



NEWSLETTER

Friday 9th September 2022

Be Curious

Be Caring

Be Confident

Be Cooperative

HEADS' CORNER

Dear Parents and Carers,

We hope you all had a relaxing summer holiday.

We have been so pleased to see everyone this week and it has been a joy to see all the children settle so well into their new classes.

Thank you to all the parents who came to the 'Meet the teacher' sessions this week, they were really well attended and we hope they were useful to you. The presentations will be sent out to all families on Monday so look out for those if you were unable to attend.

The Early Years team have had a lovely week carrying out lots of home visits to meet our new children and their families and we can't wait to see them all settle into Nursery and Reception over the next week.

We were saddened to hear the news of Her Majesty the Queen's passing last night and as a mark of respect, we felt it only right that we postpone Underhill's 90th birthday celebrations. We will let you know when this will be rescheduled for as soon as possible.

We hope you have a lovely weekend,

Nicola Hayles and Jennie Reed

DATES FOR YOUR DIARY

September 2022

Wednesday 28th September – NSPCC Online safety workshop 3.30-4.20

October 2022

Monday 24th October - Half term week

November 2022

Friday 25th November – Flu Vaccinations Rec-Year6



I Can



You Can



We Can

PARKING

Please can all parents & carers park considerately when dropping off and collecting children from school.



SCHOOL MEALS

If your child would like to swap their meal choice from school dinners to packed lunches or vice versa please ensure you inform the school office 1 week in advance. You can call us on 02084492423 or email us at office@underhill.barnetmail.net



FLU VACCINATIONS

Please ensure you complete the consent form we have emailed out to parents if you would like your child to receive their flu vaccine.

mysportscentre

Providing children with the opportunity to play sports

Affordable, fun, multi-sports activities

**Football, Hockey
Tennis, Basketball
Dodgeball, Handball,
Netball, Cricket,
Athletics and more**



Every Saturday

10am-12pm / Age 5 - 12 yrs

Book a 2hr FREE TRIAL

**Underhill Primary School
High Barnet, EN5 2LZ**



www.mysportscentre.co.uk

**BARNET SMILES DENTAL
CARE**

WELCOME YOU TO

CHILDREN'S DAY

FRIDAY 28th OCTOBER

FREE children's NHS check ups

FREE goody bags

**Colouring activities in the
waiting area!**

Phone to book: 02084416201



I Can



You Can



We Can

NOTICES AND NEWS

MUSIC TUITION

Any budding musicians out there?

Please book your child's online music lessons through BEAT directly, for drums, guitar and piano lessons.

The Autumn term 2022 is now open for booking, so if your child is interested in learning or wishes to continue with lessons please click on the link below as soon as possible.

Parents can enrol and pay for lessons directly by following this link <https://beatrust.org.uk/enrol/school-based-instrumental-lessons/> There you will find details of the cost of lessons and the terms and conditions.

If you are in receipt of pupil premium parents can still receive a £50 discount off one instrument per child they enrol. Teachers can contact parents directly through the app.

EXTERNAL CLUBS AT UNDERHILL.

Woodys Football Fridays Yr1-6 –

www.woodyssportsacademy.com 07961437202

Yoga & Mindfulness – enquiries@lotusclouds.co.uk

or call Bansi on 07950 288075

High barnet School of Dance

– highbarnetschoolofdance@outlook.com

Express Yourself Drama – Kat – 07908638827

Early Bird Tennis – Luke - luke@lmbtennis.com



Yoga Club at Underhill
Autumn term 2022

Build strength and flexibility



We aim to support your child's physical and mental wellbeing, fostering emotional intelligence and self-confidence through:

- Fun yoga poses based around stories and adventures
- Mindfulness, positive affirmations, gratitude practice and growth mindset
- Breathing techniques and relaxation
- Art and creative therapy/projects
- Music and Games
- Lots of fun and laughter

Please see pg 2 for class details



Balance



Breathe and be calm



Focus



Club details



Wednesday After School until 4.15pm
£6 per session (payable half termly)

For further information, including testimonials from parents, please see our website www.lotusclouds.co.uk. To book a place for your child please email enquiries@lotusclouds.co.uk or call Bansi on 07950 288075.

