



Chris Harrison - Headteacher

Tel: 0208 270 4040

October Half Term

We hope George Carey pupils and parents have enjoyed their first half term at school. We would like to thank the parents and children that have maintained their punctuality and attendance throughout the term. We hope you have a great break and look forward to seeing you back at school which is on Monday 29th October.

Your Healthcare Ageing Innovation Centre, Care City

There's more to pharmacies than prescriptions – A new, free app that enables you and your family to access healthcare advice and prevent possible unnecessary trips to the GP has recently launched in Britannia Pharmacy, Minter Road.

The AskNHS app is available on a tablet within the Pharmacy and is available for download at home. It is part of Barking Riverside's Healthy New Town Programme and aims to provide a new model of care for local residents. Pharmacies are an excellent first point of contact for patients suffering from minor ailments or illnesses, or for patients requiring advice. The app gives you access to Nurse Olivia, a virtual health assistant who provides patients with trusted advice for urgent, but non-life-threatening emergencies.

When the Healthy New Towns team spoke to local people, it was clear that the time taken to get an appointment at the local surgery was seen as an area of concern, so it is hoped that the introduction of this new app begins to tackle this problem. Other benefits of this new service include multiple healthcare resources available at your fingertips as users are able to easily browse information and guidance provided by NHS Choices, and information on local health services including locations and opening times.

With winter around the corner, why not consider using the app when coughs and colds start. There may be other healthcare services or advice you could benefit from quickly and easily that can get you back to fighting fit!

Upcoming Dates for Your Diary

Monday 29th October - Individual school photos.

Tuesday 30th October – Sibling school photos.

Friday 3rd November - Golden Assembly for KS1 + KS2 years 5 + 6

Monday 5th November – Reception Light and Day Virtual Space Workshop

Thursday 15th November – Reception Phonics Workshop for parents at 9.15am. Please wait in the foyer area.

Friday 16th November – Children in Need. Non-Uniform day for Pudsey with a £1 donation.

Golden Book Awards

Congratulations to the following children who have been mentioned in our golden book this week: -

Kingfishers – Kim + Kahlan

Hérons – Oskar + Omorinsola

Jackdaws – Waniya + Olivia

Magpies – Mya

Sandpipers – Hafsa + Simone

Ravens – Emanuel

Swans – Jordan

Woodpeckers – Musab + Zayan

Puffins – Michelle + Emmanuel

Wrens – Kaj + Safia



New Fortnite Guide for Parents and Carers

As part as of our #WakeUpWednesday campaign, National Online Safety has teamed up with MusicAlternative to launch a Fortnite online safety song for your school to share with its whole community! Our song encourages parents and carers to 'stay switched on' to online dangers when their children are playing Fortnite. We hope you love this video just as much as we do. Please help us spread the message far and wide by retweeting our Fortnite song for parents and carers here:

<https://twitter.com/natonlinesafety/status/1052469311388958720>

Youtube link: <https://www.youtube.com/watch?v=j150BqInjnY>

Download Link: <HTTPS://WE.TL/T-WA4OjQ2jPu>

Many thanks for your continued support and for helping us to achieve a safer online world for children.

African Dance Workshop

On Monday 15th and Tuesday 16th October the African Activities Company visited George Carey to perform and teach traditional African dances. Some of the dances performed were the Lion Dance from Sengal which is a highly energetic and balletic routine and the Adowa from Ghana which tells a story threw movements. The children and staff had fantastic time learning and performing the dances.



The Heathway Centre

October Half Term Programme

22nd – 27th October 2018

Family Cooking Club

Monday 22nd October

10.30am – 12pm & 1pm – 2.30pm

Cooking offers many sensory experiences from the touch and feel of ingredients to the smell and taste of the finished dish. Cooking can also support maths and science skills and help develop communication skills in a fun environment. We will be making **Chocolate Bat Biscuits**

- Ages 3 and over £1 per child, 50p sibling

Movie & Popcorn

Tuesday 23rd October

2pm – 3.30pm

Come and enjoy a cinema style experience. We will be watching a popular DVD – Angry Birds

We will also be serving homemade popcorn as a treat. Children will be required to be supervised by parent/carers.

£1 per child, 50p sibling

Heathway Fun Day

Wednesday 24th October

11.30am – 1.30pm & 2pm – 4pm

Come and enjoy a fun filled day with the Heathway parent/carer group, who are facilitating a family fun day, with a guest entertainer to make the day even more special. Activities will include balloon modelling, dancing, magic, games, competitions, bubbles, glitter tattoos, bouncy castles and trampoline and lots of FUN!

Bikeability

Tuesday 23rd October

4.30pm – 6pm

Bike ability is a Government Approved National Standard for Cycle training. Cycling training with Vandome Cycles deliver free cycle training on behalf of the London Borough of Barking and Dagenham.

LEARN TO RIDE

If you are beginner wanting to learn to cycle, then please book a session for 1:1 tutor with professional instructor. 6 spaces available, please book in advance.

RIDER DEVELOPMENT

This group is for building skills and confidence. From this group you will be able to access the Bike ability courses levels 1,2 and 3 and social cycling rides. 20 spaces available. Bikes & helmets are available. Please wear suitable clothes and footwear for cycling.

Confirm spaces during booking.

****Address:** Jim Peters Stadium, Mayesbrook Park
180 Lodge Ave, Dagenham RM8 2JR

- Ages 5 and over **FREE Activity**

Sensory Play

Thursday 25th October

10.30am 12.30pm

Sensory activities facilitate exploration and naturally encourage children to use scientific processes while they play, create, investigate and explore. We will be making slime, an exploding volcano, spaghetti worms, sensory squishy bags and more.

Warning: You may get messy!!

£1 per child, 50p sibling

Family Zumba

Friday 26th October

Times to be confirmed

Zumba is an exercise fitness programme inspired by the Latin beats of salsa, flamenco and merengue. It combines Latin and international dance moves alternating fast and slow rhythms. Experience our fun family taster sessions which will feel more like a dance party than a workout.

Family Fun

Saturday 27th October

10am – 12pm

Fun filled, structured activities for children and young people aged 3 – 17 years. Parents are required to be on site, however are not involved in the activities.

Activities include snack time, with children choosing different menus each week. We also provide information and briefings for parents on a wide range of issues, specific to the needs of our parents. Please call the centre for more information

FREE Activity

Ice Skate 4 Disability

Sunday 28th October

10am – 11:30am

The Heathway Parent Carers Group have organised a SEND session for children with additional needs.

The session will be running alongside the general public ice-skating session; however, the ice rink will be sectioned off and held during a quieter period. There will be no music played to ensure a calmer atmosphere and to take into consideration those with sensory processing sensitivities.

Wheelchairs allowed on the ice rink.

Regular ice rink and skate hire costs apply. Entry is free for carers (excludes skate costs of £2)

All children must be supervised.

Register your interest at

www.havingactive.co.uk/eventscalendar/disability/skate-for-disability.

How to book/pay: Online – visit

www.everyoneactive.com

and login to book and pay

No Age restrictions. Under 8's must be accompanied by a full paying adult

**** Address:** Sapphire Ice and Leisure, 24 Western Road, Romford, RM1 3JT

All sessions will be held at **The Heathway Centre 512a Heathway, Dagenham RM10 7SJ** unless marked with an Asterix**

- Siblings are welcome to all of our activities - You must book on to all activities. Bookings will be taken from: **11am on Wed 17th October 2018**

- You can call on **0208 227 5500** or drop in to the centre

*****To ensure spaces are available for all families, you will be restricted to only one Cooking and Fun Day activity*****