



# NEWSLETTER

8<sup>th</sup> March 2021



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[www.underhillschool.org](http://www.underhillschool.org)

**Be Curious**

**Be Caring**

**Be Confident**

**Be Cooperative**

## HEADS' CORNER

We are so happy to have all your wonderful children back in school! Each and every child has shown an **'I can, you can, we can'** attitude with big smiles on their faces. Thank you again for working so hard on all the home learning over the past few months, we are already seeing some great progress made by the children at home.

It is **'Move-it March'** and in assembly tomorrow we will be challenging the children to demonstrate their ability to **Be Cooperative** during their PE lessons. The PE team will be looking out for classes that are working well together and being as active as possible. There are rewards for the classes that achieve this!

Everyone is working very hard to ensure that we are as safe as we possibly can be in school and we would like to ask you to play your part in this too. When you come onto the school site, please wear a mask, follow the one way systems and make sure you are dropping off and picking up at the allocated time (see table on the next page). Thank you in advance for your support with this.

We have got a lot of exciting plans for the next few weeks and plans for these will be shared with you soon. Before we break up, we will be celebrating 'Underhill Book Day', and holding some fantastic Easter events. We will also have over the phone Parents' Evening consultations; watch out for the dates and timings coming out with the booking form later this week.

As always, if you have any worries or concerns, please don't hesitate to get in touch.

Nicola Hayles and Jennie Reed



**I Can**



**You Can**



**We Can**

# NOTICES AND NEWS

## BACK TO SCHOOL

### Drop off and collection times

Year group	Location	Drop off	Pick up time
Nursery AM	Main office gate entrance	8:45am	11:45am
Nursery PM	Main office gate	12:30pm	3:30pm
Reception Main	Main office gate entrance	8.55am	3:20pm
Year 1	Small playground middle gate	8:50am	3:10pm
Year 2	Small playground middle gate	8:40am	3:20pm
Year 3	Big playground entrance on the corner of Leaside	8.50am	3:10pm
Year 4	Big playground entrance on the corner of Leaside	9am	3:30pm
Year 5	Big playground entrance on the corner of Leaside	8.40am	3.20pm
Year 6	Big playground entrance on the corner of Leaside	8.40am	3.20pm

If you have children in more than one group, you will bring your children to school at the earlier start time and location. At pick up time, you will collect your children at the later finish time and location.

### Uniform and PE days

Please ensure that your child is wearing a clean school uniform as normal everyday. On PE days, please send your child in wearing their PE kit.

Year group	PE day
Reception	Thursday
Year 1	Tuesday
Year 2	Tuesday
Year 3	Wednesday
Year 4	Wednesday
Year 5	Thursday
Year 6	Friday



**WORLD BOOK DAY**  
Children enjoying World Book day stories

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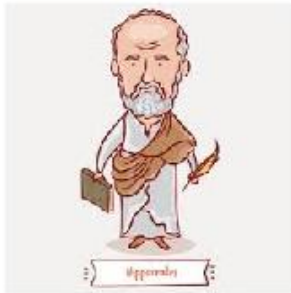
## FROM OUR YEAR 3'S

Some more amazing work this week from Year 3's on their topic GODS and MORTOLS



## Hippocrates

Hippocrates was born in Greece in 460 B.C. He learned medicine from his father and grandfather. Hippocrates is often called "The Father of Western Medicine" because he started one of the first medical schools in ancient Greece.



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He was the first doctor to believe diseases are not punishment from the gods but are caused by imbalance in the body.

Hippocrates required his students to observe their patients and make careful, written records of their findings. He was one of the first doctors to diagnose heart and lung diseases. He began to categorize diseases according to their level of seriousness and their cause. He was also a big believer in walking and nutritious food to cure diseases.

He died in 370 BC.

I hope you enjoyed reading.



 **Understand**

 **Uplift**

 **Unite**

**Fact File: Pythagoras**

**Who was he?**  
 Pythagoras was a famous philosopher and a very clever mathematician from Ancient Greece. He started a group of mathematicians called the Pythagoreans, they were also very clever men.

**Pythagorean Theorem:**  
 The sum of the squares on the two shortest sides equals the square on the longest side.

**Pythagoras:**  
 He was most famous with his group for his work in maths with the right-angled triangle. They worked the Pythagorean Theorem which is  $a^2 + b^2 = c^2$ .

