Friday 13th March 2026

Hallfield Primary School

Growing, Learning, Achieving together

Headteachers' messages

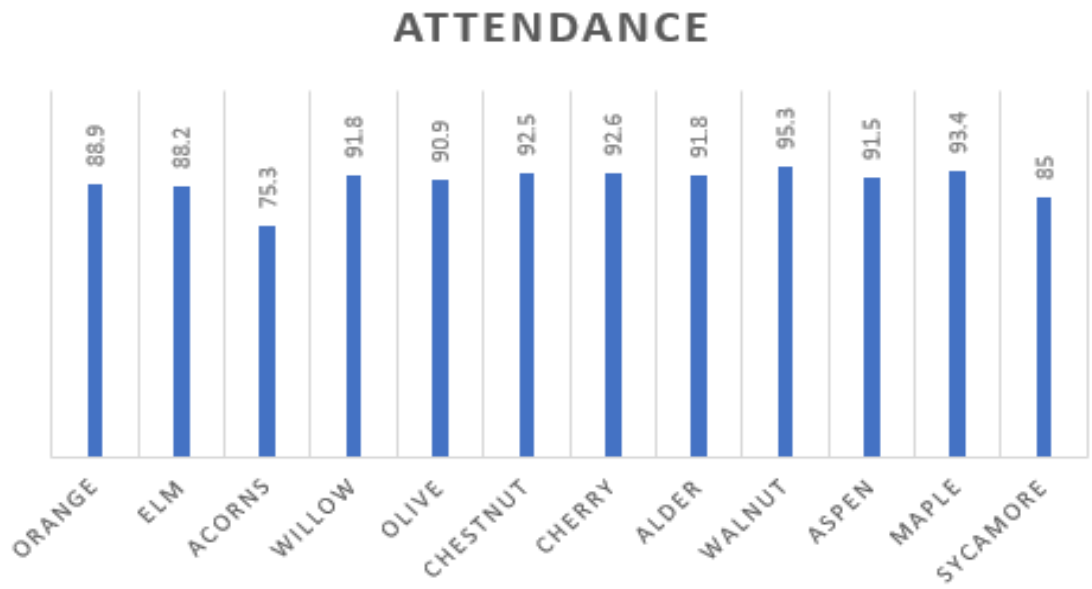
Hallfield Blog

As we approach the final weeks of the spring term, it has been lovely to see the school buzzing with activity, curiosity and creativity. The lighter mornings and the longer, brighter days are a welcome reminder that spring is on its way, bringing with it a sense of renewal and energy that we can certainly feel throughout the school.

Over the past few weeks, many of our pupils have enjoyed some fantastic educational visits that have brought their classroom learning to life. Children had the opportunity to explore some of London's most inspiring art collections, including visits to the National Gallery and the Saatchi Gallery. These trips allowed pupils to experience famous artworks first-hand, deepen their understanding of different artistic styles, and spark their own creativity back in the classroom. The children represented the school wonderfully, and staff were very proud of their thoughtful questions and enthusiasm for learning.

Reading has also been a major focus across the school recently. During National Storytelling Week and World Book Day, the whole school came together to celebrate the joy and power of stories. Pupils took part in storytelling sessions, book-themed activities and shared reading experiences that highlighted just how important reading is for learning, imagination and wellbeing. As we know, developing a love of reading has enormous benefits for children — supporting their language development, creativity, empathy and confidence. It was wonderful to see such excitement around books and storytelling throughout the school.

At this time of year, we also recognise that many members of our community are observing Ramadan. We know this is a special and meaningful time for many families, and we would like to extend our warmest wishes to everyone observing. As the month progresses, we look forward to the celebrations of Eid that will follow and



You are getting there, Walnut class. Well done!

Attendance and Punctuality

Thank you to all families who continue to support good attendance and punctuality. Being in school every day and arriving on time makes a real difference to children's learning, confidence and sense of belonging in their class. We know that strong routines at home help children start the day positively, and we really appreciate the efforts families make to ensure children are ready for school each morning.

