



# Holland House School

QOTW: If you don't know, the thing to do is NOT get scared but to learn.

Dear Parents,

We've had a lovely week at HHS, soaking up the sunshine and making the most of the closing weeks of the term.

On Tuesday I was joined by Dr Kathy Weston from Tooled-Up education, who visited the school and met with some of the pupils. Kathy has a wealth of experience when it comes to building resilience and wellbeing in children, all of the content on the portal being evidence based. If you would like information that you can't find on Tooled-Up, please don't hesitate to get in touch with me, or Kathy directly – her team will do their utmost to help you out!

Wednesday was Moving-Up day where all the pupils had the opportunity of officially meeting next year's form teacher. I had the pleasure of welcoming the parents of our in-coming Reception class and was lovely to see so many familiar faces in that group!

Thursday saw not one but two school trips: Mr Longman, Mrs Shaikh and I had the pleasure of accompanying the Y2 children to Kew Gardens, where they amazed us with their creativity and the wonder with which they embraced the natural world. Our youngest pupils went off for an exciting day out at Gulliver's Land where they had fun learning about dinosaurs and farm animals. Our little HHS ducklings also went back to their farm! They were a delightful distraction for the week they were here and we miss their little chirpy quacking!

Lastly, the Y6 pupils hosted their fabulous Cookie Sale today, with all proceeds going to the school charity. I was so incredibly impressed with the work that each team put into running their mini-enterprise and hope they also enjoyed the experience.

Wishing you all a great weekend,

Kindest regards

Emily Brown

## Assemblies

In assembly today we learnt about the history of Fathers' Day. We wish all our HHS dads a wonderful day and thank them for all they do for us!

A special thank-you to Micah in Y3 for reciting his wonderful poem Winter Song, which he wrote himself. It was a beautifully composed, thoughtful piece of work which we hope you will read in the School Magazine, due out later this year!

## Recognising Pupil Achievement, whatever the field

Our warmest congratulations this week to Joseph in Y2. His piece of digital art won 2<sup>nd</sup> Place overall in the national ISA film and Digital art Competition.

### Certificates Awarded this week

<b>Kayla Wong Y1</b>	<b>Sia Rao Y5</b>	<b>Vera Bhudia R</b>	<b>Isabella Chung Y1</b>
<b>Sona Shah Y5</b>	<b>Ariana Dhiman R</b>	<b>Sophia Angnostopoulos R</b>	<b>Anya Varghese R</b>
<b>Reception Class</b>	<b>Maya Desai Y1</b>		

### Tooled-Up Education



FEATURED

13 June 2022

**Researcher of the Month: Mishika Mehrotra Discusses the Importance of Dinnertime Conversation**

Research has shown that children who have more family meals have fewer internalising or externalising problems. This means that they have **fewer symptoms of anxiety or depression** and also are less likely to exhibit aggressive behaviours.

**These benefits tend to be long lasting.** One study assessed mealtime talk at the age of four and it was found to be related to children's vocabulary six years later.

**There are links between mealtimes and children's self-esteem.** Researchers have suggested that mealtimes are a context in which family history is shared. Children who know about their family's past tend to have higher self-esteem and more positive views of the future. Knowledge of the past is linked to better locus of control and seems to foster family connection.

### Dates For the diary

**22 June** Year 1 outing to Knebworth

**27 June** Reception Assembly 8.45am                      **Year 3** Assembly 3.00pm

**28 June** Year 1 Assembly 8.45am

**29 June** Year 2 Assembly 8.45am                      **Year 5** Assembly 3.00pm

### Donations Gratefully Received

If you have any of these things at home that you could donate to the school, we would love to have them!

Things on our wish list:

- Wet-break board games in good condition.
- Full chess sets + boards
- Duplo bricks
- Wooden building blocks
- Suitable pre-loved books in good condition, for our library