

WEEKLY

# NEWSLETTER

Friday 19th July 2024



KIND

RESILIENT

READY

ACTIVE

ASPIRE

## Message from Miss Taunt

Dear Families



**Thank you!!**

Thank you for all your support since I've started here at Belmore. I love it here. I love the children, the families and the staff. It really is a special place.

Thank you for the support you show your children. It makes all the difference having families who support them at home.

Thank you for all the gifts and kind words you've given so many of the staff today. We are blown away by your appreciation and generosity.

We had a fantastic last day, with a farewell breakfast for the staff leaving this morning. We are so sad to be seeing them going but excited for the new staff starting. We had many proud moments giving out Pupil of the Term and Right Choice Awards. An emotional assembly to say farewell to our wonderful year 6s. Ice poles and parties. Finished off with a hot sweaty lunchtime!

We wish you all a happy and safe summer and we can't wait to continue working with you all in September.

**Rose Taunt**  
**Head of School**

## Key Dates this Half Term

**School returns on  
Wednesday 4th  
September  
at 8.35am**

# GETTING READY FOR SEPTEMBER

*We ASPIRE to be  
the best we can be*

We provide all the pens, pencils and stationary that children need in school. If children would like to bring in a pencil case they may do so from year 3.



Our uniform is the same for boys and girls.

Hair neatly tied back with no big bows or hair bands

White shirt or polo neck t-shirt

Blue sweatshirt or cardigan

Grey or black trousers or skirt

Children can wear any trainers or school shoes. No Boots, sliders, crocs or sandals.

No jewellery apart for religious reasons

**PE Uniform:** is exactly the same with a white t-shirt and black shorts, leggings or tracksuit. Please no branded sports kits.

Belmore Primary Academy - School Uniform

# READING MATTERS

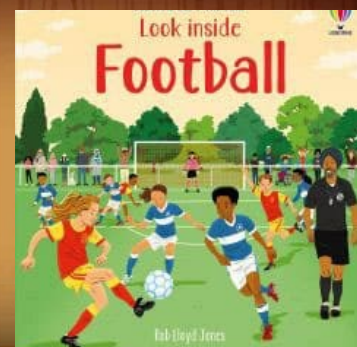
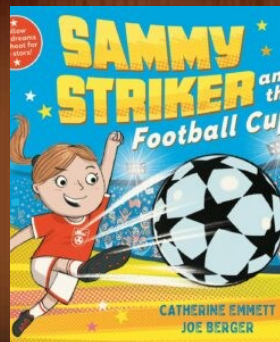
*Books build a stairway to your imagination*

*We are RESILIENT and  
learn from our mistakes*

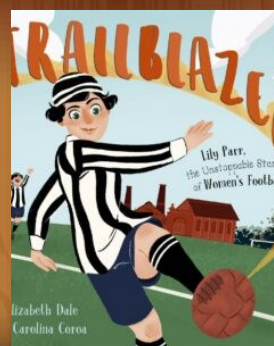
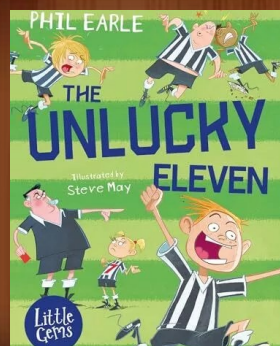
Whether you read to your child or they're old enough to read themselves, **just 20 minutes of reading a day is enough to have positive impact on their educational and personal development.**

June's Recommended Reads are all to do with Football in celebration of UEFA Euro 2024. I know many of the Belmore children and families will be watching and supporting. It is great opportunity to see some incredible athletes at work and to feel inspired to work so hard at something that you become an expert!

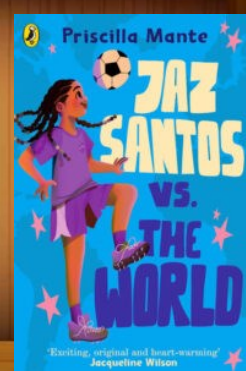
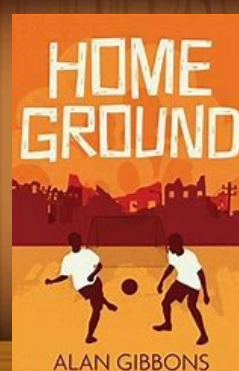
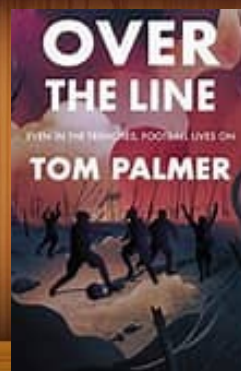
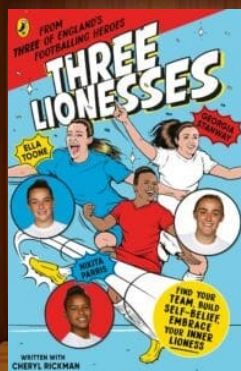
EYFS



