



# Minet Junior School Newsletter

Summer Term: 19th May 2025

01895 462362

<https://www.minetjunior.org.uk/>

[office@minetjunior.org.uk](mailto:office@minetjunior.org.uk)

## Upcoming Dates

**26th-30th May– Half Term– School Closed**

**2nd June– INSET day– School Closed**

## Exciting News! Our New Gardening Club is About to Grow!

We are delighted to share a fantastic photo of the generous donation from Wickes, who have kindly supplied some of the garden materials needed for our upcoming Gardening Club. Thanks to their support, our students will soon be getting their hands dirty and learning about nature, sustainability and teamwork. The club will be launching shortly after half term — we can't wait to see it bloom!

### Calling All Parents!

If you work for a company that might be interested in supporting our school, especially for our fundraising efforts or upcoming Summer Fair, we would love to hear from you. Donations of any kind — whether materials, prizes, or sponsorship — would make a big difference and help us create a fun and successful event for our children.

Thank you for your continued support and enthusiasm. Together, we can make this a memorable year for all of our students!



## Bourton Close

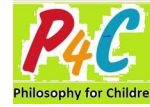
Please be aware that parking on Bourton Close (the side road off Avondale drive opposite the school) is for **PERMIT HOLDERS ONLY** (HY6) from **Monday to Friday** from **8-10am** and from **2:30-4:30pm**. Therefore, it should not be used by parents when dropping off or collecting children.

Please show kindness to each other and local residents of the school.



Please check the weather

conditions before sending your child to school and make sure they are dressed appropriately.



'What everyday items could be changed to help others?'

Please discuss this question with your child. They can then share their family's ideas with the class. There are no right or wrong answers.



### Mutual Respect & Tolerance

By learning about issues in our world, we can identify people in need and work together to think of and create solutions.

All children have the right to live a healthy life. By helping to realise young people's ideas and inventions, like the Thermovault, organisations can play their part in supporting this right.



On Wednesday 21st May, year 6 had a fantastic morning as mini medics learning the basics of first aid. Led by Michelle, the children learnt how to bandage any superficial injuries, respond to unconscious casualties and how to deal with these situations. There was plenty of practice and the children were thoroughly engaged and enjoyed the workshop.



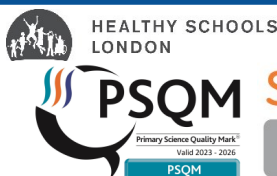
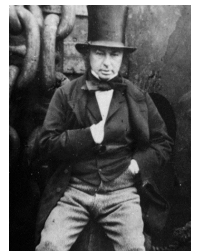
## House Points

Winners are:

08/05/25– **Brunel** with 3,535 housepoints

15/05/25– **Brunel** with 3,240 housepoints

**Well Done!**





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To conclude our RE topic of Sikhism, Year 5 pupils went to visit the Hayes Gurdwara. On arrival, they washed their hands, covered their heads and took off their shoes. They went into the room with the Guru Granth Sahib where they sat and listened to a talk from a member of the community. She spoke of ten key Gurus, the reason Gurdwaras have 4 doors (to welcome people from all round the world) and the importance of teachers. During the talk, Sikhs walked through the centre to pay their respects to the Gurus.

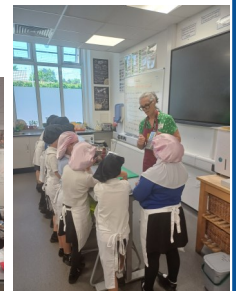
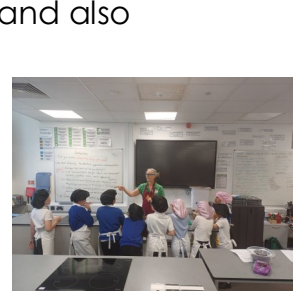
To end the talk, the speakers performed a Sabah - three of our Sikh children went up to join them. They played musical instruments such as 'Tabah' and sung.

After, the children were treated to food in the langar: Dahl, rice pudding, chapati and chips. They loved it and enjoyed sharing the Sikh traditions!

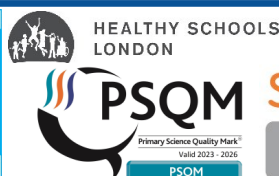
On 8th May, some children came to school dressed as soldiers, evacuees or civilians from the World War II era (1939-1945) to celebrate the 80th Anniversary of VE day. All children received a picnic lunch, which they ate together on the playground while listening to music from the same era. Some children also took part in dancing with members of staff!



