

THE NW LONDON LOCAL NEWS

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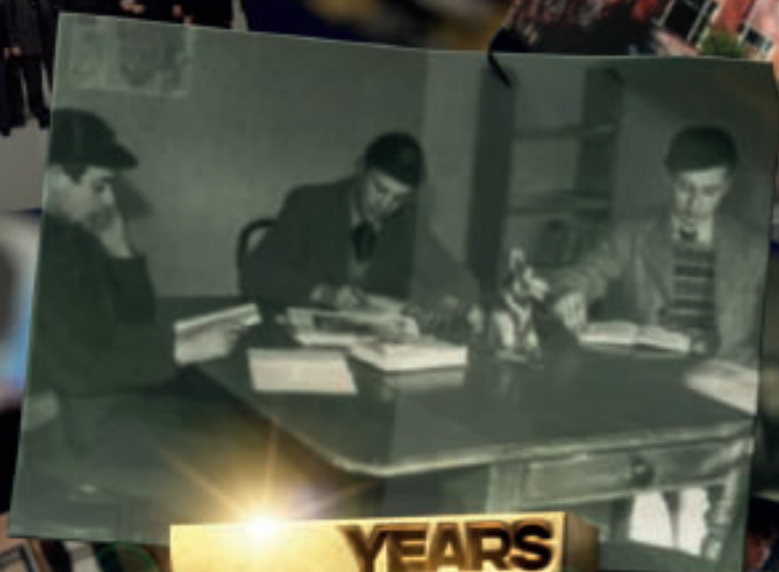


