



# NEWSLETTER

Friday 04<sup>th</sup> March 2022

**Be Curious**

**Be Caring**

**Be Confident**

**Be Cooperative**

## HEADS' CORNER

Dear Parents and Carers,

We wanted to start the newsletter this week by sharing a really lovely email we received from the Barnet Museum:

*I am writing to thank your Year 3 cohort for visiting Barnet Museum last Thursday (24th February). I am sorry that I did not write sooner. The pupils were a delight to host; they were polite, well behaved and engaged. They were a credit to Underhill, and we hope that they have the bright futures that their enthusiasm merits.*

As you can imagine, we were thrilled to receive such a complimentary email and we are so proud of the year 3 children for demonstrating the Underhill values on their trip!

It was World Book Day yesterday and everyone had a fantastic time talking about books all day! The library was full of book character potatoes and we ended the day with our free book fair. We still have a lot of books left, mainly suitable for EYFS and KS1 so we will be putting them out again very soon!

Our girls' football team played their last league match on Monday and although they didn't win the match, they finished the season in second place in the league. We are so proud of you girls and we can't wait to support you in your remaining cup games. We had more sporting success last Friday after school when our netball team won their match, putting in a fantastic team performance!

We hope you have a lovely weekend,

Nicola Hayles and Jennie Reed



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# NOTICES AND NEWS

## SCHOLASTIC BOOK FAIR

Thank you to everyone who supported the Scholastic book fairs before half term. We have over £400 in rewards to spend on new books for the library!



## WORLD BOOK DAY

Thank you so much for all your support with World Book Day 2022.

The Book-tastic potatoes were great! Such a great effort made by so many people. Here are just some of the photos of the amazing creations.



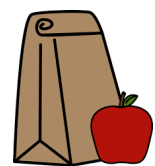
The free book fair was a success also. I hope you all enjoy the books and keep on reading with your children. It has given me an idea of an ongoing free book exchange. Watch this space.

Thank you again and if you have any questions please come and find me in the playground.

Anniina Limbrick  
English Lead

## SCHOOL MEALS

Please remember you can only change meal options by giving the office 1 weeks notice. School meals are £2.34 a day payable on school money.



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## UNDERHILL ART COMPETITION FOR AGES 4 UPWARDS

**Are you a budding young artist? Would you like your work on display?**

We are looking for as many children as possible to enter the **Royal Academy of Arts annual Art competition** which is currently open to all young artists aged 4-19.

### **About the competition**

The Young Artists' Summer Show is a free, open submission exhibition for young artists aged 4 - 19 years studying in the UK. . These artworks are then judged by a panel of artists and arts professionals with selected artworks displayed online and on-site at the Royal Academy of Arts.

### **Registration and submission open**

10 January - 30 March 2022

### **Judging**

May 2022

### **Online exhibition opens**

19 July 2022

### **Display at the RA open**

19 July - 14 August 2022



To enter,

- Follow the link: <https://youngartists.royalacademy.org.uk/>
- Create an account for your child
- Select Underhill School and submit the chosen piece of artwork for your child

Once children have submitted their work, we will be picking winners from each Key Stage at Underhill.

Good luck to everyone!

Mr. Dale



## Instrumental & Vocal Lessons Available Now!

**Learning a musical instrument can help ease anxiety and boost mental wellbeing.**

**Playing music helps boost confidence and improve concentration, all whilst having fun!**

- Lessons are available for most instruments and voice for children and young people of all levels and ages 7-18.
- Individual or small group tuition available
- BEAT has been successfully delivering individual tuition during these past few months. This shall continue as before and can be delivered face to face, or online.
- Our specialist tutors work in schools and academies in Barnet and with our evening and weekend Music Academies.
- All tutors are fully DBS checked and their teaching is regularly monitored.



To register for tuition please contact your school or visit our website for more information:

[www.beatrust.org.uk](http://www.beatrust.org.uk)

## MUSIC TUITION

Barnet Educational Art's Trust offer music lessons at our school.

Do you have a child who is interested in learning a musical instrument?

Any budding musicians from Year 3-6?

Bookings for instrumental lessons for the Summer term 2022 are now open. Please book at:

<https://beatrust.org.uk/enrol/school-based-instrumental-lessons/>

Here you can find details of the music lessons on offer and can log into your online account to pay or, register if new.