We are delighted that a group of children are taking part in a School to Market Programme being run by the London Borough of Hillingdon. Children have already attended an assembly where they learnt about the benefits of growing vegetables and also participated in a workshop where they planted a number of vegetables in our new polytunnel. Last Wednesday 14<sup>th</sup> May, they were invited to Douay Martyrs where they made some lovely chutney. Each child was given a recipe and when they visit a Pick Your Own fruit farm in July, will have the opportunity make more chutney with the fruit they pick.



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## HILLINGDON WELLBEING SUPPORT

Hillingdon Mental Health Support Team are delivering **interventions** designed to support children with **common childhood problems**.

Sessions last for approx. **1 hour** and are in person or online.

### CHALLENGING BEHAVIOUR FOR 5-11 YEARS | 7 SESSIONS

Direct work with parents

Aims to support parents teach children how to manage their emotions, set clear boundaries at home, understand difficult behaviour and to support children build resilience.

### CHILD ANXIETY | 6 SESSIONS

Direct work with parents

Aims to support parents of children who may worry a lot, feel nervous, or they are very shy. We learn techniques to build confidence, reduce worry, understand how anxiety works and put helpful strategies in place.

### BRAIN BUDDIES FOR 5-11 YEARS | 6 SESSIONS

Classroom support

Aims to develop student's understanding and learn strategies of emotional regulation using the Zones of Regulation. Conducted alongside teachers who feel their class may benefit from this.

#### FOR MORE DETAILS:

Contact Holly Elderfield or email us:

[cnwl.adminhillingdonmhstcamhs@nhs.net](mailto:cnwl.adminhillingdonmhstcamhs@nhs.net)

We operate weekdays between 9am-5pm.

For urgent out of hours support please contact the Urgent

Crisis Line on: 0800 023 4650



Compassion



Respect



Empowerment



Partnership



## HILLINGDON WELLBEING SUPPORT

We also deliver various workshops and coffee mornings, covering topics related to mental health and behaviour.

### WORKSHOPS for PARENTS, STUDENTS & TEACHERS

Managing Behaviour

Online Safety

Parental Wellbeing

Trauma Informed Care

Building resilience

Child Anxiety

Mental Health Awareness

School Transitions

Healthy Living

**and more!**

### COFFEE MORNINGS for PARENTS

An opportunity for you to meet the Trainee Educational Mental Health Practitioners, meet other parents who might be going through similar concerns, have a discussion regarding your child's difficulties and how we can support you.

#### IF YOU HAVE ANY QUESTIONS:

My name is **Mahveen**

I am currently at Minet Junior Primary every Friday.



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## OPEN DAY

Hillingdon Fire Station  
Sunday, 8<sup>th</sup> June 2025 11am-4pm

- FIRE ENGINE ART GALLERY – DESIGN A POSTER AND COME TO SEE IT DISPLAYED ON THE FIRE ENGINE! (And experience more fun activities).
- Posters should be A4, Fire Brigade related, and have your name and age.
- Deadline: 30<sup>th</sup> May 2025. Please deliver to School or Hillingdon Fire Station!

Uxbridge Road, Hillingdon, Middlesex, UB10 0PH  
For more info contact Hillingdon White Watch:  
T 020 8555 1200  
E HILLINGDONNW@london-fire.gov.uk



## SWIM SCHOOL SHORT COURSES

26th May - 30th May 2025

Make a splash this May half term with our swimming short courses.

Suitable for all swimming abilities for those aged four and above.

Visit [better.org.uk/swimming-lessons](http://better.org.uk/swimming-lessons) for more information



### MAY-JUNE HALF-TERM HOLIDAY CAMP

Tue 27 to Fri 30 May 2025 (4 Days)

- The No.1 Science Activity Holiday Camp
- For All Boys & Girls Aged 5-12 Yrs
- New Science Programmes Every Holiday
- Find Your Closest Location Online with your Home Postcode in Under 10 Seconds!

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**MAY HALF-TERM 2025 Information**

In each week of the May Half-Term Holiday Science Activity Camp 2025, your children enjoy over 30+ premium hands-on, science activities and special demonstrations with take home experiments - in Chemistry, Biology and Physics!