"Such a positive and empowering class. My daughter has benefited greatly from the sessions and looks forward to them each week. Bansi is a fantastic teacher and always comes up with new and interesting activities which engage the kids. We especially love the affirmations and have adopted them at home."
Emma Gilbert



I Can



You Can



We Can

EXPRESS YOURSELF

Juniors

INCLUSIVE CREATIVE DRAMA

TUESDAY LUNCHTIMES
YEAR 1 & 2

AT UNDERHILL SCHOOL
AND CHILDREN'S CENTRE

MAYS LANE, EN5 2LZ

For more information and bookings call Kat on:
07908 638 827

Or email: info@expressyourselftheatre.com
www.expressyourselftheatre.com

EXPRESS YOURSELF

Theatre

INCLUSIVE CREATIVE DRAMA

YEAR 4
TUESDAYS 3.20 - 4.20 PM

AT UNDERHILL SCHOOL
MAYS LANE, EN5 2LZ

For more information and bookings call Kat on:
07908 638 827

Or email: info@expressyourselftheatre.com
www.expressyourselftheatre.com



POTTERS BAR HOCKEY CLUB



Whether you have experience or want to try it out for the first time, come along to our juniors hockey sessions.



Dame Alice Owen's School
Potters Bar, EN6 3NQ

Key Stage 2/Age 7+
Qualified coaches

Mondays 6:30pm - 7:30pm starting 12th September 2022
Just bring shin pads, a mouthguard and a water bottle and give it a go!

Email: juniors@pottersbarhockeyclub
Website: pitchero.com/clubs/pottersbarhockeyclub
Call: 07398 988502



WOODY'S SPORTS ACADEMY

WOODY'S SPORTS ACADEMY YEARS 1 TO 6

Underhill School
FRIDAY 16TH SEPTEMBER
FRIDAY 9TH DECEMBER 2022 (12 WEEKS)

TIMES: 3.20PM - 4.35PM

Price: £74
(discounted rate)

Per session option
of payment:
£7.50



Come and join us for our after school sessions every Friday. Learn new skills and play fun games.

Please visit our website: www.woodyssportsacademy.com
to sign up using our new easy to use booking and payment system. If you have any further questions please feel free to call on **07961 437 202** or email: info@woodyssportsacademy.com



I Can



You Can





We Can


The Children's Centre will be running the following courses for adults starting September 2022:

- Paediatric First Aid - 6 week course. Resuscitation procedures, preparing for and dealing with emergencies.
- ESOL - English for speakers of other languages (ESOL). Improve your English speaking, reading, writing and listening skills.

If you are interested in attending please text 07718 648 297 or email info@underhillcc.barnetmail.net


ESOL Classes
At Underhill School & Children's Centre
Mays Lane, Barnet, EN5 2LZ





Wednesday 9.15am - 11.15am
Booking required
Free 10-week course
Starting 07.09.2022

English for speakers of other languages (ESOL). Improve your English speaking, reading, writing and listening skills.

Tel: 020 8449 2423 Ext 206
Email: info@underhillcc.barnetmail.net



www.barnet.gov.uk/directories/childrens-centres
www.barnet.gov.uk/0-19

MONEY SUPPORT & ADVICE

FACTS AND FIGURES

- >100,000** people with debt problems attempt suicide each year in England
- 22%** of people have less than £100 in savings and investments
- 16.3%** of older people in Barnet live in income deprived homes
- 14%** of children (under 16) in Barnet live in absolute low-income families
- 43%** of people aged 65+ are not prepared to manage financially if they need to go into long-term residential care
- 47%** of people could last 3 months+ without borrowing if they lost their main source of income
- 53%** of people have a plan for financial goals for the next 5 years
- 17%** of people are in debt but only a third receive help

HELP AND ADVICE

- Recent years have seen a continuing rise in the number of people whose lives are impacted by debt and money concerns.
- Bills piling up or falling into debt are likely to harm wellbeing. This stress could lead to sleep problems, low mood and possibly even physical illness.
- It is possible for you to take control of your finances – budgeting and planning can help. If you can't manage, get advice. There's plenty of support available locally.
- You can claim Universal Credit to top up your wages if you are on a low income as well as providing help if you are out of work. It can also help with housing costs. This can be done over the phone if you are unable to use a computer.
- If you are looking for work, why not try out a benefit calculator to test how much you could be entitled to in different scenarios.
- You can still receive other benefits on top of Universal Credit for example PIP or Council Tax Support.
- It is always better to raise money issues early to avoid further issues in the future.
- Try to find ways to make your money go further for example furniture recycling centres, one off grants and foodbanks.

