

Executive Head Teacher – Mr C Cole

Head Teacher - Mrs S Voisey

Safeguarding Lead – Miss A Walton

Next week is menu week 1



The hot weather is set to continue. Please make sure that your child brings a water bottle to school every day. You may also wish to send them in with a hat (Please put their name inside).

Well done to Year 6 for their intensive swimming course this week. We hope that they are enjoying this essential life skill and their nice walk back through the park when they have finished.

Thank you to all of the Dads who were able to come along for our Father's Day breakfast. We hope you and your children enjoyed the yummy food and activities. Once again we would like to extend our thanks to all of the helpers without whom, it could not happen.

There are a few events taking place next week, including our SEND coffee morning next Tuesday. Come along and meet our new Learning Mentor – Mrs Keenan. Please check page 2 for dates for your diary.

Enjoy another warm weekend, wishing all Dads a Happy Father's Day!

Above and Beyond Students

Congratulations to the following children for going above and beyond.
They have earned a special treat!

RMB - Iliriana

RNN - Umaima

1AK - Daria

1DS - Halima

2HJ - Neveah

2LW - Aisha K

3/4KS - Monit

3/4HN - Varvara

3/4SH - Baaziz

5/6EG - Sameehazeb

5/6JO - Matthan



Weekly stats: 5th to 11th June 2023

Class	Active Players	Most Improved
1AK	8% (+4%)	Azra
1DS	3% (0%)	Albert
2HJ	9% (-8%)	Ruun
2LW	3% (+3%)	Lirane
3/4HN	67% (+26%)	Muskan
3/4KS	38% (+20%)	Blanz
3/4SH	42% (+8%)	Larysa
5/6EG	77% (+34%)	Khalid
5/6JO	40% (+3%)	Ellissa

Best Attendance

Congratulations to class 1AK for the best attendance for the third week in a row.
Last week the class attendance was 98.3%

HOUSE POINTS:

Blue – 517

Red - 668

Yellow – 550

Green – 545

Dates for Your Diary

June:

20th SEND Coffee Morning 9am – all welcome
20th Y6 Residential Parent Meeting for 2024 2.45 pm
20th Year 6 to Southlands Art Centre for Sketching
21st Yr 5 to Fasnidge Park, Uxbridge for River Study
29th Sports for All Sponsored Event
29th Welcome Meeting for New to Reception parents
in September 2023 4:00 pm

July:

3rd Sorted Theatre – Yr 6 Transition Parents meeting
6th District Sports – Uxbridge Leisure Centre
10th Historic Hillingdon
13th Year 2 trip to the church
18th Year 6 Leavers Disco
20th Year 6 Graduation @ 10am
21st End of Term – school closes at 2pm

Attendance Matters

School Target = 96.6% Year to date target at w/c 5th June = 91.32%
Attendance for w/c 5th June = 91.19%

Last week **122** children late into class.

If you are struggling to get your child into school on time and would like some help, please contact the school office



Getting Your Child to School Really Matters

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	82 Lessons
30 Minutes	22 Days from School	123 Lessons

Please Encourage Punctuality to Maintain Attendance

As Parents/Carers, we are responsible for teaching our children the importance of not being late. We are concerned about the number of children arriving late into school each day. Children can sometimes be embarrassed by arriving late into class and it can also affect their learning because they have not had sufficient time to settle in before the day starts.

If you are struggling to get your child motivated into getting ready in the mornings and would like some help, please ask at the school office.

If a pupil arrives late to class but whilst the register is still open, they are marked as late (L on the attendance register). We believe that teaching students, the vital skill of reliability is important for them to achieve their full potential in school but also **to support them for the wider world where punctuality is very important for employers and further education settings.**

If a pupil arrives at school after the register has closed, without a satisfactory reason, this may be classed as an unauthorised absence (U code on the attendance register) and may lead to prosecution for not ensuring your child has regular school attendance.

Please make sure your children are inside the school building by 8.40am (8.45 for Reception classes)

Pupil Absence & Appointments

If your child will be absent due to sickness, please inform us no later than 8.45am. This can be done by telephoning the school on 0844 836 2095, sending an absence text to 07908 677175 or emailing the school at attendance@fraysacademytrust.org.


If you do not receive an answer on the telephone, please leave a message stating your child's full name, class and the reason for their absence. Please advise the nature of their illness – we need more detail than just "unwell".

Please inform the school office using the above details. Please do not just inform your child's class teacher as they are very busy and may not have time to inform the office before the end of registration and this may result in you receiving an absence message.

Appointments – We understand that it can be difficult to get a G.P appointment at the best of times but please try to obtain appointments for yourself or your child outside of school hours. Being late into school or leaving early disrupts their day and can hinder their learning. We will require evidence of the appointment if it falls within the school day or the absence cannot be authorised.

Sickness – If your child has vomiting or diarrhoea, please do not send them into school. Please allow 24 hours after the vomiting has stopped before they return and 48 hours for diarrhoea. Because it can be difficult to obtain a G.P appointment, you might find that your local pharmacy (chemist) can offer help and over the counter medications that could save you from needing a doctor.

Medication in school – If your child requires medication more than 3 times a day, please bring it to the main school office to hand over the medicine and complete a permission form. Please do not give the medication to the class teacher and under no circumstances should you allow your child to bring medication to school themselves. If you are in any doubt whether they should be in school, please click on this link for more advice; <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>



SEND Family Support Activity Club

FRIDAYS
6pm-7pm

Venue - Northwood Methodist Church, 30 Oaklands Gate, Northwood, HA6 3AA – Free Parking

For children & young adults with special educational needs and disabilities (accompanied by their parents and or carers)

Different activities every week delivered by experts

Other SEND activities available – advice for carers & more...

