

**Wormley CofE Primary School (VC)**  
**Cozens Lane East, Wormley, Broxbourne, Herts, EN106QA**

**Tel: 01992 303331**

[www.wormleyprimary.co.uk](http://www.wormleyprimary.co.uk)

**April 2025**



## WELCOME BACK

Welcome back to all our families. We hope you had a lovely Easter. We are into our Summer Term and have so much to do this half term, including national assessments in YR, Y1, Y4 and Y6; geography fieldwork; our much loved Sports Day; and our Summer Concert and Festival.

## READING

Thank you for your support of our **Spring Reading Challenge Term**

Three lucky families won cinema tickets in our reading raffle.



Please don't lose that focus on reading as helping your child to read fluently and with good understanding is a wonderful gift you can give them. Please protect time at home for reading every night - at least 20 minutes daily.

When possible, please read with your children and talk about their books. Children bring books home daily and have access to thousands of on-line books via **Epic!** and **myON**. If children are not yet reading fluently, their progress across the whole curriculum can be hampered.

## IMPORTANT DATES

### BANK HOLIDAY

5<sup>th</sup> May

### SATS Weeks (Y6)

12<sup>th</sup> - 15<sup>th</sup> May

### SPORTS DAY

23<sup>rd</sup> May

### HALF TERM

26<sup>th</sup> May - 30<sup>th</sup> May

### END OF TERM

18<sup>th</sup> July

## OUR VALUE THIS HALF TERM IS FAIRNESS

This term we will be considering what fairness means. We will think about both **equality** and **equity**.

We will be learning from examples in the Bible and think about how we treat others and are treated by others.

*"Lord, hear me begging for fairness; listen to my cry for help. Pay attention to my prayer, because I speak the truth.*

*You will judge that I am right; your eyes can see what is true." Psalm 17:1-2*



## PLANNED ABSENCE

If you know your child needs to be absent from school, such as a medical appointment, please email [attendance@wormleyprimary.co.uk](mailto:attendance@wormleyprimary.co.uk), along with evidence of the appointment. For all other absences, please complete a request for absence form which can be found on our school website under the Attendance tab and email to [attendance@wormleyprimary.co.uk](mailto:attendance@wormleyprimary.co.uk)

## LATE COLLECTION

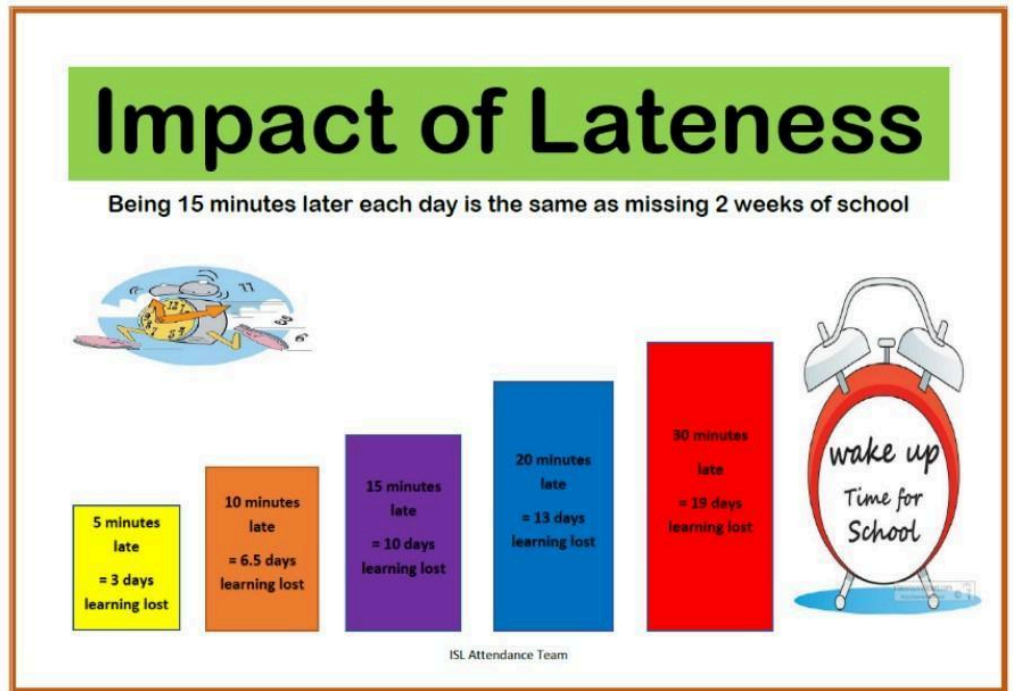
Please let the school know as soon as possible if you will be late to collect your child(ren). If you are very late, children may be placed in our Afterschool Club and parents will be charged for the session.

