



Children who we know are entitled to benefits based Free School Meals will have also been sent a separate link via School Gateway to order a packed lunch grab bag which can be collected on the day. If you think that you should have received this text but did not, please speak to Jane in the office.



**Year 4 Castleton Residential:** If you have booked and paid for the Y4 Castleton Residential in March, there is a parent/carer workshop explaining more about itineraries, kit lists and FAQ's. Please come along on **Monday 6th February** at **3.15pm** in the School Hall. Thank you

**Height and weight checks for children in Reception and Year 6:** On Tuesday 28th February the height and weight of Reception and Year 6 children will be measured. This is called the National Child Measurement Programme (NCMP). Trained health staff from Nottingham CityCare Partnership carry out the measurements. Children are measured in a private space away from other children and will be fully clothed only taking off their shoes and coats. Your child should have brought home a letter this week explaining the process in much more detail. Please speak to the office if you did not receive one or would like a replacement.

If you are happy for your child to be measured, you do not need to do anything. If you do not want your child to be measured, or your child has a medical condition that affects their height or weight, please tell your school as soon as possible.

**Conduct on Campus:** All staff are approachable and expect to be treated with respect as we are all working hard in school for your children. We are all role models to your children and so ask for consideration of how you address school staff so that any issues can be dealt with swiftly. Governors have agreed a new Anti-Social Behaviour Policy, which can be found on our school website <https://bit.ly/3WMkFb8>

**Parent Lite App:** As a school, we always need to ensure that your contact details and your child/children's information is up to date and accurate should we need to contact you for any reason. To support this we have a convenient way for you to **access, review and request changes** to the data held on you and your children.

An activation email for you to access this app at your own via smartphone, tablet or PC will be sent out next week to any parents who have not already registered. ***Please note that your activation email is unique to you and should not be used by anyone else. Your activation email will expire after 14 days if it is not used, please contact your school if you require a replacement after this date.*** If you have not received this please contact the school office so that we can check we have your correct email address on our system.

#### **Getting started with the SIMS Parent Lite App**

1. We will send you an activation email to the email address we have on record for you, simply click on the link from your tablet, PC or smartphone to activate your account
2. You can then login using your normal **Facebook, Twitter, Google** or **Microsoft** username and password
3. From your smartphone or tablet, download the app from the Google Play or Apple App store - search for **SIMS Parent Lite**
4. From a PC or Windows phone, login online at [www.sims-parent.co.uk](http://www.sims-parent.co.uk)

**Head Lice:** We have recently had outbreaks of head lice in school. Please be vigilant and check your child's hair regularly. If you do find evidence of head lice or their eggs in your child's hair please ensure they are fully treated before they return to school. Thank you for your continued support.



**World Thinking Day:** If your child is in Rainbows, Brownies, Guides, Beavers, Cubs or Scouts they are welcome to wear their group uniform to school for the day on **Wednesday 22<sup>nd</sup> February** to mark World Thinking Day and to reflect on the theme 'Our World: Our Peaceful Future'. It is normal school uniform for all other children.

**Free School Meals:** Parents and carers could **save up to £437** per year by checking if their child is eligible for free school meals. All primary school children in reception, year one and year two are entitled to Universal Infant Free School Meals, free for all children in Government funded schools. If you receive benefits, your children may be entitled to continue having Free School Meals after year two. Please check your eligibility and apply here: <https://www.gov.uk/apply-free-school-meals>

**Scarlet Fever Advice:** Please follow this link for advice from the Health Security Agency re scarlet fever symptoms: <https://bit.ly/3FEt6Ad>

**Support for our families:** Our Local Councillor, Linda Woodings, has made us aware of a fantastic website for Nottingham residents - Ask Lion - <https://bit.ly/3FWUPMm> that offers practical advice and support on a wide range of topics including cost of living support, access to food, free activities for children and lots more.

**Nut Free snacks and Packed Lunches:** Please ensure that you do not send your child to school with products containing nuts, including chocolate spread. We have a number of children with severe nut allergies which means we must keep Heathfield a **NUT FREE ZONE**.

**Invacuation Practice:** At school we hold regular fire drills to practice evacuating the building in an emergency. Schools are now required to practice invacuation procedures so that we are prepared for any event in the community that should require all children to be brought into school quickly and the building secured. This will be signaled through the sound of a klaxon We appreciate that practicing such a procedure will be new for our pupils and may cause them to ask questions. We would like to reassure you that we will handle this in the most appropriate manner to try and limit the impact on the children. We hope, that by practicing invacuations on a more regular basis, the pupils will become accustomed to the process. We hope that by letting parents/carers know in advance of us carrying out an invacuation drill, you will be able to reassure your children should they come home with any concerns.

### Attendance Updates

## NEW COMPETITION!

### ‘FULL HOUSE FRIDAY FIVER!’

All classes that achieve 100% attendance on a Friday, will earn £5 for them to spend on something for their class. There are 3 Fridays left...that's a potential £15! Make sure you are here!



Aiming High



If you do need any support with attendance, please do not hesitate to contact me

**#ThrivingTogether**



Let's all get in the **green!**

*Mr Battison*

# Positive Mental Health and Well-Being at Heathfield

This half term we are focusing on our well-being area of

## 'Take notice'



## FIND THE 5 DIFFERENCES

'Take Notice' is connected to mindfulness – a popular meditation practice that encourages people to notice and accept their current thoughts and feelings, whilst staying in the present moment (which means trying not to focus on the past or future).

helps to explain the benefits of mindfulness!

Why not take a look at this video which

[What Is Mindfulness? - YouTube](#)

# AEM

Autism East Midlands

Nottingham City Family Support Hub

Session dates for 2023

45th Scout Group  
Edwards Lane  
Nottingham, NG5 5SL

The aim of the hub is to offer support and a safe space for families who have children on the Autistic Spectrum. These are drop in sessions for the whole family to enjoy, aimed at children under 11 years of age. Children (including siblings) can participate at their own pace with support from parents and our staff team. Families can engage in activities or sit back and enjoy some refreshments, whilst talking to other families and sharing experiences or speaking with staff for advice and support.

No need to book a place – just turn up – but feel free to contact me if you have any questions - [Hannah.Weir@aem.org.uk](mailto:Hannah.Weir@aem.org.uk)

Usually the 3<sup>rd</sup> Wednesday of the month, 4.30-6.30pm

January 18 <sup>th</sup>	February 15 <sup>th</sup>
March 15 <sup>th</sup>	April 19 <sup>th</sup>
May 17 <sup>th</sup>	June 21 <sup>st</sup>
July 19 <sup>th</sup>	August 16 <sup>th</sup>
September 20 <sup>th</sup>	October 18 <sup>th</sup>
November 15 <sup>th</sup>	December event TBC



For further information contact:- [Hannah.Weir@aem.org.uk](mailto:Hannah.Weir@aem.org.uk)