



NEWSLETTER



020 8449 2423



office@underhill.barnetmail.net



www.underhillschool.org

1st February 2021

Be Curious

Be Caring

Be Confident

Be Cooperative

HEADS' CORNER

Hi everybody,

We hope you've all had a great weekend – even without the promised snow! We'd like to say a huge well done to everyone for their brilliant efforts in I-Canuary. This school is full of I-Can kids. We are very proud of them all as we imagine you are. Underhill really is an I Can; You Can; We Can community.

This month, we are happy to announce that it's FEEL GOOD FEBRUARY, where we will be focusing in our emotional health and well being. We do a lot of work at Underhill to support the children to develop a healthy understanding of different feelings and emotions, and how they can impact on our behaviour and actions and we want this to continue during lock down.

This week is Children Mental health Awareness Week and we will be sending a link out to you with our assembly for you to watch a really great video along with your children. There are some great things to think about and activities to do and we would really love you to support your children with this.

Alongside this, we have our "Seek Out Spring" Challenge for this week. February can feel a bit miserable so we are going to be seeking out the signs of Spring on our daily walks. If you see anything exciting such as new shoots coming through the ground or it getting lighter earlier, do send us in a photo. We'd love to see what you find!

Thank you again for the all the amazing work that you are doing at home with your children. They are so lucky to have you supporting them. Please note that teachers will endeavour to mark all work uploaded within 24 hours of it being submitted. In the unlikely event of something not being marked, please do contact the year team to alert them.

Have a great week and if you have any questions or need any support with anything, do email us on head@underhill.barnetmail.net.

Jennie Reed and Nicola Hayles



I Can



You Can



We Can

NOTICES AND NEWS



PE

It's so important to keep active always but even more so now. Please make sure your child is doing the regular PE videos being sent out as well as doing the 30 second weekly fitness challenge everyday! We'd love to see photos or videos of you doing your fitness challenge and submitting your scores.

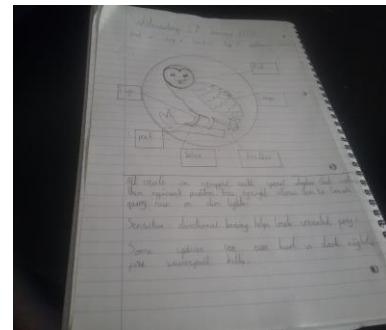
YEAR 4

Our Year 4 bubble made these brilliant Ancient Greek theatre masks!



YEAR 3

Krishna, Michaela, Chanel and Georgie did a fabulous work in labelling parts of the owl and finding out some interesting facts about owls on why they make such great predators!





GOOD NEWS

We would like to share our congratulations from all here at Underhill to our receptionist Simone and her family on the birth of her new baby son.

COVID SYMPTOMS

Please can we remind parents if anyone in your family should fall ill with Covid symptoms that you must notify the school even if your child is not currently attending. You can do this by emailing the school at attendance@underhill.barnetmail.net.



NHS CHANGE FOR LIFE

Have lots of lovely tips and advice on lockdown lunches and mental well being.

Lockdown lunch ideas

Looking for some lunchtime inspiration while the kids are at home? Try their 3 weeks of easy, low-cost recipes – shopping lists included!

Mental wellbeing tips for parents

Every Mind Matters has tips and practical advice to help parents look after their children's and their own mental health while the family is staying at home.

<https://www.nhs.uk/change4life>

CHANGE IN FINANCIAL CIRCUMSTANCES?

We understand that many of our family's financial circumstances may have changed during this latest Coronavirus lockdown.. If this has or does happen to you we want to ensure that you are able to access Free School meals for your child (in Reception through to Year 6) as soon as possible. Please complete the online secure form at <https://forms.gle/zVEufraNTU6jQANG7> if you would like us to check for you. Whilst the school is closed this entitlement will be in the form of a £15 supermarket voucher sent to you every week for each child that is eligible.

Your child may be able to get free school meals if you are in receipt of any of the following:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)
- Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals.

If your child is eligible for free school meals, they'll remain eligible until they finish the phase of schooling (primary or secondary) they're in on 31 March 2022.

We understand that the applications for Universal Credits are taking some time to process at present but, once we have your information below we will be able to carry out regular checks and let you know if and when you do become eligible.