## PUNCTUALITY IS AN IMPORTANT LIFE SKILL

Children should be brought to school from 8.45am and arrive no later than 8.55am when the registers close.

Children arriving after this time will receive a late mark in the register (L).

Children who are persistently late or arrive after 9.15am will be marked with an unauthorised absence mark (U).



You may not realise it, but persistent lateness really does add up over the school year. It is important to teach the children the importance of punctuality.

### RECEPTION PLACES



Our next cohort of children for Reception have been allocated their places. We will be sending out a welcome letter shortly to advise parents and carers of our planned transition events for June.

This year most of our Nursery children secured a place here at Wormley CofE Primary School.

### RECEPTION HEIGHT, WEIGHT, VISION & AUDIOLOGY CHECK

More than 1 in 4 children aged 4 to 5 years are overweight or very overweight (clinical term is obese.)

School nurses come into school to check children's heights and weights.

On **28th April**, school nurses will be in to carry out health checks with some of our Reception children.

You should have received information about this directly to your home from the NHS. You can download information via this link:

<https://campaignresources.phe.gov.uk/resources/campaigns/17/resources/2286>

### UNIFORM FOR PE

Children should be dressed in our school PE uniform.

The uniform is navy shorts/jogging bottoms and a plain sky blue t-shirt. Children should also wear a pair of trainers and a school sweatshirt during the colder weather. Waterproofs are permitted when it rains.

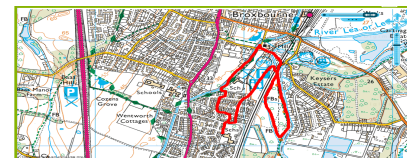
Earrings must be removed or taped



## GEOGRAPHY TERM

This term is our Geography Term.

There will be a focus on local Geography and fieldwork. The children will be going out into the local area to explore Wormley.



Year Group	Fieldwork Destination
Year 1	Walk from school grounds, down the boardwalk to the River Lea at the Old Mill & Meadow. Walk up to St Augustine's Church then along the New River back to school
Year 2	Walk from school grounds, along Cozens Lane East to the High Road and into Cozens Lane West. Follow the footpath up to Top Field and cross the A10 and into the car park at Baas Hill Common
Year 3	Walk from the school grounds to the High Road. Walk along the High Road and turn right into Church Lane. Cross the New River then turn right along the river path into the playing fields at the next bridge OR pass the allotments and enter the playing fields on the right. Exit the playing fields by secondary school into Cozens Lane West, cross the High Road and return to school.
Year 4	Leave the school grounds (traffic survey 1), follow Cozens Lane East to High Road (traffic survey 2 - on grass area by entrance of C Lane West), cross into Cozens Lane West and follow footpath past secondary school and up to Top Field. There is a spot at the top where you can look over A10 and do traffic survey 3. Cross A10 and enter Baas Hill Common. Walk to the far end and follow the footpath across the field and into Church lane. Traffic survey 4 outside church. Walk back to school via Church Lane and High Road.
Year 5	Leave school grounds, walk to the New River and follow it along to Broxbourne Church. Walk down to Old Mill and Meadow and onto the towpath of the River Lee. Turn right then turn right again into Silvermead. Follow the path round until you reach the towpath again then turn left and follow the river back to Old Mill. Follow the boardwalk - at the far end of the car park by the cafe - and climb the steps back into the housing estate by school.
Year 6 Rule Britannia	Leave the school grounds and use the back path to walk through houses, turn left onto Wharf Road then cross the railway line and continue to the towpath. Walk along the towpath to see the weir and then the lock. Turn right into the woods and weave through the lakes to return to the area of grass at the bottom of Wharf Road. Follow the same route back to school.

