



**Perivale Primary  
School**

## Perivale Celebrates Black History Month

### IMPORTANT DATES

#### Half Term

**Monday 26th  
October - Friday  
30th October**

**Back to school  
Monday 2nd  
November**

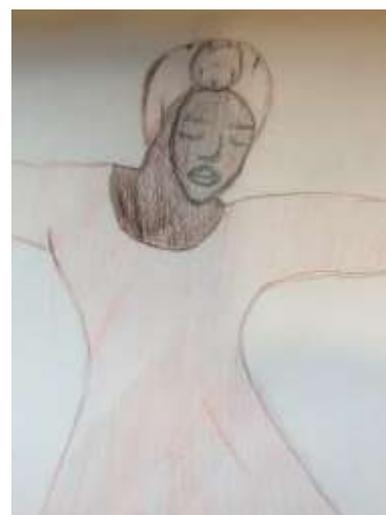
**Tuesday 3rd Nov  
10am, virtual  
workshop for  
Nursery parents,  
applying for  
Reception 2021**

**Thursday 5th Nov,  
1.30pm, virtual  
workshop for  
Nursery parents**

#### Last day for autumn term

**Friday 18th  
December 1.00pm  
(no afternoon  
nursery)**

Children across the school celebrated Black History Month throughout October. One of the activities involved children learning about famous artist Bernard Hoyes from Jamaica. Children created their own interpretation of his 'Dancing Lady' and other paintings.



The clocks go back  
**25 October**

## School Attendance



Well done to Willow and Ash class for 100% attendance last week, well done to everyone! This week Ash class celebrated best class attendance once again!



## Applying for Reception for 2021

Nursery parents are invited to take part in a virtual workshop to help with applying for Reception places to start school in September 2021.

Mrs Vaux will be hosting the meeting and will talk you through how to make an application and answer any queries. The meetings will take place on the following dates. You only need to attend one of the meetings.

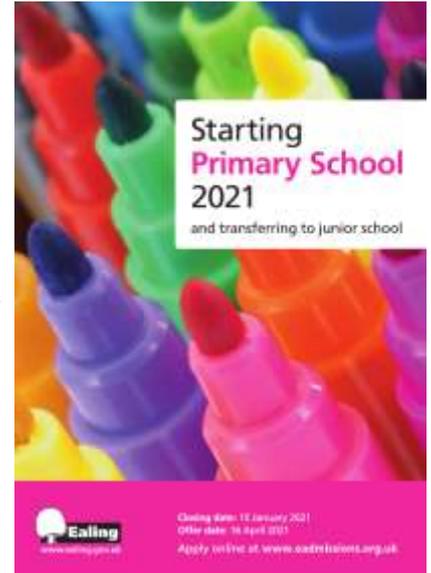
**Tuesday 3rd November, 10.00am**

**Thursday 5th November, 1.30pm**

**The zoom link for the meetings have been emailed to all nursery parents but will be sent again on Monday 2nd November.**

You can also find out lots more information about applying for Reception on our website;

**<https://www.perivale.ealing.sch.uk/children/classes/nursery/>**



## Online Safety Tip



You can help your children be critical thinkers online: check out this link <https://parentzone.org.uk/article/critical-thinking-online-parents-guide>

## Reception Celebrates 'Ourselves'

Reception classes have been learning all about 'ourselves' recently.

Children shared information about all the different types of celebrations their families have and had fun dressing in clothing from their cultural backgrounds.



## Ealing Council Free Cycling Courses for Children

Children must be in  
Y5 or over to take  
part.

**Dates:** 28th -  
30th October Times  
09.30—11.30am or  
12.30—14.30pm

### Locations:

Gunnersbury Park  
and Southall Park

If you are interested  
in taking part you  
will need to book  
your place by  
visiting;

[http://bit.ly/  
EalingHols](http://bit.ly/EalingHols)

Or  
[www.cyclinginstructor.com](http://www.cyclinginstructor.com)

Or call

0845 652 0421



## Nasal Flu Vaccinations

The school  
immunisation team  
will be in school to  
deliver the nasal flu  
vaccine for children  
from Reception to  
Y6, on Wednesday  
25th November.

Parents will receive  
a consent form  
nearer the time.

## The Space



Sometimes we could all do  
with someone to talk to. If  
you would like to  
meet with Helen  
for a confidential  
and non-  
judgemental chat



about you, your child, or any other worries, she is  
available on Thursdays 9 - 10am. All meetings with adults  
will currently take place online or over the phone due to  
COVID19. Call, text or email Helen on 07429 654584 or  
email [hthorp4.307@lgflmail.org](mailto:hthorp4.307@lgflmail.org).

Every Thursday Helen will offer a lunchtime drop-in, for  
children who want to talk about any feelings or worries they  
may be struggling with. This is a safe, confidential space  
where children can feel listened to, in order to feel better or  
to better understand their emotions. **If you would NOT like  
your child to make use of this service, please notify  
the school as soon as possible.** When visiting the  
Space, children will be asked to wash/sanitise their hands  
before hand and Helen will be wearing a visor.

## Staying Safe for Halloween

At a time when the coronavirus  
rates continue to rise in London,  
the trick or treat Halloween  
tradition with many children ringing  
on the same doorbells and  
rummaging in the same bowl of  
sweets is an unnecessary risk to  
take.



It is possible to transfer the virus  
on sweet wrappers etc as these are very difficult to clean  
and the virus can remain on surfaces such as door knockers  
and bells for up to three days - potentially longer.

Instead of going from door to door consider one of the fun  
and safe alternatives such as family pumpkins hunts.

Please consider vulnerable residents who may be particularly  
anxious at this time and alarmed by repeated knocks on  
their door.

However you celebrate Halloween remember you must never  
be with more than 6 people outside, and only be inside with  
the people you live with or those in your support bubble.

## Why is it good to walk to school?

Walking is an easy, fun and healthy activity that kids and families can do every day!

It's also great fun to join up with friends along the way on your journey to school, so why not ask a few friends to walk together and start making it part of your daily routine?

There are so many benefits to walking to school but remember to stay safe and set a good example to your children.

Online resources are available at the following links to help you teach your child about staying safe whilst walking to school and have fun along the way!



Search-walk about talk about



think.direct.gov.uk



If you'd like to find out more information email: [sta@ealing.gov.uk](mailto:sta@ealing.gov.uk)

# perivale primary school



## Walking to your school



## Plan your walk to school with your child!

Walking to school is a great way to engage with your child and teach them about crossing the roads safely along your journey.

Walking to school with your child counts towards the recommended daily target of at least 180 minutes of physical activity for children under 5 years old, or a minimum of 60 minutes of moderate activity for 5 to 18 year olds!

Walking is the most popular way parents travel and you and your child can meet lots of friends from school along the way.

- Popular walking route
- ▣▣▣ Pelican crossing
- ▣▣▣ Zebra crossing
- ▬ Pedestrian island
- 10 minute walk area
- Footpaths
- ▭ On-street park & stride
- ▣ School main entrance
- ⌚ Minutes to walk to school

Please remember that any advice we have provided you has not been based on any medical check. While physical exercise is beneficial in most circumstances, we recommend that if you are concerned about the suitability of some activities or experience discomfort while exercising, you seek medical advice from your GP.