have successfully secured ice-cream on selective days, a salad bar and a Red Nose theme day with chicken burgers. Many other suggestions were put forward to Jody Munn, the regional lead, in a professional manner and I was very impressed with the School Council's negotiating skills and presentation.

We await to receive the updated menu from Taylor Shaw in the coming weeks and will be seeking feedback about the changes from classes for our next meeting scheduled in April.

Well done School Council!

Miss Rees

## MARCH

**Monday 17** - Primary Panathlon – *by invitation only*

**Tuesday 18<sup>th</sup>** – Y2 Visit to Chiswick House & Gardens

**Wednesday 19<sup>th</sup>** – Y6 Workshop – Be Bright, Travel Right

**Thursday 20<sup>th</sup>** - Y6 Teen Tech Festival lead by Roehampton University (in school)

**Friday 21<sup>st</sup>** - Y3/4 Football competition - *by invitation only*

- Y1 visit to Chiswick Library
- Red Nose Day – children are invited to wear a red item or accessory with their school uniform.

**Monday 24<sup>th</sup>** – Rock Steady End of Term Concert – parents are invited to attend at 10am.

**Wednesday 26<sup>th</sup>** – KS2 Chiswick Cinema Trip – Into Film Festival. *Consent required on Parent Pay.*

**Monday 31<sup>st</sup>** – Year 5/6 Tag Rugby Competition – *by invitation only*

**\*No after school clubs w/c 31<sup>st</sup> March\***

**\*Please book Club Sporters if you require wraparound care\***

## APRIL

**Tuesday 1<sup>st</sup>** - Y5 Easter Festival Assembly at 9:15am - parents are invited to attend.

**Wednesday 2<sup>nd</sup>** – Dance Festival KS2 – *more info to follow.*

**Thursday 3<sup>rd</sup>** - Eid Celebration with School Disco!

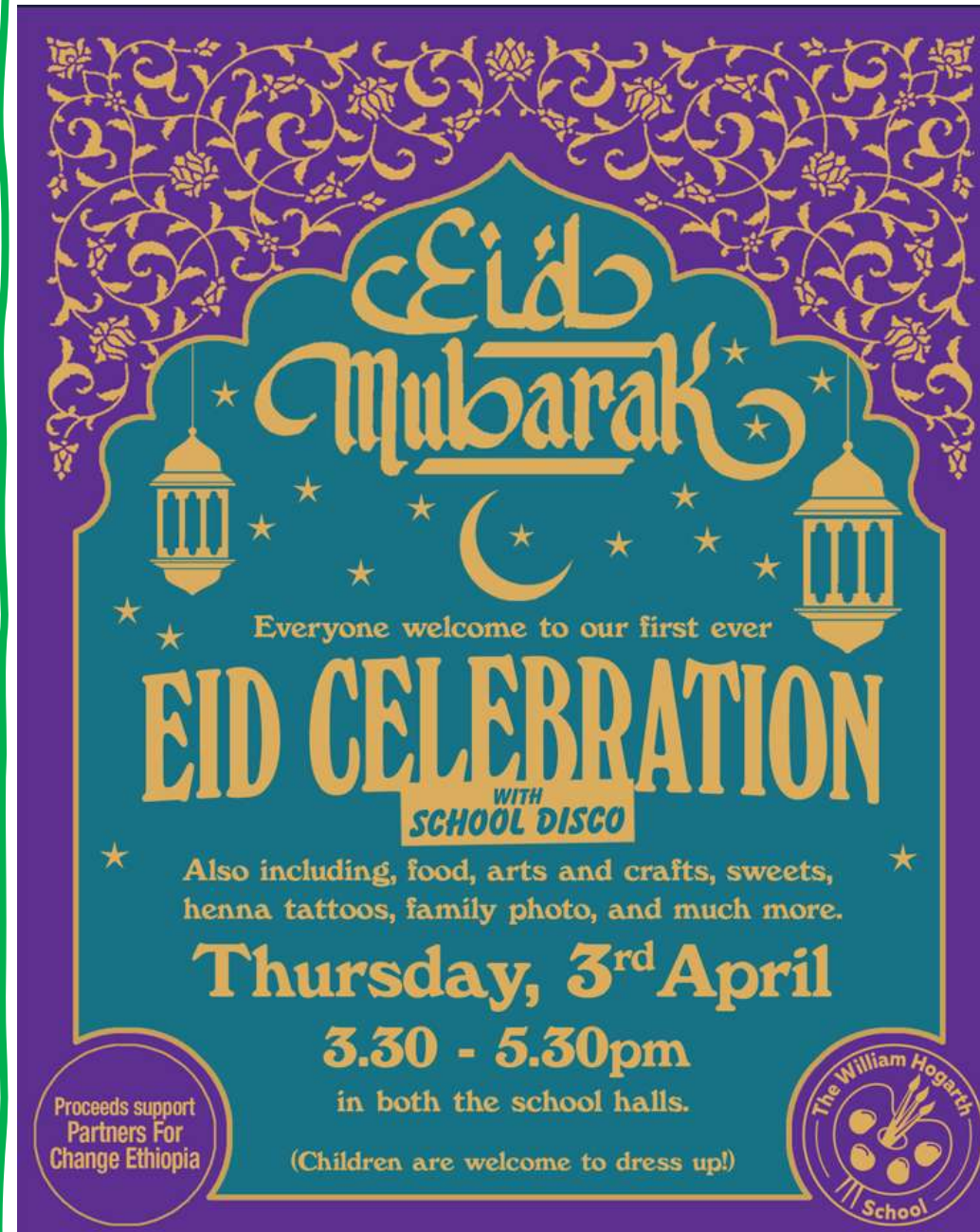
**Friday 4<sup>th</sup>** – **Last day of term. School finishes at 1.30pm.**

