

VICTORIA JUNIOR SCHOOL

NEWSLETTER

Friday, 14th March 2025

What another busy few weeks it has been! We have had some of our Year 6 children away for three days (more details below); we have taken part in competitions; we had a very successful World Book Day yesterday where children participated in activities across the school and... we raised money for our school to spend on Scholastic books! Thank you to all the parents/carers who visited the book fair and bought books for your children.

Congratulations!

**THANK YOU TO EVERYONE
WHO ATTENDED OUR
TRAVELLING BOOK FAIR.**

Together we have raised... ~~£427.80~~.....
for our school to spend on **FREE BOOKS**

 TRAVELLING BOOKS

Dates for your Diaries:

Tuesday, 25th March - Elm Class
Thursday, 27th March - Oak
Class & Friday 28th March - Ash
Class:
Year 3 trip to St Dunstan's
Church

Thursday, 3rd April 2025 - Year
5 Spring Show 2.15pm and 6pm

Tuesday, 6th May & Thursday,
8th May - Parent's Evening

Reminders:

*Bread stall:
Opening now at 3.10 pm for parents to visit
first.
Children will still be dismissed at 3.15 pm



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Summary
by Naisha, Chestnut Class

On day one, my group completed activities such as: Ambush, Jacob's Ladder and Riffle shooting.

On day 2, we went on a on a zip wire, giant swing, completed a problem solving activity and ended the day around a campfire enjoying some yummy marshmallows! On the last day we went abseiling and were taught how to start a fire during the 'Survivor' activity. We all had a great time and we thank Miss Collins, Miss Gregory, Mr Robertson and Mrs Clements for coming with us.



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Even Newton didn't discover gravity by sitting in a classroom. He was sitting on an apple tree in 1642 when an apple crashed from a tree and squashed his highlylyrically account.

Spelling of highlylyrically account. Thomas Edison wasn't paying attention in school when he was discovered with the idea for a carbon filament bulb. He, his uncle and mother were the recipients of thousands of experiments and rejections, as eventually he did not understand his hypothesis.

At PGL, we know that's not how we do things. We give people to understand, to learn, to discover, to solve the problem, to get across a lake.

Oh, we have their bodies through to try and make that 10 year old child understand. Oh, the idea of how to build a wall together, or the idea of solving problems to save their loved ones from a lake.

Oh, you know - what great success in their ability to find their own way out of their lake.

This is what learning looks like on a PGL School Adventure.

ANYTHING BUT TEXTBOOK

ON A PGL ADVENTURE



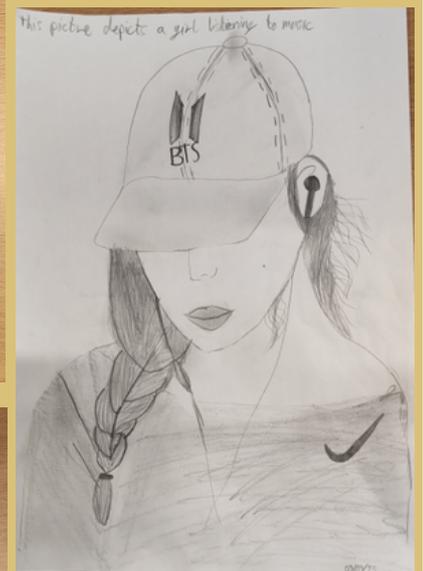
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Thank you to all those children who participated in the Art competition. We shared some of the Art in Assembly last week and the children were amazed by the vast collection of Art work that was on show.

Good Luck in the competition!



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Information for
Parents/Carers

Hounslow School Nursing Service



Nutrition & Hydration Week

17th – 23rd March 2025

Nutrition & Hydration week aims to highlight and educate people on the value of food and drink in maintaining health and wellbeing in health and social care.

Impact of a Balanced Diet

Fruit & Vegetables

A good source of vitamins and minerals, including folate, vitamin C and potassium. An excellent source of dietary fibre, which can help to maintain a healthy gut and prevent constipation and other digestion problems. They taste delicious and there's so much variety to choose from!

Protein

Protein is needed for the body to grow and repair. Foods high in protein often provide vitamins and minerals including iron, zinc and B vitamins.

Dairy

Good sources of protein, some vitamins and calcium (which helps keep bones healthy). Lactose free dairy products usually have the same vitamins & minerals as other dairy products. Non-dairy, vegan friendly products may have added calcium to ensure a vegan diet does not result in a lack of calcium.

Carbohydrates

Starchy foods are a good source of energy and the main source of a range of nutrients in our diet. As well as starch, they contain fibre, calcium, iron and B vitamins. Some people think starchy foods are fattening, but gram for gram they contain fewer than half the calories of fat. Potato skins, wholegrain bread and breakfast cereals, brown rice, and wholewheat pasta are particularly good and have a high amount of fibre.



Fats

Fat is a source of essential fatty acids, which the body cannot make itself. Fat helps the body absorb vitamin A, vitamin D and vitamin E. As part of a healthy diet, you should try to cut down on foods and drinks that are high in saturated fats and trans fats and replace some of them with unsaturated fats (olive oil, avocado, nuts, salmon, mackerel).



Aim to drink 6-8 glasses (approx. 1.5-2litres) a day.

