



Friday 9th February 2024

Dear Families,

Children's Mental Health Week

I must start this week's newsletter with thanks to George (60), Aurora (5B) and Oliver (3W) for their help in Monday's assembly. They helped me read a brilliant book called 'Voices in the Park'. It is a story told from four different perspectives. We spoke together as a school about the importance of listening to other people's points of view as they are different to our own.

Across the week children have read a variety of books and completed activities about looking after our own well-being. Please speak to your children about what they've learnt this week during Children's Mental Health Week.

Attendance – for week ending 2nd February

RPeterPan	RRosen	1Anning	1Donaldson	2Attenborough	2Johnson	3Rashford
84.8%	89.2%	98.2%	97.5%	97.9%	99%	98.6%

3Wicks	4Queen	4Thunberg	5Boseman	5Southgate	6Malala	6Obama
93.2%	97.2%	86.8%	95%	95.7%	98.3%	87%

We are delighted to see that the attendance in KS1 is looking fantastic - all of these classes had attendance above the government expected 96% - well done, keep it up!

Unfortunately, there are a couple of classes that just missed having 100% attendance for last week, due to unauthorised absence – please take note that if you are keeping your child home and do not inform the school of the reason for the absence, this absence will automatically be marked as unauthorised on your child's record. If you report your child unwell and the school requests medical evidence and do not receive it, then this absence may also be unauthorised. And if your child arrives late after 9.20am (not following an appointment), then this late is marked as unauthorised and will affect your child's percentage attendance on their record.

Parents of a child with unauthorised absences of more than 15 sessions (7.5 days) in the current and/or previous term may get a Penalty Notice Fine from County – this equates to £60 per parent, per child.

So, let's pull together and get our children to school every day – they need to be in school to learn! 😊

Athletics Wins!

On Wednesday, teams from Year 4 and Year 6 went to an athletics competition held at Yavneh College. They took part in running, jumping and throwing activities. Our Year 4 mixed team won their event! The Y6 team was broken into boys and girls. The boys came 4th and the girls came 2nd, giving the team an overall grade of 2nd place! The Y6 girls' team have been invited to the next round and we look forward to hearing how well they get on next month. Thank you to Miss McNamara, Mr Schumann, Miss McIlree, Miss Bowles, Miss Wheeler, Miss Watkins and Ms Patel for supervising the children at this event.

Class Assemblies

This week, Class 5 Southgate shared their learning with parents during their class assembly on Wednesday. Please see the dates for all class assemblies in the calendar below.

NSPCC

Thank you for all your donations last Friday that are going towards the NSPCC – we are delighted to announce that we raised over £150 for this worthy cause!

Packed Lunches

We have been noticing an increasing number of children bringing in a packed lunch from home with insufficient or unhealthy food. We are a Healthy Eating school, and children should be bringing in something substantial to eat, such as a sandwich or wrap, pasta or rice, as well as some fruit/veg/salad items, and something to drink. The occasional biscuit is acceptable, but please note that we are a NUT FREE school due to allergies – this includes chocolate spreads containing nuts (and most chocolate spreads do contain nuts), chocolate-filled pancakes and some biscuits with fillings.

For some ideas on healthy eating for fussy eaters, please see this link on our website: [beeze-bodies-how-to-get-my-child-to-eat-healthier-dec-23.pdf \(primarysite-prod-sorted.s3.amazonaws.com\)](https://www.primarysite-prod-sorted.s3.amazonaws.com/beeze-bodies-how-to-get-my-child-to-eat-healthier-dec-23.pdf)



World Mental Health Day – and Children's Mental Health Week

For World Mental Health Day, we asked children, parents and staff to tell us what sparks joy for you, and this is the note for this week – “singing”.

It has been lovely seeing what the children are wearing today in order to show that they feel empowered, on this last day of Children's Mental Health Week! Thank you again for all the lovely donations of Digestives and Rich Tea biscuits – and as lovely as the chocolate biscuits are, we are not able to use these during Nurture Time for the children, so please do only bring in plain Digestive (or Rich Tea) biscuits. Thank you again for your generosity.



Kind regards,



Sarah Kneller
Headteacher

Interesting fact: 16% of a child's average food intake is made up of baked beans and pizza, according to a study of the UK's eating habits.