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Thursday
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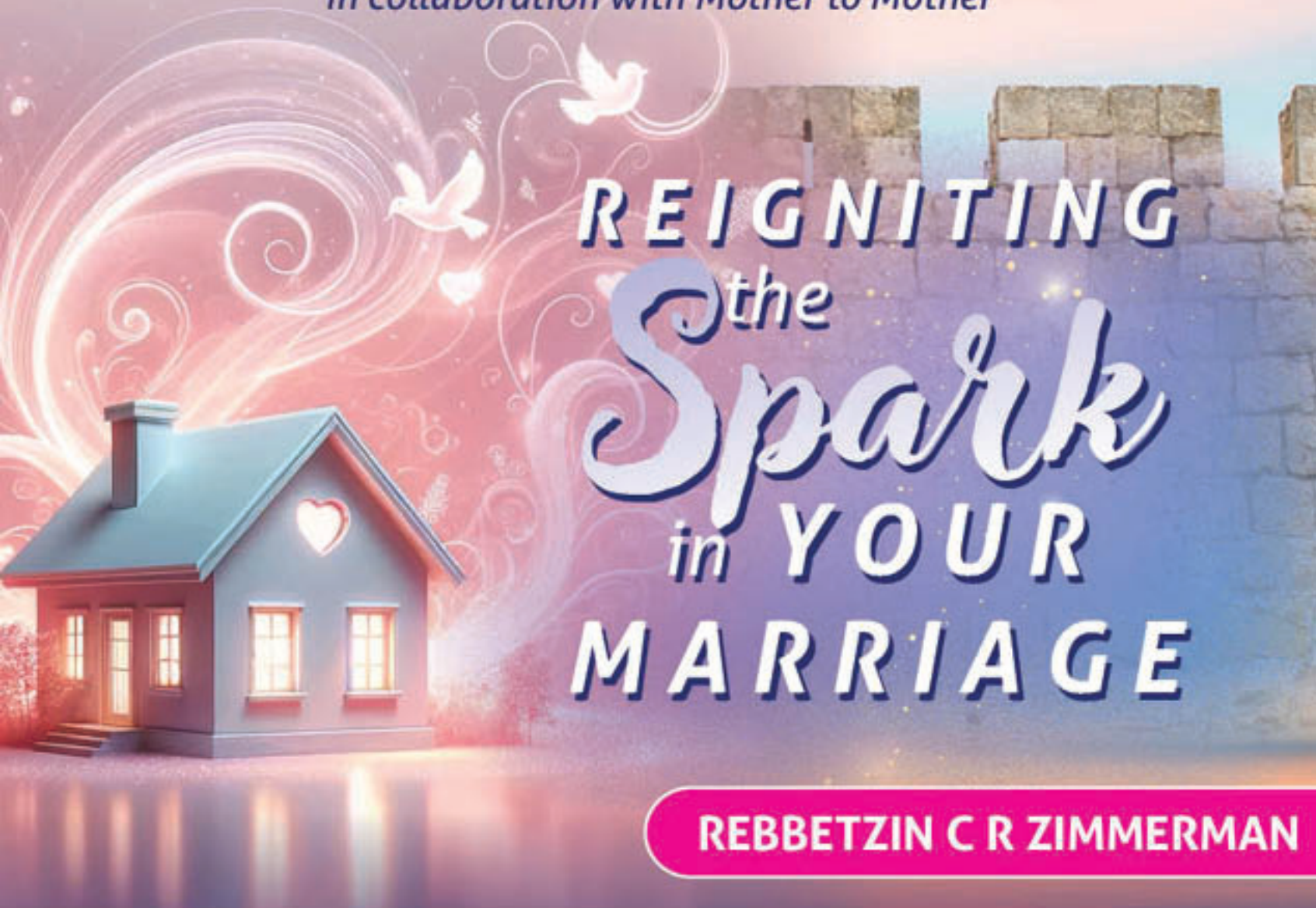
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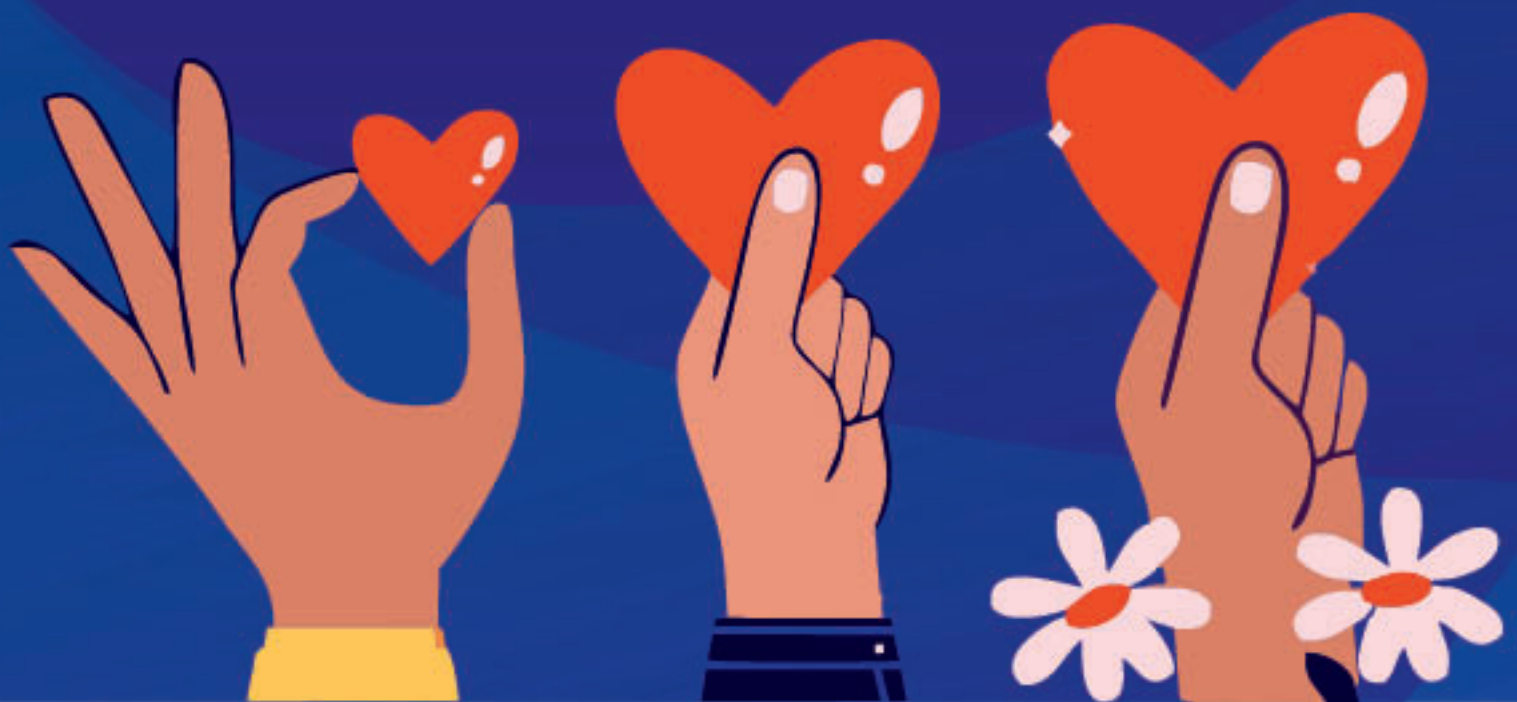