Over the next few weeks, children begin their world geography studies., each year group will study an area in the world:

Y1	Kenya	Y2	The Poles, the Sahara Desert and Malaysia
Y3	Japan	Y4	Brazil
Y5	The Mississippi in North America	Y6	The Alps

Parents can find more details of our Geography curriculum and overview on our website.

## TEACHING CHILDREN TO TELL THE TIME

Telling the time for children is something they find particularly difficult. For the most part, this arises from the need to concentrate on two sets of different ideas at the same time. Put simply, when you're a child, learning to tell the time puts a real strain on your working memory.

This article sets out step by step how to teach any child to tell the time. It is designed for teachers teaching time to KS1 and KS2 children but is also suitable for parents to follow when teaching children to tell the time at home.

### Expectations for each year group, according to The National Curriculum:

#### Year 1 (5 and 6 year olds)

Children should:

- *be able to tell the time to the hour and half past the hour and draw the hands on a clock face to show these times.*
- *use the language of time, including telling the time throughout the day, first using o'clock and then half past.*

#### Year 2 (6 and 7 year olds)

Children should:

- *tell and write the time to five minutes, including quarter past/to the hour and draw the hands on a clock face to show these times*
- *know the number of minutes in an hour and the number of hours in a day.*
- *become fluent in telling the time on analogue clocks and recording it.*

#### Year 3 (7 and 8 year olds)

Children should:

- *tell and write the time from an analogue clock, including using Roman numerals from I to XII, and 12-hour and 24-hour clocks*
- *estimate and read time with increasing accuracy to the nearest minute; record and compare time in terms of seconds, minutes and hours; use vocabulary such as o'clock, a.m./p.m., morning, afternoon, noon and midnight*
- *use both analogue and digital 12-hour clocks and record their times. In this way they become fluent in and prepared for using digital 24-hour clocks in year 4*

#### Year 4 (8 and 9 year olds)

Children should:

- *be taught to read, write and convert time between analogue and digital 12- and 24-hour clocks*

It is important to introduce the concept of time slowly, in small steps, so pupils' working memories are not overloaded with too much at once. Instead of teaching time to children using both the hour and minute hand at the same time, start by teaching it using **the hour hand only**. When (and only when) that is securely understood, should you introduce the minute hand.

Ask questions such as 'if it is 4 o'clock now, what time was it 2 hours earlier? And 'I left home at 10 o'clock and got to the shops at 12 o'clock, how long did it take me?'

Only introduce half past when a child understands the hour hand **securely**.

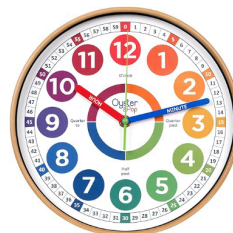
Explain that because the hour hand is halfway between the 2 and 3 (or half way past the 2) we say it is half past 2. This means it is half way past two hours.

Repeat this for various numbers.

Ask questions such as:

- Half an hour later / Half an hour earlier
- An hour and a half earlier / An hour and a half later

Once this is secure, it is time to introduce quarter past and quarter to.





### LIEUTENANCY VISIT (Y6)

A Lord-Lieutenant is the King's representative in each county. A Lord-Lieutenant supports the monarch, engages with local organisations, and helps with honours nominations.

Our Chair of Governors, Karen Trew, is Hertfordshire's Deputy Lieutenant.

Y6 will be visited by the Lieutenancy in May to find out more about their role.

### Y3/4 FOOTBALL AND NETBALL TOURNAMENT

Friday 2<sup>nd</sup> May  
am

More  
information to  
follow.