Dates to Remember

Wednesday 14h February	9-10am: Coffee Morning – ALL parents/ carers welcome to pop in
Friday 16th February	School finishes at normal times for Half Term
Monday 19th February – Friday 23rd February	HALF TERM
Monday 26th February	Start of Spring Term 2
Wednesday 28th February	9am: 4Q class assembly – all parents/ carers welcome
Wednesday 6th March	9am: 4T class assembly – all parents/ carers welcome
Wednesday 13th March	9-10am: Coffee Morning – ALL parents/ carers welcome to pop in
Wednesday 20th March	9am: 3R class assembly – all parents/ carers welcome
Tuesday 26th March	Last day of term - for Nursery Children only
Wednesday 27th March	Last day of Term - school finishes at 1.30pm
Thursday 28th March	INSET DAY – no children in school
Monday 15th April	Start of Summer Term 1
Tuesday 30th April	3.30pm: Y6 PGL parent information meeting – in 6Malala class
Wednesday 1st May	9am: 3W class assembly – all parents/ carers welcome
Monday 6th May	BANK HOLIDAY
Wednesday 22nd May	9am: 2A class assembly – all parents/ carers welcome
Thursday 23rd May	School finishes at normal times for Half Term
Friday 24th May	INSET Day – no children in school
Monday 27th May – Friday 31st May	HALF TERM
Monday 3rd June	Start of Summer Term 2
Wednesday 12th June - Friday 14th June	Y6 PGL residential trip
Wednesday 12th June	9am: 2J class assembly – all parents/ carers welcome
Wednesday 19th June	9am: 1A & 1D class assembly – all parents/ carers welcome
Wednesday 26th June	9am: Y6 PGL assembly – all parents/ carers welcome
Wednesday 3rd July	9am: RP class assembly – all parents/ carers welcome
Friday 5th July	#WOODFEST 2024
Wednesday 10th July	9am: RR class assembly – all parents/ carers welcome
Monday 22nd July	Last day of term - for Nursery Children only
Tuesday 23rd July	Last day of Term - school finishes at 1.30pm



Public Health Nursing 5-19 Team Newsletter

Welcome!

As a new term begins, the school nursing team continues to support children in Hertfordshire Schools.

Ways to contact us

School Nursing Duty line:
0300 123 7572 (Mon-Fri 9am-5pm)

Our referral website, which also has information about our service:



www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx

Please see below our Workshop link, with lots of advice and support on your child's emotional health, returning to school, and more:
<http://ow.ly/Qn9G50KI17f>

Meet a Team Member

Sue, Jo, Rosie and Lisa would like to say hello! We are the Public Health Nursing team leaders for the North, East, South and West School Nursing teams.

Our role is to facilitate and support the teams to deliver packages of care to children, young people and their families. We monitor the quality of the service striving to maintain high standards of care provision and we work in partnership with schools and other agencies/services.

We ensure that as a service we deliver an inclusive provision for all children, young people and families.

We welcome contact from parent/carers, schools and other professionals.

Healthy Lifestyle

There is a brilliant new game on our website at:

www.healthforkids.co.uk



Lunchbox Hero can help support your child with making healthy choices and support your child with being aware of a balanced diet.

Did you know BeeZee Bodies in Hertfordshire is also a service that can support families with healthy lifestyles. Check out their healthy living courses for families at beezeebodies.com

On their website they have lots of useful resources and delicious healthy recipes.

Relaxation Technique

Using our five senses is a great technique to make your child feel calm, relaxed and be able to manage their emotions easier.



Top Tip

Practicing calming techniques when children are in a good place and not feeling stressed, will help them to use techniques more effectively in situations when they really need them.

Special educational needs

The Hertfordshire Local Offer has lots of information about services for special educational needs and disabilities, including support with education, finances and other help.

The Hertfordshire SEND Local Offer

Angels support group support families of children with Autistic Spectrum Condition and/or ADHD.

Angels Support Group

ADD-vance aim to support families with children with neurodiversity and to improve their wellbeing & reduce social isolation.

ADD-vance

Minor illness in school aged children

Common illness in school aged children often include coughs and colds. It is ok to send your child to school if they do not have a temperature.

Anything above 37.5 is classified as outside of normal range for a child.

It is important for children to cough and sneeze into tissues and wash their hands regularly to minimise the risk of spreading illness.

Another common illness in school aged children is diarrhoea and/or vomiting. It is important that your child is off school until they have been clear of diarrhoea or vomiting for at least 48 hours. Children and anyone in the household should wash their hands regularly to minimise the risk of spreading the illness. Remember to monitor fluid intake and output to reduce the risk of dehydration.

If you are concerned you can access support from your pharmacy, GP, 111, urgent care centres, A&E and 999 in an emergency.

Remember it is important to inform the school if your child is **NOT** well enough to attend school.

