



# Newsletter

Heber Primary School

Heber Road, London, SE22 9LA

t: 020 8693 2075 | F: 020 8299 0239  
w: heberprimaryschool.com  
e: adminoffice@heber.southwark.sch.uk

twitter : @heberschool

## Tennis Report

Issue number: 29 22<sup>nd</sup> May 2020

### Anyone for tennis? Heber's latest fixture at St John's and St Clement's report by Mr Neve-Dunn:

As lockdown eases more sports are becoming available. On Wednesday May 20<sup>th</sup> the choice was between tennis and golf. The lack of a golf course and any golf clubs meant that we chose tennis. The lockdown version: 5 small courts were marked out on the playground with chalk, no nets needed. The ten children would be following the usual 'LTA Covid social distancing regulations' (which seems to be normal tennis with no hugging). Only singles being played, and the matches were timed and quick (4 minutes), all starting and finishing at the same time.

Due to squad shortages causing severe player unavailability Heber was represented by our lock-down netball team: the Elias siblings, Ruth and William, and the Freya from Year 5. The opponents, St John and St Clements, had 7 players. Battle commenced in the sweltering heat.

The lowest court was 5 and the highest court number 1. If you were winning when time was up, you would move up a court. If you were losing, you would move down. It was a brutal competition. There was a minor John McEnroe racket throwing moment which only served to increase the tensions between the players.

After 60 minutes of non-stop activity, players advancing up and going down, the final positions were clear. Heber had 2 players on court number 1 and our third player on court number 2.

We take this as a great win, and time to get the bunting out all along Heber Road and surrounding streets!

## Mental Health Awareness Week



This week has been Mental Health Awareness Week with the theme of 'Kindness'. Our children have been participating in this special week by completing PSHE (Personal, Social and Health Education) work on the power and potential of kindness through our Google Classrooms.

Kindness can be defined as "Doing something for yourself and others, motivated by genuine desire to make a positive difference." All of the children have accessed age appropriate tasks from our new PSHE Scheme SCARF.

In Early Years the children have been thinking about how they help their friends. In Key Stage One the pupils have been making paper chain friends. The children drew their friends on the paper chain people and wrote acts of kindness and something kind they could do for their friend. In Key Stage Two, the children designed Marvellous Medals, where they awarded members of their family medals for acts of kindness.

At Heber this year, our focus has been to improve the provision and teaching of Mental Health to our pupils. When we return to Heber, one of the main foci will be to continue this work in supporting children with their Mental Health and well being after being away from school for so long. For additional support on Mental Health please visit the following websites:

- [Every Mind Matters](#): Advice on Mental Health and Wellbeing
- [The Nest](#): based in Peckham- Mental Health Support for children and adults (13-25 years old)

Ms Bassett – PSHE Leader



# Newsletter

Heber Primary School

Heber Road, London, SE22 9LA

t: 020 8693 2075 | F: 020 8299 0239  
w: heberprimaryschool.com  
e: adminoffice@heber.southwark.sch.uk

twitter : @heberschool

## Music Awards

Here are Mr Treen's music stars for this week:

**Key Stage 1:** I can hold off no longer. This week the KS1 music star of the week is Heidi from 1H. With so many quality and assorted music submissions on Google Classroom, she has secured the award like she secured music learning about genres we have studied, and music from the past. Muchas gracias, Heidi, ¡sigue así!

**Lower Key Stage 2:** Ethan in 4P has been very consistent in his engagement with the different music posts on Google Classroom. His energy is catching, and his love for music is palpable. Ethan is our Lower Key Stage 2 music star of this week. Excelente trabajo, Ethan.

**Upper Key Stage 2:** After seeing his engagement in our music activities, I knew it was only a matter of time until this super learner earned the music star of the week. This week was that time, with his fantastic jazz composition. Sami in 5M, you are our Upper Key Stage 2 music star after your great week. ¡Qué gran semana, Sami!

## Stars of the Week

Our staff have written to their classes on Google Classrooms this week to share their reasons for choosing their Stars of the Week. Congratulations to the following children who were chosen this week:

Reception – Florence (Rec C) & Monty (Rec E)

Year 1 – Bridget (1H) & Kornel (1L)

Year 2 – Freya (2B) & Ashley (2DJ)

Year 3 – Thomas Clapham and Monty (3A) & Alice (3P)

Year 4 – Alexa (4P) & Joe(4S)

Year 5 – Ossie (5C) & Anna (5M)

Year 6 – Beth (6F) & Alex (6K)

## PE Update – Travel to Tokyo

**There may be no sport but there are stats of fun!**

You may have noticed that there is no live sport on TV. You can watch so-called 'classics' – which are matches that occurred years ago and normally involve England winning. You try to forget that you already know the final score, but you are fooling nobody.