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Sunday
1.30-2.25

Sunday
2.30 - 3.25

Monday
5.15 - 6.10

Tuesday
6.15 - 7.10

Thursday
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Art
YR 2-6

Keyboard
YR 7-10

Chess
YR 2-6

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YR 5-6

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YR 3-6

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YR 2-6

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YR 2-6

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Term 2 Dates:

Start day of term Sunday - 12th Jan - י"ב טבת

Last day of term Sunday - 20th March - כ' אדר

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Chuggim

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R' Shimon Conway Shlita
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R' Yossi Tessler (Close Friend of the Kollel)

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YR 9-11

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YR 4-6

Hip Hop
YR 7--9

Baking
YR 2-6

Keyboard
YR 3-6

Sunday
12.00-12.55

Art
YR 2-6

Drama
YR 2-6

Food Decor
YR 4-6

Monday
8.00-8.55

Hairstyling
YR 7-10

Gymnastics
KG-YR 1
4.30 - 5.15

Gymnastics
YR 2-6
5.15-6.10

Gymnastics
YR 7 - 9
6.15 - 7.10

Pyrography
YR 7-9
6.15 - 7.10

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BETWEEN THE LINES

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Breathing easy: How to keep children safe and healthy

Two sisters welcomed their babies just days apart. Staying together in those precious early weeks, they shared many moments—cuddling the newborns, capturing photos of the little cousins together, and marvelling at their precious little bundles.

However, things took a frightening turn when one baby, at just two weeks old, became severely unwell. Struggling to breathe, the newborn was rushed to the ICU and diagnosed with RSV, a common virus that can be especially dangerous for young babies. The baby needed intensive care for over a week, and even after returning home, recovery was slow and worrying.

The second baby's mother was terrified her baby might also get RSV. They had been in close contact the whole time. To her relief, her baby stayed healthy, thanks to the antenatal RSV vaccination she received, which was recommended by her antenatal teacher. That decision helped protect her baby when it mattered most.

All parents try to protect their children from serious illnesses. Read on to learn more about common respiratory illnesses like RSV and how to care for and protect your little ones.



RSV (Respiratory Syncytial Virus) and Bronchiolitis

Bronchiolitis, (not to be confused with Bronchitis), typically caused by Respiratory Syncytial Virus (RSV), is a common chest infection in children under two. It spreads easily through coughs and sneezes and can become severe in young babies, sometimes requiring hospital care. Bronchiolitis affects the smaller airways in the lungs (bronchioles) and is more common in children under 2 years old. RSV can also cause a serious lung infection (pneumonia) in babies and older adults.