KS1



KS2



# Summer Holiday Activities

We are **RESILIENT** and learn from our mistakes

## Free and Cheap Days out in London

If you are receipt of universal credit, over the summer holidays you will be able to visit the following places in London from as little as £1.00, for up to six members of your household. Some attractions, but not all, allow other benefits such as Job seekers allowance, working tax credit, child tax credit, pension credit, employment support allowance and income support. Check attractions website for details.

Some attractions also offer 50% of food with your tickets.

Please note:

- Tickets will need to be bought online and in advance
- You will need to provide a proof of benefit letter, as well as a photo ID

Place	Cost	Amount of tickets	Pre-booking Required
London Zoo	£3.00 each	6 per household	Yes
Tower of London	£1.00 each	6 per household	Yes
Kensington Place	£1.00 each	6 per household	Yes
RHS Wisley	£1.00 each	6 per household	Yes
Kew Gardens	£1.00 each	6 per household	Yes
Westminster Abbey	£8.00 each	One adult and One child	Yes
Hampton Court Palace	£1.00 each	6 per household	Yes
Natural History Museum	Free	-	No
V & A Museum	Free	-	No
Science Museum	Free	-	No
British Museum	Free	-	No
National Portrait Gallery	Free	-	No
National Gallery	Free	-	No
Imperial War Museum	Free	-	No
Tate Britain	Free	-	No
Tate Modern	Free	-	No
Bank of England Museum	Free	-	No
Royal Hospital Chelsea	Free	-	No
V & A of Childhood	Free	-	No



## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE SUMMER HOLIDAYS 2024

[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)



### LAS IGUANAS

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

### ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

### PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

### TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### IKEA

Kids get a meal from 95p daily from 11am

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

### TESCO CAFES

1 Free Kids meal with every 60p Spend. Available from July 1st Scotland and NI - from July 22nd England & Wales

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### YO! SUSHI

From Monday 1st July - Friday 30th August 2024, kids eat free all day Mondays to Fridays at YO! Sushi (min adult spend £10).

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### COCONUT TREE

One child (aged 10 and under) eats free per paying adult. Valid Daily, 12pm - 6pm from Monday 22nd July to Friday 6th Sept 2024.

### DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

### HUNGRY HORSE

Kids eat for £1 on Mondays

### FUTURE INNS

Under 5s eat for free with any adult meal.

Kids eat free/for £1.  
Zoom in for details!



# Summer Holiday Activities

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## Hillingdon Family Workshops

### Learn Hillingdon - Wider Family Learning Summer Holiday Workshops 2024

Are you looking to keep the children engaged this summer break, then why not enrol onto some of our family workshops. Sessions are for 1 adult with up to 2 children (**Please see minimum age for the sessions**).

