

Message from Mrs Horton

If your child has additional needs it is likely that they will be addressed through an Individual Plan (IP). IPs outline the ways that your child's class teacher, teaching assistant and wider members of the school team support your child so that they have everything they need for their learning to be successful.

IPs are reviewed each term to ensure support continues to be appropriate and effective. If your child has an IP, you will have received that updated version today. If you have any questions about this, please ask your child's class teacher in the first instance.

We have a new member of our Hargrave Park Community – Dexter the IQM bear! He will be a reminder to all of us about the importance of ensuring everyone is included. He will be joining the children in a wide range of activities.

He has already visited the British Museum and swimming lessons, and is looking forward to the Tower of London, and a trip to the Institute of Physics with the Science Ambassadors.

On the upcoming INSET day on Friday 14th February, staff from Hargrave Park and Robert Blair will be working together including some training from Robin Launder about motivation for learning. Motivated students work harder and behave better. We look forward to learning some new strategies and developing our understanding of this important topic. And finally - we are record breakers! See p10 to find out more...

Upcoming events

w/c 3 rd Feb	Online safety week, and Children's Mental Health Week
Mon 3 rd Feb	Indigo Class to Tower of London
Thur 6 th Feb	Under 11's Arsenal Girls Football
Fri 7 th Feb	HP House to British Museum
Fri 7 th Feb	Violet Class to Tower of London
Mon 10 th Feb	Valentine's cupcake sale
Tues 11 th Feb	Safer Internet Day
Tues 11 th Feb	Science Ambassadors to Institute of Physics
Wed 12 th Feb	Y3/4 Golf competition
Thur 13 th Feb	Under 11's Arsenal Mixed Football
Fri 14 th Feb	INSET DAY 3 – School Closed for children
Mon 17 th - Fri 21 st Feb:	Half Term Holiday – School Closed
Mon 24 th Feb	Children return
Wed 26 th Feb	Orange Class Assembly
Wed 5 th Mar	Lime Class Assembly
Thur 6 th Mar	Sophie Izzard Bright Futures in School
Fri 7 th Mar	Records of Attainment sent home to families
w/c 10 th Mar	British Science Week
Mon 10 th Mar	Maamulaha Tag Rugby Competition
Tues 11 th Mar	Parent Consultations
Wed 12 th Mar	Parent Consultations
Wed 19 th Mar	Violet Class Assembly
Wed 19 th Mar	Cyan Class to Ben Kinsella Workshop
Fri 21 st Mar	Indigo Class to Ben Kinsella Workshop
Mon 24 th Mar	Violet Class to Ben Kinsella Workshop
Wed 26 th Mar	Red Class Assembly
Fri 28 th Mar	Fluoride Varnish team in school



In the Newsletter today:

P1- Message from Mrs Horton, dates; P2 – Online Safety week, Dexter Bear; P3 – Children's Mental Health Week; P4 – Handwriting and Presentation; P5 – A message from our SENDCo; P6 - Friends of Hargrave Park; P7 - Attendance Matters; P8 – a message from the Library; P9- Working with families; P10 – World Record Attempt update;

Online Safety Week
3rd – 7th Feb 2025

Safer Internet Day
11th February 2025



<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2025>

To prepare for Safer Internet Day, we dedicate a week to Online Safety.

The children will explore this year's theme:

'Too good to be true?

Protecting yourself and others from scams online'

Children will share their learning with each other in a celebration assembly on 11th February.

Of course it is not the only time in the year when we look at online safety, but families can take this opportunity to discuss with their children the challenges that the internet can bring.

Take a look at the quizzes here for a starting point for conversations with your children:

[Safer Internet Day Quiz](#)

Safer
Internet
Day 2025 | Tuesday
11 February

Coordinated by the UK Safer Internet Centre



Meet Dexter!

Dexter is the newest member of our school community – he arrived last week. He is our IQM bear and he is here to remind us that we are a Centre of Excellence for inclusion.

We are busy including him in lots of learning and activities, making sure he has what he needs to be successful!

He visited the British Museum with Orange Class, and swimming with Lime Class. He loves joining in. The children are doing a great job of making him feel welcome and included.



Here he is reading in Lime Class.

He has made some friends in the HUB .



He loves playing board games.



CHILDREN'S MENTAL HEALTH WEEK 2025

Place 2Be

Next week is Children's Mental Health Week and the children will be engaging in activities which focus around this year's theme "Know Yourself, Grow Yourself". See below top tips from Place2be for both parents and young people.

TIPS FOR FAMILIES

Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK

- 1 Encourage journaling**
Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.
- 2 Make space for reflection**
When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.
- 3 Be visual**
Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.
- 4 Practice mindfulness**
Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.
- 5 Communicate**
Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.