Punctuality is particularly important as our soft start between 8:40 and 8:55am provides valuable learning time. Teachers carefully plan this part of the morning so that pupils can take part in activities such as reading practice, handwriting, times tables and small-group or 1:1 support. These short but focused sessions help reinforce key skills and give children a calm and purposeful start to the day. By continuing to work together to prioritise both attendance and punctuality, we can ensure that every child makes the most of the opportunities available to them each day.

British Science Week

We had a fantastic time celebrating British Science Week across the school, with pupils taking part in a range of exciting and engaging activities designed to spark their curiosity about the world around them.

Throughout the week, classes across the school took part in a variety of science-related activities linked to this year's British Science Week theme: Curiosity. Pupils explored scientific questions, carried out investigations and discussed how curiosity helps scientists make discoveries and better understand our world. Ask your child to tell you about the lesson they had about bubbles.

To end the week, the whole school took part in a special dress-up day where pupils came to school dressed as scientists. It was wonderful to see such creativity and enthusiasm, with children representing a wide range of scientists and scientific careers. The day helped to inspire pupils to see themselves as future scientists and to challenge stereotypes about what a scientist looks like.

we wish those celebrating a joyful and peaceful time with family and friends.

As always, thank you for your continued support. Our strong partnership between school and home makes such a difference to the experiences and opportunities we can provide for our children. We look forward to all that the rest of the term will bring.

Science Week was a fantastic celebration of enquiry, creativity and discovery, and it was wonderful to see so many pupils asking thoughtful questions and showing such enthusiasm for science.

Encouraging Healthy Eating Habits

Healthy eating habits continues to be an important focus in school, and we are always looking for ways to help children develop a positive relationship with food and understand the benefits of a balanced diet. Recently, our Year 4 pupils had a fantastic opportunity to take part in a cooking session with staff from Itsu, who visited the school to prepare fresh ramen with the children. The session was a great success, with pupils learning about ingredients, food preparation and how healthy meals can be both nutritious and delicious.

We are also continuing our work with Nourish (Food Matters), supporting pupils to learn more about where food comes from and how healthy choices can support their wellbeing and energy for learning.

At home, small steps can make a big difference in helping children develop healthy habits. You might consider:

- Offering balanced after-school snacks such as fruit with yoghurt, vegetable sticks with hummus, wholegrain toast, or cheese and crackers.
- Encouraging children to drink water regularly rather than sugary drinks.
- Talking with your child about the importance of a balanced diet, including fruits, vegetables, protein, grains and dairy.
- Involving children in preparing simple meals or snacks, which can help them become more interested in trying new foods.

By working together, we can help children develop healthy habits that will support their wellbeing both now and in the future.



Online Gaming Safety

As part of the computing curriculum in both Key Stage 1 and Key Stage 2, children learn about online safety and how to use technology responsibly. This includes understanding how to stay safe when playing games online, communicating with others and protecting personal information. We would like to remind families of the important role they play in supporting this learning at home. Please ensure that parental controls are enabled on devices that children may access, including iPads, mobile phones, gaming consoles and smart TVs. It is also important to check the age ratings for games and apps, as well as the minimum age requirements for social media platforms, which are typically 13+.

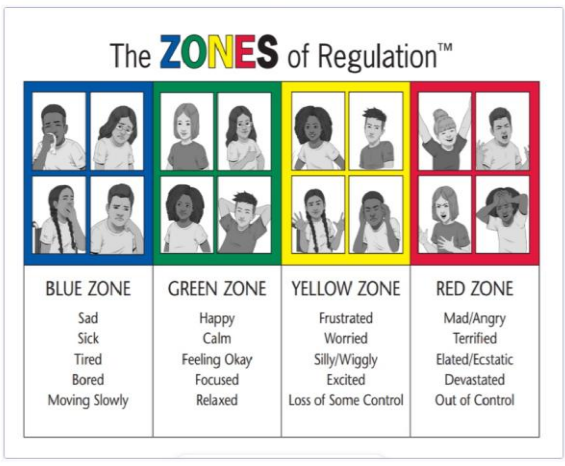
At school, we have one simple rule: to be kind. This rule applies not only in the classroom and playground, but also in the online world. We encourage parents to remind children that the same expectations apply when they are communicating or interacting online. Speaking respectfully, thinking carefully about what they say and remembering that there is a real person on the other side of the screen are all important parts of being responsible digital citizens. Regular conversations with your child about their online activity can help them enjoy technology safely, responsibly and kindly.