Title	Day	Date	Time	Venue	Age
Create a Mini Garden!	Fri	26/07/2024	10:00-12:00	Rural Activities Garden Centre West Drayton Road, Hillingdon UB8 3JZ	5+
Create a Mini Garden!	Fri	26/07/2024	13:00-15:00	Rural Activities Garden Centre West Drayton Road, Hillingdon UB8 3JZ	5+
Create Your Own Original Poem!	Tues	30/07/2024	10:00-12:00	Uxbridge Adult Education Centre Civic Centre, High Street, Uxbridge UB8 1UW	7+
Create Your Own Original Poem!	Tues	30/07/2024	13:00-15:00	Uxbridge Adult Education Centre Civic Centre, High Street, Uxbridge UB8 1U	7+
Create a Cushion from a Man's Old Shirt	Thurs	01/08/2024	10:00-12:00	Uxbridge Adult Education Centre Civic Centre, High Street, Uxbridge UB8 1UW	8+
Create a Cushion from a Man's Old Shirt	Thurs	01/08/2024	13:00-15:00	Uxbridge Adult Education Centre Civic Centre, High Street, Uxbridge UB8 1UW	8+
Come on a Nature Trail!	Mon	05/08/2024	10:00-12:00	Cranford Park <b>Meet at:</b> Crane Youth and Community Association Fuller Way, Hayes UB3 4LW	5+
Come on a Nature Trail!	Mon	05/08/2024	13:00-15:00	Cranford Park <b>Meet at:</b> Crane Youth and Community Association Fuller Way, Hayes UB3 4LW	5+
Create a Fab Flower Arrangement!	Wed	07/08/2024	10:00-12:00	Uxbridge Adult Education Centre Civic Centre, High Street, Uxbridge UB8 1UW	6+
Create a Fab Flower Arrangement!	Wed	07/08/2024	13:00-15:00	Uxbridge Adult Education Centre Civic Centre, High Street, Uxbridge UB8 1UW	6+
Crafty Colourful Treasure Hunt, and Printing	Fri	30/08/2024	10:00-12:00	Rural Activities Garden Centre West Drayton Road, Hillingdon UB8 3JZ	5+
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To book a space email [familylearning@hae-acl.ac.uk](mailto:familylearning@hae-acl.ac.uk) or call 01895 556252 as spaces are limited.

A maximum of 3 sessions may be booked, but you can be added to the waiting list for any other sessions.

Take part in a reading challenge at the local library

THE  
READING  
AGENCY

### Summer Reading Challenge 2024

Delivered in partnership with libraries

# Marvellous Makers

[www.summerreadingchallenge.org.uk](http://www.summerreadingchallenge.org.uk)



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**

THE  
READING  
AGENCY

Celebrating  
creativity

**CREATE!**

# Summer Holiday Activities

We are **RESILIENT** and learn from our mistakes

## How to get help if you are worried about your child's mental health over the holidays

### Hillingdon MHST Self-Referral Information



#### Who We Are

Mental Health Support Teams (MHSTs) primary goals include offering evidence-based interventions for children and adolescents with mild to moderate mental health concerns, to aid in their education.

The service is active in various schools in Hillingdon and aims to enhance mental health assistance for the youth. **Please note we are only able to offer support to students attending the schools listed below (and their parents).**

Research shows a clear link between adult mental health challenges and experiences during childhood or adolescence. Teenagers who have faced common mental health disorders are at least two and a half times more likely to encounter mental health issues in adulthood compared to those who didn't. However, providing early support can help prevent future mental health issues.

#### What We Do

We provide both individual and group interventions with a focus on low intensity, effective methods for children, adolescents, and their families facing the following challenges:

- **Adolescent Anxiety:** Addressing worries, nervousness, and panic attacks. Learn techniques to manage anxiety, reduce worry, and confront fears.
- **Adolescent Low mood:** Supporting those feeling down and lacking motivation. Understand low mood, engage in valued activities, and manage negative thoughts.
- **Parent-Led Child Anxiety:** Assisting parents with children experiencing excessive worry or shyness. Learn techniques to boost confidence, decrease worry, and comprehend anxiety.
- **Parent-Led Behavioural difficulties** (for primary school-age children only): Helping parents learn techniques on emotional management, setting boundaries, understanding challenging behaviour, and fostering resilience in children.



Wellbeing for life

### Hillingdon MHST Self-Referral Information



#### How to Refer

To self-refer for MHST support, please request a **digital fillable PDF** referral form or a **paper** form by scanning the QR code on the relevant page at the end of the booklet. This will provide a pre-filled email template. Please **do not** edit this template unless you are requesting a paper form and need to add your address into the email.

Once you receive your digital form, please complete the relevant fields, **save the document** and email it to [adminhillingdoncamhast@nhs.net](mailto:adminhillingdoncamhast@nhs.net).

Alternatively, if you requested a paper form, please **scan** it or take **clear photos** of all of the pages and email it to [adminhillingdoncamhast@nhs.net](mailto:adminhillingdoncamhast@nhs.net).

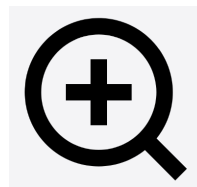
#### What Happens After You Make a Referral?

Once we have received your referral, we will respond via email or a send a letter to your address to acknowledge that we have received it. We will aim to do this within a week.