Symptoms:

- Early symptoms: Sneezing, runny or blocked nose, cough, slight fever (around 38°C).
 - Later symptoms, as the infection worsens: Fast/noisy breathing, difficulty feeding or eating, irritability.
- Symptoms peak at 3–5 days and cough usually improves within 3 weeks.

Emergency Signs: (Call 999/Go to A & E)

- Difficulty breathing (grunting, stomach sucking under ribs).
- Pauses in breathing.
- Blue lips, tongue, or skin.
- Child is floppy and will not wake up or stay awake.

RSV and Bronchiolitis (continued)

When to See a GP:

- Worsening cold symptoms.
- Eating/drinking much less than usual
- Signs of dehydration or no wet nappy for 12+ hours.
- Fever over 38°C (babies under 3 months) or 39°C (older), feels hot or sweaty.
- Very tired or irritable.

Caring at Home:

- Children's Paracetamol or ibuprofen for fever (check age guidelines).
- Saline drops for a blocked nose.
- Keep your child upright when awake
- Lots of fluids (with young babies, feed more frequently).

Avoid:

- Smoking around children. Children who breathe in cigarette smoke have a higher risk of getting bronchiolitis.
- Using cold sponges or taking off all clothes to lower fevers.

Preventing RSV infection:

- Wash hands frequently.
- Clean toys and surfaces.
- Avoid sharing cups or cutlery.
- Dispose of used tissues immediately.
- Avoid exposing newborns to sick people, particularly premature babies or those with health conditions.
- The RSV vaccine (see below).

Good news for young babies!

The RSV vaccine, launched in September 2024, helps reduce the risk of RSV (respiratory syncytial virus), which is serious for very young babies and older adults.

- For Babies: Given antenatally from 28 weeks to protect newborns.
- For Older Adults: Available for those aged 75 – 79.

Results: Homerton Hospital has already seen fewer RSV-related hospital baby admissions in just three short months since the vaccine was launched. This should be celebrated.

Routine vaccinations



Don't wait, vaccinate!

Despite generally good levels of engagement and uptake of childhood immunisations among the Charedi (Orthodox Jewish) community in Barnet, particularly in areas such as Golders Green, Hendon, and Edgware, there remain important opportunities to strengthen vaccination coverage. While routine childhood immunisations are widely accepted, targeted efforts to promote uptake of specific vaccines, such as the HPV vaccine for teenagers, are essential. It is crucial to continue building on the community's positive engagement with health services to ensure full protection against preventable illnesses like measles and whooping cough, which have seen an increase in cases nationwide.

