



Newsletter

Heber Primary School

Heber Road, London, SE22 9LA

t: 020 8693 2075

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twitter : @heberschool

Children's Mental Health Week 2025

Issue number: 18 Friday 14th February 2025

Children's Mental Health Week 2025 was a huge success! We celebrated our SCARF values that promote children's health and wellbeing by all wearing a huge variety of scarves on Friday. SCARF represents our values for children of Safety, Caring, Achievement, Resilience and Friendship and are taught through our PSHE curriculum. There were a huge range of activities across the school.

1V designed 'Sparkle Jars' for Children's Mental Health Week. Inside the jar, we drew/wrote things that made us happy this week.

Nursery talked about how a hug could make you feel so much better if you're feeling sad and then used 'the power of the hug' to create amazing pieces of art!

Year 2 created a whole display of their scarves! In each section they wrote something they loved to do or something they loved about themselves!

Year 5 were inspired to write poetry. Choosing any emotion, the children wrote about how that emotion made them feel and how all emotions are important and valid.





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I am Strong by Teddy Fox.
 Sadness is the thing that ruins sides,
 It is the thing that creates lies,
 Sadness is losing someone dear,
 It is the thing that blocks out our ears,
 Sadness is when stuff go extinct,
 It is when you spill your ink,
 It is when life turns away,
 Sadness is when a horse says it's final neigh,
 Sadness is losing a toy,
 It is watching the fall of Troy,
 Sadness is when your fellow soldiers fall,
 It is watching your loved melt from fire balls
 Sadness is watching a Zombie,
 it is being stung by a bee,
 Sadness can be small,
 it can also be tall,
 Sadness is a bully,
 Sadness will make you die's agreee
 Sadness will make you turn into a tree,
 blotting out everything and freezing in place,
 Sadness is when you are replaced,
 Sadness is the strongest emotion,
 but don't worry because when sadness does rain
 you just have to embrace it,
 and if you do Sadness will embrace you,
 and when it does you will feel strong,
 and it will feel like gleeing a long lost friend,
 and this is why we embrace Sadness,
 but don't turn your back on sadness because it is your friend

Anger
 Angry at parents,
 Angry at friends,
 Angry at when your favourite game ends,
 Anger in schoolwork,
 Anger in you,
 Whatever the problem anger will lurk,
 Yet anger's OK,
 No matter the day,
 Always be ready to fight it today,
 But I will be angry and never with stop
 Yet next time it comes give anger a pep
 By Rowen

I am Sad
 to bein
 I am Sad
 Sad of emotional stories,
 Sad of relatives that have long passed,
 Sad of friends that don't feel like a friend,
 Sad of misty grey skies,
 Sad of nightmares that never seem to end,
 Sad of bullying,
 Sad of catching the flu,
 Sad of the colour blue,
 But when you feel sad,
 Remember you are not alone,
 Because there are other people out there,
 Who are sad too,
 So when ever you are sad,
 Do what I always do,
 Think of things you enjoy like cake,
 And the happiness in you will wake



House Points	Rigal	Mycroft	Valdez	Ndume
				
This Week	564	562	566	560
Total	3468	3467	3462	3455



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Stars of the Week

Congratulations to the following children who were chosen as the Star of the Week for demonstrating our school values:

RC	Axel	RH	Cillian
1C	Millie	1V	Thea
2CP	Olivia	2S	Willow
3R	Albert	3W	Keigel & Ellie
4DL	Samir	4H	Sam
5B	Sadie	5K	Jude
6A	Sisi	6F	Harry

Academic Excellence Awards

In our Merit Assembly we celebrated the successes of a child from each class, who excelled in their learning and produced some outstanding work. Well done to the following children:

RC	Mara	RH	Eddie
1C	Copeland	1V	Gabriel
2CP	Jack	2S	Toby
3R	Priscilla	3W	Kadri
4DL	Jack	4H	Olivia
5B	Reuben	5K	Oscar
6A	Duke	6F	Felix

Café Visit

This week a group of Y4, 5 and 6 children went out to Lordship Lane where they visited a local cafe and were all given a budget to spend. All the children had to choose, budget and interact with people in the local community and they all impressed with their politeness and maturity. Everyone enjoyed their hot chocolates (particularly in this recent cold spell) and selected a sweet from the local shop - all within their budgets!



