



# Hill View Primary School

## Reach For The Stars.

### HEADTEACHER UPDATE

Dear Parents/Carers,

The majority of our Y6 pupils have been at Harrow House this week. They have taken part in some amazing activities, including Pioneering, Raft Building, Woodland Activities and have also been to a Waterpark!

They have been so lucky with the weather and have had an amazing time on their residential. Thank you to all the staff that have given their time to ensuring the children have had the best experience possible.

The Y6 children that have stayed with us have completed some exciting activities this week including making Radios. Geoff and a team of Radio Enthusiasts came in to work with the children over two afternoons and assisted them in building a working radio! Our Y3 and Y4 children went to visit the Life Centre in Moordown on Wednesday to watch a musical called the Fisherman's Tale. They had a great time and we have received an email from the Life Centre complimenting all of the children on their exceptional behaviour! We are very proud of them, well done.

Y4 have also had their outcome this week where they performed Shadow Dancing to their parents and carers. They did an amazing job and worked really hard.

Some Y5 children had Town Sports this week. The children involved excelled themselves and competed in events such as the Relay Race, Sprints, Throwing and Jumping. They did really well achieving 2nd, 4th and 5th places in most of the events. Well done to all involved.

Finally, we have attached a leaflet on 'Sun Safety' with many tips and reminders about staying safe in the sun especially as the weather is beginning to warm up. One of which is the need to drink more water to stay hydrated. As you know children sometimes forget their bottles as they leave the car, only to be found again the next day. Could you remind your children not to drink from them as the bacteria from their mouths left on the bottle will have grown overnight in the warmth and could make them ill.

Victoria Buckland  
Headteacher

### ASCENT AWARDS

Well done to the following children for achieving the Ascent Award last term. They have shown that they are great role models to their peers and have set excellent examples to all around them.

Isaac Durrant—YR   Holly Fisher—Y1   Eben Pestell—Y2

Joe Vass—Y3   Joshua Smith—Y4   Freya Bunn—Y5

### LONG HAIR

Please be reminded that **ALL** long hair should be tied back. This is for your child's safety as hair can get caught in things and also to help keep head lice away. Many thanks for your co operation in this matter.

### DOGS

Please can we remind you that dogs should not be tied to any school railings, fences or fire exits at any time of the day. The area outside the small playground, between the gate and the front wall, is also out of bounds to dogs. We have received complaints from parents who have to walk small children past dogs that are tied up and not all children are comfortable around dogs. Although our Site Manager always checks the pavements and clears it before the school starts, we have also had excrement walked into school and this will help reduce the possibility of this happening. Thank you

Newsletter No. 32 7/6/19

## Coming Up...

### Friday 7th June

Y6 Harrow House return

### Tuesday 11th –13th June

Father's Day Secret Room

### Tuesday 18th June

YR Hearing Tests

### Wednesday 19th June

YR Hearing tests

### Thursday 20th June

KS1 Sports Day

### Friday 21st June

KS2 Sports Day

### Wednesday 26th June

Athlete Visit

### Friday 28th June

YR Hearing Tests

\*\*\*PTFA Summer Fayre\*\*\*

### Wednesday 3rd July

Y1 Beach Trip

### Friday 5th July

Inset Day

### Monday 8th July

Inset Day

## Attendance

Week ending 24/05/19

94.7%

### Best Reception Class:

Carle 98.6%

### Best Year 1/2 Class:

Barnardo 96.7%

### Best Year 3/4 Class:

Hamilton 98.7%

### Best Year 5/6 Class:

Pankhurst 97.3%



## THANK YOU

An enormous thank you goes to all of the volunteers from **JP Morgan** who came and worked really hard cutting back bushes, clearing flower beds and re felting and fixing our shed. They did an amazing job and got so much done!

Also, another big thank you to **W + S Skips** (01202 979010) who kindly donated a skip to collect all of the rubbish cleared from this day. Thank you so much!



## MORNING AND AFTER SCHOOL CLUB PAYMENT SCHEDULES

ATTENDANCE WEEK	FINAL PAYMENT DATE
Monday 24 June	Friday 8 June
Monday 01 July	Friday 15 June

## SPORTS DAY

Sports day has been finalised and we are looking forward to seeing you all at the KS1 Sports day on Thursday 20th June and KS2 Sports Day on Friday 21st June.

This will take place on Redhill common and the area will be clearly marked for the day. Keep your fingers crossed for dry days!

More details will follow regarding times.

## BIKEABILITY

Bikeability Cycle Training For Children - Level 1 & 2, King's Park.

Cycle training for children aged 10 and over to help build the skills and confidence to ride a bike safely on the road.

Saturday Course Dates 2019

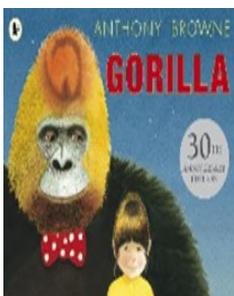
Sat 08.06.19 & Sat 15.06.19 - 09:00 - 12:30 or 13:00 - 16:30

Sat 22.06.19 & Sat 29.06.19 - 09:00 - 12:30 or 13:00 - 16:30

As the course takes a total of 7 hours, two consecutive days must be attended, either am or pm, to pass.

To book a place on a course, or for further information, please go to <https://www.bournemouth.gov.uk/AttractionsLeisure/SportsandActivities/cycletrainingforchildren.aspx>

## Reading Focus



### Gorilla – Anthony Browne

Hannah loves gorillas but has never seen one. Her father's too busy to take her to the zoo – or for anything else come to that. For her birthday, Hannah asks her father for a gorilla – but is disappointed when she discovers that the gorilla she's got is just a toy one. But then something extraordinary happens ... the toy turns into a real gorilla, who puts on her father's hat and coat and takes her off for a magical visit to the zoo...

