



# NEWSLETTER

Friday 27<sup>th</sup> January 2023

**Be Curious**

**Be Caring**

**Be Confident**

**Be Cooperative**

## HEADS' CORNER

Hello everyone,

We hope you are all well. We've been very busy at Underhill, with lots of great learning happening!

We are coming to the end of I-Canuary and it has been really wonderful seeing the children embrace our value of BE Confident. In our assemblies on Monday and this coming Monday, we are thinking about how we are all different in so many ways and the importance of supporting each other to be confident to be ourselves and be who we are.

Today is Holocaust Memorial Day and we are marking this in school by thinking about the importance of remembering past events, both happy and sad, and how we can learn from them. This is a very important day where we reaffirm the importance of community, with everyone being treated equally and being confident and safe to be who they are.

You will have received a letter about the school being closed for all children on Wednesday 1<sup>st</sup> February due to industrial action by the NEU. If you do have queries or wish to discuss anything regarding this, please do come and see us or you can email us on [head@underhill.barnetmail.net](mailto:head@underhill.barnetmail.net). Packed lunches will be available to collect for families in receipt of free school meals.

Don't forget as well that Monday 6<sup>th</sup> February is an INSET day so school will be closed and reopen again on Tuesday 7<sup>th</sup> February.

There are lots more exciting PTA events coming up and you can find our more on our website: <https://underhillschool.co.uk/>. By supporting these events, you have raised a huge amount of money for the school so far this year and the PTA will be updating you on how this is going to be spent soon! Thank you to our amazing PTA team and to everyone who helps out.

Have a great weekend and thank you for your continued support,

Jennie Reed and Nicola Hayles

### DATES FOR YOUR DIARY

#### January 2023

Monday 30<sup>th</sup> January – 1 Willow Parent assembly

#### February 2023

Wednesday 1<sup>st</sup> Feb – NEU Trade Union strike (**School closed for children**)

Friday 3<sup>rd</sup> Feb – Non uniform day (numbers day) bring £1 for NSPCC

Monday 6<sup>th</sup> Feb – Staff INSET – **School closed for children**

Tuesday 7<sup>th</sup> Feb – Friendship Disco (**KS1** 3.45 - 4.45 **KS2** 5.00-6.30)

Wednesday 22<sup>nd</sup> Feb- Coffee and Mini eggs morning (Speech and Language focus) all welcome



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# ATTENDANCE

## House attendance

House	Last Week	This Week
Balmoral	90.24	90.06
Holyrood	94.24	91.98
Sandringham	91.77	90.10
Windsor	89.83	90.78

## Absence

Please remember any absences need to be reported daily to

[attendance@underhill.barnetmail.net](mailto:attendance@underhill.barnetmail.net)

Or via the school website

<https://underhillschool.co.uk/attendance-1>

## Appointments

As far as possible, parents/carers should attempt to book medical and dental appointments outside of school hours.

Where this is not possible please remember to let the office know in advance about all appointments booked during school time.

You will be asked for proof of the appointment in order for the absence to be authorised, this can be emailed to [attendance@underhill.barnetmail.net](mailto:attendance@underhill.barnetmail.net) or shown to a member of the office team.

You will not be able to collect children for appointments during the lunch period as the office staff may not be able to find them.

## Class attendance

Class	Last Week	This Week
Beech	93.51	96.58
Maple	91.30	89.87
1 Hazel	88.11	83.62
1 Oak	93.45	91.03
1 Willow	90.64	93.64
2 Birch	98.77	91.41
2 Chestnut	90.54	93.06
2 Palm	96.91	91.41
3 Cedar	86.36	92.96
3 Hornbeam	84.65	88.94
3 Yew	93.47	93.03
4 Cherry	91.63	93.51
4 Larch	87.79	90.94
4 Pine	94.46	91.48
5 Holly	93.17	90.91
5 Laurel	92.15	91.63
5 Sycamore	94.72	86.53
6 Ash	95.94	92.62
6 Elm	91.82	92.65
6 Hawthorn	88.73	86.81
<b>Total</b>	<b>91.80</b>	<b>91.06</b>



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# NOTICES AND NEWS

## GIRLS FOOTBALL TOURNAMENT

Last week, our girl's football team took on the challenge of competing in the Barnet borough girls football tournament.

Our girl's started well in the tournament with winning 4/5 of their group games and not conceding one goal! Goals galore from Hazel, Willow and Bethan saw them cruise smoothly into the knockout rounds.