Heber SEND Tips

This week's tip is about: Upcoming Parent workshop - Sensory Regulation

After the half term we will be hosting a parent workshop on Sensory Regulation and de-escalation techniques. Please indicate on the linked [form](#) if you are able to attend.

Parent Workshop - Sensory Regulation

Friday the 28th of February at 9:15-10:15am



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World Book Day – Thursday 6th March

World Book Day is nearly upon us and again, it will be combined with Heber's own Book Week. This is always a super exciting time of the year where the love of reading is really put into focus. This year, on World Book Day, we are inviting children to come dressed as a character from one of their favourite books or to come in snugly pyjamas and bring in their favourite bed time book to share.



1C Science Museum Trip

On Tuesday 1C visited the Science Museum where we had the opportunity to explore 'The Garden'. We used our prior knowledge to further our learning of 'Everyday Materials'. We explored the interactive room inside the museum where we were able to look at everyday materials within the three different sections that made up the garden; the water area, the construction area and the light and sound room.



Parent Maths Workshop Series

A huge thank you to the parents and carers who braved the recent parent Maths workshops! So far, we have had a really good turnout for both the Year 1 and 2, and the Year 5 and 6 workshops. If you were unable to attend these, the slides for the sessions can be found below:

[Year 1 and 2 Workshop](#)

[Year 5 and 6 Workshop](#)

We have also had a huge response from Year 5 and 6 families who have requested the CGP SATS revision work books. These are a great way to support your child in preparation for the SATS in Year 6. We have currently sold out but will be ordering more after half term, so look out for an email after the break if you missed out this time round. The cost is £2.50, payable on Arbour.

Year 3 and 4 Parent Maths Workshop

Our final Maths workshop in the series will be for parents and carers of children in Year 3 and 4, taking place on Monday 3rd March from 3.45pm - 4.45pm, covering the following:

- **What is Maths Mastery and Mastering Number?**
- **Expectations in Years 3 and 4**
- **Times Tables: Why are they so important and how can I help at home?**
- **Further resources to support at home**

If you would like to sign up to this workshop, please do so by completing the online [form](#).



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News from the Art Room

Year 1 were so sensible and mature using acrylic paints to show off their skill painting 'Old and New' fruit this week.

Year 2 created some fantastic building designs inspired by Hundertwasser for their Cityscapes project.

Year 3 thoroughly enjoyed beginning to create their Roman mosaic designs in groups.



HEBER PARENTS & FRIENDS EVENTS

Spring 2025

EVENTS

COFFEE MORNING AND
UNIFORM SALE. MEET THE
PARENTS & FRIENDS TEAM!
- FRIDAY 28TH FEBRUARY
9.15 - 10.30AM

KIDS DISCO - FRIDAY 7TH
MARCH 4.00 - 6.00PM

QUIZ NIGHT - THURSDAY
13TH MARCH 7-11PM

5 A SIDE TOURNAMENT -
SATURDAY 29TH MARCH 12-
4PM

SPRING EGG HUNT -
THURSDAY 3RD APRIL
DURING SCHOOL HOURS

JOIN IN

WE ARE LOOKING FOR
VOLUNTEERS TO HELP WITH THE
FOLLOWING:

THE KIDS DISCO

THE 5 A SIDE TOURNAMENT

THE SPRING EGG HUNT

SERVING FOOD AT DRINK AT
VARIOUS EVENTS

IF YOU CAN SPARE AN HOUR OR
SO FOR ANY OF THESE PLEASE
LET US KNOW BY EMAILING US
AT HEBERPANDF@GMAIL.COM
OR VIA YOUR CLASS REP.