**Pythagoras's life:**  
 Born: 570 BC in Samos near Greece  
 Died: 495 BC in Metapontum in Italy.  
 Age: 76 years old.  
 C = 12 02 cm  
 $850m^2 = 7225$   
 $+ 850m^2 = 7225$   
 $= 1445 \sqrt{1445} = 1202$

**Pythagoras's family:**  
 He had a wife called Theano. He had two children a daughter called Damo and a son called Telauges who carried on Pythagoras's work.

**Ancient Greece Clothing and Fashion**

**How did they make cloth?**  
 Because the weather is hot in Greece, the Ancient Greeks wore light and loose clothing. Clothing was made in hand by the servants and the women of the family. The two most popular materials were wool and linen. Wool was made from sheep and linen from flax that came from Egypt.

**Clothing for Women**  
 wore a long tunic called the peplos. The peplos was a long piece of cloth that was fastened about the waist with a belt.

**Clothing for Men**  
 They wore a tunic called a chiton. Men also wore a wrap called the himation.

**Did they wear shoes?**  
 A lot of time, the Ancient Greeks went barefoot. When wearing footwear, they usually wore leather sandals.

**Jewelry and Makeup**  
 Jewelry was made from gold and silver. They wore rings, necklaces, and earrings.

**DRACO Fact File**

**Full Name:** Draco or Dracontion

**Date of Birth:** c. 700 BC - 684 BC

**Place of Birth:** Athens, Greece

**Famous for:** He was the first legislator of Athens. He introduced a written code enforced only by a court of law. His law were harsh and punished both serious and small crimes with death. The use of the word DRACONIAN to describes repressive legal measures comes from his name.

**Who were they?** He was the first Athenian lawmaker according to records - harsh.

**Their life:** Not much is known about his life however although we are unsure how he died it is a fact that he was chased out of Athens lived out his days in Argos.

**Interesting facts**

- Most of the clothing was white.
- They dyed clothing dyes made from plants and insects.
- The women wore straw hats or veils.
- Women's clothing always went down to the ankles as they were supposed to remain covered.

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

**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 for 0-5 years old**

Fridays 10.30am - 11.15am  
Text 07718 648305

Please email [info@underhillcc.barnetmail.net](mailto: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 07718 648305 on Monday 9.30am - 11.30am

**Welfare advice**

Get help free confidential help and support with Council tax benefits, Child tax credits, Working family tax credits, Child benefit, Housing benefit, Disability living allowance, Maternity benefits and application forms/appeals

**Locality Housing Navigator advice**

Struggling with rent arrears, been served a notice by a landlord, not sure about claiming Discretionary housing payments

**Email [info@underhillcc.barnetmail.net](mailto:info@underhillcc.barnetmail.net) or call 020 8449 2423 to book a telephone appointment for Welfare or Locality Housing Navigator advice**

**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](https://www.barnet.gov.uk/sites/default/files/virtual_january_2021.pdf)**



**SAFER SLEEP WEEK 15 – 21 MARCH 2021**

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



### SAFER SLEEP FOR EVERY SLEEP

When your baby won't settle or you are tired, it can be tempting to do whatever it takes to get some sleep. To reduce the risk of sudden infant death (SIDS), it is important to follow the safer sleep advice every day or night.

#### THINGS YOU CAN DO:

- Always place your baby on their back to sleep.
- Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months.
- Use a firm, flat, waterproof mattress in good condition.
- Breastfeed your baby.
- Keep your baby smoke free during pregnancy and after birth.

#### THINGS TO AVOID:

- Never sleep in an armchair or on a sofa with your baby.
- Don't sleep in the same bed as your baby if you drink, smoke or take drugs or if your baby was born prematurely or was of low birth weight.
- Avoid letting your baby get too hot.
- Don't cover your baby's face or head while sleeping or use loose bedding.

You should follow the advice for all naps, not just for night time sleep.

You can also talk to your midwife or health visitor if you have any questions or concerns or get in touch with:

**The Lullaby Trust**

**Email: [info@lullabytrust.org.uk](mailto:info@lullabytrust.org.uk)**

**Telephone: 0808 802 6869**

**Website: <http://www.lullabytrust.org.uk>**

### BARNET REFUGEE SERVICE ONLINE COUPLE & FAMILY THERAPY SERVICE

**BARNET REFUGEE SERVICE** BRS Online Couples and Family Therapy Service

Would you like support to improve troubled relationships with your partner, children or other family members?

You are not alone and BRS are here to support you.

We can provide up to 12 sessions for each couple or family in English, Farsi, Dari and Albanian.

Email or call us to book an appointment  
rabia@b-r-s.org.uk, 07983437432

**COMMUNITY FUND**