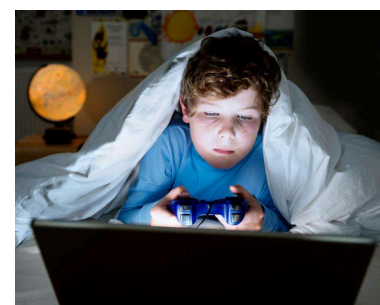
### IS YOUR CHILD ADDICTED TO GAMING? LET'S TALK

article by Kevin McNamara

We've all been there, haven't we? That moment when you realise your child seems more interested in their console than in, well, anything else. It's easy to worry, and the term "addiction" gets thrown around a lot. But what's really going on?

First off, let's be honest: gaming is fun. It's designed to be engaging, and there's nothing wrong with enjoying it. It can even be helpful. But when does that enjoyment cross a line? And when is gaming gambling and how do we pick that apart?

It's not always about the amount of time spent gaming, but more about how it's affecting your child's life. So what does it look like?



These are some of the **warning signs**:

- ❖ **Changes in Mood or Behaviour:** Do they seem irritable, anxious, or even aggressive when they're not gaming or if you interrupt them? Are they increasingly isolated from you?
- ❖ **Obsessive Thoughts:** Is gaming all they talk about? Do they seem preoccupied with it even when they're not playing? Do they refer everything back to a game they are playing?
- ❖ **Loss of Interest in Other Activities:** Have they abandoned hobbies, sports, or spending time with friends and family in favour of gaming?
- ❖ **Neglecting Responsibilities:** Is their learning at school slipping? Are they ditching chores or social events they used to enjoy? Are they suddenly not turning up to their after-school clubs?
- ❖ **Sleep Disturbances:** Are they staying up late to game, leading to tiredness and difficulty concentrating during the day? Do they struggle to focus on a task for long?
- ❖ **Physical Symptoms:** Are they experiencing headaches, eye strain, or carpal tunnel syndrome?
- ❖ **Unexplained Charges:** These days a lot of gaming involves elements of gambling. Loot boxes are an example of this: a young person might spend a few pounds on what is essentially a lucky dip of items. It could be a super-common item or the rarest item in the game. For a lot of people, this might not even strike them as gambling. For a lot of us, our first experience of this was Pokémon cards in the playground. It is doing the same thing in the brain. If your young person doesn't have their own debit card, could they be using yours?

#### Are There Additional Risk Factors?

There are a few. There are some populations (that is, groups) that are more susceptible to becoming addicted to video gaming, particularly where gambling (such as loot boxes) are a feature compared to the population as a whole.

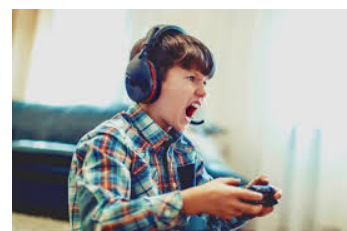
These groups include:

- **Neurodivergent Young People:** A recent study found that autistic children, adolescents and adults are at greater risk of problematic video gaming than typical peers. A similar study found this to be true of ADHD young people as well, finding that this can be a coping mechanism with their symptoms. If your child has a diagnosis of autism or ADHD, they might be at increased risk of both gambling and gaming harms.
- **LGBT+ people:** There has been a lot of research into this with a variety of findings, but it seems to be the case that LGBT+ people are at higher risk of becoming addicted to gaming, particularly with a gambling aspect. This is likely thought to be due to their increased risk of violence, isolation and poorer mental health. If your child is lesbian, gay, bisexual or transgender, or another sexual or gender minority identity, they are at greater risk of both gaming and gambling harms.