If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://here4you.co.uk)



TOP TIPS FOR CHILDREN AND YOUNG PEOPLE

Place 2Be

- 1 Be curious about your emotions**
You're fascinating! Take notice of your emotions and thoughts, either as they come up or maybe later on that day. You can use techniques like meditation or journaling to help you make sense of what is going on inside of you.
- 2 What matters most**
Our values are often what make us tick so reflect on what really matters to you. Are you ambitious, funny, kind, creative? Similar to Riley, our beliefs can evolve as we grow older and have new life experiences. If you're feeling lost or confused, take a moment to think about what drives you. It may help you understand yourself better and make choices that feel right for you.
- 3 Feedback, feedback, feedback**
Other people we know can often see things about us that we miss. Sometimes these can be areas for us to develop and sometimes they can be our strengths. Either way it's great to have a friend, family member or teacher that can help us with our blind spots.
- 4 Get creative expressing yourself**
Creativity can often help us express emotions and show parts of ourselves that are sometimes hidden. If you are feeling blue like Sadness, painting might help. If you are feeling bright and happy like Joy, song and dance could be the creative outlet for you. Whether it's painting, music, dance, drama or something else, find your creative outlet and share it with others.

If you're a young person struggling with any kind of mental health worries, reach out in a way that suits you. From speaking to someone or grabbing some info, to webchat or text, there's people ready and waiting to help [Here4You.co.uk](https://here4you.co.uk)



<https://here4you.co.uk/>

How Safe is WhatsApp for Children – NSPCC



WhatsApp is one of the most popular instant messaging apps, used by over 2 billion people in 180 countries. It allows you to send and receive messages, as well as make voice and video calls. You can connect with people individually or join group chats where lots of people can contribute. All you need to set up a WhatsApp account is a phone number. However, children and young people can easily subvert the restrictions placed on its access. Although rated at 16+, all that is required is a phone number. All it takes is one child in a class to be on whatsapp, and all the others will wish to join. This can lead to increased vulnerabilities for child users. The NSPCC has released its own analysis about the dangers of the app. If interested, please follow the link below:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-01-12-is-whatsapp-safe-for-my-child/>

Ear Defenders



People of all ages and backgrounds can experience discomfort or distress from loud noises in their immediate environment. Noise sensitivity is a common experience. Young children usually have more sensitive hearing than adults. Often, children who have characteristics of neurodiversity, are sensitive to a wide variety of sounds they hear in their environment. Some sounds can be overwhelming, unpleasant, distracting or may induce feelings of anxiety in some children. When environmental sounds are too overwhelming, ear defenders can be used to support children who become distressed, or frightened when they encounter loud or noisy sounds.



Ear defenders completely cover the ears and dampen loud sounds from the surrounding environment – they do not connect to music or any other audio and are designed to reduce noise levels and lessen sensory overload, but they do not eliminate all sounds – they do not create a silent environment and so children are still able to hear people talking to them.

Ear defenders should be:

Light weight

Comfortable to wear

Adjustable

Portable

Correct size for the age of the child

Ear Defenders at School

Using ear defenders is individual to each child. The use of ear defenders can help at school, at home, when travelling on public transport and when out and about in the community. If your child has shown sensitivity to noises and sounds in their environment, and you think they may benefit from using ear defenders at school, please speak to your child's Class Teacher or the School SENDCo. If your child already uses ear defenders at home, please do not encourage them to bring these into school. The school will be able to provide ear defenders for your child for school use.



Our Parent and Staff Association

Friends of Hargrave Park School

Want to get in touch? Email us at:
friendsofhargravepark@gmail.com



Raise free donations for us when shopping online

Through #easyfundraising you can raise money for Friends of Hargrave Park School when you shop at online at no extra cost to you. There are over 8,000 retailers including Argos, Morrisons, Tui, Iceland and Tescos.



Sign-up today by scanning the QR Code.



Upcoming Event Dates for your Diary

Monday 10 February
Valentine's Cupcake Sale

Friday 16 May
Dare to be Different Day

Thursday 17 July
Summer Fair

Coming up
★ Friends Quiz Night
★ School Lottery
★ Parent & Carer Coffee Morning

We are currently raising money for a variety of new lunchtime play equipment so all children can enjoy being active and escape in play during their break time.

CAN YOU LEND A HAND

We are a small and friendly group of parents who organise social and fundraising events through the year to raise fund for added trips and equipment that will enrich the experience of all children at Hargrave. We'd love more people to join in to help raise more this year.



