

Newsletter



Hermitage Primary School

Issue No: 5 | 29th November 2024



Dates for your Diary

Wednesday 4th December

- Y1 – Church Visit (1-3pm)

Thursday 5th December

- Y3 – Compass Theatre Visit (10.30am-1pm)
- Rec & Y1 – PATH Book at Bedtime (5-6.30pm)

Friday 6th December

- PATH - Non-Uniform Day for Christmas Fayre
- R, Y1 & Y2 – Chocolate Donation
- Years 3, 4, 5 & 6 – Toy Donation

Monday 9th December

- PATH – Chat & Wrap Coffee Morning (9am)

Tuesday 10th December

- PATH Christmas Fayre (3.30-5.00pm)

Wednesday 11th December

- Nursery Christmas Performance
- VLT Christmas Concert (1.30-3pm)

Thursday 12th December

- Christmas Dinner and Jumper Day

Monday 16th December

- Y1 - Rocksteady Concert (10am)
- Y4 – Rocksteady Concert (2pm)

Tuesday 17th December

- Y2 & Y5– Christmas Concert (9.15-10.15am)
- Y2 & Y5 – Christmas Concert (2.15-3.15pm)

Friday 20th December

- School Closes at 1.15pm for Christmas

Monday 6th & Tuesday 7th January

- School Closed for Staff Training

Wednesday 8th January

- School Opens for Spring Term (1)

Headteacher News

Dear parents and carers

The past two weeks have been action-packed with sports fixtures, including netball and football matches, a boccia event, and a small hall athletics competition. A big thank you to Mrs Madison, Miss Parrett and Miss Deanus for all their hard work behind the scenes to make these events possible. Mrs Madison has also been busy leading our new play leaders team, and it has been exciting to hear about their positive impact during lunchtimes.

Our choir performed beautifully at the Christmas tree switch-on in Uxbridge on Friday 15th November. They are now enthusiastically preparing for the festive season, including their participation in the VLT Christmas concert.

In school, the police hosted a workshop for parents and pupils in Years 5 and 6, and one of our parents, Roya Haghghat-Khan and her colleague, Peter Bray, led an engaging science workshop. PATH also organised another successful coffee morning and as December approaches, PATH are gearing up for two key events: *Book at Bedtime*, and our annual Christmas Fayre, both of which help raise funds for an important cause—our school!

On Wednesday, the governors and leadership teams from Ryefield, Hermitage and Field End primary schools gathered to share ideas and discuss a unified vision for our primary hub. It was a valuable opportunity to exchange expertise and perspectives in an open forum.

Our school council has been equally active, holding their second meeting this week. Various working parties shared updates, including exciting projects like a school-wide recycling initiative and a food tasting session of our school meals. I am incredibly proud of how our pupils have embraced their roles on the pupil leadership team. A big well done to them and a special thank you to Mrs Colgan for guiding this important work.

Staff recently participated in two days of professional training. While we missed the children, these sessions are invaluable to ensure that we continue our professional development (CPD) and for shaping the future of our school's curriculum and provision.

As the end of term approaches, our calendar is filling up with festive events. Please keep an eye on the dates listed in this newsletter and on our website so you don't miss out.

We are excited to welcome everyone back in to school on Monday.

Kind regards

Mr N S Hingley
Headteacher

Trust Vacancies

Please click on this [link](#) for details of current school vacancies within the Vanguard Learning Trust.

Medical News

Hot Drinks Safety

We would like to share some important information about the safety of hot beverages, especially when you children are present.

Good first aid following a burn or scald can make an enormous difference in recovery times and the severity of scarring.