**Tuesday 22<sup>nd</sup>** - Y6 Young Explorers workshop

**Thursday 24<sup>th</sup>** - Y6 Teen Tech Festival at Roehampton (Part 2). Payment and consent required on Parent Pay.

**Monday 28<sup>th</sup>** - Parents Keeping in Touch Meetings: Information on Y1 Phonics, Y4 MTC check and Y6 SATS. *More info to follow.*

## 2025 DATES FOR THE DIARY



The poster features a purple background with intricate gold floral patterns. At the top, the Arabic word 'Eid Mubarak' is written in a large, elegant gold script. Below this, there are two gold lanterns and a crescent moon with stars. The text 'Everyone welcome to our first ever' is written in a smaller gold font. The main title 'EID CELEBRATION' is in large, bold, gold letters, with 'WITH SCHOOL DISCO' in a smaller font below it. The date 'Thursday, 3<sup>rd</sup> April' is written in large gold letters, followed by the time '3.30 - 5.30pm' and the location 'in both the school halls.' A note at the bottom says '(Children are welcome to dress up!)'. In the bottom left corner, there is a circular logo for 'Partners For Change Ethiopia' and in the bottom right corner, there is a circular logo for 'The William Hogarth School'.

**Eid Mubarak**

Everyone welcome to our first ever

**EID CELEBRATION**  
WITH SCHOOL DISCO

Also including, food, arts and crafts, sweets, henna tattoos, family photo, and much more.

**Thursday, 3<sup>rd</sup> April**  
**3.30 - 5.30pm**  
in both the school halls.  
(Children are welcome to dress up!)

Proceeds support Partners For Change Ethiopia

The William Hogarth School

# ATTENDANCE AND PUNCTUALITY

**Did you know.....?**

In a school year, if your child is late every day by....	Your child would have lost approximately....	Or they would have missed approximately...
5 minutes	3.5 days from school	20 lessons
10 minutes	7 days from school	41 lessons
15 minutes	10 days from school	55 lessons
20 minutes	14.5 days from school	2 lessons
30 minutes	22 days from school	123 lessons