Wellbeing and Self-Regulation

Supporting children's emotional wellbeing continues to be an important part of school life. At school, we use the **Zones of Regulation** to help children recognise and understand their feelings and develop strategies to manage them effectively. Through this approach, children learn that all feelings are okay, and that there are helpful strategies they can use to feel calmer, more focused and ready to learn.

Parents can support this learning at home by encouraging children to talk about how they are feeling and by helping them practise simple self-regulation strategies. These might include taking slow, deep breaths, having some quiet time, listening to music, drawing, reading, or taking a short walk. As the weather becomes warmer, spending time outdoors can also be particularly beneficial for children's wellbeing. Activities such as visiting the park, riding a bike or enjoying a family walk can provide valuable opportunities for children to relax, reset and return feeling calmer and more balanced.



Here are some photographs from educational visits.

Please remember to visit our school blog for weekly updates on children's learning:
Hallfield Blog






Science Week Competition

Children are invited to take part in the **British Science Association's national poster competition** during Science Week.

This year's theme asks children to explore:
What are children and young people's visions for a good or positive childhood?

This question is part of real research. The UK Government is working with scientists to understand children's ideas about what makes a positive childhood. Winning entries will help researchers explore this question.

What to include
Children might think about:

- What makes their life happy or positive now
- What other children enjoy or value
- What childhood was like in the past
- What a positive childhood might look like in the future
- What children enjoy in other parts of the world

Poster rules

- A4 or A3 paper
- Flat (2D) poster
- Can be drawn, painted, collaged, or created digitally
- Do not include names or photos of real people

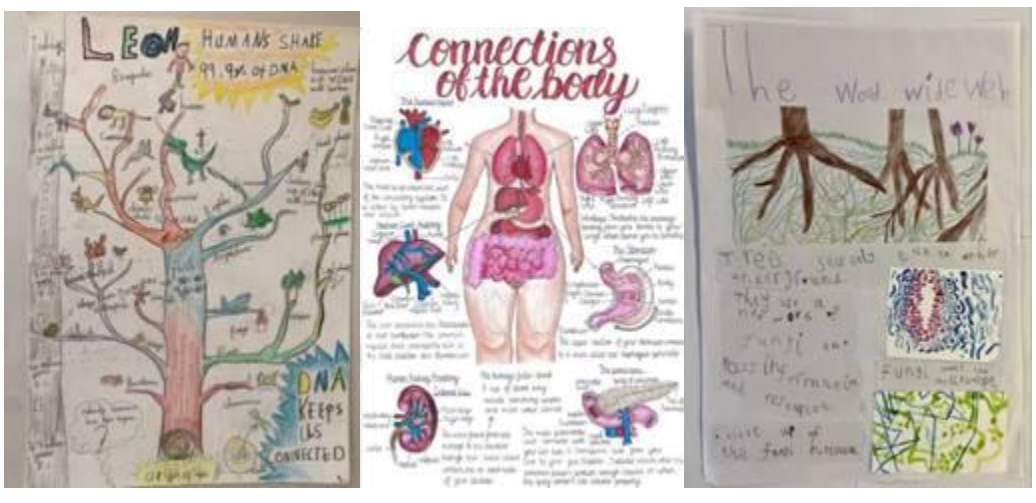
Posters will be judged on **creativity, content, and clear communication**.