On average expect to pass urine 4-7 times a day.

Ideally, children should pass some soft poo every day or at least 4 times a week.

www.nhs.uk/healthier-families/food-facts/

www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/

www.nhs.uk/live-well/eat-well/

www.eric.org.uk/



Young people in Hounslow can test a school nurse for confidential advice and support:

07507 333176

Learn more at: bit.ly/ChatHealthPrivacy

Support is Available

Parents and carers if you would like further help or support for your child or teenager, Send a message to:

07312 263 080

Receive an answer within one working day from a qualified school nurse. Monday to Friday, 9am-4.30pm.



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"A happy mouth is a happy body"

World Oral Health Day - 20 March 2025

World Oral Health Day

Maintaining good oral health is important at every stage of your life. No matter what age you are, caring for your mouth and looking after your oral health is important. A lesser-known fact is that poor oral health can lead to serious health conditions such as heart disease, gum disease or diabetes.

Good oral hygiene habits and routine should be set from a young age. We encourage parents and caregivers to take their children to the dentist regularly and teach them how to care for their teeth and gums.

Brushing your teeth twice a day with Fluoride toothpaste and flossing between teeth every day to remove any food or plaque can reduce the risk of gum disease. Reduce sugary drinks and foods, introduce a healthy lifestyle this is good for your whole body, including your teeth, gums and mouth.

The British Society for Paediatric Dentistry has worked with Dr Ranj to produce a series of helpful videos on how to look after your teeth.

Visit: www.bspd.co.uk/Kidsvids

Prevention is key: Brush twice a day with fluoride toothpaste, reduce sugar and don't forget to visit the dentist.

The NHS website has lots of useful information on looking after your teeth and gums:

www.nhs.uk/live-well/healthy-teeth-and-gums

<https://www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/>

<https://www.cdc.gov/oral-health/data-research/facts-stats/index.html>



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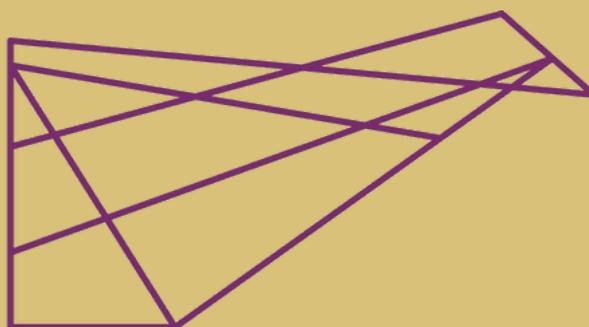
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ChatHealth

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LEARN HOUNSLOW

Free Online Courses for Parents, Carers, and Teens

Hounslow Family Hubs, in partnership with Solihull Approach, inourplace, and the NHS, are offering free online courses to support emotional health and wellbeing from pregnancy to 19+.

Designed by clinical psychologists, these courses help you better understand your child at every stage.

The courses can be translated into 108 languages using the Google Translate widget, with some of the courses including voiceovers in languages such as Modern Standard Arabic and Urdu. For more information, please visit: <https://inourplace.co.uk/hounslow/>

Use code **LBHPARENTS** to register at: <https://inourplace.heiapply.com/online-learning/courses>

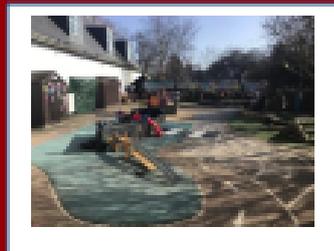
For more information contact familyhub@hounslow.gov.uk

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Cardinal Road Nursery and Infant School

Creating a brighter future for our
children.



Welcome to our open door sessions in
our outstanding Nursery.

9:30am - 10am on Tuesday 18th March &
25th March.

Please contact the school office on 02088906306 or email
office@cardinalroad.hounslow.sch.uk to book a place.

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Recognitions

For the past few weeks, pupils have been focusing on 'Being Respectful' and 'Being Safe'. Please celebrate the fantastic effort your children have been putting into their targets and see below those children who received certificates over the past two weeks.

Year 3		Year 4		Year 5		Year 6	
Ash	Layan Alex	Ebony	Jamila Umaima	Magnolia	Sidhant Veer	Cherry	Jack Zachary
Oak	Rahila Vihaan	Beech	Layla Millie	Willow	Shrikar Yuzin	Laurel	Sanskriti Satvika
Elm	Harley George	Rowan	Gabriele Aydin	Holly	Misho Henil	Chestnut	Imam Watan



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Spring Term 2025

Monday 6th January – First day Spring Term

Monday 17th February to Friday 21st February – Half Term Holiday

Monday 24th February – INSET DAY (school closed to pupils)

Tuesday 25th February – First day Spring Term 2

Friday 4th April – Last day Spring Term (school closes at 2pm)

Monday 7th April to Monday 21st April – Easter Holiday

Summer Term 2025

Tuesday 22nd April – First day Summer Term

Monday 5th May – May Day Holiday (school closed)

Friday 23rd May - INSET Day (school closed to pupils)

Monday 26th May to Friday 30th May – Half Term Holiday

Monday 2nd June – First day Summer Term 2

Tuesday 22nd July – Last day Summer Term (school closes at 2pm)