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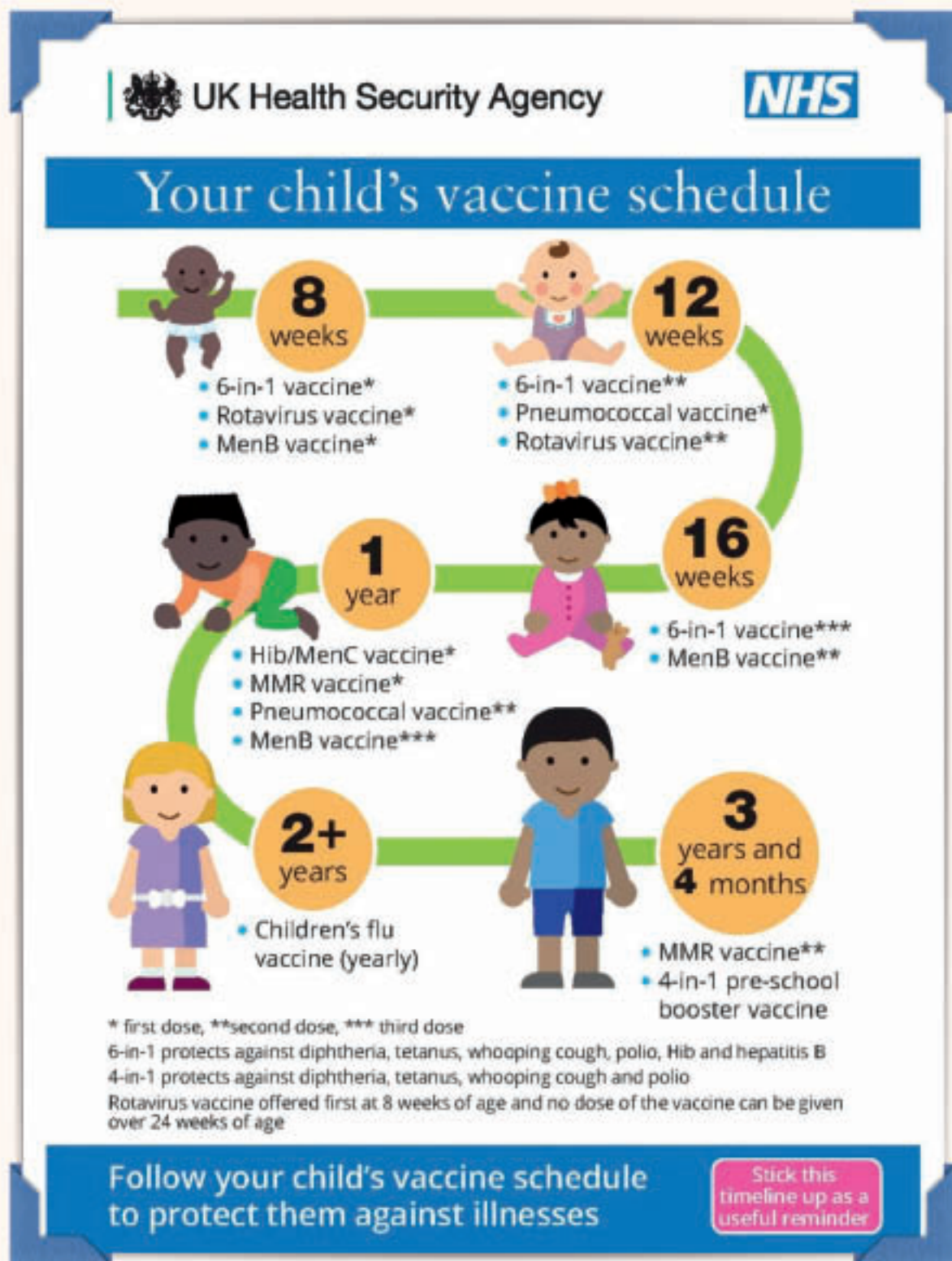
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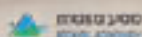
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Interview with Governors of Shiras Devorah Girls School

Acquisition of a new property for Shiras Devorah Girls' High School, Hamodia spoke to the governors: Mr B.Y. Bodner, Mr U. Grosskopf and Mr A. Jakobowitz.

too on the recent school! Can you tell us about the achievement for Shiras Devorah High School? And what is the whole *kehilla*?

Thank you! We're very happy about this wonderful achievement. After months of hard work, we have successfully acquired a new hotel property on a site for £2.5 million, at its original asking price. This acquisition is a great step forward for our school. The new property will have significant development to help us grow and enhance the experience we offer.

It's an impressive achievement. What does this new site mean for the school and its students?

The Midland Hotel in Hendon is a great property for our school to move into. Besides the new building, the school has filled a void in NW London. The *kehilla* is growing rapidly. Over the past few years, the school has grown from 100 students, and we no longer meet our needs. The new site will include spacious outdoor areas, and a future development to maintain small class sizes. We will have more extracurricular activities in an environment that is academically focused.

Can you tell us a bit about your vision for the future? What inspired you to move, and how has the school grown over the years?

Shiras Devorah began as a nurturing environment for academic excellence and Jewish values. Starting in a modest space, it has grown remarkably, both in size and in its impact. Supporting this project is a testament to our commitment to providing the best possible education for our students. It's been a journey to watch the school grow.

What do you see as the challenges with the new site?

