



## Perivale Primary School Newsletter



### IMPORTANT DATES

First day of term  
Tuesday 5th January

**Thursday 14th  
January - Ash  
Class begin  
swimming lessons  
at Horsenden  
Primary School**

**Nursery parents  
deadline for  
Applying for  
Reception places  
for September  
2021 is 15th  
January 2021**

## Seasons Greetings to all our Families



On the behalf of all the staff at Perivale I would like to say a big thank you for all your support over what has been a challenging year. I hope you enjoy the festive season and manage to spend time with your loved ones.

Wishing all our wonderful families a safe Christmas break and a healthy 2021.

**Miss Daley, Headteacher**

We are sad to say goodbye to Mrs De Martin who is leaving us at the end of this term to retire. We thank her for all her hard work over the 23 years that she has been at Perivale Primary. We wish her all the best in her next exciting chapter and hope that she can come back to Perivale in the new year, to have a proper Perivale goodbye from all the children and staff.



### Christmas Lunch



Due to the school closure we have had to postpone the school Christmas lunch this year. We will be arranging a special lunch for children when we get back to school in January. The list of those who have completed forms and paid for their lunch with Harrisons will be accepted for the meal in January.

## Message from School Governors

Dear Parents,

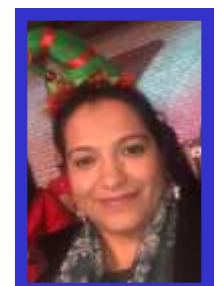
Thank you on behalf of all governing board members for your unwavering support of Perivale, Ms. Daley, and her wonderful team as we appear to see light at the end of 2020 tunnel of COVID. To you and your families we wish you all a wonderful break, and wish you a Merry Christmas

It has been a year of change since we returned in September, and your governing body is no exception. We have new members who are settling in and the group will continue to grow as we look to recruit another parent governor and 3 co-opted governors in the coming weeks. Please find below a seasonal intro/reminder on your governing body members, and join me in welcoming Sandip, John, Hetal, and Jahangir to our team.



Chair of Governors - Chris Green

[Link area responsibility for governor induction and training.](#)  
Lives in West London, and like many people loves this holiday season! Christmas for me means sharing, travel to family and friends, and traditions such as putting up our tree with the help of my Godson.



Vice Chair of Governors - Rohini Shah

[Link area responsibility for SEND and Pupil Premium.](#)  
I live in Harrow and I have been with the school for more than a year now. Christmas is all about sharing the joy, gratitude and presents. Looking forward to family lunch after a long time!



Co-opted Governor - Sandip Bhalsod

[Link area responsibility for Finance and Sports Premium.](#)  
Live in Harrow and work in financial services. Recently joined the governing body and excited to be part of the team. Christmas for me means indulging in good food...then making up for it with new year resolutions in January!



Co-opted Governor - John Mickleburgh

[Link area responsibility for SEND and Pupil Premium.](#)  
I live in West London and I have recently joined and getting to know all about our school. Christmas for me means meeting up with friends and family and enjoying the season. Looking forward to some mince pies.

## Message from School Governors



Co-opted Governor - Jahangir Alam

[Link area responsibility for Health and Safety.](#)

I live in North West London. I recently joined the team. I love Christmas time for all the shopping, food, gifts and of course the get-together.



Co-Opted Governor – Hetal Joshi

[Linked area responsibility for training.](#)

I live in Perivale and I have recently joined the board of Governors. Christmas for me means sharing quality time with friends and family whilst enjoying all the delicious food. I am looking forward to Christmas dinner with my family.



Parent Governor - Rabiaa Khairoun

[Link area responsibility for Safeguarding.](#)

I live locally and have 2 children at the school. Christmas for me means being with family and loved ones. My favourite Christmas movie is 'Home Alone'



Co-opted Governor - Edmond Yeo

[Link area responsibility for Health and Safety.](#)

I am a long time resident in Ealing and a Perivale Primary School governor since 2004. I have also served as a Perivale Ward Councillor 2006-2010. Together with my Charity Colleagues & Volunteers, we will be busily cooking & delivering food to the Homeless Shelters, Local Hospices & Care Homes across three boroughs in Ealing, Westminster and Bexley - to care & share the joy of Christmas!!

## School Attendance



Congratulations to Ash class who won best class attendance for two weeks in a row. One week was 100%. Well done!



## Online Safety Tip



Christmas e-safety quiz. How old do you have to be to use these sites and games?

- a. Facebook
- β. Instagram
- χ. Snapchat
- δ. Roblox
- ε. Whatsapp

Ask your child to describe three things they could do to stay safe when they're using the internet

Answers to the Quiz  
a) 13 b) 13 c) 13 d) 8  
e) 13

For more information on e-safety go to NSPCC website.

## Catch Up Flu Vaccine

Children who have missed the flu vaccination delivered at school are invited to attend catch-up clinics which will continue to offer the flu vaccine over the winter.

Parents are requested to telephone 01895 485 740 to book an appointment.

**Alternative vaccine without porcine.** In addition, the inactivated injectable vaccine is being offered to those children whose parents have declined the live attenuated influenza vaccine (nasal spray) due to the porcine gelatine content.

Please contact 01895 485 740 to book an appointment if you would like your child to receive the alternative vaccine.

## Y4 Swimming Lessons

Children in Ash class will begin their swimming lessons on, Thursday 14th January at Horsenden Primary School.

Your child will take home a letter with more details on the first day back to school, 5th January.



## Sports News

Congratulations to Y5 who came 2nd in a recent school hockey competition.

Children took part in a series of hockey activities and were scored.

All the scores from the participating schools were recorded and Perivale did so well to get 2nd place.



## Message from Helen (School Counsellor)

### How to talk to your child about the Coronavirus



The festive holidays are upon us, however this will likely be a very different holiday than usual for many of you. We are faced with confusion as to who we are allowed to mix with and possible disappointment of not being able to see some family members. We really need to take time to look after ourselves so that we can then look after our children. It is normal to be feeling confused, scared, and angry. Children can feel particularly anxious. How can you help?

#### First: look after yourself

As we face so much uncertainty, we can feel powerless and helpless. It is important for us to manage our own fear, worry and disappointment so that we can support our children with theirs.

1. **Use your PAUSE button:** when you start to worry, stop what you are doing and take a few deep breaths.
2. **Notice your thoughts:** when there are gaps in what we know, our mind naturally wants to fill them up with stories. Unfortunately, these stories often make us worry and can grow and grow like a snowball. When this happens, pause and notice your storytelling mind; it is working hard to try to keep you safe, but remind yourself that you don't know yet if these thoughts are true. Take a few more deep breaths.
3. **Avoid excessive exposure to news updates:** they can feed our fears, which can make us 'flip our lids'. We find it very hard to think straight, which can also make us feel less patient than usual with our children.
4. **Stay connected** with your loved ones through calls, texts, and the internet as much as you can.

I am available to support parents during term time by telephone, email or zoom on Thursdays from 8am to 4pm during term time. My telephone number is My email is [hthorp4.307@lgflmail.org](mailto:hthorp4.307@lgflmail.org), my phone number is 07429 654584. You are welcome to book a slot in advance.

If you are in crisis and require immediate support, please contact your GP, or visit your nearest A&E, or call the NHS 111 service for advice. You can also call Samaritans on 116 123. You can also access information and advice on mental health issues through Mind ([www.mind.org.uk](http://www.mind.org.uk) or 0300123393).

I wish you all a happy and healthy festive break and look forward to a brighter 2021.