**Getting your child to school really matters**

**Remember absence = Lost learning opportunity**

## STARS OF THE WEEK

**Stars of the week - WB 10.03.25**

### Generous

To all our stars: It is lovely to see your **happy** faces light up the school

Class	Star(s) of the week	Description
Mondrian	Laura	This week, Laura has shown wonderful generosity. In PE, she was a fantastic team player, using positive encouragement and support to uplift her peers during invasion games. Her kindness and willingness to help others shone through when she supported her table peers with the Emile spelling contest and shared her knowledge of even and odd numbers. Well done, Laura!
Matisse	Andrii	Andrii is excellent at sharing resources in class. In our science experiments, Andrii has been excellent at taking turns to make sure everyone is included. He is always fully engaged in our learning and he loves to explain his understanding to others. Well done!
Monet	Moiz	This week, I have been looking out for really generous pupils and you do not get more generous than Moiz. He is a kind, supportive and generous friend. Moiz often can be found helping his peers and offering to help his teacher. He has been very kind to our new pupils as he knows how it feels to be new himself! Well done Moiz.
Shonibare	Lucio	Lucio is an incredibly generous person. He is often seen giving his time to others to show them various skills. He also generously provides the class with entertainment on a regular basis. He is someone who, if offered something, he will ensure that nobody else wants is before accepting it. He is an extremely genuine and generous member of our class.
Riley	Katie	Katie is always smiling and consistently goes out of her way to be kind and generous to others. She is always generous with her time during lessons, offering advice or helping others to be successful in their own learning. It is an absolute pleasure to have her in the class. Well done, Katie.

















# LUNCH MENU W/C 17<sup>th</sup> MARCH



## Autumn / Winter 2024/2025 - Week One

Dates: 9<sup>th</sup> Sep, 30<sup>th</sup> Sep, 21<sup>st</sup> Oct, 11<sup>th</sup> Nov, 2<sup>nd</sup> Dec, 23<sup>rd</sup> Dec, 13<sup>th</sup> Jan, 3<sup>rd</sup> Feb, 24<sup>th</sup> Feb, 17<sup>th</sup> Mar, 7<sup>th</sup> Apr

WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Tomato, Baked Bean & Spiral Pasta Bake 	Sausage Roll with Skin on Baked Potato Wedges	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Red Tractor Beef Pasta Bolognese & Garlic Bread 	<p><b>Red Nose Theme Day</b></p> <p>Chicken burgers</p> <p>Halal chicken burgers</p> <p>Vegetable burgers</p> <p><b>RED NOSE DAY</b></p>
Halal Option	n/a	Halal Chicken Sausage Roll with Skin on Baked Potato Wedges	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Pasta Bolognese made with Red Tractor Halal Beef & Garlic Bread 	
Vegetarian Option	Cheese & Tomato Pizza with Tomato Pasta Salad 	Cheese & Onion Pastry Roll with Skin on Baked Wedges	Quorn Grill with Gravy, Stuffing & Roast Potatoes 	Plant-based Pasta Bolognese & Garlic Bread 	
Vegetables	Broccoli/Cauliflower & Carrots, Sweetcorn 	Red Tractor British Peas, Baked Beans 	Broccoli/Cauliflower & Carrots 	Broccoli, Carrots & Cauliflower Sweetcorn 	
Baked Jacket Potatoes or Pasta	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans 	Pasta with Tomato & Basil Sauce	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans 	Pasta with Cheese Sauce	
Dessert	Chocolate Mousse and Orange Smiles 	Homemade Jam Buns & Custard	'Hidden Fruit 'Chocolate, (Beetroot & Pear) Brownie	Fruity Strawberry Jelly & Mandarin Segments 	

**Available Daily:**

**Salad Selection, Fresh Bread, Fresh Fruit & Yoghurt**

# ADDITIONAL INFORMATION

Hounslow School Nursing Service

***“A happy mouth is a happy body”***

**World Oral Health Day - 20 March 2025**

## World Oral Health Day

Maintaining good oral health is important at every stage of your life. No matter what age you are, caring for your mouth and looking after your oral health is important. A lesser-known fact is that poor oral health can lead to serious health conditions such as heart disease, gum disease or diabetes.

Good oral hygiene habits and routine should be set from a young age. We encourage parents and caregivers to take their children to the dentist regularly and teach them how to care for their teeth and gums.

Brushing your teeth twice a day with Fluoride toothpaste and flossing between teeth every day to remove any food or plaque can reduce the risk of gum disease. Reduce sugary drinks and foods, introduce a healthy lifestyle this is good for your whole body, including your teeth, gums and mouth.

The British Society for Paediatric Dentistry has worked with Dr Ranj to produce a series of helpful videos on how to look after your teeth.