The possibilities are truly exciting. The additional space we have, the Home Economics suite and sports space is particularly exciting. We will have outdoor sports facilities, the location is easily accessible, and the links from Golders Green are excellent.



The Midland Hotel, Hendon.

Hamodia: What feedback have you had from the *kehilla* on this new development?

Mr. Grosskopf: We have had an overwhelming response from the wider *kehilla*, as this project adds another jewel to the crown of local schools in NW London, where the schools are, *baruch Hashem*, growing dramatically. The main feedback has been that it is amazing and the community has particularly appreciated the potential of the site to provide a substantial income to the school for years to come.

Hamodia: Looking ahead, what are your plans for the transition to the new building?

Mr Jakobowitz (AJ Planning): After a successful pre app we have commissioned professionals to submit a full planning application and we hope to start works as soon as everything has been approved.

Hamodia: Finally, what message would you like to share with your students and their families?

Mr. Adler: To our students and families, I want to say thank you for your unwavering support and trust. Shiras Devorah wouldn't be where it is today without you. This new chapter represents not just growth in numbers, but also in our mission to provide the best possible education for our girls. We are looking forward to seeing what the future holds as we continue this incredible journey together.

Hamodia: Thank you all and *meazel toe* again on this successful achievement.

Governors: Thank you! It's an exciting time, and we're grateful to share it with the *kehilla*.

We will, *b'earus Hashem*, be holding a fundraising campaign on 26 and 27 January, and we urge everyone in the *kehilla* to take part in supporting this



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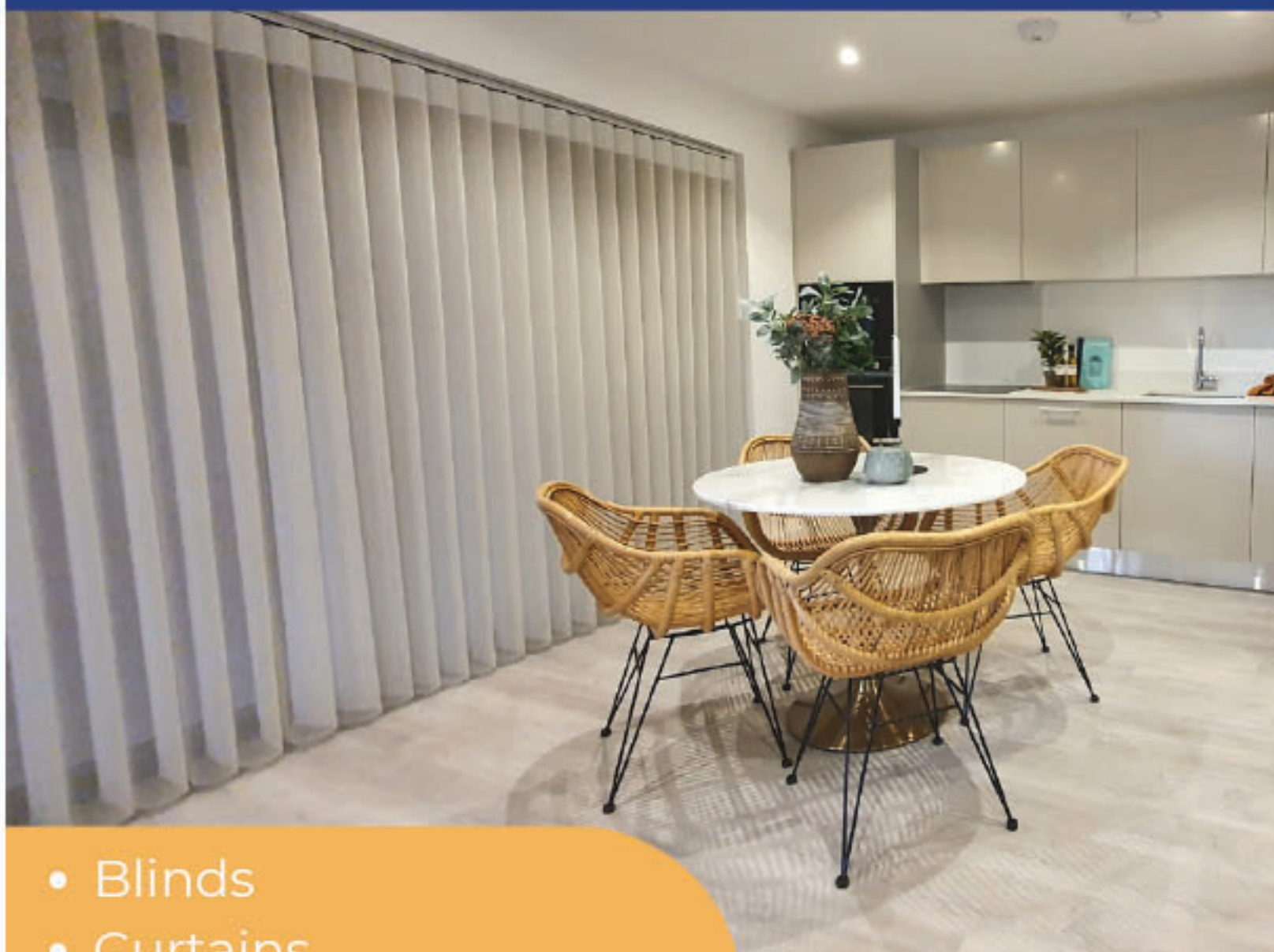
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19:30	09:30	NEW 10:30	09:30	11:00	10:30	20:30
TEENS BOOT CAMP	PUMP IT UP	PILATES	SHRED	PILATES	PUMP IT UP	SPIN
	10:30	11:30	20:15	19:30		
	SHRED	BUMPS + BABES*	BURN	TEENS BOOT CAMP		
	NEW 20:15	18:30		20:30		
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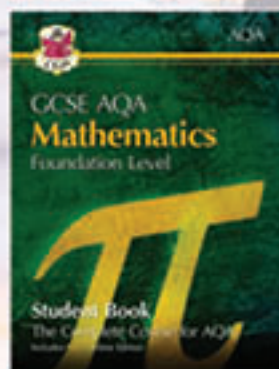
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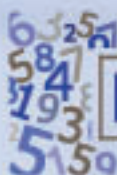