Our clinicians will then discuss your referral as a team and we will agree on the next steps.



Wellbeing for life



### Hillingdon MHST Self-Referral Information



Central and North West London  
NHS Foundation Trust

#### What Schools Do We Currently Work With?

##### Primary Schools

- Belmore Primary Academy
- Brookside Primary
- Dr Triplets Primary
- Field End Junior School
- Grange Park Junior School
- Harmondsworth Primary
- Hayes Park Primary
- Hewens Primary
- Pinkwell Primary School
- Rabbsfarm Primary School
- Rosedale Primary School
- Warrender Primary School
- William Byrd Primary



Primary School Digital Form



Primary School Paper Form

Scan here to send an email for a for to fill in



Wellbeing for life

# Summer Holiday Activities

We are *RESILIENT* and  
learn from our mistakes

BOOK  
FROM 24TH  
JUNE

## FUNWEEKS SUMMER HAF CAMP



FUNDED BY  
HILLINGDON  
COUNCIL

**BELMORE PRIMARY SCHOOL**



-  **FOR ELIGIBLE CHILDREN  
IN YEARS 1 - 6**
-  **9AM - 3PM**
-  **MON 29TH JULY - THUR 1ST  
AUGUST**
-  **LUNCH PROVIDED**
-  **MULTI SPORTS  
ARTS AND CRAFTS  
OLYMPICS ACTIVITIES  
PRIZES**

### HOW TO BOOK YOUR FUNDED PLACE:

- ▶ Eligible families will receive an email from Hillingdon Council on 24th June 24 containing a unique HAF code.
- ▶ Visit our website: [www.thepsdgroup.org.uk/haf](http://www.thepsdgroup.org.uk/haf)  
To view participating venues and book a HAF camp.
- ▶ Only bookings with a valid HAF code will be processed.  
Bookings made with an incorrect code will be cancelled.
- ▶ If you haven't received your code contact Hillingdon Council:  
01895 277 881.
- ▶ Remember to indicate any dietary requirements or allergies  
as children will receive a free lunch.

📞 0203 397 7409

✉ [info@thepsdgroup.org.uk](mailto:info@thepsdgroup.org.uk)



# Summer Holiday Activities

We are *RESILIENT* and  
learn from our mistakes



SCAN TO BOOK



## **FUNWEEKS** **SUMMER** **ACTIVE CAMP**

**EARLYBIRD  
BOOKING  
DISCOUNT**

**BELMORE PRIMARY ACADEMY**  
FOR CHILDREN IN YEARS 1 - 7 | 9AM - 3PM



**BOOK NOW: [WWW.THEPSDGROUP.ORG.UK/FUNWEEKS](http://WWW.THEPSDGROUP.ORG.UK/FUNWEEKS)**

★ **ARTS & CRAFTS** ★ **MULTI SPORTS** ★ **OLYMPICS ACTIVITIES** ★  
★ **FULL WEEK DISCOUNT** ★ **PRIZES** ★ **SIBLING DISCOUNT** ★

**EARLYBIRD  
PRICING:**

**BOOK BEFORE  
MIDDAY ON  
19TH JULY**

**£18.00  
PER DAY**

**BOOK AFTER  
MIDDAY ON  
19TH JULY**

**£19.50  
PER DAY**

**DATES:**

**MON 22ND - THUR 25TH JULY**

**MON 29TH JULY - THUR 1ST AUG**

# Highlights from our Social Media Pages

We are **RESILIENT** and learn from our mistakes



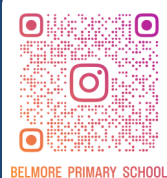
12 likes  
belmore\_primary\_school Congratulations Abdullah in belmore\_primary\_school who has already completed the summer reading year 6 who has already completed the summer reading challenge with @hillingdon\_libraries Make sure you sign up to complete your reading challenge to get a certificate and medal. We'll celebrate all the summer



25 likes  
belmore\_primary\_school A wonderful night, a wonderful prom for our wonderful year 6s  
17 hours ago



22 likes  
belmore\_primary\_school Look at our lovely new sign in Reception. We want all our children, families and visitors to have a warm welcome to our school.  
3 days ago



Fancy having a go at some pond dipping this Saturday!?



So important to protect your child from measles.

Look out for more events over the summer on our stories

We blur children's faces as not all families have completed the photo permission form.