In this sporting desert the online recording of your sporting activities becomes strangely interesting. The '**Travel to Tokyo – 2021 Olympics**' website seems to reveal the Heber classes that are more active. Mind you, it could be that it simply reveals the classes that are more active at recording their activities.

Whatever it is showing; it has been great in developing my 'inner Maths' and much enjoyment is to be had when you become a stato (statistician).

Here are some Heber stats to enjoy:

- 736 hours of activities recorded, where you were 'hot and sweaty' 32% of the time.
- Most active class was 6K with 154 hours
- Least active was 5C with 0 hours of activity (well we had our suspicions)
- 165 activity sessions have been reported. The most popular are below.
  - 32 sessions – ball games,
  - 32 sessions – walk/run
  - 31 sessions – move/dance
  - 31 sessions – bike, skateboard etc
  - 4 sessions – martial arts

From the last stat we can assume that somebody has recorded that on 4 occasions they have karate kicked their siblings and possibly their parents!

Join the fun! <https://www.getset.co.uk/travel-tokyo>

Mr Neve-Dunn



**TRAVEL  
TOKYO**



# Newsletter

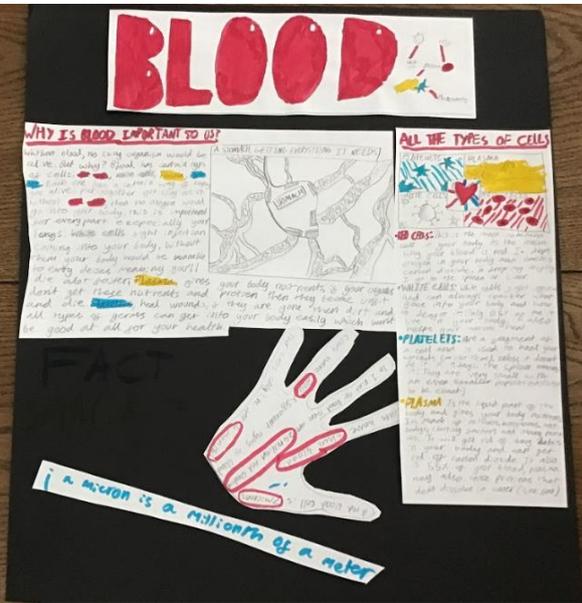
Heber Primary School

Heber Road, London, SE22 9LA

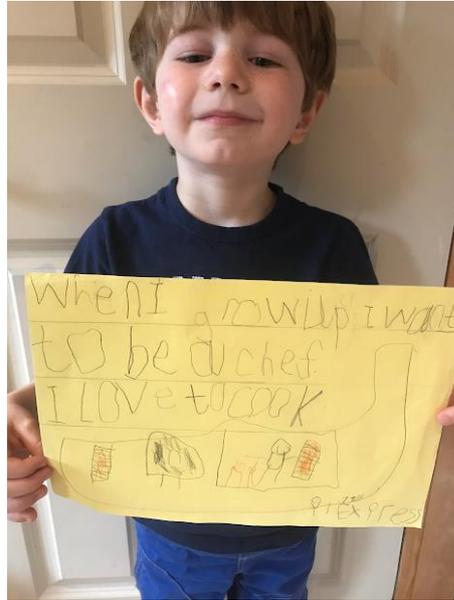
t: 020 8693 2075 | F: 020 8299 0239  
w: heberprimaryschool.com  
e: adminoffice@heber.southwark.sch.uk

twitter : @heberschool

## Google Classroom Highlights



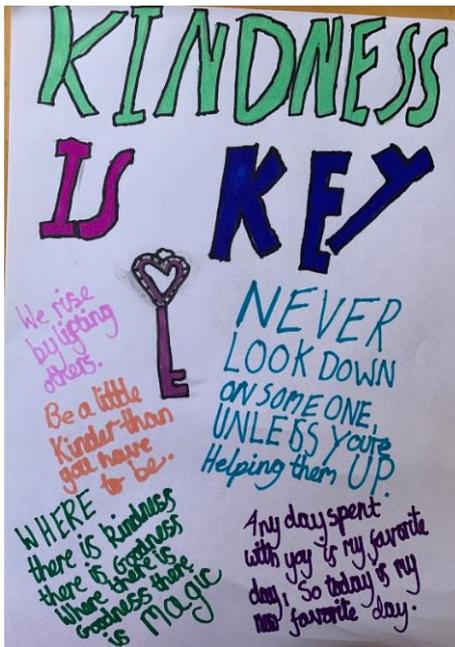
Emerson's (6K) Science information poster



