



The Orchard Primary School

www.orchardprimary.com

10th March 2023

As part of the recent activities for Mental Health Week, children in Year 4 did some yoga with Daphne, a Yoga teacher. She even ran a session for staff!

The breathing and relaxation techniques used in Yoga can help to manage and reduce stress in a healthy and positive way. Yoga helps to clear your mind and really focus on what is happening at the present time - this is something that will help us to concentrate in class.

Imaya and Samicah share their experience of the yoga session.

Yoga is important for your mental health because it is very calming and relaxing. It also helps your bones and muscles to get stronger. Yoga helps people forget about their worries and empties their mind.

When we did the yoga a yogi called Daphne greeted us with a bow. The stretching helped me relax and when we were done, I loved yoga and I hope we can do it again very soon. Although it was quite difficult it was fun and calming.



DATES FOR YOUR DIARY

Monday, 13th March 2023
Meeting for Year 5 parents - Sycamore classroom

Wednesday, 15th March AND Thursday 16th March 2023 Proposed National Education Union (NEU) strike. This is not yet confirmed but please be aware that school may be closed to pupils for both days. Please look out for a further letter from Mrs. Haslam in the coming days.

Friday, 17th March 2023
Comic Relief—'Dress up as something Funny'

Week of 20th March 2023
Parents Evenings.
Please see SchoolPing for details.

Friday, 31st March 2023
Last day of term

Monday, 3rd April—Friday, 14th April
EASTER HOLIDAYS

Monday, 17th April 2023
Children return to school

Attendance
Juniper class and Sal class achieved the highest attendance for this week, 6th to 10th March 2023



Summer Term clubs

Please see SchoolPing for details on Summer Term After School Clubs or speak to the school office.
Thank you.

We are very concerned about the punctuality and attendance of the children at this time.

Punctuality

Gates open at 8.45am. Children can go straight into class at this time.

- Key Stage 2 children **MUST** be in class by 8.55am.
- Key Stage 1 children **MUST** be in class by 9.00am.

Please be on time to school. Being late disrupts the start of the class and can make your child miss out on important lessons and time with their classmates.

Attendance

If your child is unable to attend school, for any reason, please let us know. Please email: absence@tops.hounslow.sch.uk Or telephone the school on 0208 570 6247 and leave a voicemail message on the absence line by choosing Option 2. Please leave as much detail as possible —'sick' cannot be accepted as a reason.

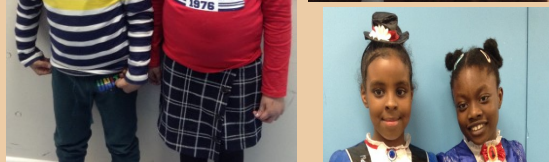
Please try to make appointments outside of school time. If your child needs to attend an appointment during the school day, please email details (appointment & time) to the absence email. If collecting early to take your child to an appointment, please also include this in your email.

This week has been another busy week of learning and activity.

Assemblies were held for KS2 and KS1. Congratulations to all who received celebration certificates this week!

Well done to the Orchard netball team who took part in a netball tournament at the Heathland School on Tuesday, 7th March 2023.

What a wonderful WORLD BOOK DAY we had! Books were the focus of the school day and thank you to all the children and staff who dressed up. Here are some photos from the day.



We promise to offer a safe and supportive environment for children

Ofsted
OFSTED registered 2578686

THE LEARNING TREE HOLIDAY CLUB

EASTER. ISLEWORTH TW7 5ED

Fun activities to promote outdoor play; health and wellbeing; mindfulness; nutrition and health; sports; crafts; forest school. HAF funded places available.

Our mission is to offer children a nurturing and safe environment. Led by experienced staff working with local partners.

For further details:
Call Mona Mirza on 07931 780909;
Email hello@learningtreechildcare.co.uk

Nurture Learn Grow

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