In the quarter finals, the girls met Orion who put up a tough performance and took them to penalties. This time, it was the heroics of Kaylinn who saved two to see Underhill through to the semi finals.

After the penalty heroics, Underhill faced Christchurch who gave them a good game, but Underhill slotted three past them to book a place in the final.

After seven games unbeaten and not conceding one goal, Underhill faced their toughest opponents yet. In the final they were up against a strong Foulds team who gave them a tough game and beat them 3-0.

A huge well done needs to go to all the girls who are a new team this year!

Well done to: Kaylinn, Kadi, Paolina, Kelly, Sammy, Willow, Hazel and Bethan!

Also, a huge well done to Judit who has been working hard training with the girls week in and out!

## NETBALL VICTORY

Our netball team played a match against St Andrew's last week. It was neck and neck at the start with both teams displaying effective team work. Underhill began to take the lead with more accurate passes and shooting. We are super proud of all our team (some didn't get to play this game) the match finished 9-2 to Underhill. Huge well done to Bethan, Raya, Furkan, Jack L, Imran, Lola and Georgie.

## COFFEE AND MINI EGGS MORNING

All parents & carers are invited to attend a coffee and mini eggs morning on Wednesday 22<sup>nd</sup> February 9-10am with Sue (SENDSCO) and Laura the Educational Psychologist. This will take place in the school canteen. The focus of this coffee morning will be to discuss speech and language. If you would like to attend please submit the short google form below. We look forward to seeing you there!

<https://forms.gle/XAVcTPKnaPJrJUnEA>



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## POKEMON AND FOOTBALL CARDS

Following the letter we sent this week regarding smart watches and air-up water bottles, Pokemon and football cards are also banned from school. We ask that parents do not allow children to bring these in or trade them with other children in school, as it causes arguments and disruption to their learning. If either of these cards are seen, they will be confiscated by the class teacher and handed to parents / carers at the end of the day.

## NSPCC NUMBERS DAY – FRIDAY 3<sup>rd</sup> FEBRUARY 2023

Friday 3<sup>rd</sup> February 2023 will be non-school uniform day where children are encouraged to dress up as their favourite number or Maths related costume for 'NSPCC Numbers Day'.

At the very least, they could for example wear a football shirt with a number on the back or wear an outfit with patterns etc.

**Children to contribute by bringing in £1 (or more) for the NSPCC.**

Here's an example of what they could dress up as:



# NOTICES AND NEWS

## FREE BARNET HOLIDAY ACTIVITIES

Stuck for things to do this half term? Barnet are offering a wide range of activities for children and families across Barnet - free of charge!

- Feb Shed Days with the Chickenshed
- Exploding books Arts and Crafts
- Cookery Workshops
- Parent and Child Yoga
- Digital photography
- Sound Mediation Workshops
- Circus Skills and many more

Bookings are now open and **all** activities must be booked in advance at <http://www.barnetyouth.uk>

Enjoy!

Contact:  
[4thbarnetbb@gmail.com](mailto:4thbarnetbb@gmail.com)  
Tel: Amanda 07956846449



**What is The Boys' Brigade all about?** We provide opportunities for children and young people to learn, grow and discover in a safe, fun and caring environment which is rooted in the Christian faith. There's something for every young person whether it's camping, sports (some competitive!) crafts, challenges, or completing the Duke of Edinburgh Award.

Members develop skills, build confidence, make friends, take responsibility and are encouraged to make a real difference in their communities – sharing the values that make us who we are.

4th Barnet Boys Brigade Company meet on a Wednesday (£25 per term)  
@ St Marks Church, EN5 5HY

Anchor Boys (YR- Y3) & Junior Boys (Y4-Y6) 5.30 - 6.45 pm

Company & Seniors Boys (Y7-Y13) 7.30 - 9 / 9.30 pm



Walnut Boats

Making 'snowmen'

Christmas Crib

**AFSKids**  
HIGH QUALITY HOLIDAY CAMPS

### FEBRUARY HALF TERM SPORTS & ACTIVITY CAMPS 2023

**St Catherine's School  
(High Barnet)**

\*Ofsted Registered Venue. EY481572  
Childcare vouchers accepted.