This little boy wants to be a chef – Reception



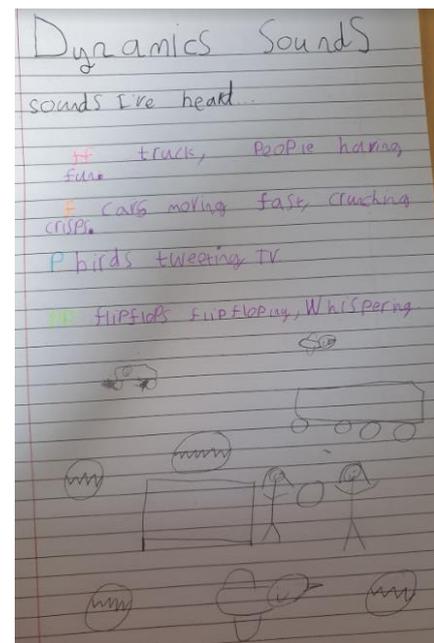
Maths/Art lesson in a box – Year 4



'Kindness' PSHE poster for Mental Health Awareness Week by Helena – Year 5



Jack Cole has been busy recreating Jurassic Park in his garden – Year 1



Molly's (1H) Music learning on 'dynamic sounds'.



# Newsletter

Heber Primary School

Heber Road, London, SE22 9LA

t: 020 8693 2075 | F: 020 8299 0239  
w: heberprimaryschool.com  
e: adminoffice@heber.southwark.sch.uk

twitter : @heberschool

**Year 4 read an account by someone who went to Heber School in the past this week for their History task. They then wrote their own account of what it is like to study at Heber Primary School in 2020,**

## **Heber School Today by Chiara Mondonico-Tardy 4S**

Heber school has old orange and white bricks; it is a big building and is the only one.

Every kid at Heber is unique and happy and so am I.

They give us homework and help us when we are stuck.

The people who work at Heber are kind and responsible and the teachers are good teachers who help us learn a lot.

I love the fact that Heber has fairs and cake and ice-cream sales; it's a good idea.

All the money they use is for something that will make us happy and make us feel safe or help us learn.

Luckily Heber has good sport, art and music teachers and we are lucky to have them as we are lucky to have every single teacher and TA in this friendly school.

We have two magnificent playgrounds which have been transformed into a place of fun and activity.

We have nice assemblies and get to know and spend time with other year groups, as it is important to meet new people and make new friends.

Heber is a great place to learn and make new friends. And I am happy that I am at that special school.

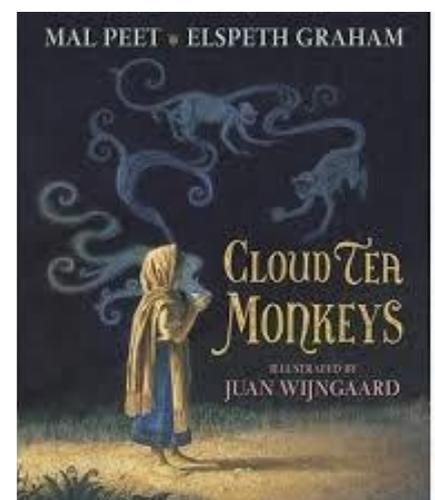
**In English Year 4 have been reading Cloud Tea Monkeys by Mal Peet and Elspeth Graham. They have been inspired to write their own reports on teas around the world. Here is the opening paragraph to Bonnie McLellan's report.**

Did you know that the most popular tea in England is Black Tea, in fact there are at least 20,000 teas in the world?

The main teas are green tea, white tea, black tea, herbal tea and oolong tea.

Most people don't know but, the most healthy tea in the world is...WHITE TEA, it's grown in China.

Have you tasted black tea if not it has a dark and malty flavor, a bit like beer but with no alcohol in it. Herbal tea tastes usually like a fresh peppermint, or a zingy lemongrass, a honey sweet chamomile to a sweet sour hibiscus. Oolong tea's flavor ranges from floral to grassy and sweet to toasty, light to full bodied.





# Newsletter

Heber Primary School

Heber Road, London, SE22 9LA

t: 020 8693 2075 | F: 020 8299 0239  
w: heberprimaryschool.com  
e: adminoffice@heber.southwark.sch.uk

twitter : @heberschool

## Keep Your Children Safe Online

Please follow this [link](#) for published guidance from the DfE - Advice for parents and carers looking after primary school children:

Here are also some additional online safety links to support parents. The importance of a safe online environment cannot be overemphasised. These links will help parents and carers set age-appropriate parental controls on digital devices and use internet filters to block malicious websites. These are usually free, but often need to be turned on.