(NHS, 2023, NICE, 2023)

ORAL HEALTH FOR CHILDREN

WHAT IS TOOTH DECAY?

The hard outer surface of a tooth is broken down or damaged by bacteria and acid making holes in the teeth, called cavities. It can cause pain and infections, and cause problems with eating, speaking, playing, learning, smiling and socialising. Tooth decay occurs when foods and drinks with sugars and starches are left on the teeth.

- Tooth decay is the most common reason for hospital admission in children aged 6-10
- Children with poor oral health have an increased risk of damage to adult teeth



There were 26,000 hospital admissions for children needing dental extraction in 2014 - 2015 (study carried out every 10 years)

REDUCE THE RISK OF TOOTH DECAY

- Take your child to the dentist when their first milk teeth appear
- Brush teeth twice a day with fluoride toothpaste - no rinsing
- Support children under 7 with brushing
- Children should see a dentist yearly at least
- Children should have fluoride varnish at each visit (which is free)

WHERE TO ACCESS A DENTIST

Scan the QR code or search "Find a dentist" for the NHS website.



Dental care is free for children and young people aged 0-19 years old.

TOP TIPS ✨

- Brush teeth in the morning and at bedtime for 2 minutes with fluoride toothpaste
- Use a pea-sized amount of toothpaste
- Spit out after brushing and don't rinse, otherwise the fluoride won't work as well
- Fizzy drinks, fruit juices and sugary snacks should be limited to mealtimes

HOW TO MAKE IT FUN

- Everyone can brush their teeth together - why not try a staring contest?
- Brushing to the beat - why not brush to your favourite song?
- Go electric?
- Use a timer - see who gets to two minutes without stopping



Half term Family Art@CLP

Tues 20th & Weds 21st February 2024 10am to 3pm

St Martin's, Muirfield Rd, South Oxhey, WD19 6JD

Join our popular artist & tutor, Sharon, for this fun 2 day course at our base just outside Watford.

Create exciting art together as a family using air dry clay, collage, pens and more.

Each day you'll create 2 pieces of art, including this winter bear, chilly-looking landscape & a 3D clay tic-tac-toe game. You just need to wear old clothes or bring an apron and your packed lunch.

All materials are included. As these courses are heavily subsidised by Step2Skills, the cost for Herts residents is just **£15 per family***

This course is suitable for children aged 8 and over.



To book scan the QR code or go to:

https://www.cognitofirms.com/CLPSouthOxhey/_2324FamilyArtCLP

*Concessions are available if you are in receipt of benefits and struggling financially



STEP 2 SKILLS
PREPARE FOR SUCCESS IN HERTS



Create & Connect

Festivals Around the World 2024

Children & Family Workshops

Mon 19 February

10:00 - 11:30 – Chinese zodiac animals

12:00 - 13:00 – Korean paper plate
drums

Tue 20 February

10:00 - 11:30 – Nivarana day Madala

12:00 - 13:00 – Taiwan Lantern festival

Wed 21 February

10:00 - 11:30 – Valentine Day Heart
Crown

12:00 - 13:00 – Taj Mohostav - Clay
Diya lamp

Thu 22 February

10:00 - 11:30 – Festima Masks

12:00 - 13:00 – Tibetan Prayer Wheel

Fri 23 February

10:00 - 11:30 – Madri Gras hat

12:00 - 13:00 – Mexican Flag day

Book Now

<https://www.eventbrite.co.uk/o/learning-through-the-arts-3332656430>



07510 917517

www.learningthroughthearts.co.uk



**Booking Essential
Admission Free**

**Children under 10yrs must
come with an adult**

**VENUE: Allum House, 2 Allum Lane,
Borehamwood WD6 3PJ**

Help us make Hertsmere's streets safer for everyone



Help Hertfordshire County Council improve walking and cycling routes to schools

Hertsmere Borough Council and Hertfordshire County Council are starting a joint project to make it easier, safer and more enjoyable to walk, wheel and cycle in Hertsmere so that more people can choose to make their everyday journeys in an active and sustainable way.

The project will identify important local routes for people walking, using a wheelchair or riding a bike to go to work, go to school or carry out other everyday trips. When we have identified these important routes, we will use the latest guidance to suggest ways to improve them and make them safer.

Having a walking and cycling plan for Hertsmere will also help us to find improvements that will reduce carbon emissions, lower air pollution levels, and support the local economy.

We would like to hear from local parents and pupils to find out where you would like to walk and cycle and how we can make it easier.

Sign up to register your interest in being involved by scanning the QR code or going to

www.hertfordshire.gov.uk/HertsmereLCWIP

