

Laurel Lane Primary School

Friday 6th February 2026
Next week's Lunch Menu:
Week 3

Headteacher: Mrs N Moffatt
Safeguarding Lead: Miss E Attwood



Key Information

Children's Mental Health Week is hosted by the Place2Be charity and is taking place between 9-15 February 2026. The theme this year is 'This is My Place' which is based around belonging - in friendships, in school and our communities. The emotional foundations of belonging: feeling calm, being heard and knowing there are adults who can help when feelings feel big, helps the children feel connected to one another and also empowers them to go out into the world and create positive change. One very simple but powerful way to connect with others and create that sense of support and belonging is through kindness. The children next week will be looking into this further. If you would like more information about this, please see: <https://www.childrensmentalhealthweek.org.uk/>

Safeguarding Information

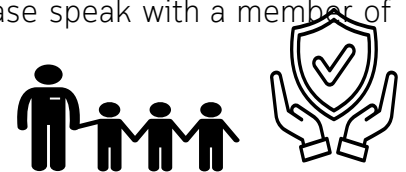
Safeguarding Team: Miss Attwood, Mrs Moffatt, Mrs Rowden & Mrs Keenan

Children's mental health

Children's mental health is just as important as their physical health. At Laurel Lane, children may not always have the words to explain how they are feeling, so their emotions often show through changes in behaviour, mood, sleep, or friendships. Feeling worried, sad, angry, or overwhelmed at times is a normal part of growing up, but ongoing difficulties may mean a child needs extra support. At school, we work hard to create a safe, nurturing environment where children feel listened to and valued. We encourage pupils to talk about their feelings, develop resilience, and learn healthy ways to manage emotions. Our staff are trained to notice early signs that a child may be struggling and to respond with care and appropriate support.

All of our classrooms now have designated 'Calm Corners', where children are supported to identify strategies that help them to regulate their emotions. Staff are also trained to use 'Zones of Regulation' and we have an allocated mental health practitioner, who offers support for both children and parents.

If you are concerned about your child's mental well-being and would like further support or advice or would like to discuss a referral to the mental health practitioner, please speak with a member of the safeguarding team.



How to contact us:

In person: The school office is open 8.15am to 4pm Monday to Friday

By phone: 01895 462 360 **By email:** laurellane@fraysacademytrust.org

Reporting absence: attendance@fraysacademytrust.org

Attendance

Attendance Shout Outs WB 26th January 2026

Upper school: 6HO 98.90%

Lower school: 2ME 99.55%

Overall attendance: 95.10%

Morning Matters

Being punctual reduces stress, avoids disruption and ensures children get the most out of every lesson.



Breakfast Club Reminder

Our Breakfast Club is open every day from 7.45am to 8.45am for children in Reception to Year 6. They can enjoy a choice of breakfast items and a drink. They also have the opportunity to play in a safe environment.

The cost of attending Breakfast Club is £3 per child, per day and is payable via ParentPay. We offer a free breakfast to children entitled to Pupil Premium funding.

Please speak to the school office for more information.



Dates for the Diary

February:

- Tuesday 10th: 3RB class assembly
- Thursday 12th: Parents Evening (330-7)
- Monday 16th -20th Half Term
- Monday 23rd Training day
- Friday 13th: Book Look for parents 830-850 (Parents invited in to see their children's work)
- Wednesday 25th: Y1 Parent Meeting (Phonics Screening Check) 9-930



Awards Wall

Above and Beyond

RST: Ayat
 1AK: Conor
 2BW: Reece
 2ME: Alima
 3NM: Siar
 3RB: Amiyah
 4AM: Israa
 5JR: Sophia
 5MG: Anton
 6HO: Muskan
 6TS: Liyana

Reading

RST: Alisha
 1AK: Ilyas
 2BW: Darcie-Rae
 2ME:
 3NM: Emily
 3RB: Abderrahmane
 4AM: Harnimrat
 5JR: Nevaeh-Rose
 5MG: Nhyria
 6HO: Deeva
 6TS: Alisa

