



FLORA NEWS



Head's Blog

Half term is now upon us – but how will you use it? Why do we have half terms? Some universities have reading weeks, others just push through, with short terms (Oxford and Cambridge still have three 8 week terms, which sounds great, until you realise the volume of work that you have to fit into those 8 weeks!).

The first key thing for half term is to recuperate. I deliberately say recuperate, not just rest, because the purpose is to get back to 100%, ready for the challenges of the remainder of the term and the year. Although it is tempting to lie in bed until midday, the best recuperation will bring a reasonable schedule (not too late to bed, not too late up in the morning), good nutrition, and getting some exercise. In other words, the best chance of being as healthy as possible.

The second key thing for half term is to spend time with people who matter. Whether that is family or friends is not that important, but spending quality time with the right people is the best way to get your equilibrium right. Try to ask questions, and be sociable.

Third, do something that is just fun. Laugh at yourself and laugh with others. Climb a tree, play a board game, sing a song. We can be terribly serious at times, and you should never underestimate the power of a bit of laughter. Not laughing AT others, but laughing out of joy. Then, use your time well. Catch up, if you need to catch up. Get ahead, is there some work that you could catch up on, read a book! It is only 7 school weeks until Christmas. Time is moving fast, so start your planning now. Tackle a couple of areas that you find hard, and see if you can really make a difference to your lessons after half term.

Finally, whatever else you do, do something kind every day. How easy is it to say something cutting to someone else? To walk past and ignore someone who needs your help? Do something kind. You will help that person, and you will help yourself, and kindness encourages kindness, so you will actually help everyone. Make the most of your half term.

Thank you for your support this half term as always and enjoy the break.

Each Head of House does regular uniform and PE kit checks, for which pupils can be awarded House points. Please ensure your child is wearing the correct uniform/kit as per the below link:

<http://www.floragardens.lbhf.sch.uk/parents-pupils/uniform/>

Year 2's Culminating Event on their topic 'London's Burning'. Parents were invited to enjoy a cake sale, share work & take part in the Tudor House competition. All donations are going to the Children Burns Trust.





Thank you so much for your kind food donations. Mrs Asserati delivered them to The Upper Room this morning and they were so grateful. The Upper Room is a front line charity working with socially and economically disadvantaged people from some of the most deprived areas of London. Their work touches the lives of hundreds of people every year.

If you wish to make further donations of money, food or clothing, please contact The Upper Group:

Tel: 020 8740 5688
Email: uradmin@theupperroom.org.uk

Year 1 received a letter from The Little Red Hen this week and she asked us to bake her some bread.



Mr Finney's PE Blog

Our boys football team drew 0-0 with St Stephen's in a very close encounter in the Mayor's Cup today.

Gentian was man of the match for a really hardworking performance in defence. The girl's team lost 2-1 in the last minute of the game to St Stephen's. Girl of the match was **Aisha B** for scoring a fantastic goal.

My superstar of the week is **Sa'ad** in **Y2** for really challenging himself in PE this week.

My goal for this half term is to include either 2 fruits or 2 vegetables in my breakfast every day – why don't you give it a go too!

Have a lovely break!

Attendance

This week: 16th – 20th October 2017

Class	Attendance
Reception	98.1%
Year 1	98.7%
Year 2	96%
Year 3	96.1%
Year 4	97.4%
Year 5	95.3%
Year 6F	96.4%
Year 6G	100%
Totals	97%

Well done Y6G!

Nursery attendance for the whole half term
86.4% - not a great start, let's turn this around for the rest of the year

Superstars!

Nursery – Aisha
Reception – Abril
Year 1 – Zara
Year 2 – Eesa
Year 3 – Iqra
Year 4 – Dwell
Year 5 – Tayon
Year 6F – Irfan
Year 6G – Amr

Well done!

Superstar certificates will be presented in assembly on the Tuesday after half term.