- Dates: Tue 27 May-Fri 30 May 2025 (4 days -8 Mon 26 May)
- Open to Children: aged 5-12 years
- Venues: across London (look right)
- Times: 9am - 3:30pm (6.5hrs)

Earliest drop off 8:30am; latest collection 4pm  
• Day Places: request in Notes section at Checkout

**Wild Science! - New for 2025!**

- Day 1: Rainbow Research! Day 3: Blow Me Away!
- My It's Hot! Blow, Wind, Blow!
- Rainbow Connection! Renewable Energy!
- Hill of Mirrors! Flying without Wings!
- Day 2: Deep Science! The Deep! My Blue Sky!
- Jaws! Twister!
- Beyond The Sea! Let it Rain!
- Deep Sea Slime! Geyser!

and many, many more cool science demonstrations, experiments, games and quizzes...

**VENUES**

**NW London**

- Barnet
- Camden
- Ealing
- Harrow
- Hillingdon
- Westminster
- SW London
- Kensington
- Hammersmith and Fulham
- Kingston
- Merton
- Richmond
- Sutton
- Wandsworth
- Waltham Forest
- City of London
- Enfield
- Hackney
- Haringey
- Islington
- Newham
- Tower Hamlets
- Waltham Forest

Book online at:  
[www.mnature.co.uk](http://www.mnature.co.uk)

Or call us today:  
020 8863 8832

Also, coming up soon:  
July-August Science Activity Camp 2025  
7 Weeks and 4 Awesome Programmes Available!

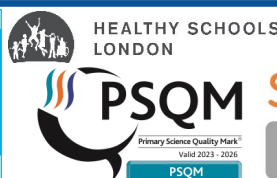
Did You Know?  
we also do  
THE BEST  
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## What should be included in your child's lunchbox?

Whether you're giving your child a packed lunch every day, or are just doing it now and then between school dinners, keeping them varied and coming up with new lunchbox ideas can be tricky. The key to a healthy lunchbox for kids is balanced and provides all essential nutrients. Once you know which types of foods should be included, you can get creative!



### Fruit and vegetables



A child's lunchbox should always include portions of fruit and vegetables. Eating fruits and vegetables each day is an important part of a balanced diet. Variety is encouraged as different fruits and veg have different nutritional benefits. Getting children accustomed to eating a wide range of fruit and veg each day can help make reaching their five-a-day a habit. Aim for two portions of fruit and veg in a lunchbox, with at least one portion being a vegetable. When giving children fruit, the portion should fit into the palm of their hand.

- salad pots
- salad vegetables added to sandwiches, such as cucumber, lettuce and tomato
- fruit pots or slices
- portion of dried fruits such as apple slices, mango or apricots

### Protein

Protein is key for muscle development and will help keep children feeling fuller for longer. When it comes to meat protein, opt for lean meats, such as turkey or chicken. If a child doesn't eat meat, ensure they get enough protein through non-animal sources, such as beans and pulses.

Try to include a portion of protein in the packed lunch most days.

- meats such as turkey, ham, chicken or sausage
- fish such as tuna, sardines or salmon
- egg-based meals, such as omelettes or quiche
- beans, lentils and legumes



### Dairy

Calcium is incredibly important for children as it helps them to develop strong, healthy bones. Dairy products are a great way to ensure your child gets enough calcium, though if your child is unable to eat dairy, ensure you source calcium from non-dairy products, such as dark leafy greens, beans and sesame seeds.

- natural or Greek yoghurt or fromage frais
- cubes of cheese such as Edam or a portion of cottage cheese
- dips such as houmous, tzatziki or cream cheese



### Carbohydrates

Growing children need plenty of energy and food that will keep them full throughout the day. Starchy foods should be incorporated into every lunchbox alongside protein, dairy, fruit and vegetables. The following carbohydrates will provide children with slow-releasing energy, keeping them active and energised throughout the day.

- sandwiches made with whole grain bread, pitta or wraps
- salads made with pasta, rice, couscous, quinoa or potatoes
- homemade pizza using English muffins, sliced tomato and cheese



### Drinks

It is important to stay hydrated and ensure your child is drinking enough fluids, so try to give them a water bottle to take to school.

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HEALTHY SCHOOLS  
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