



The Orchard Primary School

www.orchardprimary.com

19th April 2024

Welcome Back!

It is wonderful to see children and parents back in school after the Easter break. We do hope you had a lovely time.

Summer Term is a busy time and lots will be happening. Do regularly check your SchoolPing and the weekly newsletter for notifications on upcoming events. Thank you.

Summer Term clubs from next week

Football	Monday	Yr 4 - 6
Martial Arts	Tuesday	Yr 1 - 6
Jam Coding Robotics	Thursday	Yr 3- 6
Multi Skills	Thursday	Yr 1- 2
Art	Thursday	Yr 1- 2

School Bus

We are excited to announce that the Library Bus will be open for children to use as a reading space from Monday.

The children are really looking forward to exploring the books and furnished reading area with their classmates and teachers.

We will share photos in the coming weeks.

**A-Z OF MENTAL HEALTH**

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.

**A**SK FOR HELP: Reach out when you need it. You don't have to do it alone.

**B**REATHE: Focus on your breath. Inhale for 4 seconds, hold for 4, exhale for 4.

**C**ONNECT: Connect with friends, family, or a support group.

**D**ETOX: Detach from negative thoughts and feelings.

**E**MOTIONS: Acknowledge and name your feelings.

**F**IND SAFE PLACE: Create a safe space for yourself.

**G**RATITUDE: Focus on the things you are grateful for.

**H**EALTHY HABITS: Exercise, eat well, and get enough sleep.

**I**NDIGNE: Stand up for yourself and your rights.

**J**OURNAL: Write down your thoughts and feelings.

**K**INDNESS: Be kind to yourself and others.

**L**ET GO: Let go of things that are weighing you down.

**M**EMORIES: Focus on the good memories you have.

**N**ATURE: Spend time in nature.

**O**PENNESS: Be open to new experiences and ideas.

**P**ATIENCE: Be patient with yourself and others.

**Q**UIET: Take time to be quiet and alone.

**R**EST: Get enough sleep and take breaks.

**S**UPERHERO: Think of yourself as a superhero.

**T**HOUGHTS: Challenge negative thoughts.

**U**NIQUE: Be proud of who you are.

**V**OLUNTEER: Help others and feel good about it.

**W**ORRY TIME: Set aside time for worries.

**X**ERCISE: Move your body.

**Y**OU MATTER!: Remember that you are important.

**Z**EN: Practice mindfulness.

Find out more about how Optimus Education can help boost your wellbeing at [healthinschoolsuk.com](http://healthinschoolsuk.com)



SCHOOL INFORMATION

School telephone: 020 8570 6247  
School email: [parent@tops.hounslow.sch.uk](mailto:parent@tops.hounslow.sch.uk)

For enquiries or to update contacts,  
School website: [www.orchardprimary.com](http://www.orchardprimary.com)



DATES FOR YOUR DIARY

Week of the 22nd April 2024  
Attendance Week

Monday, 22nd April 2024  
Reception Drop-in at 3pm

Thursday, 26th April - Year 4 Cake sale

Thursday, 25th April 2024  
Year 1 Drop-in at 3.10pm

Friday, 26th April 2024  
Beech class assembly in Junior Hall at 9.10am

Year 2 Drop-in at 3.10pm

The Globetrotting Guild of Orchard Primary School (GGOPS)

Yes, last week it was Liechtenstein.



Where in the world is Visula? This week I have flown northeast from Liechtenstein to another country in Europe. I visited the astonishing waterfall called Belmontas waterfalls. I also saw the oldest tree in that country, which is Stelmuze Oak.



Beautiful Trakai Island castle was also a highlight.

Unbelievably, it is 600 years old and is still in perfect condition. The Vilnius Cathedral is another place I visited. The climate was really cold, due to being in northern Europe.



Varskesciai is one of the traditional foods there, which has pancakes with sugar on top of it. If you like you could add some raspberries or blueberries.



Saltbarsciai is a traditional soup that is mostly eaten at the Christmas dinner. This is a beetroot soup, that has celery on top of it to make it a bit salty.

**HOME START**  
Richmond, Kingston & Hounslow

**FREE VOLUNTEER COURSE**

Could you give two hours a week to support a family? Local charity Home-Start is offering a free course to train you to be a home-visiting volunteer, supporting families with difficulties such as post-natal illness, bereavement or disability.

The course will run in Hampton Wick from 9.45am-2.30pm, on Thursdays from 9th May to 20th June (not half-term 30th May).

After the course, volunteers visit and support a family for 2-3 hours a week.

For more information, please contact Erin on [erin@homestart-rkh.org.uk](mailto:erin@homestart-rkh.org.uk) or [volunteer@homestart-rkh.org.uk](mailto:volunteer@homestart-rkh.org.uk) or 07884 536161.



Aspen class and Chestnut class achieved the highest attendance for this week, the 15th April to the 19th April 2024.

Mufti-day today for Hazel and Redwood class for best attendance in the Spring Term. Well done!



Important Attendance Information

Punctuality

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

- ◇ Key Stage 2 children (Y3, Y4, Y5, Y6) MUST be in class by 8.55am.
- ◇ Key Stage 1 children (Reception, Y1, Y2) MUST be in class by 9.00am.

Please be on time to school. Being late disrupts the start of the day for your child, can make your child miss out on important lessons, information 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](mailto: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' or 'unwell' 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, or has been at the hospital, please provide an appointment card, hospital discharge letter or email details (appointment & time) to the absence email above.

This is needed so absence can be authorised.

If collecting early to take your child to an appointment, please also include this in your email. Thank you for your co-operation and continued support with attendance.

Together we will continue to push this important educational success ingredient to help improve your child's outcome.

**Lunch:** Please book your child's school meal on Parent pay in advance for a week, month or term as you prefer. Menu on website.