Handmade

Make cupcakes for our cake stall on the 10th



Hands Up

Join our friendly committee and share you ideas



Hands On

Volunteer to help with the summer fair



Be part of the Summer Fair team

If you would like to join the group organising the summer fair email friendsofhargravepark@gmail.com

HARGRAVE PARK SCHOOL

VALENTINE'S CUPCAKE SALE

Cupcakes £1 each

Monday 10 February 3.30pm
In the playground

Bring in your best Valentine's themed cupcakes for your chance to be our 'Star Baker' chosen by Mrs Horton and Miss Baverstock

Deliver your bakes to the playground at 3.20pm, or drop them off in the morning at reception, to be included in the judging.

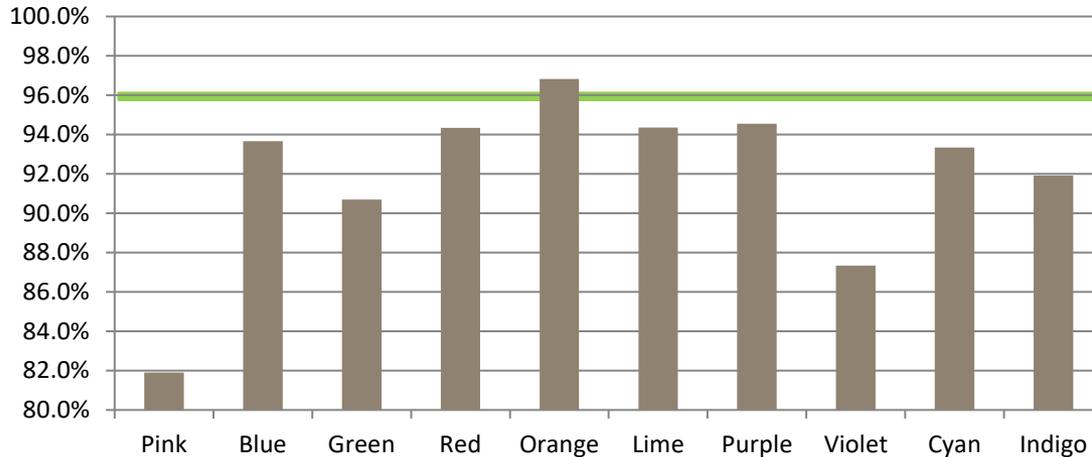
Absolutely NO NUTS



 Friends of Hargrave Park School is the school's parent staff association that aims to enhance the education of our children by fostering cooperation between parents and staff, and building a supportive community for all at Hargrave Park School.



W/C 24/01/25 – 30/01/25



Best Class Attendance

Well done to Orange class. They achieved 96.8% attendance this week. They will be rewarded with a prize for their great efforts.

Medication in School

Please ensure your child has their asthma pump and spacer in school. Children may need them more in the cold and damp weather.

If your child has prescribed medication that they may need in school eg asthma pump, epi-pen, buccolam or antibiotics a medical form must be completed on the Piota app.

You may be asked to complete a medical care plan and provide supporting documents.

All medication must be handed in to the school office.

Email your appointment letters to:
parents@hargravepark.islington.sch.uk

If your child is ill, please call the office on 020 7272 3989 choose option 1 to report your child's absence. All calls should be recorded before 8.45am

We have a wide variety of books on emotions to help the children understand and process how they are feeling:

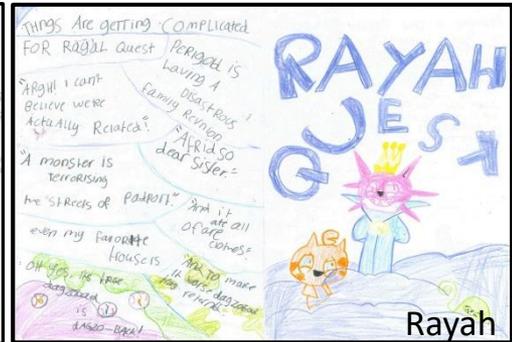


Please remember to return our library books so that other children can enjoy them, thank you.

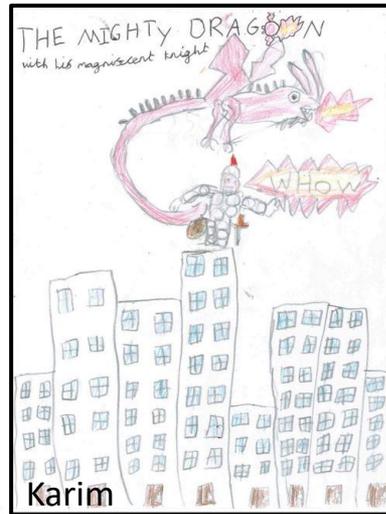
We have had a fantastic response to the 'design a book cover' competition! Below are some of the entries that will be displayed in the library this term