- [Thinkuknow](#) provides advice from the National Crime Agency (NCA) on staying safe online
- [Parent Info](#) is a collaboration between Parentzone and the NCA providing support and guidance for parents from leading experts and organisations
- [Childnet](#) offers a toolkit to support parents and carers of children of any age to start discussions about their online life, to set boundaries around online behaviour and technology use, and to find out where to get more help and support
- [Internet Matters](#) provides age-specific online safety checklists, guides on how to set parental controls on a range of devices, and a host of practical tips to help children get the most out of their digital world
- [London Grid](#) for Learning has support for parents and carers to keep their children safe online, including tips to keep primary aged children safe online
- [Net-aware](#) has support for parents and carers from the NSPCC, including a guide to social networks, apps and games
- [Let's Talk About It](#) has advice for parents and carers to keep children safe from online radicalisation
- [UK Safer Internet Centre](#) has tips, advice, guides and other resources to help keep children safe online, including parental controls offered by home internet providers and safety tools on social networks and other online services

## A Special Delivery

Thank you so much to [Joy-Full](#), who delivered a donation of an amazing fruit and veg box to us at SJSC last Friday. It really lifted our spirits and we were able to share it out between all of the children and the Heber and SJSC staff who were on duty and have been doing such a great job supporting both of our schools. Thank you to the kind lady who chose to 'pay it forward' and selected Heber to receive a donation box!



## Can We Help?

If you would like to discuss ways that our staff can support your family, please contact a member of the Inclusion Team or our school office.

### The Inclusion Team are:

- Miss Hannah Darkin – Special Educational Needs Coordinator (SENCO) [hdarkin@heber.southwark.sch.uk](mailto:hdarkin@heber.southwark.sch.uk)
- Mr Lewwis Spence – Learning Mentor – [lspence5.210@lgflmail.org](mailto:lspence5.210@lgflmail.org)
- Mrs Lyndsey Jefford – Assistant Head Pastoral – [ljefford@heber.southwark.sch.uk](mailto:ljefford@heber.southwark.sch.uk)
- Mrs Genevieve Joseph-Williams – Assistant Head Inclusion [gjoseph@heber.southwark.sch.uk](mailto:gjoseph@heber.southwark.sch.uk)



# Newsletter

Heber Primary School

Heber Road, London, SE22 9LA

t: 020 8693 2075 | F: 020 8299 0239  
w: heberprimaryschool.com  
e: adminoffice@heber.southwark.sch.uk

twitter : @heberschool

## Sponsored Bike Ride

Hello everyone,

Eva has set herself the challenge of cycling 250km before she is due back at school to raise money for ZSL (Zoological Society London). ZSL is a charity with a globally important role - it's not just a visitor attraction - and its world leading science and conservation work (including fighting the illegal wildlife trade across Africa and Asia, a likely cause of this pandemic) is now under threat.

Unlike other venerable institution such as Kew Gardens and the Natural History Museum, ZSL does not receive regular government funding and was dealt a fresh blow last week when the bank said they were unable to provide the kind of major loan they need, even under the Government's special coronavirus schemes. This is because, as a responsibly run charity investing in conservation, they do not generate the cash required to pay off bank debt. Ironically, ZSL entered this crisis with no debt and decent reserves. Without income, those reserves are dwindling and they now desperately need a significant injection of cash to help them through this COVID-19 crisis.

If you can spare a couple of pounds please sponsor Eva - she is so passionate about animals and the environment that she stopped eating meat last year and is always thinking of ways to raise money for different causes (cake sales at school have raised donations for WWF and Wires Wildlife Rescue).

Here's the link if you can help: <https://www.justgiving.com/fundraising/eva-lear>

From Eva



## £585 for the NHS

Congratulations to Joe in Year 4, who raised a whopping £585 for the NHS by setting himself a challenge. Joe ran 24km by running 2.4 km a day, five days a week for 2 weeks.

## The Contented Child Webinars

We wanted to draw your attention to an excellent resource that may be of use to you and your family. 'The Contented Child' has recently moved a number of webinars for schools and parents online. Some of them are free; some have a small cost. For further information, please visit the website by clicking [here](#).

## The Natural History Museum Online SEN Resource

Calling all Dinosaur fanatics! Dawnosaurs Online from the Natural History Museum is a free online event aimed at children with autism and other sensory processing difficulties. It provides free activities, educational resources and a virtual visit to a zoo! Check it out at [here](#).

## One in One out

We would like to wish Ms Pang all the best for her maternity leave starting today. We are looking forward to hearing from her soon and meeting the newest addition to the Heber family.

We welcome back Mrs Leondis from her maternity leave, who will be taking the reins of Ms Pang's Google Classroom.