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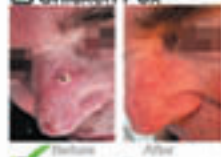
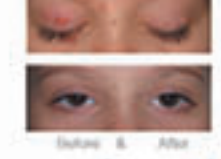
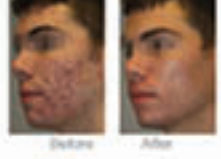



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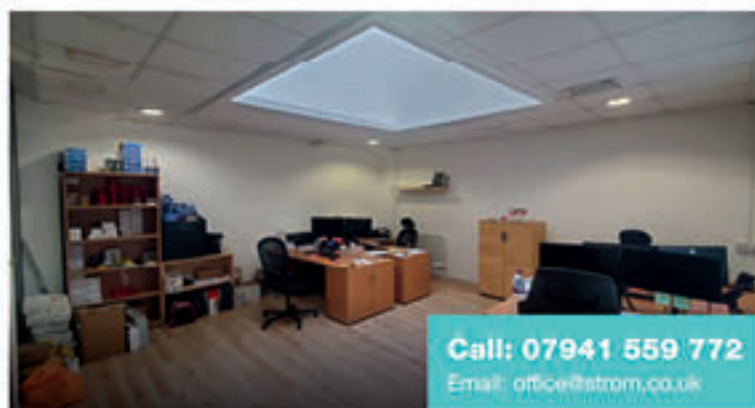
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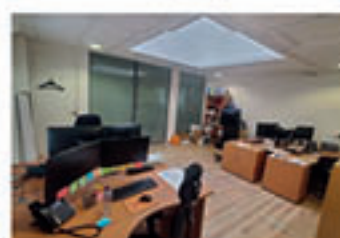
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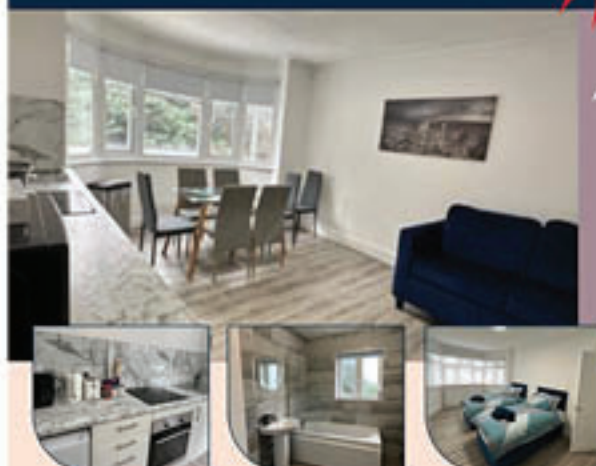
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INGREDIENTS