### Where Can I Find Support?

It's important to remember you're not alone, and there are places to turn for help. There are always the general options of talking to your GP as a first step, and seeing what they can recommend, as well as the seeking out a therapist or a coach, but here are a few specific pointers in the right direction:

- ➔ **Child and Adolescent Mental Health Services (CAMHS):** If your child is struggling with emotional or behavioural difficulties alongside excessive gaming, CAMHS can provide assessment and support. You might need to push for this.
- ➔ **The National Centre for Gaming Disorders / The National Gambling Clinic:** These are specialist NHS-commissioned service for people who are aged 13 or older. As part of its offering, it offers Group Therapy, a workshop for parents, individual CBT, Family Therapy and ongoing support for parents.
- ➔ **Big Deal:** This charity provides specialist information and advice on gambling harms for young people, and boast a support service for young people which is offered free-of-charge.
- ➔ **East of England Gambling Service:** This is a specialist NHS-commissioned service for adults aged 18 or over that provides specialist CBT, couples and family therapy as part of its offering to help people recover from gambling addiction.



This will be a difficult process for all of you. So please remember:

- **Open Communication is Key:** Try to talk to your child openly and honestly about your concerns. Listen without judgment and try to understand their perspective.
- **Set Healthy Boundaries:** Work together to establish reasonable limits on gaming time and encourage other activities. This is much more effective than laying down the law.
- **Focus on Balance:** Help your child find a healthy balance between gaming and other aspects of their life, such as school, hobbies, and social interaction.

Gaming can be a fun and engaging activity, but like anything, it's important to have a healthy balance. If you're worried about your child's gaming habits, don't hesitate to reach out for support. We're in this together.

### Final thoughts

Gaming and gambling harms have become more common as devices have become a bigger and bigger part of our life. Gaming has moved some friendships online, and the internet has meant that spending money is easier than it ever has been—and maybe this isn't good if you're feeling the pinch! If you feel like you are struggling to understand this brave new world your child is navigating, that's okay and you're not alone. Talk to other parents and draw up an agreed pact amongst your group or engage them in a new hobby.



**Chag Pesach samech** or happy Passover festival to our Jewish families during the Easter holidays.

## ROCK STEADY

We have a few spaces if children would like to join a rock group here at Wormley CofE Primary.  
General Enquiries  
**0330 113 0330**  
[info@rocksteadymusicschool.com](mailto:info@rocksteadymusicschool.com)

## IMPORTANT INFORMATION REGARDING NATIONAL ASSESSMENT IN 2025 KEY STAGE 2

The **Y4 multiplication tables check** will take place in the 3 weeks commencing **2<sup>nd</sup> June**. Parents and carers can support their children by encouraging their children to practise their multiplication tables on TT Rockstars.

The **KS2 SATS** is timetabled from **12<sup>th</sup> - 15<sup>th</sup> May**. Parents and carers can support their children by encouraging them to read often and widely, use their SAT practice books to revise English and Maths and to practise areas of maths they find tricky on Freckle. If children are absent, they cannot take the test on a different day.

### KEY STAGE 1

The **Y1 Phonic Screening** will take place in the week commencing **9<sup>th</sup> June**. Parents and carers can support their children by reading with them daily and practising the high frequency words (list at the end of the newsletter) There is a Phonic Screening meeting for parents and carers on **Friday 2nd May** at 9:10am in the KS1 hall.



## SUPPORTING CHILDREN WITH READING AND SPELLING

A significant portion of our language is composed of high-frequency words. Approximately half of all written English is made up of the first 100 most commonly used words. Even just the top 25 words account for about one-third of written text.

### Elaboration

**High-frequency words** are those that appear most frequently in written or spoken language.

**The impact on language learning:** Recognising and understanding these words significantly impacts a person's ability to read and understand written text.

**Examples of high-frequency words:** "the", "and", "a", "to", "of", "in", "is", "it".

If children know these words, they will be very useful for reading and spelling.

### First 100 High Frequency Words in frequency order reading down the columns

the	that	not	look	put
and	with	then	don't	could
a	all	were	come	house
to	we	go	will	old
said	can	little	into	too
in	are	as	back	by
he	up	no	from	day
I	had	mum	children	made
of	my	one	him	time
it	her	them	Mr	I'm
was	what	do	get	if
you	there	me	just	help
they	out	down	now	Mrs
on	this	dad	came	called
she	have	big	oh	here
is	went	when	about	off
for	be	it's	got	asked
at	like	see	their	saw
his	some	looked	people	make
but	so	very	your	an

## ROTARY CLUB ESSAY COMPETITION

Congratulations to our 3 finalists in the Rotary Club Essay Competition. They each submitted an essay describing what they would like to be when they grow up.