Barnet Twin Town Challenge



Did you know? Barnet has links with 8 towns around the world, this is more than any other London Borough. Five of the twin towns are in Europe, one in Africa, one Asia and one in America.



Angular Snip

- Chaville, France
- Jinja, Uganda
- Le Raincy, France
- Montclair, USA
- Morphou, Cyprus
- Ramat Gan, Israel
- Siegen-Wittgenstein, Germany
- Tempelhof, Germany

Challenge: We plan to visit all 8 twin towns. Our journey starts by travelling west from Barnet to Montclair (USA), from here we will encounter the longest section of our journey to Jinja (Uganda). Before visits to Ramat Gan (Israel) and Morphou (Cyprus).

The last section of the journey will see us enter Europe, firstly visiting Tempelhof and Siegen-Wittgenstein (Germany), followed by the Paris suburbs of Chaville and Le Raincy (France), before heading back home to Barnet.



We need your help: This challenge covers a staggering distance, roughly 25,000 kilometres. We are calling on all Barnet pupils to help us complete this mammoth challenge by staying physically active throughout the current lockdown. Whether you are out walking your dog, riding your bike/scooter or out on a family walk/run, you can contribute towards the challenge and gain the benefits of being physical active.

We would love to see you in action across our social media platforms listed at the bottom of the page, by tagging us using #BarnetTwinTowns. Please ensure you get permission from your adult before posting anything. Your teacher will provide further information on how they will be collecting your weekly physical activity levels.

We hope you will come on this exciting journey with us 😊

@BarnetSport

@BarnetSport

Barnet Partnership for School Sport

www.barnetpartnershipforschoolsport.co.uk

Barnet Twin Towns Challenge

Join us on an exciting voyage to visit Barnet's 8 twin towns.

#BarnetTwinTowns



#KeepingBarnetActive

The mammoth journey, starting 11 January, will see us cover almost 25,000 kilometres, travelling through 6 countries in 4 continents



To take part simply email bps.barnet@gmail.com each week with the total distance your pupils travelled

 @BarnetSport

 @BarnetSport

 Barnet Partnership for School Sport
www.barnetpartnershipforschoolsport.co.uk



Our Children's Centre are running virtual sessions for the following:

Introduction to solid foods/Weaning Tuesday 9th Feb 1pm - 2pm and 9th March 10-11am text 07950791287

Boogie Mites for 0-5 years old Wednesdays 9.15am - 10am text 07718 648305

Basic Greek Lessons for adults and children Thursdays 1pm - 1.45pm text 07718 648305

Rhyme Time Fridays 0-5 years old 10.30am - 11.15am text 07718 648305

Please email info@underhillcc.barnetmail.net or text 07718 648 305 for Adult courses in partnership with Barnet & Southgate College

ESOL

Art for Wellbeing Wednesdays 6pm -7.30pm

If parents/carers need advice and information they can contact these numbers on Mondays 9.30am - 11.30am

25.01.2021 07718 648305

01.02.2021 07718 648316

08.02.2021 07950 791287

15.02.2021 07718 648305

Welfare advice and Locality housing navigator advice please email info@underhillcc.barnetmail.net or call 020 8449 2423 to book a telephone appointment.