£5 per child or young adult with SEND

To book, go to: www.sendfs.co.uk/activity-clubs or inform our volunteers at the club

Please note – The Activity Club will normally take place on Fridays during school term times.
We are all responsible for our own children on the day.
More information including rules & guidance, forthcoming dates and scheduled activities is available on our website, social media or email clubs@sendfs.co.uk

SEND Family Support
Support for families caring for individuals with SEND
(special educational needs & disabilities)
www.sendfs.co.uk
Email: info@sendfs.co.uk Charity Registration Number: 11385113

Phone: 07752 169849
Twitter: @SENDFS

Facebook: @SENDFamilySupport
Instagram: @SENDFSi

MyHealth Asthma Workshops

MyHealth are running FREE Asthma workshops for parents who have children with Asthma.

These sessions are run by the Hillingdon Hospital asthma nurses giving you the chance to learn from health professionals and to ask them questions directly.

Some of the content included in these sessions is:

- Asthma attacks
- Asthma triggers
- Inhaler techniques
- Asthma action plans

The workshops are run online using ZOOM and you can register your FREE place [HERE](#)

You can contact the MyHealth team on tel: 01895 543 437 or email: nhsnwccg.myhealth@nhs.net.

Current session dates are:

Monday 3rd July 4 to 5 pm

Know where to get the right help

NHS



There are lots of NHS services that can help you.

Knowing where to go, and when, can help you get the right care when you need it.

Pharmacy



Local pharmacists are **qualified healthcare professionals**. They can help you with minor health concerns and illnesses including coughs, colds, upset stomachs and skin/eye infections. They can also give some vaccinations and help with medications.

They can be found on most high streets and are a quick and convenient way to get medical advice. They will see you face to face and provide confidential help on the same day, with **no appointment needed**.

GP/doctor services

local GP practice



Your local GP practice can help with a wide range of general health problems, injuries and illnesses that are not life threatening.

Who you see at your appointment depends on the help you need. There are lots of different people who can help including a doctor, nurse, pharmacists, physiotherapist and many other trained health professionals.

They might see you over the phone, online or in-person.

You will need to be registered before you can book an appointment. To register with a GP practice you do not need proof of address, immigration status, ID or an NHS number. Find a GP practice near you at: www.nhs.uk/service-search/find-a-gp

GP help evenings and weekends

Call your GP practice as normal. The practice answer phone will provide details of where you can get local out of hours appointments. You can also use the **online consultation form** on the practice website if your need is not urgent.

NHS 111



NHS 111 helps people get the right advice and treatment when they urgently need it. 111 can direct you to the best place to get help if you cannot contact your GP during the day, or when your GP is closed.

Doctors, nurses, paramedics and other fully-trained advisors are available 24/7, and can get you the help you need by:

- finding out what local service can help you;
- connecting you to a nurse, emergency dentist, pharmacist or GP
- getting you an appointment if you need one
- telling you how to get any medicine you may need or give self-care advice.

You can contact NHS 111 all day, every day. Visit 111.nhs.uk or call 111.

Mental health services



The NHS provides a range of talking therapies for people who feel anxious, worried, down, or depressed. If you need help **you can refer yourself**, you don't need to go to your GP first. To refer your-self and find more information visit: www.nhstalk2us.org

Mental health services for people in crisis:

If you need help for a mental health crisis or emergency, you can get immediate help on our freephone lines from trained mental health advisers and clinicians **all day every day**.

Ealing, Hounslow, Hammersmith and Fulham	0800 328 4444
Brent, Harrow, Hillingdon, Kensington & Chelsea and Westminster	0800 0234 650

999 or A&E



If you, or someone you know, are experiencing a life-threatening medical emergency you should **call 999 or attend an A&E** immediately.

For adults:

- signs of a heart attack - chest pain, pressure, heaviness, tightness or squeezing across the chest
- signs of a stroke - face dropping on one side, cannot hold both arms up, difficulty speaking
- sudden confusion (delirium) - cannot be sure of own name or age
- suicide attempt - by taking something or self-harming
- severe difficulty breathing -not being able to get words out, choking or gasping
- choking on liquids or solids
- heavy bleeding - spraying, pouring or enough to make a puddle
- severe injuries - after a serious accident or assault
- seizure (fit) - shaking or jerking because of a fit, or unconscious (cannot be woken up)
- sudden, rapid swelling of the lips, mouth, throat or tongue.

For children:

- seizure (fit) - shaking or jerking because of a fit, or unconscious (cannot be woken up)
- choking on liquids or solids
- difficulty breathing - making grunting noises or sucking their stomach in under their ribcage
- unable to stay awake - cannot keep their eyes open for more than a few seconds
- blue, grey, pale or blotchy skin, tongue or lips - on brown or black skin, grey or blue palms or soles of the feet
- limp and floppy - their head falls to the side, backwards or forwards
- heavy bleeding - spraying, pouring or enough to make a puddle
- severe injuries - after a serious accident or assault
- signs of a stroke - face dropping on one side, cannot hold both arms up, difficulty speaking
- sudden rapid swelling of the lips, mouth, throat or tongue
- sudden confusion - agitation, odd behaviour or non-stop crying.