Wormley CofE Primary School overall winner was Artin.

Williana and Dallas were runners up.

Well done to all who entered.



## SPORTS AFTERSCHOOL CLUBS

Times	Years and Sport	Dates
Monday 3:15-4:20	Multi-Sports Street Dance *	22nd April - 23rd May
Tuesday 3:15-4:20	KS1 Football Street Dance*	22nd April - 23rd May
Wednesday 3:15-4:20	KS2 Football Tennis*	22nd April - 23rd May
Thursday 3:15-5:00 4:30-6:00	Girls Football Gymnastics* Karate*	22nd April - 23rd May
Friday 3:15-4:20	KS1/2 Dodgeball Tennis*	22nd April - 23rd May

### How to book a club with Challenge Sports

1. Visit [www.challengesporteducation.co.uk](http://www.challengesporteducation.co.uk)
2. Click book online
3. Click register now
4. Login and enter child's information
5. Select 'in school sports club' and click 'term course'. Select appropriate year group.
6. Select venue as Wormley > show results
7. Proceed to checkout & pay - you will then receive a confirmation email with all dates of the club



Children are collected from the school's front office.

Spaces come on a first come, first served basis. Any issues with booking, please contact 07719315932.

*Clubs with \* are other providers. Contact the office for booking information*



## VICTORY IN EUROPE (VE) DAY COMMEMORATIONS

There will be a VE Day Celebration & Art Exhibition on  
**Saturday 10th May at St Laurence Church.**

The church hopes to commemorate VE day and include art from local primary school children (4-7 & 8-11). There will be a competition for the best entries. These could be actual paintings, coloured pencils or a drawing. Anything the children want to do.

Please encourage your children to enter.

Art work is not restricted to VE day but can be based on any theme of Celebration, as was the day itself.

There will be refreshments, music, face painting and craft activities. Come along and see the exhibition of artwork of children from Wormley CofE Primary and Broxbourne Primary.

Art work will be collected on Thursday 8th May at 2:00pm.

In school we will have our own celebrations with an afternoon picnic on **8th May**. Children may dress in red, white and blue.



## PARENTING COURSES

Would you like to learn some strategies and ideas to improve family life?

This is the course to help you do so.

Understand how feelings, thoughts and behaviour all link together and find ways to respond to them.

The **FAMILIES FEELING SAFE** course starts at Wormley CofE Primary School on **Wednesday 30th April** through to **Wednesday 2nd July (excluding half term)**.

This is an excellent course that any family would benefit from.

It is led by our amazing, award winning HABS Team.

If you would like to attend, please call and register via our office number 01992 303 331 (Opt 5).

Here is the poster advertising the content of the course



**BROXBOURNE**  
starting  
May 2024

### Families Feeling Safe

Supporting families with Protective Behaviours

**A FREE course for Mums, Dads, and Carers of children 5-19yrs**

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

- Understand how Feelings, Thoughts and Behaviour link together
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe

Friday mornings  
9.30am—11.30am  
3, 10, 17, 24 May, 7, 14, 21, 28 June & 5 July  
At  
Wormley School Community Room  
Cozens Lane East,  
Broxbourne, EN10 6QA

Places are funded for families within Hertfordshire

For eligibility and to book your fully funded place please contact:  
Tel: 01992 303331 Opt. 5

Please like us on Facebook for further updates @familiesfeelsafe

Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire, we deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. [www.familiesfeelsafe.co.uk](http://www.familiesfeelsafe.co.uk) E-mail: [enquiries@familiesfeelsafe.co.uk](mailto:enquiries@familiesfeelsafe.co.uk)



## Beezee FAMILIES

We're here to help your family make healthy habits fun

Join our **FREE**, 12-week healthy lifestyle programme to help your family build habits around food and physical activity. Our in-person group sessions start on:

**Date:** Monday 28 April 2025 **Time:** 17:00 - 19:00

**Venue:** Andrews Lane Primary School, Cheshunt, EN7 6LB

Or you can join us online!