Last updated:
18.05.2022



MONEY SUPPORT & ADVICE

LOCAL SERVICES AND ONLINE SUPPORT

Service	Type	Description	Details
Turn2Us Grant Finder	• Online	A single site that allows you to search for grants.	Website: https://grants-search.turn2us.org.uk/
New Citizens Gateway – previously Barnet Refugee Service	• Phone • Online	Previously Barnet Refugee Service. Advice for refugees and asylum seekers: Welfare Benefits, Housing, Health, Education, Employment, or Asylum & Immigration issues	Website: http://www.ncgateway.org.uk/ Email: advice@ncgateway.org.uk Phone: 07498464530
AGE UK Barnet	• Phone • Online	Later Life Planning Service - free and confidential information and advice on welfare and benefits, housing or support services as well as how to keep healthy and active.	Website: https://www.ageuk.org.uk/barnet/our-services/information-and-advice/make-an-appointment/ Phone: 020 8432 1417 Email: info@ageukbarnet.org.uk
Social Prescribing Link Workers – GP referral	• Phone • Online	SP Link workers can connect you to local benefit advice services that support your needs as well as help with lots of other things.	Ask your GP to refer you
Moneyhelper	• Online	Working out what benefits or tax credits you're entitled to can be tricky, especially with recent welfare changes. Find out where to get free expert advice online, face-to-face or by calling an advice helpline.	Website: https://www.moneyhelper.org.uk/en/benefits/problems-with-benefits/where-to-get-help-and-advice-about-benefits
London Capital Credit Union	• Phone • Online	The Credit Union is a not for profit savings and loans co-operative for Barnet residents dedicated to promoting saving rather than borrowing. It also provides low cost loans at times of need.	Website: https://www.credit-union.coop/ Phone: 020 7561 1786 Email: info@credit-union.coop
Christians Against Poverty (only available in some locations)	• Phone • Online	Christians Against Poverty (CAP) provides free debt help and has a local Barnet presence. CAP also provide budgeting advice courses. Search your postcode on their website to find CAP near you.	Website: https://capuk.org/want-help/our-services/cap-debt-help/introduction Phone: 0800 328 0006

Last updated:
18.05.2022



MONEY SUPPORT & ADVICE

LOCAL SERVICES AND ONLINE SUPPORT

Service	Type	Description	Details
BOOST	<ul style="list-style-type: none"> • Face-to-face • Phone • Online 	Council's first point of contact for employment, financial and wellbeing help for local people. Welfare Benefit Advisers, discretionary housing payments, and housing advice	Phone: 0208 359 2442 Complete web referral: www.boostbarnet.org
Barnet council tax, benefit and grant advice	• Online	Advice and applications for help with <ul style="list-style-type: none"> • Council Tax • Housing Benefits • Disabled Facilities Grant 	Website: https://www.barnet.gov.uk/benefits-grants-and-financial-advice/managing-your-money-and-benefits-advice
Citizens Advice Barnet	<ul style="list-style-type: none"> • Face-to-face • Phone • Online 	Provides free and impartial advice on issues including benefits, money and housing.	Barnet CAB Website: https://barnetcab.org.uk/get-advice/online-help/ Helpline: 0808 250 5708 (Monday to Friday 9.30am – 4pm and until 7.30pm on Wednesdays) Limited drop in sessions: https://barnetcab.org.uk/get-advice/visit-us/
Barnet Homes	<ul style="list-style-type: none"> • Phone • Online 	Welfare Benefit Advice services for Council tenants. Help with claims and appeals. Access help through your Housing Officer or Income Collection team referral.	Phone: 020 8080 6587 Website: https://thebarnetgroup.org/bh/contact-us/
Discretionary Housing Payments	<ul style="list-style-type: none"> • Online • Phone 	Additional payments to help with rent for those in need on Universal Credit or Housing Benefit. Claimants need to provide income and expenditure details and bank statements. Welfare Benefit Advisers at BOOST, Barnet Homes and Family Services can assist.	Website: https://www.barnet.gov.uk/benefits-grants-and-financial-advice/housing-benefit/apply-discretionary-housing-payment Phone : 0208 359 2442

Last updated:
18.05.2022



Underhill School Nursery

We currently have 3 year old places available for September, to register your interest please complete the form on the following link -

<https://forms.gle/jTpPpZKNWwA9oh6v7>

We look forward to hearing from you!