Maths

RST: Mohammad
 1AK: Ibrahim
 2BW: Farhan
 2ME: Eduard
 3NM: Hassan
 3RB: Reggie
 4AM: Tilly
 5JR: Eddie
 5MG: Amy
 6HO: Nomik
 6TS: Mikolaj



PSD ACADEMY
 EST. 2001

1:1 SESSIONS

UNLOCK YOUR FULL POTENTIAL WITH
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MONDAY | WEDNESDAY | THURSDAY
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£50 FOR 45 MINUTE SESSIONS DELIVERED BY OUR FA AND UEFA QUALIFIED TEAM

BOOK NOW:
WWW.THEPSDGROUP.ORG.UK/ACADEMY

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TRIPLE P SEMINAR

5-11 years olds

Helping children develop healthy screentime habits

This seminar provides an overview of how screen time problems develop and offers strategies for parents to encourage healthy habits, manage conflict, and keep children safe online. This seminar will explore:

- **Understanding the problem:** How do parents recognise when screen time becomes a problem and how can they adapt this to the role of screens in modern life.
- **Strategies for healthy habits:** To provide parents with simple, positive strategies to encourage healthy screen use.
- **Conflict management:** Offers tips for managing disagreements related to screen time.
- **Online safety:** Help parents with strategies on how to keep their children safe online.
- **Balanced approach:** The seminar also acknowledges that screen time can be beneficial for entertainment, relaxation, education and aims to help families find the right balance.



When and where

Date: Tuesday 3rd March 2026

Time: 9:30 am - 11am

Venue: St Matthew's C of E Primary School, High Street, Yiewsley, Middlesex UB7 7QJ

For more information about this service, email annmarief@familylives.org.uk or call 07949 890 749

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Ofsted have created a YouTube video explaining new grades and report cards to parents and what Ofsted's new grades mean, including how they report on safeguarding. Watch it here: <https://www.youtube.com/watch?v=kbl0FvY976g>.



Hillingdon Youth Offer

The following links provide information about activities available to children and young people this coming half-term and all year round in Hillingdon.

- Hillingdon Youth Offer | www.hillingdon.gov.uk/youth-offer
- Family Hubs and Children's Centres - If you have a child aged 0-7, why not book onto one of their sessions that run across the borough | www.hillingdon.gov.uk/family-hubs
- Care and Support Directory
| <https://careandsupport.hillingdon.gov.uk>
- [Activity programmes for children and young people - Hillingdon Council](http://www.hillingdon.gov.uk/children-activities) | www.hillingdon.gov.uk/children-activities
- [Events and activities in Hillingdon - Discover Hillingdon](https://discover.hillingdon.gov.uk/events) | <https://discover.hillingdon.gov.uk/events>
- [SEND local offer - Hillingdon Council](http://www.hillingdon.gov.uk/send) | www.hillingdon.gov.uk/send
- [Libraries - Hillingdon Council](http://www.hillingdon.gov.uk/library-branches) | www.hillingdon.gov.uk/library-branches

LAUREL LANE

Date 23rd Feb, 16th Mar, 6th Apr, 27th Apr, 18th May
8th Jun, 29th Jun, 20th Jul

WEEK 1

Date 2nd Mar, 23rd Mar, 13th Apr, 4th May, 25th May
15th Jun, 6th Jul, 27th Jul

WEEK 2

Date 8th Mar, 30th Mar, 20th Apr, 11th May
1st Jun, 22nd Jun, 13th July

WEEK 3

MONDAY

Beef Pasta Bolognese (GL)
Vegetable pasta bolognese (GL,SO)
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Ice cream (MI) or Fresh Fruit

Loaded Mac 'n' Cheese (GL,MI)
BBQ Veggie Burrito (GL,SO)
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Yoghurt (MI) or Fresh Fruit

Chicken Hot Dog with Wedges (GL,SO,SE,SU)
Vegan Hot Dog with Wedges (GL,SO,SE)
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Ice cream (MI) or Fresh Fruit

TUESDAY

Mild Chicken Curry with Steamed rice
Vegan Meatballs with Tomato Sauce & Rice (SO)
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Apple Crumble & Custard (GL,MI) or Fresh Fruit