Telephone Counselling text 07718 648305 to arrange sessions

Please also find attached the East/Central Locality timetable

https://www.barnet.gov.uk/sites/default/files/virtual_january_2021.pdf

East/Central Spring Term Activities Timetable 18th January – 19th February 2021

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

Tel: 020 8449 2423

Email: info@underhillcc.barnetmail.net

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Midwife Appointments 9.00am - 3.00pm</p> <p>Children's Centre advice and information available between 9.30-11.30am 18th January – 07950 791287 25th January – 07718648305 1st February - 07718648316 8th February – 07950 791287 15th February - 07718648305</p>	<p>Acacia Midwife Appointments 9.00am - 3.00pm</p> <p>Introduction to Solid Foods (Virtual) 12.01.21 – 1.00pm – 2.00pm 09.02.21 – 1.00pm – 2.00pm 09.03.21 – 10.00am -11.00am</p> <p>Please text 07950 791287 to book a place</p>	<p>Boogie Mites –Virtual Zoom Starting 20th January 2021 9.15am – 10.00am aged 0 – 5 years Please text 07718648305 to book a place</p> <p>ESOL- English course for Speakers of Other Languages (Virtual) For information please call 07718648305</p> <p>Art for Well Being Adult Course Virtual (11 Week course) Starting 13th January 2021 6pm - 7.30pm Come and join a therapeutic session. Drawing skills with simple colour theory exercises. Learn about colour relationships, through developing paint brush skills. Call 07718648305 to book a place</p>	<p>Midwife Appointments 9.00am - 3.00pm</p> <p>Basic Greek Lesson for adults and children (Virtual - Zoom) 1.00pm – 1.45pm Please text Maria on 07718648305 to book on</p>	<p>Locality Housing Navigator Telephone Appointments 9.15am – 1.00pm By appointment Call to book 07718648305</p> <p>Midwife Appointments 9.00am - 3.00pm</p> <p>Telephone Counselling Call Maria on 07718648305 to arrange sessions</p> <p>Rhyme Time (Virtual Zoom) Starting 29th January 2021 10.30am – 11.15am Enjoy singing songs and rhymes with your child. Session led by Children's Centre staff 0 – 5 years Please text 07718648305 to book a place</p>
<p>Welfare Rights Advice on housing, benefits, money matters and legal advice Telephone Sessions- Call 0208 449 2423 to book an appointment</p>				

* 4th January 2021 Underhill School & Children' Centre closed for Inset Day

East/Central Spring Term Activities Timetable 18th January – 19th February 2021

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

Tel: 020 8449 2423

Email: info@underhillcc-barnetmail.net

East and Central Locality Children Centres
<p>Underhill: EN5 2LZ (020 8449 2423)</p> <p>Newstead: N2 8LG (020 8359 3460)</p> <p>Coppetts Wood: N10 1JS (020 8883 2985)</p> <p>BEYA EN4 9NT 020 8449 5466</p>
ADVICE & SUPPORT
<p><u>Family Support & Outreach</u></p> <p>Do you feel you need some additional support with parenting, for example, boundaries, family dynamics and routines, etc. We offer an ongoing free support service for parents with children under 5 years old in your own home.</p> <p>For more information please call: 020 8449 2423</p>
<p><u>FEE2 Advice & Support</u></p> <p>Do you require support accessing Free Early Education for two year olds? A member of our outreach team will be able to offer you freesupport with this.</p> <p>Please call 020 8449 2423</p>
<p><u>Want to give-up smoking?</u></p> <p>Do you want free one-to-one advice on how to quit smoking? For more information please call: 020 8449 2423</p>
<p><u>Invite Only Sessions</u></p> <p>Monday - 9.00 am – 12.30pm Midwife EN5 Postnatal Clinic</p> <p>Monday - 12.30pm – 3pm Midwife EN4 Postnatal Clinic</p> <p>Tuesday - 9.30am – 3.30pm Midwife appointments</p> <p>Tuesday- 9.00am – 4.00pm Health Visitor Clinic</p> <p>Wednesday - 12.00 pm – 3.30pm Down syndrome health check</p> <p>Wednesday - 9.00am – 3.00pm Conversational session for Down Syndrome Children</p> <p>Thursday - 9.30am – 12.30pm Child Development & EYFS Assessment checks</p> <p>Thursday - 9.30 am - 12pm Midwife EN5 Parenthood Classes</p> <p>Thursday - 11.15 am - 1.15pm Midwife EN4 Parenthood Classes</p> <p>Thursday – 12pm – 4pm Midwife EN5 Postnatal clinic</p> <p>Friday - 9.00am – 12pm Midwife EN5 Antenatal session</p> <p>Friday -1.30pm – 3pm Midwife Postnatal discharge clinic</p>
<p>Courses at BEYA Children Centre</p> <p>Baby Massage at BEYA: Age: 6 weeks (if premature, 8 weeks) – 4 months old Please call to book a place on 020 8449 5466 Option 5 or Newstead Children's Centre 020 8359 3460</p>
<p>Food bank Vouchers available</p> <p>Please call 020 8 449 2423 or speak to our family support and outreach team</p> <p>Healthy Start 9am – 3pm Pick up your free vitamin drops/tablets (bring your healthy start voucher)</p> <p>Underhill school and Children centre</p>

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