**WEEK 13<sup>th</sup> – 17<sup>th</sup> FEBRUARY**

**WEEK £115  
DAILY £30**

**10am – 4pm**

*Early drop off from 8:30am: Additional £8 per session  
Late Pick up until 5pm: Additional £8 per session*

**Reception to Year 6**

**Online bookings ONLY :**  
[www.allforsport.co.uk](http://www.allforsport.co.uk)  
07943 743127  
**NEW WEBSITE NEW BOOKING system.**  
**ALL parents MUST create an ACCOUNT**

Altruism Fairness Sociable Kindness Inclusive Determination Sportsmanship



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## ADULT COURSES SPRING 2023

ESOL - English for speakers of other Languages course Wednesdays 9.15am - 11.15am starting on 11.02.23  
**Paediatric First Aid course will be starting after the February half term.**

If you are interested in joining any of these groups please email [info@underhillcc.barnetmail.net](mailto:info@underhillcc.barnetmail.net)

Children's Centres				East-Central Locality
Spring Term 03.01.2023 – 31.03.2023				
Inset day: Coppetts Wood CC and Underhill CC on 03.01, BEYA CC on 03.01 and 04.01				
	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
<b>Monday</b>	<b>Stay and Play</b> 9.30 – 11am 0-5years Brookhill Nursery School EN4 8SD  <b>Stay and Play</b> 9.30 – 11am 0-5years Queenswell Infant School N20 ONQ	<b>Stay and Play</b> 9.15 – 10.30am 0-5years  <b>Baby Play</b> 1.15 – 2.15pm Non-walkers	<b>Stay and Play</b> 9.30 – 10.30am 0-5 years  <b>Baby Play with self-weighing</b> 2 – 3pm Non walkers	<b>Childminders</b> 9.30 – 11.30am <b>Nursery Stay and Play</b> 10 – 11am 18mnths-4years – 09.01, 06.02, 06.03 – Booking Required <b>Rhyme time</b> 1.15 – 2pm 0-5years
<b>Tuesday</b>	<b>Albanian Families Stay and Play</b> 9.30 – 11am 0-5years St Margaret's Nursery School EN4 9NT <b>Stay and Play</b> 1.00 – 2.30pm 0-5years St Margaret's Nursery School EN4 9NT	<b>Stay and Play</b> 9.15 – 10.30am 0-5years <b>Baby Massage</b> 11am – 12pm 8wks-non crawlers – Booking Required <b>Baby self-weighing</b> 1 – 3pm Under 1's – Booking Required	<b>Childminders</b> 9.30 – 11am <b>Baby Rhyme Time</b> 1.15 – 2pm Non walkers	<b>Stay and Play</b> 9.15 – 10.45am 0-5years  <b>Baby Massage</b> 1 – 2pm 8wks-4mths – Booking Required
<b>Wednesday</b>	<b>Childminders</b> 9.30 – 11am Brookhill Nursery School EN4 8SD <b>Outdoor Stay and Play</b> 9.30 – 11am 0-5years Hampden Way N14 5DJ <b>Baby self-weighing</b> 10am -12pm Under 1's St Margaret's Nursery School EN4 9NT <b>Baby group</b> 10 – 11.30am Non-walkers All Saints <b>Baby Massage</b> 1.30 – 2.30pm 2-6mnths All Saints N20 9EZ – Booking Required	<b>Childminders</b> 9 – 11am <b>Baby Play</b> 1.15 – 2.15pm Non-walkers <b>Shake, Rattle and Roll</b> 2.30 – 3pm	<b>Barnwood</b> 10 – 11am Walkers  <b>Baby Massage</b> 2 – 2.45pm 6wks-6mnths – Booking Required	<b>Baby Play with Self-weighing</b> 10.30am – 12.30pm Non-walkers <b>Dance, Move &amp; Regulate</b> 11.45am – 12.30pm 1-5years
<b>Thursday</b>	<b>Stay and Play</b> 9.30 -11am 0-5years St Margaret's Nursery School EN4 9NT	<b>Stay and Play</b> 9.15 – 10.30am 0-5years  <b>Baby self-weighing</b> 1 – 3pm Under 1's – Booking Required	<b>Stay and Play</b> 10 – 11am 0-5years  <b>Baby self-weighing</b> 1 – 4pm Under 1's – Booking Required	<b>Stay and Play</b> 9.15 – 10.45am 0-5years  <b>Rhyme Time</b> 1.30pm – 2.15pm 0-5years Hope Community Centre EN5 2DY
<b>Friday</b>	<b>Stay and Play</b> 9.30 – 11.00am 0-5years St Margaret's Nursery School EN4 9NT	<b>Stay and Play</b> 9.15 – 10.30am 0-5years  <b>Baby Play</b> 1.15 – 2.15pm Non-walkers		<b>Boogie Mites</b> 9.15 – 10am 0-5years  <b>Baby Weighing</b> 11am – 12.30pm Under 1's Booking Required