FUNDRAISING

THE SCHOOL ARE READY WITH BIG PLANS FOR THE MIDDLE
HALL, WITH NEW FLOORING, LOTS OF STORAGE AND
DECORATING.
THEY JUST NEED THE FUNDS NOW!
THERE ARE PLENTY OF OPPORTUNITIES TO HELP RAISE MONEY
THROUGHOUT THE YEAR SO THEY CAN GO AHEAD AND GIVE
THIS HALL A MUCH NEEDED MAKEOVER!



Sad News!

Sadly, we will be saying farewell to a long-standing member of the Early Years team at the beginning of March. Nicola Williams, known to the children as 'Miss Nicola', has impacted positively on so many of the children who have passed through our school, thanks to her kind-hearted and dedicated nature and her ability to form positive relationships with the children she works with. She will be greatly missed by the children and staff alike, and we would like to take this opportunity to wish her a very fond farewell and the very best of luck in the future.

Thank you Miss Nicola, for your years of dedication to Early Years practice at Heber.



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Match Report: Very Tough Day at the Office

Let's get all the excuses out of the way right from the start—sub-zero temperatures, sleety rain, fading daylight, and 11 players unavailable due to illness. To top it off, the match was on a Monday (never a great day for a fixture) against Alleyn's School Netball Club—arguably one of the strongest teams in London.

Let's be honest—we took a beating. Across all three courts, it felt like King Canute trying to hold back the tide. But despite the relentless challenge, the team kept smiling. Massive resilience on show. And we scored a few goals on each pitch.

Mr. Neve-Dunn's team talk was simple: "It doesn't get worse than this—freezing weather, fierce opposition. But spring is coming, and so are easier teams. Plus, we get great flapjacks at the end, onwards and upwards!" (all players roll their eyes)

The players learned a lot—about netball, about team spirit, and about what it's like to play sport in Siberian conditions.

And despite the absences, we still turned up with 20 players—though it was hard to tell who was who under the layers of coats, scarves, and hats!

But rest assured, it was Gia, Florence, Matilda, Edie, Elodie, Malaya, Albert, Ruby, Amelie, Sisi, Molly R, Molly H, Lennie, Bridget, Isabel, Olesja, Amiya, Celia, Skye, and Ena.

Heber heroes, every single one!

Massive thanks to coach Kate and coach Shobi for helping to make this event happen.

(Mr Neve-Dunn)

News from the Music hall

What a fantastic half term of music making at Heber!

Year One have been making their own 4 beat rhythmic patterns and have been playing them on tuned and untuned percussion.

Year Two have learned how to read and clap Ta (Crotchet), titi (two quavers), too (minim) and tiki tiki (semi quavers).

Year Three have learned to play Caterpillar Bye Bye, a piece that uses the notes B and A.

Year Four have mastered the open and bass tones on the djembe. They have used these tones to play syncopated rhythms, layered up as polyrhythms. They have also created their own call and responses.

Year five have started learning the first half of you are my sunshine on the steel pans and this week, composed their own jingles using the glockenspiels.

Year Six have learned C, F and G7 and played very nicely in their school assembly.

(Miss Grace)



Friday 28th February

● ● ● ● ● ●
Join us after drop off for coffee with other Heber parents and carers, and to meet the Parents & Friends team!
Younger siblings welcome.
Second hand uniform on sale.

Heber Parents & Friends coffee morning and uniform sale!



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Safer Internet Day 2025

Interesting Internet Safety Day!

By Georgia & Skye

Tuesday 11th February 2025 was Safer Internet Day, where we took part in many activities with the theme being: 'Too good to be true? Protecting yourself and others from scams online.'

We learnt about spotting signs of a scam, phishing & much much more. Every class did some activities and a few joined the BBC live lesson. If you sense a Scam you should always keep these actions in mind: Spot, Avoid, Report.

Scams

By Sisi & Matilda

One of the main things we learnt on Safer Internet Day was 'S.C.A.M.M.E.D' which is an acronym for how to spot a scam. Each letter is the beginning of a tip. 'S.C.A.M.M.E.D' can mean a lot of different things but this is how we were taught to be safe online:

Sounds too good to be true.