## Wizards

## Week Ending

24/05/2019

Meleket Ghedlu—YR

Emma Zidisinova—YR

Jack Wise—YR

Poppy Manns—Y1

Isaac Garrett—Y1

Charlie Ridgway—Y1

Lyla Cutler—Y2

Xander Bunn—Y2

Max Hellier—Y2

Mia Kelly—Y2

No KS2 Wizards



## Jigsaw



## Too Much Sun Hurts

**Did you know that just a few serious sunburns can increase your child's risk of skin cancer later in life? Children don't have to be at the pool, beach or on holiday to get too much sun. Their skin is delicate and needs protection from the sun's harmful ultraviolet (UV) rays whenever they are outdoors, but especially between March and October.**

**Turning Pink?** Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes. Yet it can take up to 12 hours for skin to show the full effect of sun exposure. So, if your child's skin looks 'a little pink' today, it may be burned tomorrow morning. To prevent further burning, get your child out of the sun.

**Tan?** There's no other way to say it; tanned skin is damaged skin. Any change in the colour of your child's skin after time outside - whether sunburn or suntan - indicates damage from UV rays.

**Cool and Cloudy?** Children still need protection. UV rays, not temperature, do the damage. Clouds do not block UV rays, they filter them - and sometimes, only slightly.

**DOOPS!** Children often get sunburned when they are outdoors unprotected for longer than expected. Remember to plan ahead, and keep the sun protection handy - in your bag, in the car or in your child's rucksack.

Parents, help your children to play it safe, and protect your own skin as well. You're an important role model.

## Sunlight and Vitamin D

The best source of vitamin D is summer sunlight on our skin. Because it's important to keep your child's skin safe in the sun, it's recommended by the NHS that all babies and young children aged six months to five years should take a daily supplement contain vitamin D in the form of vitamin drops.



Useful websites for more information:

[www.sunsmart.org.uk](http://www.sunsmart.org.uk)

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

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

[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

[www.met-office.gov.uk/weather/uv](http://www.met-office.gov.uk/weather/uv)

## Be safe in the sun



A guide for parents



**Cover up your children!**



## Choose your Cover

Not all sun protection comes in a bottle. There are lots of ways to protect your child's skin all year long. Here are 5 things that you can do all year to protect your lovely cherubs!

1. **Hide and Seek** The sun's UV rays are strongest and most harmful between 11 and 3, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella or a pop-up tent. Use these options to prevent sunburn, not to find relief once it's happened.



2. **Cover them Up** Clothing that covers your child's skin helps protect against UV rays. Although a long sleeved top and long trousers with a tight weave are best, they aren't always cool or practical. A T-Shirt, long shorts or a beach cover up are a good option too; but it's wise to double up on protection by applying sunscreen or keeping your child in the shade when possible.



3. **Shades are Cool** and they protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible. They should carry the CE mark - check the label.



4. **Get a Hat** Hats that shade the face, scalp, ears and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don't protect their ears and neck (at Vermont, we find necks are most commonly what is sun-burnt). If your child chooses a cap, be sure to protect exposed areas with sunscreen.



5. **Rub on Sunscreen** Use sunscreen with at least SPF 15 (30+ is recommended for children) and UVA/UVB protection every time your child goes outside. Reapply this frequently, especially if they have been in the water (even if the sunscreen advertises itself as being waterproof).



### WARNING :

Even a few serious sun burns increase your child's risk of getting skin cancer.

## Sun Cream Tips

Sun cream seems like an easy solution to being sun burnt, but it doesn't protect your child's skin completely. Try using sun cream alongside the other 'Choose your Cover' options to prevent UV damage.

Sunscreen comes in a variety of forms - lotions, sprays, wipes and gels. Be sure to choose one made especially for children with:

- Sun Protection Factor (SPF) 15 or higher (fair skinned children will need at least SPF 30).
- Both UVA AND UVB protection

For most effective protection, apply sun cream generously 30 minutes before going outside. Don't forget to protect ears, nose, lips, ankles and the tops of feet which often go unprotected. Be especially careful to protect your child's shoulders and the back of their neck when they're playing as these are the most common areas for sunburn.

Take sunscreen with you to reapply during the day, especially after your child swims or exercises. This applies to 'waterproof' and 'water resistant' products as well.

Keep in mind, sun cream is not meant to allow your children to spend more time in the sun than they would otherwise. It reduces damage from UV radiation, it doesn't stop it.

The advice for babies is that all babies under the age of six months are kept out of direct sunlight, especially around midday.

**PROTECT THE SKIN THEY'RE IN!**

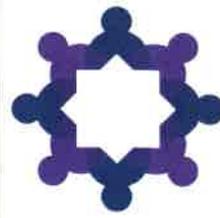
Free Admission

# Dorset Police open day!

**Saturday 20 July 2019**  
**11am - 4pm**  
**Dorset Police HQ, DT2 8DZ**



Dog unit | Drone unit | National Police Air Service (helicopter) | Traffic unit | Safety camera team | Neighbourhood policing team | Firearms unit | Safer schools team | Forensics team | Search team | Marine section | Public order unit | Rural crime team | Recruitment and volunteering team | Dorset Police and Crime Commissioner



**DORSET**  
POLICE & CRIME  
COMMISSIONER

Dorset Police