## SATURDAY ACTIVITIES



**mysportscentre**



**multi-sports coaching**

**Every Saturday**

**10am - 12pm or 1pm - 3pm (5-11 yrs)**

**Book a Free Trial**



**at Underhill Primary School**

**[www.mysportscentre.co.uk](http://www.mysportscentre.co.uk)**



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## ATTENDANCE

Beech	92.33
Maple	92.41
1 Oak	97.84
1 Willow	98.37
2 Chestnut	98.57
2 Palm	98.47
3 Cedar	90.63
3 Hornbeam	97.50
3 Yew	95.32
4 Cherry	89.10
4 Larch	93.93
4 Pine	96.14
5 Holly	98.52
5 Laurel	94.20
5 Sycamore	92.81
6 Ash	99.59
6 Elm	95.71
6 Hawthorn	93.49

### House attendance

	Balmoral – 95.77
	Windsor – 93.57
	Holyrood – 94.82
	Sandringham – 96.51

### DATES FOR YOUR DIARY

31 <sup>st</sup> March	Last day of the term for Nursery
1 <sup>st</sup> April	Last day of term - school finishes at 2pm
18 <sup>th</sup> April	Staff INSET (School closed for children)
19 <sup>th</sup> April	Children return to school



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## BARNET COURSES

Please find attached a flyer for the Autism pre-school programme starting mid- March. This programme is open to all parents with a child who has a **diagnosis of Autism, aged 0-6**. If you have any questions regarding this you can speak to our SENCO Sue York.



Professionals and parents will deliver modules designed increase your knowledge and skills with understanding autism and using practical strategies.

The criteria for accessing the programme:

- Barnet Resident
- Child has a diagnosis of autism.
- Child is 0-6 years old (up to year 1)

To book please go to the link below and complete the form. We will then send weekly emails with details for each session including the opportunity to watch the session as a you tube video and to join a live ZOOM session.

Click on the booking form link below

[BOOKING FORM](#)



### BELS Autism Parent/Carer Programme

Programme Content	
<p><b>1. Promoting Communication</b></p> <ul style="list-style-type: none"> <li>• Development of speech, language, and communication</li> <li>• Strategies for promoting this in the home.</li> </ul> <p>Professionals: Speech Therapist &amp; BEAM</p> <p>Live ZOOM sessions: Thursday 10<sup>th</sup> March 2022 at 10am-11:30am and 1pm-2.30pm</p>	<p><b>2. Introduction to Autism</b></p> <ul style="list-style-type: none"> <li>• What is autism?</li> <li>• Autism and early education.</li> <li>• Autism voice</li> <li>• Strategies for support</li> </ul> <p>Professionals: BEAM</p> <p>Live ZOOM sessions: Thursday 17<sup>th</sup> March 2022 at 10am-11:30am and 1pm-2.30pm</p>
<p><b>3. Understanding Sensory Processing</b></p> <ul style="list-style-type: none"> <li>• Understanding of our 5 senses and 3 hidden senses.</li> <li>• Practical strategies to promote alertness and calm.</li> </ul> <p>Professionals: Occupational Therapist</p> <p>Live ZOOM sessions: Thursday 24<sup>th</sup> March 2022 at 10am-11:30am and 1pm-2.30pm</p>	<p><b>4. Eating and Drinking Difficulties</b></p> <ul style="list-style-type: none"> <li>• Understanding of development of eating and drinking skills.</li> <li>• Practical strategies to use at home.</li> </ul> <p>Professionals: Occupational Therapist &amp; Speech Therapist</p> <p>Live ZOOM sessions: Thursday 31<sup>st</sup> March 2022 at 10am-11:30am and 1pm-2.30pm</p>
<p><b>5. Structure, Routine and managing change</b></p> <ul style="list-style-type: none"> <li>• Use of visuals and other strategies for setting up routines in the home and managing changes and transitions.</li> </ul> <p>Professionals: BEAM</p> <p>Live ZOOM sessions: Wednesday 21<sup>st</sup> April 2022 at 10am-11:30am and 1pm-2.30pm</p>	<p><b>6. Sleep</b></p> <ul style="list-style-type: none"> <li>• Understanding how to improve sleep.</li> <li>• Practical strategies to promote good bedtime routines.</li> </ul> <p>Professionals: BEAM</p> <p>Live ZOOM sessions: Wednesday 27<sup>th</sup> April 2022 at 10am-11:30am and 1pm-2.30pm</p>
<p><b>7. Toileting</b></p> <ul style="list-style-type: none"> <li>• Understanding of development of toileting skills.</li> <li>• Strategies for promoting using the toilet at home.</li> </ul> <p>Professionals: BEAM &amp; Parent</p> <p>Live ZOOM sessions: Thursday 5<sup>th</sup> May 2022 at 10am-11:30am and 1pm-2.30pm</p>	<p><b>8. Understanding Education Health and Care Plans</b></p> <ul style="list-style-type: none"> <li>• What is an EHCP?</li> <li>• How can an EHCP help my child?</li> <li>• How long this process takes?</li> <li>• Who can help?</li> </ul> <p>Professionals: SENDIASS</p> <p>Live ZOOM sessions: Thursday 12<sup>th</sup> May 2022 at 10am-11:30am and 1pm-2.30pm</p>



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# Barnet Parent and Carer Free Workshops with Educational Psychologists

Barnet are providing two free workshops for parents & carer's in the community during March/April 2022. If interested please use the links at the bottom of the page to access the booking forms.