Activities offered weekly unless otherwise stated



# NOTICES AND NEWS

## CHILDREN'S ORAL HEALTH

### FACTS AND FIGURES



Brush teeth twice a day for 2 minutes with fluoride toothpaste



### Tooth decay

Top reason for non-emergency hospital admissions in children aged 5-9 years in England

Each child with tooth decay will have on average 3-4 teeth affected



38% of children had sleepless nights because of pain caused by tooth decay



3 days of school were missed per year on average due to dental problems



### Deprivation

= 2x likelihood of tooth decay

### HELP AND ADVICE

- Poor oral health impacts on both health and well-being influencing how children grow, enjoy life, look, speak, chew, taste food and socialise.
- Parents should take their children for regular dental check-ups, as advised by the dentist. It is important to be positive about it and make the trip fun. Dental care is free for children.
- Take your child to the dentist when the first tooth erupts, at about 6 months and then on a regular basis so they become familiar with the environment and get to know the dentist.
- From six months of age, infants should be introduced to drinking from a cup; from one year of age, feeding from a bottle should be discouraged.
- Brush teeth at least twice daily for about 2 minutes with fluoride toothpaste.
- Children should be encouraged to spit (not rinse) the toothpaste after brushing to increase fluoride availability to the tooth surface.
- Parents and carers should brush or supervise toothbrushing until their child is at least 7 years old.
- Barnet's Oral Health Programme delivers key messages on oral health for young children, and raises awareness to parents of the importance of dental caries, prevention and healthy eating.

Last updated:  
21.04.2022



**BARNET**  
LONDON BOROUGH

Last updated:  
21.04.2022



**BARNET**  
LONDON BOROUGH

## CHILDREN'S ORAL HEALTH

### LOCAL SERVICES AND ONLINE SUPPORT

Service	Type	Description	Details
Barnet Oral Health Promotion team	<ul style="list-style-type: none"> <li>Phone</li> <li>Online</li> <li>Face-to-face</li> </ul>	You can contact the Barnet Oral Health Team with any questions about the programmes running within primary schools and children centres.	<b>Email:</b> <a href="mailto:hcp.4barnet@nhs.net">hcp.4barnet@nhs.net</a> <b>Website:</b> <a href="http://www.healthychildprogramme.co.uk">http://www.healthychildprogramme.co.uk</a> <b>Phone:</b> 020 3633 4049 / 0800 772 3110
NHS Choices	<ul style="list-style-type: none"> <li>Online</li> </ul>	Provides information on children's oral health and a tool to help you find your nearest dentist	<b>Website:</b> <a href="http://www.nhs.uk/Livewell/dentalhealth/Pages/Careofkidsteeth.aspx">http://www.nhs.uk/Livewell/dentalhealth/Pages/Careofkidsteeth.aspx</a>
Change4Life	<ul style="list-style-type: none"> <li>Online</li> </ul>	A range of information and resources to support families to make healthier choices. Change4Life provides a guide for dental teams providing key oral health messages to support Be Food Smart and also a Top Tips for Teeth Toolkit.	<b>Website:</b> <a href="https://www.nhs.uk/change4life/">https://www.nhs.uk/change4life/</a>
School Nurse/ Health Visitor	<ul style="list-style-type: none"> <li>Online</li> <li>Phone</li> <li>Face to Face</li> </ul>	If you have any questions or concerns regarding your child's health in general and how this might be affecting their teeth please contact a schools nurse for school aged children or speak to a health visitor for 0-5 year olds.	<b>Email:</b> <a href="mailto:hcp.4barnet@nhs.net">hcp.4barnet@nhs.net</a> <b>Phone:</b> 020 3633 4049 / 0800 772 3110 <b>Website:</b> <a href="http://www.healthychildprogramme.co.uk">http://www.healthychildprogramme.co.uk</a>



