



Harvills Hawthorn Primary School Newsletter

March 2023

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Dear parents and carers,

I hope this email finds you all well. This half term has flown by with the spring break now upon us!

It was lovely to see so many of you during our recent parents' evenings. We hope you found the appointments informative and useful and thank you for your very positive feedback; it means such a lot to our staff who are working so very hard to ensure the children are being the very best they can be.

Thank you to those families who have been able to join us for this term's Showcase Assemblies. The children have loved having an audience to perform to and I'm sure you'll agree each class have been amazing. If your child has not yet held their showcase assembly, please check the 'Dates for your Calendar' section later in the newsletter.

Following the road traffic collision outside school a few weeks ago, I have been in meetings with Sandwell's Road Safety Team and, on Monday, we launched a 'Road Safety Campaign'. Following this, the police will be in attendance outside school sporadically over a period of time to do patrols, offer advice to parents and manage parking. There will be a banner competition and the winning design will be made into a banner and placed on the fences around school. In addition, we are holding meetings with police, highways and planning officers to discuss a way forward for the parking issues, including the upcoming building works that will be happening opposite school.

Have a wonderful Easter break,

Kind regards,

Miss Sheen and Miss Soper

Year 3 Visit

Year 3 had an amazing visit to Cheddar Gorge and Caves. The staff there were so impressed with the children's behaviour and enthusiasm that they sent us an email afterwards:

"I was not alone in the opinion that both your groups were a delight to deal with and a credit to their school. We would certainly be delighted to see you again in the future."

Because of Covid, this was their first visit and they were a credit to themselves, their families and our school. Many thanks also need to go to the governors and members of the PTA who gave up their time to join us.

Parent Teacher association (PTA)

Thank you very much to everyone who has supported our PTA and charity fundraisers. The recent Movie Night was a huge success; the children had a fantastic time and the money raised will go towards future events in school, vouchers for end of term awards and end of year celebrations. The PTA have also funded the cream eggs that you children are bringing home today.

We also have our 2023 Summer Fayre fast approaching on Thursday 13th July and there are already lots of preparations taking place towards this.

We would also like to take this opportunity to thank the amazing members of the PTA who give up their time to support our school. If you would like to become an active member of the PTA then please email Mrs Hill (mrshill@harvillshawthorn.co.uk) to find out more information. Every little helps! Thank you again to everyone who has supported us.

Packed Lunches

Lunch is an important meal for children as it can provide energy and nutrients to keep them going through the afternoon. A healthy lunch can help children to remain focussed and sustain concentration, which means they more readily retain information and, therefore, learn more.

If your child brings a packed lunch to school, it could contain: -

- 1). A portion of bread (or similar), rice, potatoes or pasta
- 2). Plenty of fruit and vegetables
- 3). A portion of dairy or a calcium rich alternative
- 4) Some protein in the form of beans, pulses, egg or meat
- 5). A healthy drink

The NHS website link below gives examples of what a healthy lunchbox should contain as well as some quick and easy recipes which may help if you are in a rush or running out of ideas.

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Lunchbox tips



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[See more healthier swap ideas](#)



Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.

Sporting Achievements

Football Champions

Our year 5 & 6 boys took part in a Sandwell tournament played at West Bromwich Football ground. The team were amazing and smashed the competition to win every match and, ultimately, the tournament. The organisers commented on the skill and sportsmanship of every player in the team. Thanks must go to Mr Gilbert and Mr N for giving their time to train and support the boys. Congratulations, Team Harvills!

Cross Country Race

A huge congratulations to Remi-Lee, Noah, Chloe, Paris and William in KS2 who attended a cross country event at Mayfield Preparatory School. Their level of commitment to their training at lunchtimes has been outstanding and they were all exemplary representatives for Harvills. Thank you to Mrs Wilding who organised the competition, to Mr. N for coaching the children in preparation for the race and to all of the other children who also participated in the training.

Tang Soo Do Karate Club

On Monday, Master Griffiths (7th Dan Black Belt) came to conduct a belt test for our children. They really impressed her with their hard work and enthusiasm. Everybody who graded passed their tests and a special mention goes to Bailee in year 5 who double graded from purple belt to green belt. The following children have achieved their next belts:

Green- Bailee

Purple stripe – Demmi, Jaycie and Lottie

Purple- Aaliyah, Abigail, Khadija, Zainab, Ekam, Alfie, Khilaal, Simran and Eshall,

Yellow- Kyla, Aleks, Arina, Bavandeep, Jamelia and Rajveer

She was also very impressed by the newest members of the club, Imanuel, Marley, Esmae, Eveiie and Mia, who haven't yet completed enough lessons to take their first belt test but who joined in with enthusiasm and all succeeded in breaking a board!

Dates for your Diary

Date	Time	Event
Monday 3rd April – Friday 14th April		2 WEEK EASTER HOLIDAY
Monday 17th April		School open for children
Monday 1 st May		School closed for Early May bank holiday
Tuesday 2nd May	9:00am	3KS Showcase Assembly In-school King's Coronation celebrations- more information to follow

Wednesday 3 rd May		More in-school King's Coronation celebrations!
Thursday 4 th May		School closed as we are used for a polling station for the Local Elections
Friday 5 th May		School closed for Inset Day
Monday 8 th May		School closed for the bank holiday for the Coronation of King Charles III
Tuesday 9 th May	9:00am	RSH Showcase Assembly Year 6 SATS week begins
Tuesday 16 th May	9:00am	1JH Showcase Assembly
Tuesday 23 rd May	9:00am	NCM morning class Showcase Assembly
Friday 26 th May		Last day of the half term. Children break up.
Monday 5 th June		Children return to school
Tuesday 13 th June	2:45pm	NCM afternoon class Showcase Assembly
Tuesday 20 th June	9:00am	1DL Showcase Assembly
Friday 23 rd June		Year 6 visit to Edgmond Hall (further information to follow)
Tuesday 27 th June	9:00am	4BM Showcase Assembly
Monday 3 rd July	9:00am	Sports Day (further information to follow)
Tuesday 4 th July	9:00am All day	2DW Showcase Assembly Reception visit to Sycamore Adventure (further information to follow)
Tuesday 11 th July	9:00am All day	5GB Showcase Assembly Nursery visit to Sycamore Adventure
Thursday 20 th July	9:15am-10:15am 2:30pm-3:30pm 4:30-6:00pm	Morning nursery graduation ceremony Afternoon nursery graduation ceremony Year 6 Leavers' celebration
Monday 24 th July	9:15am	Year 6 Leavers' Assembly
Tuesday 25 th July		Last day of term. Children are in school today.