For detailed guidance on burn first aid and how to handle such situations at home, please [CLICK HERE](#)

Wellbeing and Safeguarding News

A Note on Dangerous Gifts - Child Accident Prevention Trust

December is on the horizon. Families around the country are already putting up Christmas trees and tinsel is starting to grace our high streets. Before long mince pies, Mariah Carey and mysteriously familiar Santa Clauses will make their way into our lives. This is all in good fun, and children from Lands End to John O'Groats look forward to the build up to Christmas all year. However, not all presents are created equally. More than ever our Christmas shopping is done online from an increasingly varied list of providers. From imitation manufacturers, to seller's platforms like Etsy and to third party small businesses that use known provider logistics services, we're all trusting people ever further removed from us to provide high quality goods. Unfortunately, this is far from guaranteed. Production firms abroad or within a 'cottage industry' may not have the strict manufacturing standards applied in the UK, or expected as industry standard. The Child Accident Prevention Trust has published a list of eight gifts most likely to cause an accident this year. If interested, please follow this [link](#).

It's always important to remember that prevention is always better than repairing.

Young Carers: Who are They and Why Do They Need Support? - Action for Children

A young carer is someone 18 years old or under who helps look after a relative with a disability, illness, mental health condition, or drug or alcohol problem. This could be a parent or a sibling. Some children begin giving care from a very young age, and others become carers overnight. Caring for someone can be very isolating, worrying, and stressful. For young carers, this can negatively impact their experience in education. Over a quarter of young carers aged 11-15 regularly miss school. This can have a lasting effect on their life chances. Action for Children have written an excellent article on this vital issue. If interested, please click [here](#).

National College: Supporting Young People to Build Emotional Resilience

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents to help children develop resilience and foster confidence, adaptability and a positive mindset. Access at this [link](#).

National College: Teaching Cycle Safety

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters still who are still getting used to a bike. Follow the top tips in this [guide](#) to help you ride with confidence.

National College: Educating Children on Spending and Saving

Evidence shows that children's spending habits begin to form as early as seven years old. With primary schools not required to teach financial literacy, many young people are reaching adulthood without knowing the basics of budgeting. This [guide](#) explains how to teach young people about money in a practical way, giving them the understanding to become savvy spenders and savers!



News from IFG (Cucina)

IGF and Hermitage Primary Food Tasting Event

Date: 21st November 2024

Attendees: Mrs Harling – Assistant Headteacher, 9 Student Council representatives, Peter Scudder & Lucas Almeida – School Kitchen Team

Overview: On 21st November, IFG hosted a food tasting event with representatives from the student council. The aim was to promote healthy eating and gather feedback on our school meals.

The students sampled *chicken bhuna*, *vegetable paneer curry* and *rice crispie cake*. We discussed how we incorporate healthy ingredients, such as mixing whole wheat and white grains into our meals. To make the session interactive, we challenged students to identify the ingredients in the rice crispie cake. While many guesses were close, the winner received a small bag of satsumas and everyone else was awarded a satsuma for their efforts!



Recipe cards for the rice crispie cake were also distributed for the students to recreate at home. If you could like to try our recipe at home, please click on this link

[White Chocolate Crispie Cake](#) for the recipe

The event was a hit, with students enthusiastically participating and unanimously raising their hands when asked if they enjoyed the curry.

Student Feedback & Questions:



1. Why can't we have cake in packed lunches, but it's allowed in the canteen?

Answer: We explained that our cakes are homemade, reduced in sugar, and fruit-based, making them healthier than store-bought, packaged options.

2. How many hours do you work in a day?

Answer: Lucas shared a typical day in the kitchen and encouraged students interested in becoming chefs to start cooking at home as much as possible.

3. How do you make curry?

Answer: Lucas explained a simple method for making curry that was easy for the children to understand. They listened attentively and seemed eager to try it themselves.

Tasting Session Results (out of 10):

Chicken Bhuna Curry	8.5
Vegetable Paneer Curry	9.25
Rice Crispie Cake	8.64

Student Favourite Dishes:

Fish Fingers	Nuggets
Turkey roast	Rice crispie cake
Macaroni and pizza	



Next Steps:

Action	Responsible	Completion Date
Continue following the menu and maintaining student satisfaction.	Lucas Almeida	Ongoing
Gather more questions and feedback from the student council.	Lucas Almeida	20/12/24
Schedule the next student council food tasting session.	Lucas Almeida	20/12/24

The event demonstrated our commitment to engaging with students and continuously improving our school meal offerings. Thank you to everyone involved for making it such a success!