



Newsletter

Heber Primary School

Heber Road, London, SE22 9LA

t: 020 8693 2075

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twitter : @heberschool

Thank you!

Issue number: 17 Friday 7th February 2025

It has been quite a week at Heber! I would just like to say a big thank you to the whole community for the support during our water supply issues. I am so glad we were able to open on Wednesday as normal. Although, I am sure that our teachers were very much looking forward to the possibility of hosting live lessons again in the event of a school closure!! Having to close the school during my first half term of Headship definitely wasn't something I was planning on, so I am glad we were able to resume business as usual quickly. Have a lovely weekend and thanks again.

Mrs Vanessa Kyprios

Headteacher

Save the date – Monday 12th May 6pm

The highly recommended 'Two Johns' will be leading an e-Safety parent workshop on **Monday 12th May, from 6.00pm to 7.30pm**. This parent workshop prioritises strategies that parents and carers of children of all ages can use to promote online safety both in and out with the home environment, covering issues such as:

- **How can I protect my child online at home and out of the home?**
- **What are children currently interested in online and what are the dangers?**
- **What support is out there to help me to keep my child safe online?**
- **When should my child be allowed a smartphone and how do I manage it?**
- **What age restrictions are currently in place and what is best practice as a parent when my child is accessing online gaming?**

The Two Johns, formerly police detectives assigned to cybercrime, deliver highly recommended online safety workshops for children, school staff and parents. They have appeared on BBC Breakfast TV, BBC Radio 4, Channel 4 TV and numerous other local radio stations and continue to present in schools across the UK. We will send further information regarding this popular session as the date draws closer, and for more information about The Two Johns, please visit their website, which can be found [here](#).

We look forward to seeing you there.

House Points	Rigal	Mycroft	Valdez	Ndume
				
This Week	484	488	486	479
Total	2904	2905	2896	2895



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Match Report: Custer's Last Laugh: Heber Girls Conquer the Playground Battlefield

There's a lot going on when we face our local rivals, St John's and St Clement's. We know them well, and we like them, but we want to beat them. However, as we walked into their playground, we had not expected them to have so many lively parents shouting their support. Game on! Our girls were more excited than nervous.

Our hosts were led by their illustrious teacher, Clare Evans—who is Welsh by the way—and a friend of Mr. Neve-Dunn. Tensions were high.

Heber brought only 11 players. For the first outing of 2025, we wanted to focus on the more experienced players. This was important. As we entered the fortress of their playground, we felt like Custer at the Battle of Little Bighorn—surrounded by swarms of the Lakota and Cheyenne. Their parents were numerous and rather loud—surely only Heber does this to put off visiting teams...

Added to the noisy parents were their noisy players—about 20 of them. Loud and somewhat disrespectful, they were chanting their own version of the infamous Heber chant: "2-4-6-8" and all that. 'Imitation is the highest form of flattery'—but we didn't like it. We were Custer, but the circling shouts from the parents only inspired our players.

Despite all this pressure, our girls held their nerve and did Heber proud. We all let out a sigh of relief after the first two goals, scored by Celia. Despite all the noise, we were going to win. Ruby dominated the middle and was chosen as the best player by our opponents at the end.

A great 8-2 win to us (we can't quite remember). However, they are coming to us next week, and we are letting our less experienced girls run the show. We like St John's and St Clement's so much that we hope they do better next week (although not win!)

Well done to the Heber players - Melodie, Celia, Ruby, Nour, Hiba, Molly R, Malaya, Amelie, Albert, Evelyn, Gia. (Mr Neve-Dunn)





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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	Zac	RH	Mia
1C	Isaac	1V	Eddie
2CP	Tabitha	2S	Kora
3R	Ettie	3W	Elon
4DL	Ava	4H	Fares
5B	Monty	5K	Luka
6A	Sam	6F	Arthur

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	Ettie	RH	Charlie
1C	Mia	1V	Isabella
2CP	Damilola	2S	Clara
3R	Aalia	3W	Nathan
4DL	Abdullah	4H	Luna
5B	James	5K	Molly & Teddy
6A	Warith	6F	Jack C

