

Hill West Primary School

Weekly Bulletin

Week commencing: Monday 18th December



ACE; Ambitious, Curious and Ever-respectful

FOR YOUR INFORMATION; at a glance

Monday 18th December 	Christmas Lunches <ul style="list-style-type: none"> • 11.45am; Rabbits • 12.00pm; Hedgehogs 
Tuesday 19th December 	Christmas Lunches <ul style="list-style-type: none"> • 11.45am; Moles • 12.00pm; Squirrels 
Wednesday 20th December 	Christmas Lunches <ul style="list-style-type: none"> • 11.45am; Hares • 12.00pm; Badgers 
Thursday 21st December 	Christmas Lunches <ul style="list-style-type: none"> • 11.45am; Otters • 12.00pm; Foxes 
Friday 22nd December	SCHOOL CLOSING AT 3.15PM/3.20PM FOR CHRISTMAS BREAK

Tuesday 9th January

CHILDREN RETURN TO SCHOOL AFTER THE CHRISTMAS BREAK



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POPPY APPEAL

This week we received a thank you message from the Royal British Legion for the money we raised during this year's poppy appeal. As a school, thanks to your generosity we raised a grand total of **£279.25**



YEAR 3 OPEN SESSIONS



Our Year 3 open morning and afternoon sessions are designed to give you the opportunity, as parents/carers, to come along and work alongside your child in school.

We would love it if you could attend. If you are not able to come along yourself, then grandparents, other family members or family friends can attend in your place.

FRIDAY 12TH JANUARY 9am Rabbits; 1.45pm Hedgehogs in KS2 Hall

JACK AND THE BEANSTALK AT BIRMINGHAM HIPPODROME



Thursday 11th January 2024 – Years 4, 5 & 6

Lunch at school as normal before leaving. Children will arrive back at school for 5.30pm.

Thursday 18th January 2023 – Years 1, 2 & 3

Lunch at school as normal before leaving. Children will arrive back at school for 5.30pm.



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DR CLARKE'S CHRISTMAS MESSAGE 2023

Christmas is a time of year that focuses our attention very firmly on family. We take time together to decorate the house and put up the Christmas tree. We think about the gifts our loved ones would really appreciate and write cards with seasonal messages of love, good health and prosperity. At this time of the year, we actually get to stop our busy lives, just for a couple of days, and revel in 'family life'. We plan fun-filled activities with our children and wider family members and let our imaginations and creativity embody the fun of Christmas. We think of those less fortunate than ourselves and are genuinely grateful for each and every blessing. We know that this Christmas will be a challenging time for some members of our local community whether this be due to homelessness, loneliness or struggles with mental ill-health. We know of the struggles others are facing globally; in Ukraine and the Middle East. Our love, thoughts and best wishes are with everyone.



Christmas, although a joyous time of year, can also be a particularly challenging time of year for many children. Irrespective of whether a child has an additional or identified need, parents will know that any change to a child's routine can be disruptive and anxiety provoking. As such, there are some helpful hints below to make the festive season full of love and laughter.

Christmas Dinner: If your child has strong likes and dislikes don't stress about them sitting down to the same Christmas Dinner as everyone else. Keep to what they are used to and don't try to get them to eat what they wouldn't tolerate during the year. It's only another meal. And it doesn't have to be perfect. Use familiar cutlery, dishes and cups for your child.

Family Visits: If you are visiting family and friends or they are visiting you, try to be definite about times of arrival and departure and schedule this for your child. Have a dedicated room or space where your child can retreat to when things get too much. Have favourite games or toys available in this space and make sure other children or adults do not intrude. Put a sign on the door to highlight it's your child's chill out space.

Christmas Presents: When Christmas presents are exchanged we all expect our children to be polite and show appreciation. If your child is likely to say 'I don't like that, take it back' warn family and friends not to expect too much, how to respond and not to take it personally. Draw up a list of possible presents that family and friends can pick from that relate to your child's special interest.



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Santa: We expect a lot from any child to be glad to see a stranger in a red suit, sit on his knee to get their photo taken or know that he will be creeping down the chimney when everyone's asleep. Any other time of the year if a strange person broke into your house in that way, you'd be calling the police! Children may worry about this happening. What is important, is that you don't expect your child to make sense of Christmas by themselves. They will need help to remain feeling safe and secure with all the changes that Christmas brings.

Coping with the pressure of Christmas: Be realistic. Preparing for and celebrating Christmas can be stressful. Try to find some time for yourself. Even if it is for a long soak in the bath, or a trip to the hairdressers, a walk in Sutton park, or watching a DVD. Ask family or friends to help out and give you a break. If you are cooking Christmas dinner and are panicking about how you will manage if your child is not coping, cook the turkey and ham on Christmas Eve and carve it. Pack it in foil with a bit of juice and re-heat thoroughly on the day itself. Prep your vegetables on Christmas Eve. Do anything you can to cut down on the workload. Buy ready prepped vegetables. It's only one day out of the year and the extra expense is worth it if it helps you feel less stressed.

Talk to other parents about how they manage Christmas. And remember, keep your sense of humour in close proximity throughout Christmas as it is a time of celebration.

I sincerely hope that you all have an amazing holiday this year and send messages of love and peace on behalf of everyone at Hill West.

With love and best wishes

Dr Beth Clarke



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HILL WEST PTFA

CHRISTMAS RAFFLE 2023

Ticket Information:

Children will be sent home
with a ticket book
11/12/23

Tickets stubs & money to
be returned to school
18/12/23

Prizes include:

£100 Amazon Voucher
Luxury Hamper
Little Green Bakery
Voucher
i-Krave meal for 4
Voucher
American Sweet Hamper
Mark Leon Haircut
Voucher
Leviathan Brewery Beer
+ lots more



Tickets:
£1 per ticket
£5 per book

Prize Draw to take place
20/12/2023

Prize collection by
22/12/23



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