



Message from Kevin McKellar

Dear Parent/Carer,

Free School Meals

We are pleased that the government are promoting healthy eating in such a dynamic way. However, we are concerned that a number of our students are not eating regularly. All students should be able to concentrate in their lessons and we are increasingly worried that if children are not nourished properly, then they cannot keep up with their lessons. In a recent survey, it was noted that 8.4 weeks of learning time is lost by children who go to school hungry. 1 in 7 children go to school hungry: 820,000 school children skip breakfast. These figures are so alarming.

At Hendon we are passionate about promoting the importance of free school meals. You may be confused about whether you are entitled to apply. We are here to help as much as we possibly can and we can help with all of the paperwork etc. Please do not hesitate to contact us if you are concerned about your right to free school meals. Please contact Maeyan Nteyen. Her email address is Nteyenm@hendonschool.co.uk. Her phone number is 0208 202 9004 extension 221. You can also contact Shakera Shah - Shahs@hendonschool.co.uk or 0208 202 9004 extension 246.



We are all in this together. We must all embrace the healthy eating mantra to ensure that no child ever feels hungry at Hendon.

Kevin McKellar

Speech and Language Information for Parents/Carers

Dear Parents and Carers,

Adolescents experience a tremendous spurt in language development from 11 - 15 years. They learn to understand and produce complex narratives and they become more proficient at using communication for purposes such as persuasion and negotiation. They also learn to establish social dominance and unlike in earlier childhood when friendships revolved around shared activity, in adolescence, talk itself, becomes the major form of social interaction.

For many reasons, some adolescents struggle to develop language and communication skills with ease and some just need a helping hand. If you feel your adolescent needs some support to develop their communication, you can play an enormous role in supporting their skills.

Rather than bombard you with too much information, I thought it might be a good idea to slowly introduce ideas/tasks that will not impact on your busy lifestyles.

Communication during Meal Times:

Communication during meal times is an excellent way to support your adolescent's language and social interaction skills.

Before you begin please think about the environment:

- Turn off the TV and all mobiles (but do consider easy background music - preferably their choice!)
- Think about lighting e.g. soft lighting to encourage relaxation and communication
- Sit around the table when eating your meal so you can engage easily with one another



Sample Parent/Carer Tip for Meal Time Discussion:

- Introduce a topic that will really interest your adolescent so he/she will be motivated to talk. If you need ideas just select something from the BBC news website or discuss a film - to debate
- Talk a little about the topic - talk slowly and emphasise key words and be sure to explain any new words in great detail
- Ask other family members their opinion before you ask your adolescent - so he/she will have had the opportunity to listen to a range of opinions
- Ask your adolescent their opinion and then ask them 'why' they formed this. If your adolescent struggles to think of reasons 'why' you could say, 'was it because of..... or because you think that.....(so you provide 2 alternatives for them to choose from)
- If your adolescent produces fragmented sentences or they don't make sense, please try not to say 'No' as this is seen as a real speech no-no! Just provide the correct language model - slowly
- Finally, praise and congratulate your adolescent for their response e.g. 'Wow, I'm really impressed with that response. You really thought about your answer.'

Social Skills that will help:

- During communication it's polite to look at the person who is speaking;
- Ensure that everyone takes their turn to speak (not for too long or others will get bored);
- Passing food to one another can be seen as good sharing skills.

Best wishes,

Breeda McManamon, Speech and Language Therapist (email: mcmanamonb@hendonschool.co.uk).

Diary Dates

❖ Thursday 3 April	Year 8 Parents' Evening (4-7 pm)
❖ Friday 4 April	End of Spring Term (Students finish at 12.45 pm)
❖ Tuesday 22 April	Start of Summer Term - Staff Development Day
❖ Wednesday 23 April	Academic Review Day