Sign up for your **FREE PLACE today**

[BZBinfo@maximusuk.co.uk](mailto:BZBinfo@maximusuk.co.uk)

**01707 248 648**

[hrt.maximusuk.co.uk](http://hrt.maximusuk.co.uk)

Hertfordshire

Our programmes are for children above their ideal weight, see our website for more information. 24-0814

## BEEZEE FAMILIES

### What is Beezee Families?

Beezee Families is our free, award-winning healthy lifestyle programme for the whole family.

### How does it work?

Learn about nutritious snacks and easy meals to cook together

Get experts support from our coaches and nutritionists

Move around every week with games and activities

Have fun learning about healthy living

Beezee Families **FREE** healthy lifestyles 12-week programme is starting **NEXT WEEK** at Andrews Lane Primary School, Cheshunt, and we have spaces available!

Families can sign up here -

[hrt.maximusuk.co.uk/beezeefamilies/](http://hrt.maximusuk.co.uk/beezeefamilies/)

## DELIVERING SPECIALIST PROVISION LOCALLY (DSPL4)

If you would like an opportunity to discuss your child's special educational needs and disabilities with professionals and other families, come along to the next DSPL4 Coffee Morning.

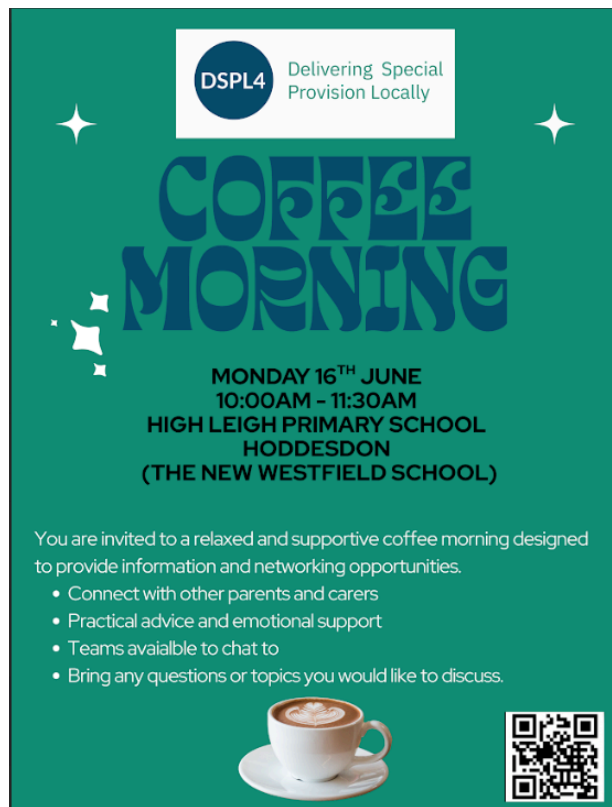
Our DSPL4 Managers (Mrs Gilpin and Mrs Viall) will be there along with our SEND Lead (Lisa Lee) and other SEND professionals.

Parents and carers will attend and you will be able to connect with others whose children may have similar needs whilst you grab a cup of coffee or tea.

**Where:** High Leigh Primary School (the newly built Westfield School).

**When:** Monday 16th June 10:00 - 11:30 am.

No need to book, just come along.





DSPL4 Delivering Special Provision Locally

# COFFEE MORNING

MONDAY 16<sup>TH</sup> JUNE  
10:00AM - 11:30AM  
HIGH LEIGH PRIMARY SCHOOL  
HODDESDON  
(THE NEW WESTFIELD SCHOOL)

You are invited to a relaxed and supportive coffee morning designed to provide information and networking opportunities.

- Connect with other parents and carers
- Practical advice and emotional support
- Teams available to chat to
- Bring any questions or topics you would like to discuss.



