

HENDON NEWS

1ST OCTOBER 2021

Headteacher Message

Dear parents, carers and children,

One of the best parts of being part of a family of schools from across the globe, is the ability to share excellent practice but also how we share common goals and ethos. One of these key strands in Cognita is the importance of well-being. This is not a focus only on our children's well-being, but the importance of well-being on our staff and our wider community too. As you know, I firmly believe that children (and adults) who 'feel well', go on to 'do well' and an early appreciation of well-being and the many shapes this takes is a valuable foundation in life.

Students across Preschool to Year 6 expressed their joy and happiness throughout Global Be-Well Day yesterday and left school smiling. I hope these special days form positive memories of school life for our children, who understand every day, that their well-being and their voices matter.

Some of the themes covered this year included healthy eating choices, importance of physical activity, having sleep routines, empathy for others, along with how we can express ourselves in different ways. Please scroll down for some of the super photos from this unique day.

When life can feel stressful and events overwhelming, it is always our children who we can turn to for inspiration. And on Monday morning, Ishani spoke to us in Assembly about her magnificent achievement (and how stiff her legs were walking for charity!). You make us all proud!

Wishing you all a lovely weekend,

Mrs Gorasia

School Snacks

Could we please remind parents who provide grapes as a break time or afterschool snack to cut them in half to reduce the risk of choking for our Preschool and Pre-Prep children.

School News

Congratulations

Last weekend Ishani, in Year 2, took part in the Cancer Research Race for Life in honour of her aunt who sadly passed away from cancer at the beginning of September. Ishani walked a very impressive 10k and raised £245 for the charity. Here she is still smiling at the 8K mark.



Reminder Dates in October:

Monday 4 th	Selected Y3& Y4	Netball: HPS Vs Lyonsdown	
Thursday 7 th	Y5	Trip to St Albans Cathedral	
Monday 11 th	Rec-Y6	NHS Flu Vaccine	
Tuesday 12 th	PS -Y2	Parent/Teacher Conferences	4-6.30pm online
Wednesday 13 th	Y5 – Y6	Parent/Teacher Conferences	4.30-7.00pm online
Thursday 14 th	PS	Parent/Teacher Conferences	4-6.30pm online
Thursday 14 th	Y3 – Y4	Parent/Teacher Conferences	4.30-7.00pm online
Tuesday 19 th	Y6	Independent Senior School Meeting	4.30pm School Hall
Friday 22 nd	Rec – Y6	Harvest Festival	

Enhancing and Stretching our Curriculum

A Global Outlook Por Favor

September 26th marked the European Day of Languages, which aims to highlight the diversity of languages spoken throughout Europe and around the world and focuses on the many benefits of learning a second language. With French part of our curriculum from Preschool and Spanish added in from Year 1, here at Hendon Prep we embraced the day with a variety of fun and challenging language based activities

Y1 and Y2 researched how to say 'hello' and 'goodbye' in many different languages and then used their newfound knowledge to create bookmarks.

Y3 and Y5 discussed the benefits of learning a second language and then designed a T-shirt highlighting some of the points they discussed.

Y4 utilised technology and used Google Translate to practise how to greet people in many different languages.

Y6 used their research skills to complete a quiz about languages and countries around the world.



Financial Capability

This week in Maths, 2W have been using their knowledge of place value to pay for items and add items together. They used money to record amounts and worked in teams together to solve various mathematical challenges involving money. The children showed super awareness of the value of money and engaged with their partners to successfully complete tasks.

Well done 2W!



Cognita's Global Be Well Day

Wellbeing is at the heart of absolutely everything we do here at Hendon Prep, and so when Cognita's annual Global Be Well Day comes around, we fully embrace it.

During this day we collapse our usual timetable and focus on our physical and mental wellbeing. This year, we included our parents in the plans as we handed out delicious vitamin loaded smoothies at drop off.

The school day began with a wonderful Morning Be Well Dance, which filled the playground with laughter and started everyone's morning on a positive note.

Throughout the day, we had a packed timetable full of activities for children from Preschool all the way through to Year 6 which included: mindful colouring, yoga, music appreciation, laughter therapy, dance, drama, sleep workshops, 'good talking' activities, nature appreciation, art expression and meditation.

Active World Challenge

As part of our Global Be Well day activities, we will now be taking part in the Active World Challenge. At Hendon Prep we will be challenging every child to cover 50,000 steps in one week. If we are successful this would enable us all to walk 7,500,000 steps which would take us from Hendon Prep all the way to Egypt!

Our challenge will start on Sunday 3rd October and run until Saturday 9th October. If your child has a pedometer (or fitbit) they are welcome to wear it to school for the next week, as long as it is not one that connects to the internet. This will help us to track our steps and see how far we can go. If possible, please log the total steps your child has made at home in their house book so we can log this during registration each day.

We can't wait to see how far we are all able to travel in a whole week!

Morning Be Well Dance



Parent Be Well: Vitamin Boost



Global Be Well Day Highlights