2-3 tablespoons olive oil

2 onions, diced

4 cloves of garlic, diced

2 large butternut squash, peeled, seeded, and cut into chunks

2 russet potatoes, cut into chunks

2 sweet potatoes, cut into chunks

1 apple, sliced

salt and pepper to taste

DIRECTIONS

Heat the oil in a large pot over medium heat.

Add the onions and sauté until transparent. Add the garlic, and sauté until the onions are starting to brown.

Add the butternut squash, sweet potatoes, potatoes, and the apple.

Add water to cover and cook on low to medium heat until the squash is soft.

Using an immersion blender, blend until it has an even, creamy, consistency.

Add the desired amount of salt and black pepper, and let simmer on low heat for another half hour.

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CHEVRA KADISHA NW	0300 111 1122
CHIZUK	020 8800 7494
CST	0800 032 3263
EZRA UMARPEH	020 8211 1010
GIFT	020 8457 4429
HAND IN HAND FORMERLY SHARRAT WALK	07506 750 023
JEWISH FAMILY CENTRE	0208 209 1117
KASPA SECURITY	07880 435 747
LEV ECHOD CANCER CARE	07870 351 436
MARS REFUAH	020 3322 8586
MENUCHA	03002 225 764
MESILA	0333 344 1711
MISASKIM GG	0300 111 0333
MISASKIM EDGWARE	07989 999 645
MINYAN LINE NW	020 3670 6130
NSHEI CHAYIL	07574 018 331
PAPERWEIGHT	0330 174 4300
RELIEF	03333 445 595
SHEMA KOLI	020 3670 1818
SHIDDUCH PROJECT	020 3240 0117
SHMEICHEL	020 8800 0008
TAG GG	020 7112 4848
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Health, UK Health Security Agency

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8-9.30pm Tuesday

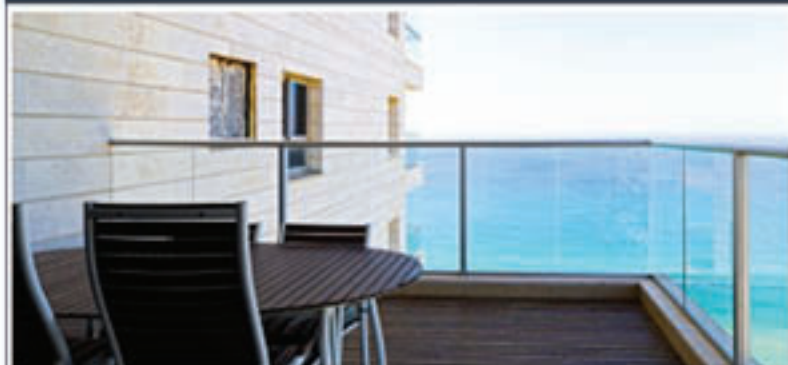
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