



The Orchard Primary School

www.orchardprimary.com

7th June 2024

Welcome back after the half term week—we do hope you had a good break and are ready for the coming weeks of school.

We have had a busy week!

We are delighted that Sports Days took place for Nursery, Reception, Year 1 and Year 2 and thank the parents for coming along to cheer on the children. Sports Days news will follow separately in the coming weeks.

Year 4 had an informative visit to the Hounslow Jamia Masjid Mosque as part of their learning on five major faiths of the world (RE) with the local walk also supporting the Geography curriculum.

Reception children were visited by Hounslow school nurses who screened Height / Weight and Vision.

Some Year 5 boys successfully competed in a Quik Cricket competition at the Indian Gymkhana Club, and Sycamore class held their Class Assembly on the theme of 'fairness.'

The Year 6 children on Thursday, 6th June 2024 had a wonderful trip to Chessington. All, - staff included - enjoyed the fun of the rides, the day out and were lucky with the weather too.

### School Grounds

We remind parents, that once inside the school gates, bicycles and scooters must not be ridden by children or adults. This is to keep everyone safe on school grounds. Thank you.



Healthy Eating Week 2024  
10<sup>th</sup> – 14<sup>th</sup> June  
"Give it a go!"



### This year's Healthy Eating Week message is "Give it a go!"

Whether that means having one extra portion of fruit or vegetables a day, being a bit more active, experimenting with a new recipe or using up leftovers - Healthy Eating Week 2024 is all about giving it a go!

- Get at least 5 A DAY
- Stay hydrated
- Move more
- Focus on fibre
- Reduce food waste

\*Children are likely to adopt the same eating pattern as their parents, so it is important that the whole family adopts a healthy lifestyle. You can set a good example by eating healthily and encouraging the whole family to do activities together.

British Nutrition Foundation (BNF)

**Healthier Families - Home - NHS (www.nhs.uk)** Make a change today! Discover healthy recipes, food swaps, nutritional advice, and top tips and activities to help the whole family stay healthy.

**British Nutrition Foundation - Homepage** Healthy Eating Week engages schools, teachers and children with the importance of eating healthily and sustainably every June since 2013.

**Eating a balanced diet - NHS (www.nhs.uk)** Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best.

Hounslow School Nursing Service

### 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

Monday, 10th June 2024  
Reception Drop-In at 3.10pm

Thursday, 13th June 2024  
Year 1 Drop-in at 3.10pm

Friday, 14th June 2024  
Year 2 Drop-in at 3.10pm

### Quik Cricket

On Wednesday, some of the Year 5 boys attended the Quik Cricket competition. Before we went, we were quite nervous but when we got there, we were extremely excited about our 3 matches against other schools. We were up against difficult opponents but on the second match we drew, so we had to do a 'super over' and we won! In our last match, we lost by one over.

Overall, it was a great experience. We got to be with our friends and learned some new skills, such as: bowling, batting and fielding.

Harry and Shahid



### The Globetrotting Guild of Orchard Primary School (GGOPS)

That's right, last week Anabia was in Singapore!



This week we've flown west to an island in the North American continent. Christopher Columbus was the first European to voyage here in 1494. It then became a British colony and gained independence on 6 August 1962.

This island is known for its mountains, rainforests and reef-lined beaches.



This island nation is famed as the birthplace of reggae music, and its capital Kingston is home to the Bob Marley Museum, dedicated to the famous singer.

This country surprisingly has a bobsleigh team which debuted in the 1988 Olympics. Their famous food is



jerk chicken, rice and peas, oxtail and broad beans, beef and salt fish patties, and curried goat.



Chestnut class and Maple class achieved the highest attendance for this week, the 4th June to the 7th June 2024.



Keep up the good work of your child/ren being in school and in school on time. Help your child by getting up early, having the same morning routine and allowing plenty of time to travel to school.

### 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.