

Hill West Weekly Bulletin






Kindness, Compassion, and Connection at the heart of 'Our School'

Week commencing: Monday 16th December



ACE; Ambitious, Curious and Ever-respectful

FOR YOUR INFORMATION; at a glance

Monday 16th December 	<ul style="list-style-type: none"> • 11.45am – Christmas Lunch for Year 3, Rabbits • 12.00pm - Christmas Lunch for Year 3, Hedgehogs 
Tuesday 17th December 	<ul style="list-style-type: none"> • 11.45am – Christmas Lunch for Year 4, Moles • 12.00pm - Christmas Lunch for Year 4, Squirrels 
Wednesday 18th December 	<ul style="list-style-type: none"> • Swimming for children in Years 4, and 5 • 11.45am – Christmas Lunch for Year 5, Badgers • 12.00pm - Christmas Lunch for Year 5, Hares 
Thursday 19th December 	<ul style="list-style-type: none"> • 10.30am Hill West Choir singing at Greville Care Home • 11.45am – Christmas Lunch for Year 6, Foxes • 12.00pm - Christmas Lunch for Year 6, Otters 
Friday 20th December	<ul style="list-style-type: none"> • SCHOOL CLOSED AT 3.15PM/3.20PM FOR CHRISTMAS BREAK

2025

Monday 6th January	ATLP TRAINING DAY SCHOOL CLOSED TO ALL CHILDREN
Tuesday 7th January	We Welcome ALL children back to school
UPCOMING EVENTS 	<ul style="list-style-type: none"> ✓ Tuesday 7th January; Pantomime for Years 1, 2 and 3 ✓ Wednesday 8th January; work-sharing evening for all parents ✓ Thursday 9th January; Rabbits open morning with School tour ✓ Thursday 9th January; Pantomime for Years 4, 5 and 6 ✓ Friday 10th January; Hedgehogs open Morning with School tour



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CHRISTMAS LUNCHES

The festive season is well and truly underway at Hill West! **Monday 16th December** marks the beginning of our fantastic Christmas lunches. If you have booked and paid for an adult lunch, please arrive at school on the correct day and access school **via the KS2 front door** where you will be checked in on arrival.

YEAR 3 Monday 16th December **Rabbits 11.45am; Hedgehogs 12.00pm**

YEAR 4 Tuesday 17th December **Moles 11.45am; Squirrels 12.00pm**

YEAR 5 Wednesday 18th December **Badgers 11.45am; Hares 12.00pm**

YEAR 6 Thursday 21st December **Foxes 11.45am; Otters 12.00pm**



All children in KS1 will be having a Christmas dinner on Wednesday 18th December

Please be aware that it is only **one adult** per child, thank you.

WORKSHARING

We would like to welcome all children and parents into school on

Wednesday 8th January at 3.20pm so you can look

through your child's workbooks, to see how their learning has progressed so far, this academic year.

Please make your way to your child's class through one of the two front doors where leadership members will be on hand to direct you.



YEAR 3 OPEN SESSIONS

Our **Year 3** open mornings will be taking place on **Thursday 9th January** for **Rabbits** and

Friday 10th January for **Hedgehogs**. We will be holding these sessions in

the **KS1 Hall**, and they will end with a tour around our school.

The session will provide you with an introduction to **My Happy Mind**, a programme based around helping children to understand how their brain works and to support them in developing positive skills and habits to be their very best selves. 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.



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PETER PAN AT THE BIRMINGHAM HIPPODROME



Tuesday 7th January 2025 – Years 1, 2 & 3
Lunch at school as normal before leaving.
Children will arrive back at school for 5.30pm.

Thursday 9th January 2025 – Years 4, 5 & 6
Lunch at school as normal before leaving.
Children will arrive back at school for 5.30pm.

ATTENDANCE

During the winter months children are more susceptible to coughs, cold and viral infections.

With this in mind, please can we remind all parents that two of the most effective ways of limiting the spread of bacteria are **hand washing** and using tissues to **'catch it, bin it, kill it'**. We hope that all of our children remain in high spirits and good health throughout the festive season.



SAFEGUARDING; SAFER SLEEP IN WINTER

We know that the colder months can be difficult for families. You may be concerned about trying to keep your home warm, keeping draughts out and keeping your baby warm. It can be tempting to wrap your baby up to keep them warm, however we know that overheating a baby increases the chances of SIDS (also known as cot death). Research shows babies are better to be cooler than too hot.



If you would like more information on how to keep your baby safe as the weather gets colder or need some advice about safer sleeping, please follow the link below from the Lullaby Trust.

<https://www.lullabytrust.org.uk/safer-sleep-advice/travel-and-weather/safer-sleep-winter/>



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DR CLARKE'S CHRISTMAS MESSAGE 2024

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.

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. 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.



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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 film. 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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All Saints' Four Oaks Christmas Services

Sunday 15th December

6.30pm **Nine Lessons & Carols Service**
St James' choir will be joined by
All Saints' choir at St James' Church

Sunday 22nd December

10.00am **All Age Carol Service**

Christmas Eve

4.00pm **Christingle & Crib Service**
11.15pm **Midnight Communion**

Christmas Day

10.00am **Christmas Eucharist**

Sunday 29th December

10.00am **Holy Communion**
1st Sunday of Christmas

*Everyone is welcome –
we would love you to join us!*



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All Saints Four Oaks Handmade Craft Fayre



Saturday 14th December

10am to 4pm

Leather Goods

Fabric Bags

Children's Photographer

Christmas Decorations

Knitted Novelties

Artwork

Homemade Jams and Mincemeat

Guess the weight of the cake

Christmas Plants

Cinnamon Buns

Lucky Dip



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ALL SAINTS'
FOUR OAKS
**CHRISTMAS TREE
FESTIVAL**
13th - 15th DECEMBER 2024

FRI 10-3PM SAT 10-4PM SUN 11-4PM

HO HO HO

**COME ALONG AND JOIN THE FESTIVITIES WITH
OUR CHILDREN'S ACTIVITIES DAILY**
**ON SATURDAY THERE WILL BE A CRAFT FAYRE &
SANTA'S GROTTTO WILL BE OPEN 10.30 - 3.30**

**CAN YOU FOLLOW
THE SNOWMAN TRAIL
TO WIN A PRIZE?**

**VOTE FOR YOUR
FAVOURITE TREE**

**DELICIOUS FESTIVE
REFRESHMENTS
SERVED ALL DAY**

NO NEED TO BOOK TICKETS - JUST TURN UP ON THE DAY



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