Contact you weren't expecting.

Asks for personal information.

Money or trade requests.

Mistakes in spelling or grammar.

Extra urgency.

Dodgy source.

Phishing

By Sam & Alex

Phishing is a type of scam aiming to steal your money, passwords and personal information.

It is called phishing because it is like an imaginary bait to lure your personal details. If you reveal your personal information then they could pretend to be you and could steal your money. For example an email asking to 'click here' saying you have won a competition you did not enter asking for personal information.





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Passwords

By Aiden & Luther

Scammers are always trying to get your passwords! A good password should be made out of:

- 3 Words
- Capital letters
- Numbers
- Symbols

Like 'Pinkapple4you!' But do not use that because we just told you it!

NEVER EVER tell your password to anyone. And if something pops up asking for your password, just close it down, then tell a trusted adult.

Assemblies

By George & Kornel

On Monday, Mr Adams (the computing lead) did an assembly with KS2 on Safer Internet Day. He taught us how to avoid getting scammed and how it isn't your fault if you get scammed. He did the same assembly with KS1 on Tuesday. When he explained the theme of this year's Safer Internet Day: 'Too Good to be True'. In the assemblies, Mr Adams also asked us to look at some examples and give our opinion if it was a scam or not.

Interviews

Our 6A correspondents, **Ameen, Amir and Warith**, went around the school to interview children in other classes about their Safer Internet Day. Here's what they had to say:

Oscar (Y1) "We learned about scams and to not share your password. Also to know if it is a scam."

Bea (Y2) "We learned about people scamming and how to stay safe on the internet."

Adam (Y2) "When a message pops up, tell a trusted adult."

Alana (Y3) "We made posters, learned about phishing scams and you shouldn't play too much online."

Vida and Max (Y4) "We enjoyed making posters and assemblies that explained scams to us."

Ahanon & Ettie (YR) "We learned how to stay safe online. Our favourite thing about safer internet day was learning how to stay safe online and using the internet."

Oscar (Y5) "We learned what scam stood for."

Maloga (Y5) "We enjoyed making the posters."

Delilah (Y1) "Don't tell anyone your passwords."

Alex (Y1) "Too good to be true."

Typed up by Amelie & Dorothy



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February

Monday 17 th – Friday 21 st	Half Term
Tuesday 25 th	3R Trip to Wetlands Centre
Wednesday 26 th	1V trip to Science Museum
Friday 28 th	P&F Coffee Morning (9.15-10.30am) Get Rid of and Donate

March

Monday 3 rd – Friday 7 th	Heber Book Week
Tuesday 4 th	3W Class Assembly (9.15am)
Thursday 6 th	World Book Day (Heber Dress up day – either as a book character or bedtime story attire!)
Tuesday 11 th	4H Class Assembly (9.15am)
Wednesday 12 th	Primary Arts workshop – Year 4
Thursday 13 th	P&F Quiz Night
Tuesday 18 th	5K Class Assembly (9.15am) Parents' Evening
Wednesday 19 th	Nursery Parents' Evening
Thursday 20 th	Parents' Evening
Friday 21 st	Cyber Choices assembly for Years 5 & 6
Monday 24 th	3W trip to London Wetlands Centre
Monday 24 th – Wednesday 26 th	Year 5 Residential
Tuesday 25 th	3R Class Assembly
Friday 28 th	Perform Drama Workshops (Nursery – Year 1) Ged Rid of and Donate
Monday 31 st – Friday 4 th April	Swimming (Years 3 & 4)

April

Tuesday 1 st	4DL Class Assembly (9.15am)
Thursday 3 rd	P&F Spring Egg hunt (during school hours)
Friday 4 th	Last day of term – 2pm finish
Monday 7 th – Monday 21 st	Easter Holidays
Tuesday 22 nd	Children return to school
Tuesday 22 nd – Friday 25 th	Careers Week
Friday 25 th	Get Rid of and Donate