Visit: [www.bspd.co.uk/Kidsvids](http://www.bspd.co.uk/Kidsvids)

**Prevention is key:** Brush twice a day with fluoride toothpaste, reduce sugar and don't forget to visit the dentist.

The NHS website has lots of useful information on looking after your teeth and gums:

[www.nhs.uk/live-well/healthy-teeth-and-gums](http://www.nhs.uk/live-well/healthy-teeth-and-gums)

<https://www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/>

<https://www.cdc.gov/oral-health/data-research/facts-ststs/index.html>



Young people in Hounslow can text a school nurse for confidential advice and support.

07507 333176

Learn more at: [bit.ly/ChatHealthPrivacy](http://bit.ly/ChatHealthPrivacy)

### Support is Available

Parents and carers if you would like further help or support for your child or teenager, Send a message to:

**07312 263 080**

Receive an answer within one working day from a qualified school nurse. Monday to Friday, 9am-4.30pm.



Hounslow School Nursing Service





## Nutrition & Hydration Week

17<sup>th</sup> – 23<sup>rd</sup> March 2025

Nutrition & Hydration week aims to highlight and educate people on the value of food and drink in maintaining health and wellbeing in health and social care.

### Impact of a Balanced Diet

#### Fruit & Vegetables

A good source of vitamins and minerals, including folate, vitamin C and potassium. An excellent source of dietary fibre, which can help to maintain a healthy gut and prevent constipation and other digestion problems. They taste delicious and there's so much variety to choose from!

#### Protein

Protein is needed for the body to grow and repair. Foods high in protein often provide vitamins and minerals including iron, zinc and B vitamins.

#### Dairy

Good sources of protein, some vitamins and calcium (which helps keep bones healthy). Lactose free dairy products usually have the same vitamins & minerals as other dairy products. Non-dairy, vegan friendly products may have added calcium to ensure a vegan diet does not result in a lack of calcium.

#### Carbohydrates

Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.

As well as starch, they contain fibre, calcium, iron and B vitamins. Some people think starchy foods are fattening, but gram for gram they contain fewer than half the calories of fat. Potato skins, wholegrain bread and breakfast cereals, brown rice, and wholewheat pasta are particularly good and have a high amount of fibre.



#### Fats

Fat is a source of essential fatty acids, which the body cannot make itself. Fat helps the body absorb vitamin A, vitamin D and vitamin E. As part of a healthy diet, you should try to cut down on foods and drinks that are high in saturated fats and trans fats and replace some of them with unsaturated fats (olive oil, avocado, nuts, salmon, mackerel).



Aim to drink 6-8 glasses (approx. 1.5-2litres) a day.

On average expect to pass urine 4-7 times a day.

Ideally, children should pass some soft poo every day or at least 4 times a week.

[www.nhs.uk/healthier-families/food-facts/](http://www.nhs.uk/healthier-families/food-facts/)

[www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/](http://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/)

[www.nhs.uk/live-well/eat-well/](http://www.nhs.uk/live-well/eat-well/)

[www.eric.org.uk/](http://www.eric.org.uk/)



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## CLUBS & LESSONS



### The William Hogarth School – from September 2024

#### Morning Sessions - 7.40am – 8.45am

Daily Rate: £4.50  
Weekly Rate: £20.25

#### Afternoon Sessions - 3.30pm – 6pm

Daily Rate: £8.50  
Weekly Rate: £38.20

#### Full Day Session – Morning & Afternoon

Daily Rate: £12  
Weekly Rate: £54

#### Club Sporters (During School Holidays/Inset Days)

Daily Rate: £30  
Weekly Rate: £150

*Starting from Monday 21st - Friday 25th October 08:00-18:00*

[www.clubsporters.co.uk](http://www.clubsporters.co.uk)



#### Rocksteady Music School

Please contact Rocksteady if you would to book your child a place. This is available from Reception class to Year 6.

Contact: 0330 113 0330 or sign up via [rocksteadymusicschool.com](http://rocksteadymusicschool.com)

#### PianoFunClub

Please contact PianoFunClub if you would like to book your child a place for piano or guitar lessons. This is currently available from Year 1 to Year 6.