I Can



You Can



We Can

Children's Centres

East-Central Locality

Autumn Term 05.09.22 – 16.12.22

	BEYA A Sure Start Children's Centre	Coppetts Wood A Sure Start Children's Centre	Newstead A Sure Start Children's Centre	Underhill A Sure Start Children's Centre
Monday	Stay and Play 9.30 – 11am 0-5years Brookhill Nursery School EN4 8SD Stay and Play 9.30 – 11am 0-5years Queenswell Infant School N20 0NQ Childminders 9.30 – 11am Hampden Way N14 5DJ	Stay and Play 9.15 – 10.45am 0-5years Stay and Play 9.30 – 10.45am 0-5years Hollickwood Primary school N10 2NL Baby Play 1.15 – 2.15pm Non-walkers	Stay and Play 10 – 11am 0-5 years Baby Massage 2 – 2.45pm 6wks-6mths – Booking Required	Paediatric First Aid 9.15 – 11.15am Starts: 12.09 - Booking Required Childminders 9.30 – 11.30am Stay and Play 1.15 – 2.15pm 0-5years
Tuesday	About Boys - 4weeks Parenting Course 9.30 – 11.30am St Margaret's Nursery School EN4 9NT Booking Required - Starts: 27.09 Stay and Play 1 – 2.30pm 0-5years St Margaret's Nursery School EN4 9NT	Stay and Play 9.15 – 10.45am 0-5years Baby Massage 11am – 12pm 8wks- non crawlers – Booking Required Baby Play 1.15 – 2.15pm Non-walkers	Childminders 9.30 – 11am Baby Rhyme Time 1.15 – 2.15pm Non walkers	Stay and Play 9.15 – 10.45am 0-5years Baby Massage 1 – 2pm 8wks-4mths – Booking Required Baby Weighing 1 – 2.30pm Under 1's Booking Required
Wednesday	Baby self-weighing 10am -12pm or 1 – 3pm Under 1's St Margaret's Nursery School EN4 9NT Outdoor Stay and Play 9.30 – 11am 0-5years Hampden Way N14 5DJ Baby group 10 – 11.30am Non-walkers All Saints Baby Massage 1.30 – 2.30pm 2-6mths All Saints N20 9EZ – Booking Required	Childminders 9 – 11am Baby Play 1.15 – 2.15 Non-walkers Shake, Rattle and Roll 2.30 – 3pm 0-5years	Barnwood 10 – 11am Walkers Baby Play with self-weighing 2 – 3pm Non-walkers	ESOL 9.15 – 11.15am Starts: 07.09 - Booking Required GROW Project 10am – 12pm - Booking Required Baby Play with Self-weighing 10.30am – 12.30pm Non-walkers Dance, Move & Regulate 11.30am – 12.30pm 1-5years
Thursday	Stay and Play 9.30 -11am 0-5years St Margaret's Nursery School EN4 9NT Parent Champions Monthly Meeting 1.30 - 3pm – 1 st Thursday each month – St Margaret's Nursery School EN4 9NT Starts: 06.10	Stay and Play 9.15 – 10.45am 0-5years Stay and Play 9.30 – 10.45am 0-5years Summerside Primary School N12 0QU Dads and Male Carers Group 11.15am – 12.15pm 0-5years Baby Play 1.15 – 2.15pm Non-walkers	Stay and Play 10 – 11am 0-5years Baby self-weighing 1 – 4pm Under 1's – Booking Required	Stay and Play 9.15 – 10.45am 0-5years Rhyme Time 1.30pm – 2.15pm 0-5years Hope Community Centre EN5 2DY
Friday	Fun for Toddlers 10 – 11.30am 18mths-2years St Margaret's Nursery School EN4 9NT	Stay and Play 9.15 – 10.45am 0-5years Baby Play 1.15 – 2.15pm Non-walkers	ESOL 9.30am – 1.30pm Tarlton Community Centre – Booking Required	Boogie Mites 9.15 – 10am 0-5years Solicitor Drop-in sessions 10am – 1pm – 1 st Friday each month – Starts: 02.09 BOOST 10am – 12pm – Last Friday each month – Booking Required – Starts: 30.09

Activities offered weekly unless otherwise stated



Children's Centres

East-Central Locality

Autumn Term 05.09.22 – 16.12.22

BEYA

A Sure Start Children's Centre

BEYA Nursery School and Children's Centre
Margaret Road, New Barnet EN4 9NT
Tel: 020 8449 5466 option 5 • admincc@beya.org.uk

Coppetts Wood

A Sure Start Children's Centre

Coppetts Wood Children's Centre (based at Coppetts Wood School)
Coppetts Road, Friern Barnet N10 1JS
Tel: 020 8883 0248 option 3 • childrenscentre@coppettswood.barnetmail.net

Newstead

A Sure Start Children's Centre

Newstead Children's Centre
1 Fallows Close (off Tarling Road), East Finchley N2 8LG
Tel: 020 8359 3460 • newstead@barnet.gov.uk

Underhill

A Sure Start Children's Centre

Underhill Children's Centre (based at Underhill School)
Mays Lane, EN5 2LZ
Tel: 020 8449 2423 ext 206 • info@underhillcc.barnetmail.net



For more information about Children's Centre visit:
www.barnet.gov.uk/childrenscentres



I Can



You Can



We Can