## Parents and Carers talk about self-harm and recovery

Please join us at an information session to learn more about self-harm and get practical ideas and strategies to help your child towards recovery

Our guest speaker will be a clinician who works at \*HPFT CAMHS

**Where:** Online over Zoom.

**When:** Tuesday 6th May, 7pm to 9pm

\* Hertfordshire Partnership University NHS Foundation Trust  
Child and Adolescent Mental Health Services

For more information or to book your place:

**Call:** 01992 58 69 69

**Email:** [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)

**Go online:** [www.carersinherts.org.uk/events](http://www.carersinherts.org.uk/events)



## CARERS IN HERTFORDSHIRE

We are a charity that provides information, advice and support to unpaid carers - people looking after a partner, relative or friend, who is ill, elderly, has a physical or learning disability, or misuses substances.

We support carers of all ages - young people and adults - living, working or caring in Hertfordshire. Our services are free to carers and bereaved carers, who can access support for three years after the death of the person they looked after.

We provide services to carers to help them with their caring role or have a break from caring, to improve their health and wellbeing, and to have a voice in shaping health and community services.

We are partly funded by Hertfordshire County Council and the NHS in Hertfordshire. In partnership with them and other local organisations we work to ensure unpaid carers are identified, informed, supported and heard.

**Carers in Hertfordshire** The Red House, 119 Fore Street, Hertford, Herts, SG14 1AX. Tel: 01992 58 69 69 Email: [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk) [www.carersinherts.org.uk](http://www.carersinherts.org.uk)

## SAFER PLACES – SUPPORT FOR DOMESTIC VIOLENCE

"Safer Places provide life-changing and life-saving support services across Essex and Hertfordshire. Our new Live Chat service will allow us to reach more people affected by abuse and give survivors the opportunity to safely access non-judgemental support and advice. We are seeing a dramatic rise in the numbers of those wanting to access our services and how they wish to do so. It can be incredibly difficult to talk about abuse - and making a call can be difficult, now more than ever with abusers in the home. That's why we have worked around the clock to create our [Live Chat service](https://www.saferplaces.co.uk/) - <https://www.saferplaces.co.uk/>. Our qualified expert staff are now available by phone and live-chat every day, day and night. We want to reassure everyone in the communities that we serve that we are here for you, when you need us and how you need us, our support is led by you".

**Janet Dalrymple, CEO of Safer Places**

The service is open between 9am and 5pm Monday to Friday. Messages left outside of opening hours will be picked up the next working day.

**anaphylaxis UK**  
A brighter future for people with serious allergies

### HOW CAN WE SUPPORT PEOPLE WITH ALLERGIES?

- LISTEN & LEARN**  
Listen to them & learn about their specific allergies, including common triggers, symptoms & how to use an adrenaline auto-injector (AAI)
- TAKE IT SERIOUSLY**  
Understand that living with allergies can be challenging & stressful. If you notice others being insensitive, advocate for them.
- ASK QUESTIONS**  
Show support by asking questions about their allergy and how you can assist them. This shows that you care & encourages open communication.
- WASH YOUR HANDS**  
Washing hands effectively can help prevent the spread of allergens and reduce the risk of allergic reactions.
- ADAPT EVENTS**  
Help them navigate social situations or dining out by suggesting suitable restaurants or checking food labels. Respect their needs or avoidance measures.

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[www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

Anaphylaxis UK, a charity registered in England and Wales (1085527) and in Scotland - charity number: SC051390

## CHILDREN WITH SEVERE ALLERGIES

There is an increasing number of children with allergies, many of which can lead to a severe reaction.

Please take time to ensure that you do not send food into school that contains nuts as we have children with severe nut allergies.



As a result, staff will no longer give out sweets for birthdays in school. Children, accompanied by parents, can pass sweets to children also accompanied by parents at the end of the school day. Staff will not give out sweets.

**Thank you for your understanding of the reason behind this.**

## STAY IN TOUCH

We have a school website and Facebook account. Teachers communicate with you through **Tapestry** (YN/R) and The Google Classroom. Please ensure you have set up notifications.