## Supporting your child's anxiety – Parent/carer group

### **Who should attend:**

Parents/carers of primary or secondary-aged children/young people who are experiencing anxiety.

### **Outline/Objectives:**

Parents/carers will attend a series of four weekly workshops which will provide an opportunity to learn more about what anxiety is and how to support their child to manage their anxiety. The workshops aim to help parents/carers to:

- Consider what anxiety is and how it can present in children/young people. -
- Explore strategies that can be used to support children/young people to manage their anxiety. -
- Practice implementing these strategies at home and reflect on the impact

These groups have been set up to support our parent/carer community in Barnet and are in high demand. Please consider other parents and carers in the community when booking this resource and ensure: -

- You are able to attend all sessions advertised. -
- A limit of one adult per household in a group, unless there are exceptional circumstances e.g., supporting access to the group, for example translation support or support around a disability/difference.
- You have not attended a parent/carer group run by the educational psychology service in the last 6 months.

**Leader(s):** Dr Abigail Freedman & Dr Emma Sagzan, Educational Psychologists

**Date(s):** 02 Mar 2022  
16 Mar 2022  
09 Mar 2022  
23 Mar 2022

**Time(s):** 12:30 - 13:30

**Venue:** This is a remote training session

**Provider:** Education Psychology Team SEND & Inclusion

**Charges:** **Traded Services** - No charge to Barnet schools and PVI's

[Supporting your child's anxiety – Parent/carer group \(4 sessions\)](#)



# Barnet Parent and Carer Free Workshops with Educational Psychologists

## Emotion Coaching Workshop for parents

### Outline/Objectives:

Parents/carers will attend four weekly workshops which will provide an opportunity to learn more about how to support their children's emotional wellbeing using Emotion Coaching principles and the Zones of Regulation programme.

The workshops aim to:

- Consider children's emotional development and needs
- Understand and learn the steps of using an Emotion Coaching approach and Zones of Regulation programme
- Provide opportunities to practice these approaches and feel confident to apply them with your children (have a pencil and paper available for activities!)

Referral process: School staff can support parents/carers to sign up to this workshop but should ensure that parents/carers would like to attend and meet the criteria below, before doing so.

Additional criteria:

These groups have been set up to support our parent/carer community in Barnet and are in high demand. Please consider other parents and carers in the community when booking this resource and ensure:

- You are able to attend all sessions advertised.
- A limit of one adult per household in a group, unless there are exceptional circumstances e.g., supporting access to the group, for example translation support or support around a disability/difference.
- You have not attended a parent/carer group run by the educational psychology service in the last 6 months.
- For the group running in January/February 2022, you are able to join online.

**Leader(s):** Dr Nina Robinson & Tami Alikhani, Educational Psychologists

**Date(s):** 23 March 2022 12:30 – 13:30  
30 March 2022 12:30 – 13:30  
20 April 2022 12:30 – 13:30  
27 April 2022 12:30 – 13:30

**Format:** This is a remote training session

**Provider:** Barnet Education & Learning Service

**Charges:** **Traded Services** - This training is free to Barnet parents

[Emotion Coaching Workshops for parents \(4 sessions\)](#)



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Would you like to improve your English speaking, reading, writing and listening skills? We will be starting ESOL - English for speakers of other languages in January 2022, Wednesday mornings 9.15am - 11.15am. Please contact us at [info@underhillcc.barnetmail.net](mailto:info@underhillcc.barnetmail.net) or text 07511 273 564 to book your place. We are unable to offer creche facilities.

This is the link for the autumn term timetable.

[https://be801be7-27ae-403d-b550-25d9901a126c.filesusr.com/ugd/9779ab\\_e6b1abf05ecf467e811c62c74d94069d.pdf](https://be801be7-27ae-403d-b550-25d9901a126c.filesusr.com/ugd/9779ab_e6b1abf05ecf467e811c62c74d94069d.pdf)



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