

HENDON NEWS

6TH DECEMBER 2018

From the Headmaster:

Dear Parents

Last month NHS Digital released results of a major survey of adolescent mental health. Over 9,000 children and young people aged from 2 – 19 were selected from the NHS register to take part in this survey.

The findings of this survey show an increase in mental health conditions in children and young people over a 20 year period. In the past 5 – 10 years there have been more referrals to CAMHS and clinical diagnoses of autism spectrum conditions (ASC) and greater prescriptions of anti-depressants and attention deficit hyperactivity disorder (ADHD) medications. On a more positive note, there is a greater willingness in our society to-day to seek help as well as to identify difficulties that currently exist.

Overall, the survey found there was no difference between the proportion of boys and girls with poor mental health, although there were gender differences in the types of conditions identified. Boys were more likely to be identified with ADHD, ASC and behavioural disorders, interestingly this was more common in pre-school and primary aged children. In contrast girls were more likely to be identified with emotional and eating disorders, which increased significantly in adolescence. More interestingly, the survey results are consistent with other data sets worldwide.

Furthermore, the prevalence of mental health conditions increased steadily with age, from 5.5% of 2 – 4 year-olds to 9.5% of 5-10 year-olds and 14.4% of 11-16 year-olds.

The survey also identified that a third of children with a disorder had a recognised special educational need.

For those of us in education, the survey showed that teachers play a vital role in supporting children with mental health needs. The survey also supports a recommendation in the Government's Green Paper on young people's mental health, to create designated mental health leads and school mental health teams to help support children as they journey through their school years.

At Hendon Prep, we have our own designated mental health champion on the staff and we want to focus more this academic year on the mental health and well-being of our pupils. What is certainly true in my experience is that teachers are facing these challenges every-day with often limited resources and training. Increasingly, the challenge for parents on the other hand is accessing those specialist services to support their child given the increased demands on already stretched services, most notably accessing CAMHS.

To-day, as we support parents in the preparation of their child for the challenges that this century will bring, I am equally determined that children should be allowed

to enjoy their childhood and the many wonderful opportunities that this should afford. This is, indeed, one of the key tenets of a Hendon education, to enable a child to develop their unique character, embracing

new experiences and learning to be even more resilient in a demanding world. I know that parents equally share this ambition for their loved one.

School News:

- The Nursery children are very excited about their Christmas party tomorrow morning and have been practicing their songs all week. Parents attending may remain in the Nursery after drop off.
- The rest of the school also very excited about their class parties on Monday which have been organized by our wonderful HPPG.
- If you would like to donate a gift for the children from Haven House Hospice this Christmas please bring it to the office on Monday 12th. A reminder of the wish list can be found here : www.havenhouse.org.uk/toy-wish-list
- On Tuesday 11th December Nursery parents are invited to Anne-Marie Giffits-Walker's coffee morning and presentation on Communication & Language in Nursery. Once you have

dropped your children off in the Nursery could we ask parents to wait on the forecourt at front of the building. You will then be admitted to the school hall directly through the double doors at 8.40am – there is no need to sign in with the office.

- On Wednesday the kitchen will go 'off menu' for the day to serve the annual Christmas lunch – roast turkey and all the trimmings!
- Our annual Carol Service will be held on Friday 14th December at St Mary's Church, Hendon from 9.30am to 11am and we look forward to seeing parents at this well attended event. Following the Carol Service children will return to school and be dismissed in the usual manner at 12 noon.

REMINDER DATES:

- Friday 7th : Nursery Christmas Party: 8.45am – 9.15am
- Monday 10th : HPPG Class Parties
- Tuesday 11th : Nursery Coffee Morning: 8.40am – 9.30am
Carol Service Rehearsal: 10am
- Wednesday 12th : Christmas Lunch
- Friday 14th : Christmas Carol Concert: 9.30am – 11am
St Mary's Church, Hendon

End of Term Dismissal: 12 noon from School

START OF SPRING 2019 TERM: MONDAY 7TH JANUARY 2019

HIGHLIGHT OF THE WEEK:

As part of an initiative to connect the 41 Cognita Schools around the world, 6T have taken part in *Christmas around the World*. Children in participating schools have all sent a digital Christmas card which can be downloaded by any Cognita school. We have yet to find out who will receive the Hendon Prep cards however 6T were thrilled to receive their Christmas cards this week from Salcombe Prep.



Next Week's Lunch Menu:



MONDAY

Dish of the Day
BBQ Glazed Chicken

Vegetarian Option
Roast Squash Jambalaya

Side Dish
Roast Potato Wedges
Carrots
Peas

Jacket Potato
Cottage Cheese filling

Salad Bar
A range of composite & basic salads

Pudding
Orange and Carrot Smoothie
Yoghurt
Fresh cut fruit

TUESDAY

Dish of the Day
Lamb Spaghetti Bolognese

Vegetarian Option
Homemade Falafel with
Tzatziki and Pitta Bread

Side Dish
Green Beans
Garlic Bread

Pasta Bar
Sun blush Tomato Sauce

Salad Bar
A range of composite & basic salads

Pudding
Yoghurt
Fresh cut fruit

WEDNESDAY

Dish of the Day
Beef Ragu with Sweet
Paprika and Peppers

Vegetarian Option
Five Beans Roasted Squash
Tagine

Side Dish
Cous-cous
Sweetcorn
Peas

Jacket Potato
Tuna Mayonnaise filling

Salad Bar
A range of composite & basic salads

Pudding
Mixed Berry and Apple
Crumble with Custard
Yoghurt
Fresh cut Fruit

Daily Salad Bar

With a selection of home cooked meats and freshly prepared salads

THURSDAY

Dish of the Day
Roast Beef and Yorkshire
Pudding with Gravy

Vegetarian Option
Roasted Quorn Fillet

Side Dish
Roast Potatoes
Medley Vegetables

Pasta Bar
Roast Pepper & Tomato
Sauce

Salad Bar
A range of composite & basic salads

Pudding
Yoghurt
Fresh cut Fruit

THIS WEEK'S MENU

FRIDAY

Dish of the Day
Crispy Fish Fingers
With Lemon & Tartar Sauce

Vegetarian Option
Cheese & Tomato
Quesadillas

Side Dish
Chunky Chips
Garden Salad
Peas

Jacket Potato
BBQ Beans filling

Salad Bar
A range of composite & basic salads

Pudding
Chocolate & Sweet Potato
Brownie
Yoghurt
Fresh cut Fruit