Heber SEND Tips

This week's tip is about: Sensory Regulation

One of the most common questions asked right now is about sensory regulation. With more difficulties with attention, listening and the prevalence of news items on the rise of ADHD and other diagnoses, everyone is seeking an answer to support their child's learning and avoid the meltdowns or tantrums they experience. Understanding the senses is one key way to support this (Communication strategies is another). We actually have 8 senses that can present differently. Someone could be sensitive to the slightest noise, but enjoy getting as messy as possible when playing. Here is a brief overview:

<https://www.youtube.com/watch?v=V-kUKyfu0as>

In the upcoming weeks, we will be hosting a parent workshop on Sensory Regulation and strategies. In the meantime, one of the strategies we use at school to help support regulation is a Sensory Circuit. This is a 10-15 minute max program that follows an alert, organisation and calm routine. An example is below:

<https://www.wyevalley.nhs.uk/media/679313/sensory-motor-circuits.pdf>

Lastly, for any sensory input there are 2 key factors that are vital:

The person helping someone regulate must be calm and regulated themselves- this is called co-regulation

Sensory input is a proactive measure, it is most effective when done before a stressful or possible overloading event. This helps get someone into a calm state before facing something potentially stressful.





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P&F update:

Drumroll.....we've finally confirmed our events for the rest of the year! We've made sure to include a mixture of events so that you can get involved and support the P&F in whatever way works for you. This term we've got:

- Coffee morning & uniform sale - Fri 28th Feb - main hall - 9.15 until 10am
- Kids disco - Fri 7th March - after school (details to follow)
- Quiz night - Thurs 13th March - 7pm start
- 5 a side tournament - Sat 29th March - 12 until 4pm
- Spring Egg Hunt - Thurs 3rd April - in school day

If you're up for helping out, in any way, with any of the above, let us know via WhatsApp, class reps, or at heberpandf@gmail.com And we look forward to seeing you at one or a few of the events! **(Holly)**

Year 2 Trip to the Guildhall

On Tuesday, we went on a school trip to the Guildhall. First we walked to the bus stop. We got the number 40 bus to Fleet Street. We played 'Count the Elephants' when the bus drove through Elephant and Castle. We got to walk a long long mile and we finally got to the Guildhall. It was very busy. (And guess what, there was a whole army there!) When we got there a lady called Lana greeted us. She took us to a statue of Christopher Wren and Samuel Pepys. Next, she took us inside. We got to a room where we put our stuff there. Then we went to the fancy toilets. Guess what, the toilets even had coconut soap!!! Then we got told some rules about the Guildhall. Lana showed us a leather bucket and Hana got to wear a fire fighter's helmet. After that, we looked at a big map of London in 1666. Bea found where Pudding Lane was. This is where the fire started in a bakery. Then we went upstairs to the Art Gallery. Next Sophia dressed up as a Fire Judge. She looked like Santa! Ha ha ha! So funny! Finally, we got to design our own Monuments to the Great Fire. Ayla's had a giant cat head on top!

Written by Marnie (2S)





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News from the Art Room

Preparations are in full swing for the Mother's Day portrait competition for Years 2 and 5. Year 4 created some fantastic Picasso inspired Guitar collages this week. Year 3 are excited to be planning a group mosaic for their Day in the Life of a Roman topic.



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!





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February

Tuesday 11 th	Safer Internet Day 5B Class Assembly (9.15am) 6F Trip to Horniman Museum 1C trip to Science Museum
Thursday 13 th	6F Trip to Southbank Centre for World Book Day Maths Parent Workshop for Years 1 & 2 (3.45pm)
Friday 14 th	6A trip to Horniman Museum
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

Change of Inset Day – June 2026

Due to a change in Year 6 school journey dates, regrettably, we need to change the Inset Day that was originally planned for Friday 19th June 2026. The new date for the Inset day will be Friday 26th June 2026. This has been updated on the school website. All term dates for this academic year, as well as 2025-2026 can be found [here](#)