



Friday 2nd February 2024

Dear Families,

Farewell Mrs Sullivan



Mrs Sullivan – our school cook – is leaving Summerswood today after more than 13 years working within our community. Thank you for joining in with our dressing up activity to really give her a happy final day at school! Staff and students showed her our thanks in assembly this morning. Cards and gifts were shared. One of the gifts from school was an engraved ‘plate’ so that Mrs Sullivan will always remember the thousands of plates of food she filled here at Summerswood. We are all going to miss her very much and wish her lots of luck in her new role within the Borehamwood community.



Attendance – for week ending 19th January

RPeterPan	RRosen	1Anning	1Donaldson	2Attenborough	2Johnson	3Rashford
94.2%	97.2%	94.7%	98.8%	91.7%	98.3%	100%

3Wicks	4Queen	4Thunberg	5Boseman	5Southgate	6Malala	6Obama
95.7%	97.3%	94%	96.6%	92.7%	95.2%	93.9%

Attendance – for week ending 26th January

RPeterPan	RRosen	1Anning	1Donaldson	2Attenborough	2Johnson	3Rashford
85.1%	90.4%	98.2%	96.3%	96.6%	92.7%	94.6%

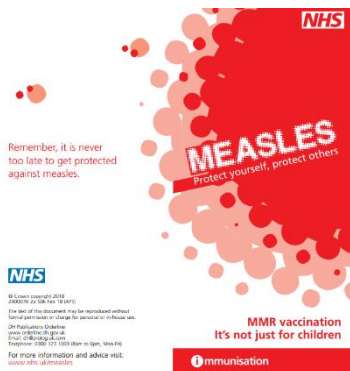
3Wicks	4Queen	4Thunberg	5Boseman	5Southgate	6Malala	6Obama
92.1%	93.8%	90.4%	97.1%	81.7%	93.9%	97%

We are delighted to see that 3Rashford were our first class this term with 100% attendance for the week ending 19th January, and these children came to school on Tuesday in non-uniform; well done, 3R!!

The Muffin Madness Challenge has now officially kicked off with our first class with 100% attendance, so let's keep it up and see which class will be eating muffins at the end of this term...! 😊

Class Assemblies

This week, Class 5 Boseman started our school assemblies to parents. They shared information about their learning since September, and even asked parents to come up and complete some work! It was a great start to our assemblies and we look forward to seeing all the children sharing their learning with us as the year moves on. Please see the dates for all class assemblies in the calendar below.



Measles

Message from Public Health England: Measles cases in the UK have been rising since November 2023. While Hertfordshire has seen few cases so far, we are close to London and the West Midlands where there has been a large rise in cases. The UK Health Security Agency has declared the increase in cases of measles a national incident (19 January 2024). There is the potential for cases and outbreaks in Hertfordshire as uptake of the Measles Vaccination (MMR) in the county is lower than recommended.

Measles is a highly infectious viral disease that can have serious and, in rare cases, fatal consequences. Measles spreads quickly from person to person, especially in schools. Spending more than 15 minutes in direct contact with someone infected with measles is sufficient to transmit the virus. A child with measles will infect almost all unprotected children they have contact with. Please click this link for more information about how to keep your child and those around them safe:

https://assets.publishing.service.gov.uk/media/5aa8090ded915d4f563b7357/Measles_adults_DL_Leaflet_03_.pdf

Children's Mental Health Week

Next week we will be celebrating Children's Mental Health Week - the theme this year is "My Voice Matters". Children will be joining in with different activities throughout the week with their class. During the week, hate crime awareness will also be taught across the school.

There is some parent information and activities provided below for you to view at home, and there is also lots of information and activities online.

To celebrate the week, on Friday 9th February, we will be inviting children to come into school dressed in clothing that empowers them, in exchange for packets of plain digestive or rich tea biscuits.

Empowerment :

Children who feel empowered are more self-confident, resilient, and have a sense of independence. They are capable of making some of their own decisions and standing up for themselves, and they are kinder to others as a result of greater self-esteem.

Lost Property



We have a large amount of lost property in the bins outside the KS2 building – please come and have a look for your child's lost belongings. Any unlabelled clothing left unclaimed by the February half term will be disposed of.

Please ensure that all clothing and belongings are labelled clearly with your child's name.

Parking

Once again we are having to ask parents to be mindful and considerate about how they park, especially in Elmwood Avenue. We are part of a community and it reflects poorly on our school (also YOUR school) when our neighbours report illegal and inconsiderate parking, and rudeness from our parents. As always, we are advising our neighbours to report illegal parking to the Police.



World Mental Health Day



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 – “my doggie”.

Kind regards,

Sarah Kneller
Headteacher

Dates to Remember

Monday 5th February	Children's Mental Health Week (see above)
Wednesday 7th February	9am: 5Southgate class assembly – all parents/ carers welcome
Friday 9th February	Children may dress in something that “empowers” them (see above)
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 14 th 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

Interesting fact: Sleep needs vary according to age and health conditions:

Toddlers: 11-14 hours

3-5yrs: 10-13 hours

6-12: 9-12 hours

13-18: 8-10 hours

Adults: 7+ hours

My VOICE MATTERS

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1** We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2** I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3** Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4** Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5** Don't compare my experiences to your own when you were a child.
- 6** Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7** Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8** If you are open with me about your feelings, this can help me to be more open about mine.
- 9** Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10** Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGi8](https://bit.ly/3PzCGi8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?

WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?

Who are we?

Edgware and Mill Hill Sea Cadets are a youth organisation affiliated with the Marine Society and Sea Cadets (MSSC) serving students from 9 to 18 years old. We are run by volunteers that are dedicated to working with young people both directly and behind the scenes making a positive difference to young people that are often struggling in today's world and their communities.

What we offer?

Edgware and Mill Hill Sea Cadets can offer a range of qualifications e.g. Powerboating, Drill, Advanced Seamanship and Sailing. We can also offer instructor training/courses, events to support the local community e.g. poppy selling, bag packing and Christmas Fairs in addition to Duke of Edinburgh and competitions.

Fees

There is a cost of £15 per term for junior cadets (9 to 11) and £30 per term for senior cadets (11 to 18). There is also a uniform deposit of £20. We do also have a bursary, and more information can be provided upon request.

Contact

If you're a parent that wants to support the development of our cadets or would like further information on the qualifications, courses, training, events and competitions that we can offer to your child, please contact Kushal Satra (+44 7306 122461) or Charlotte Gosling (+44 7340 511518). We are also happy to support parents with any requests for qualifications, courses, training, events and competitions that they feel may be of benefit to their child.