Camille



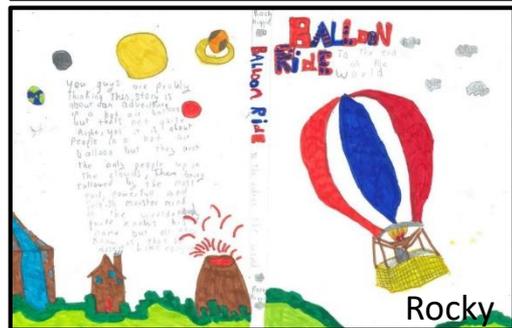
Rayah



Karim



Yeva



Rocky

★ Well done to all the children who submitted their entries

Parking outside the school



Once again, we have been made aware that a number of our families are parking illegally at drop-off and pick-up time. Residents on Hargrave Park, Dartmouth Park Hill and Bredgar Road roads have complained to the police. The police will be monitoring the area.

You risk receiving a parking ticket if you park illegally.

The reason for these rules is to **keep our children as safe as possible as they arrive at or leave school**. It is very important that cars do not park on the zigzag lines near to the zebra crossing. Parking here even for a short time reduces visibility on the zebra crossing and makes the crossing less safe.

Please do not part outside the back gates of the school. Again it compromises the safety of the children using those gates.

Remember that Bredgar Road and Hargrave Park are both Safer School Streets.

Cars are not allowed on either road from 8:45am – 9:30am and from 3:00 – 3:45pm

There is an ANPR system in place and you will receive a fine.

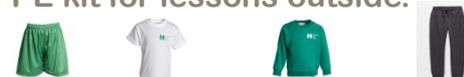
Fewer cars = fewer accidents

The best answer is to find an alternative way to travel to school if you can – by walking, scooting, cycling or taking the bus!



PE kit

During cold weather, children can wear school jumpers and/or dark grey joggers as part of their PE kit for lessons outside.



Socks are not allowed in gymnastics lessons. This reflects the borough policy of bare feet for gymnastics and supports children to be safe and to have greater control and stability during lessons– promoting strength, flexibility and balance.

Gymnastics = 

Keeping healthy in the Winter!

Our community is currently experiencing increased levels of Norovirus - a stomach bug that causes sickness and diarrhoea.

Norovirus outbreaks are common in settings where people have close contact, such as schools and nurseries, resulting in high levels of absence.

For most people, it's an unpleasant and short-lived illness, but can lead to severe illness in vulnerable groups.

Let's work together to minimise the spread of this nasty illness.

[advice on how to stop norovirus spreading](#)

World Record Attempt – update!

You may remember that back in October, children in Key Stage 2 took part in a world record attempt for ‘the largest ever poetry lesson’.

The children worked together with schools across the world to compose a poem: ‘What do You Think Counts?’

This week we learned that the attempt was successful! The record-breaking poem has been made into a poster which you can see on the right.

Please see below for a message from the organiser Laura Mucha.

WE DID IT! WE BROKE THE RECORD!

I am **VERY** excited to inform you that Guinness World Records has **APPROVED** our record attempt for Largest Poetry Lesson (Multi Venues).

WOOOHOOOOOOO!!!!!!

The formal record is for 43,516 people (from around 500 schools), which is enough to fill a football stadium!

More than 125,000 young people from over 1,000 schools took part in the lesson, but many couldn't be counted due to the **VERY** strict Guinness World Records requirements. But every single person counted in terms of creating the poem, and being part of our record-breaking event and community.

I'm counting how many licks to finish a lollipop,
how many times a grown up says "no",
how many marshmallows I can fit in my mouth,
how many times I cry about homework,
how many sticky notes I can put on Mum's face,
how many monsters I have in my head.

I'm counting the days
until I'm a famous tennis player,
days since the war started,
days until I see Daddy,
until I have a friend.

I'm counting on my nain and taid
because they give me hugs
and say "sweets cost 1p
back in the day".

And the friends
I don't need to pretend to,
that respect me,
that play.
And my bunny, Binky,
my axolotl, Bob,
because although they eat my homework,
they always keep my secrets safe.

I'm counting on the people in power
to protect the planet,
on teachers
so I can get a good job,
money, a better life,
and my football coach
because
**I WANT TO PLAY
IN THE PREMIER LEAGUE.**

I'm counting cows on the way to school,
raindrops in my mouth,
memories of people I've lost.

I'm counting on someone
to love me no matter what,
to want the best for me,
keep their promises,
listen,
and keep me safe,
so I don't have to worry so much.

I'm counting on
the small things -
because they all add up.

What do you think counts?

Co-written by over 125,000 students
and Laura Mucha (www.lauramucha.com)
on National Poetry Day as part of a
Guinness World Records™ title break with 43,516 young
people for Largest Poetry Lesson (multiple venues).