## IMPROVE FOOD SECURITY

### LOCAL SERVICES AND ONLINE SUPPORT

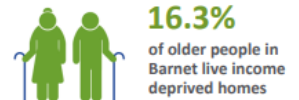
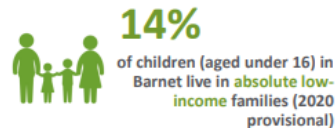
Service	Type	Description	Details
<b>Food banks</b>	<ul style="list-style-type: none"> <li>Online</li> </ul>	Food banks are available in Barnet if you are struggling to buy food. Many foodbanks in Barnet do not need a referral or can be self referral.	<b>Website:</b> <a href="http://www.barnet.gov.uk/directories/food-banks">www.barnet.gov.uk/directories/food-banks</a>
<b>Healthy Start Food and Vitamin vouchers</b>	<ul style="list-style-type: none"> <li>Online</li> </ul>	<p>If you're pregnant or have a child under four, you may be eligible for free Healthy Start vouchers – even if you are under 18. These vouchers help to give families the very best start in life.</p> <p>Pregnant women and children over 1 and under 4 can get one voucher each worth <b>£4.25</b> a week. Children <b>under 1</b> can get <b>2</b> vouchers a week (<b>£8.50</b> a week).</p>	<p>Information on eligibility and how to apply is available at:</p> <p><a href="https://www.healthystart.nhs.uk/">https://www.healthystart.nhs.uk/</a></p>
<b>BOOST</b>	<ul style="list-style-type: none"> <li>Online</li> <li>Phone</li> </ul>	The service is free to any resident of the borough. Support covers all benefits including Universal Credit, Job Seekers Allowance, Personal Independence Payments and Housing Benefit. Advice includes help to claim or appeal, better off in work calculations and income maximisation assessments. The service can also help with access to discretionary funds such as Discretionary Housing Payments.	<p><b>Phone:</b> 0208 359 2442</p> <p><b>Email:</b> <a href="mailto:boost@barnet.gov.uk">boost@barnet.gov.uk</a></p> <p><b>Website:</b> <a href="http://www.boostbarnet.org">www.boostbarnet.org</a></p>
<b>Mental health and wellbeing services</b>	<ul style="list-style-type: none"> <li>Online</li> </ul>	There are a number of local and national sources of support and advice to help people maintain good mental health and wellbeing should they be feeling anxious, under too much stress, having trouble sleeping, or struggling to cope.	<b>Website:</b> <a href="http://www.barnet.gov.uk/mental-health-and-wellbeing">www.barnet.gov.uk/mental-health-and-wellbeing</a>
<b>Barnet Community Help Hub</b>	<ul style="list-style-type: none"> <li>Online</li> </ul>	<p>The Community Help Hub has been set up to assist Barnet residents most in need of extra help. It brings together a network of local support, established community groups, and new and existing volunteers.</p> <p>If you are unable to access the information on the website please call the helpline for details.</p>	<p><b>Website:</b>  <a href="http://www.engage.barnet.gov.uk/communityhelphub">www.engage.barnet.gov.uk/communityhelphub</a></p> <p><b>Helpline:</b> 0808 281 3210.</p>

## IMPROVE FOOD SECURITY

### FACTS AND FIGURES



**21% of adults** in London have low or very low food security



### HELP AND ADVICE

- Food insecurity can affect anyone. It can also be linked to other challenges such as financial insecurity, low wages or unemployment.
- Food insecurity is defined as circumstances where a person does not have adequate physical, social or economic access to food in socially acceptable ways.
- Support is available for everyone when they need it. This can be support to get food or advice on employment and benefits.
- Foodbanks are available in places that are local to those who need them. In most cases no referral or self referral is all that is needed to get support.
- The Barnet Food Hub works to ensure that our foodbanks are able to provide sufficient, safe and nutritious food to all those who use their services.



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**You Can**



**We Can**





**Barnet**  
A Sure Start Children's Centre



0-19  
Early  
Help  
Hubs

## Baby Play with Self Weighing Non-Walkers

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



**Wednesday 10.30am – 12.30pm**

A safe environment to meet other babies and parents.  
Age appropriate resources for your babies to explore.

Tel: 020 8449 2423 Ext 206  
Email: [info@underhillcc.barnetmail.net](mailto:info@underhillcc.barnetmail.net)



[www.barnet.gov.uk/directories/childrens-centres](http://www.barnet.gov.uk/directories/childrens-centres)

[www.barnet.gov.uk/0-19](http://www.barnet.gov.uk/0-19)



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