Puff pastry topped chicken pie (GL)
Puff pastry topped vegetable pie (GL)
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Fruity Flapjack (GL) or Fresh Fruit

Lemon & Herb Turkey Jollof Rice (SU)
Handmade Margherita Pizza with Garden Salad (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Fruity Shortbread (GL) or Fresh Fruit

WEDNESDAY

Roast Chicken with Mashed potatoes & Gravy (SU)
Sweet Potato and Mushroom Loaf with Potatoes & Gravy (GL)
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Vegan Fruit Jelly or Fresh Fruit

Chicken Sausage with Mash & Gravy (GL,SU)
Vegan Sausage with Mash & Gravy (SO,SU)
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Oat & Banana Biscuit (G) or Fresh Fruit

Roast Chicken with Mashed potatoes & Gravy (SU)
Squash & Spinach Plait with Potatoes & Gravy (GL,SU)
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Vegan Fruit Jelly or Fresh Fruit

THURSDAY

Chicken Meatballs & Tomato Pasta (GL)
Handmade Margherita Pizza with Vegetable Sticks (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Marble Cake (GL) or Fresh Fruit

Salmon Fillet with New Potatoes & Pantry Tomato Sauce (FI)
Handmade Margherita Pizza with Sweetcorn Rib (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Vegan Fruit Jelly or Fresh Fruit

Chicken & Sweetcorn Wrap (GL,SO,MI)
Squash & Sweet Potato Dahl with Naan Bread & Rice (GL)
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Iced Sprinkle Sponge (GL) or Fresh Fruit

FRIDAY

Breaded Fillet of Fish with Chips (GL,FI)
Vegetables fingers with cucumber & pepper sticks
with Chips (GL,MI,SO)
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Apple & Raisin Biscuit (GL) or Fresh Fruit

Fish Fingers with Chips (GL,FI)
Falafel with Chips (GL)
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Chocolate Brownie (GL) or Fresh Fruit

Breaded Fillet of Fish with Chips (GL,FI)
Cheesy baked bean quesadilla with Chips (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Soft Baked Chocolate Cookie (GL) or Fresh Fruit

VEGETABLES, SALAD, BREAD, AVAILABLE DAILY

HALAL & NON-HALAL MEAT IS SERVED HERE

BREAD CONTAINS - GL - MI - EG - SO

ALLERGY KEY
CELERY - CE / GLUTEN - GL / CRUSTACEANS - CR / EGGS - EG / FISH - FI / LUPIN - LU / MILK - MI
MOLLUSCS - MO / MUSTARD - MU / NUTS - NU / PEANUTS - PE / SESAME SEEDS - SE / SOYA - SO / SULPHUR - SU

The Pantry are committed to improving the standards of children's meals across every one of our Schools, and fresh, ethically sourced ingredients are used every day across our kitchens.



Hillingdon Parent Carers Forum

SEND Family drop in

We invite you to join us as an opportunity to share your feedback and experiences as we offer advice and support.

For families with
children with SEND
aged 0-25 years



Colham Manor
Children's Centre

9:00 am

11:30 am

Term time only

Upcoming dates: 11th February
11th March
22nd April



Hillingdon PCF

Hillingdon Parent Carers Forum

SEND Family drop in

We invite you to join us as an opportunity to share your feedback and experiences as we offer advice and support.

For families with
children with SEND
aged 0-25 years



**South Ruislip
Children's Centre**

1pm-2pm

**First Tuesday of
the month**

Term time only

Upcoming dates:

3rd February

3rd March



Hillingdon PCF

FEBRUARY HALF-TERM CAMP

★ ★ ★ ★ ★
PRO SOCCER COACHING



VENUE

**SWAKELEYS SCHOOL,
CLIFTON GARDENS,
UXBRIDGE, UB10 0EJ**

DATES

WK1: MONDAY 16TH FEBRUARY – FRIDAY 20TH FEBRUARY 2026

TIME

9AM-3PM EACH DAY

AGE

4-13 YEARS

PRICES

**£100 FOR THE WEEK
£60 ADDITIONAL SIBLINGS
£25 PER DAY**

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