Contact: [www.pianofunclub.co.uk](http://www.pianofunclub.co.uk) / [admin@pianofunclub.co.uk](mailto:admin@pianofunclub.co.uk) / Tel: 07575 530 304



## Term and holiday dates for the academic year 2024-25

<b>Autumn Term</b>	<b>Term starts for pupils:</b> <b>Term ends:</b>  Half term:  INSET days (children do not attend school):	<b>Wednesday 4<sup>th</sup> September 2024</b> <b>Friday 20<sup>th</sup> December 2024 at 1.30</b>  Monday 28 <sup>th</sup> October to Friday 1 <sup>st</sup> November 2024  Monday 2 <sup>nd</sup> September 2024 Tuesday 3 <sup>rd</sup> September 2024 Friday 22 <sup>nd</sup> November 2024
<b>Christmas Holidays</b>		<b>Monday 23<sup>rd</sup> December 2024 – Friday 3<sup>rd</sup> January 2025</b>
<b>Spring Term</b>	<b>Term starts for pupils:</b> <b>Term ends:</b>  Half term:	<b>Monday 6<sup>th</sup> January 2025</b> <b>Friday 4<sup>th</sup> April 2025</b>  Monday 17 <sup>th</sup> to Friday 21 <sup>st</sup> February 2025
<b>Easter Holiday</b>		<b>Monday 7<sup>th</sup> – Monday 21<sup>st</sup> April 2025</b>
<b>Summer Term</b>	<b>Term starts for pupils:</b> <b>Term ends:</b>  Bank Holiday:  Half term:  INSET days (children do not attend school):	<b>Tuesday 22<sup>nd</sup> April 2025</b> <b>Friday 18<sup>th</sup> July 2025</b>  Monday 5 <sup>th</sup> May 2025  Monday 26 <sup>th</sup> – Friday 30 <sup>th</sup> May 2025  Monday 21 <sup>st</sup> July 2025 Tuesday 22 <sup>nd</sup> July 2025
<b>Summer Holiday</b>		<b>Commences Monday 21<sup>st</sup> July 2025</b>
<b>Staff Training / INSET Days</b> (Children do not attend school)		Monday 2 <sup>nd</sup> September 2024 Tuesday 3 <sup>rd</sup> September 2024 Friday 22 <sup>nd</sup> November 2024 Monday 21 <sup>st</sup> July 2025 Tuesday 22 <sup>nd</sup> July 2025



## Term and holiday dates for the academic year 2025-26

<b>Autumn Term</b>	<b>Term starts for pupils:</b> <b>Term ends:</b>  Half term:  INSET days (children do not attend school):	<b>Wednesday 3rd September 2025</b> <b>Friday 19<sup>th</sup> December 2025 at 1.30</b>  Monday 27 <sup>th</sup> October to Friday 31 <sup>st</sup> October 2025  Monday 2 <sup>nd</sup> September 2025 Tuesday 3 <sup>rd</sup> September 2025 Friday 10 <sup>th</sup> October 2025
<b>Christmas Holidays</b>		<b>Monday 22<sup>nd</sup> December 2025 – Friday 2<sup>nd</sup> January 2026</b>
<b>Spring Term</b>	<b>Term starts for pupils:</b> <b>Term ends:</b>  Half term:	<b>Tuesday 6<sup>th</sup> January 2026</b> <b>Friday 27<sup>th</sup> March 2026</b>  Monday 16 <sup>th</sup> February to Friday 20 <sup>th</sup> February 2026
<b>Easter Holiday</b>		<b>Monday 30<sup>th</sup> March – Friday 10<sup>th</sup> April 2026</b>
<b>Summer Term</b>	<b>Term starts for pupils:</b> <b>Term ends:</b>  Bank Holiday:  Half term:  INSET days (children do not attend school):	<b>Monday 13<sup>th</sup> April 2026</b> <b>Friday 17<sup>th</sup> July 2026 at 1.30pm</b>  Monday 4 <sup>th</sup> May 2026 (school closed)  Monday 25 <sup>th</sup> May – Friday 29 <sup>th</sup> May 2026  Monday 20 <sup>th</sup> July 2026
<b>Summer Holiday</b>		<b>Commences Monday 20<sup>th</sup> July 2026</b>
<b>Staff Training / INSET Days</b> (Children do not attend school)		Monday 1 <sup>st</sup> September 2025 Tuesday 2 <sup>nd</sup> September 2025 Friday 10 <sup>th</sup> October 2025 Monday 5 <sup>th</sup> January 2026 Monday 20 <sup>th</sup> July 2026