Outstanding entries will be displayed in school, certificates will be awarded in **Star of the Week assembly**, and the **top 5 posters will be entered into the national competition**.

Deadline: Tuesday 16 April 2026

Take a look at some previous winning entries:





Important Dates

March	
Week beginning 9th	Science Week
12th	EYFS Mother's Day
13th	Dress Like a Scientist Day
16th	Year 2 trip
17th & 18th	Parents Evening
20th	INSET (school closed)
23rd	Topic presentation KS1 9am Spelling Bee Competition
24th	Topic presentation EYFS 9am
25th	Topic presentation LKS2 9am
26th	Topic presentation UPKS2 9am Parent information session: MIND managing tantrums and frustrations (2.30pm)
27th	School closes 1pm
April	
13th	Children back to school
20th	Parent information session: Oral health (2.30pm)
21st	Year 4 trip
22nd	Year 5 trip
23rd	Year 6 trip
27th	Parent information session: Asthma with school nurse (2.30pm)

1 Minute of Mindfulness

The STOP method is a mnemonic for slowing down, and tuning into yourself, your feelings and your body. Here is how to do it: (S) Stand up and take a few deep breaths. (T) Tune into your body and see how it feels, notice any physical sensations. (O) Observe any physical sensations occurring, are they positive or are they negative. (P) Possibility. Ask yourself what is possible in this current moment, can this be a turning point for the rest of the day?



West Central London Mind is a registered charity, no. 292708

West Central London mind



World Sleep Day





Friday 13th March is World Sleep Day, which is celebrated every year to raise awareness around the importance of maintaining a healthy sleep cycle. This year's theme is Sleep Well, Live Better.

Sleep plays a significant role in maintaining physical health, regulating emotions, enhancing cognitive performance, and preventing long-term diseases. When sleep hygiene is poor, even spending enough time in bed may not result in restorative sleep. What you can do to improve sleep hygiene:

- Winding down routine: A hot shower or bath, a hot non-caffeinated drink, reading, calming music, or gentle reflections on your day, could all be part of a good winding down routine that prepares you for sleep.
- Sticking with regular sleeping hours: To keep our internal body clock in check, going to bed and waking up at similar times everyday is a good habit to form.
- Being active during the day: Exercising, or generally being physically active during the day will help your body use energy and increase the need for a restorative sleep at night.
- Regular meal times: Eating right before sleep is not generally recommended, making sure to eat our last meal of the day at least a few hours before sleep could make your sleep quality higher.



Global Day of Unplugging



This year's Global Day of Unplugging is on the 6th and 7th of March.
It encourages all of us to disconnect from our devices for 24 hours and spend time mindfully, with ourselves or loved ones. It is a great opportunity to take time for some self-reflection or enjoying internet-free activities with those around you.

Make it a priority to make the most of the beautiful London parks, museums, theatres, comedy shows, and more!



Spring approaching!

As the first day of spring approaching, we wanted to share some tips to shake the winter blues, welcome the new season and spring-clean our mindset!

- Take notice of the changes in nature
- Try going for walks
- Clear the clutter - physically and mentally
- Early morning gratitude
- Make the most of longer days
- Seasonal eating



West Central London Mind is a registered charity, no. 292708

West Central London mind

CIRCLE OF SECURITY

In Person Training

The course aims to help you to understand and respond to your child's needs, support your relationship with your child, improve your child's self-esteem and be a confident parent.

Circle of Security Parenting Groups are designed to give parents a 'map' for understanding bewildering behaviour and responding to their children's emotional needs.

Research shows that parents who are able do this in a loving and consistent way give their children an amazing start in life.

Westminster Early Help Parenting Team



Interested?
Find out more...

Call: 020 7641 5838 or
Email Pam: pfortune@westminster.gov.uk

STARTING:
TUESDAY 28TH APRIL

TIME:
9:30AM-11:30AM

VENUE:
QUEENS PARK
FAMILY HUB
88 BRAVINGTON RD,
LONDON, W9 3AL

Westminster early help
Happier, healthier families