

News on the Nineteenth

Wormley CofE Primary School (VC)
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Have Faith, Show Respect, Take Responsibility and Achieve
www.wormleyprimary.co.uk

March 2022



CORONAVIRUS - COVID 19 UPDATE

COVID continues to cause challenges in school. We have an outbreak in Y6 and Y3 and a number of staff self-isolating with COVID. It is almost impossible to get a supply teacher so please remain cautious.

SELF-ISOLATION

Although the legal obligation to isolate has been removed, we have been advised by the Local Authority that **should** replaces **must**.

Therefore, procedures remain the same. If you or your child has a symptom of COVID, you should test. If the test is positive, you should isolate until there have been 2 negative tests. If we do not isolate, we run the risk of spreading COVID and may do so to those who are vulnerable.

SUPPORTING CHILDREN TO UNDERSTAND WHAT IS HAPPENING IN UKRAINE

It is so sad that following 2 years of a pandemic, we are now faced with fresh worries about what is happening in Ukraine. Many of the children are asking questions about what they are hearing or seeing on the TV, phones or tablets. As staff, we have had guidance in how to respond to questions when they arise. We know that these are difficult conversations to have with young children so please see the links below, I hope you find them useful.

- How to talk to your teenager about the invasion of Ukraine (BBC Bitesize/Anna Freud Centre)
<https://www.bbc.co.uk/bitesize/articles/zbrdjsg>
- How To Talk To Your Child About The War In Ukraine (YoungMinds)
<https://www.youngminds.org.uk/parent/blog/top-tips-for-talking-to-your-young-person-about-the-events-in-ukraine/>
- Worrying about Russia and Ukraine (Childline)
<https://www.childline.org.uk/get-involved/articles/worrying-about-russia-ukraine/>
- Worrying about war and conflict Sarah Dove (Phoenix Education Consultancy)
<https://www.phoenixgroupqh.com/tools>

We are also sharing a message sent on behalf of Dave Salmon, Humanitarian Assistance Lead Officer at Hertfordshire County Council with regards to financial donations.

If anyone wishes to support those fleeing war torn Ukraine, financial donations to organisations that have a presence on the borders is the most effective means of providing support to families in need. Community collections tend to be resource intensive and can involve costly logistics whilst transporting goods through many countries can be frustratingly slow. Therefore, we are not supporting local collection points at this time.

A financial donation to one of the organisations below will have an immediate impact and help fund what is most needed on the ground:



- [The British Red Cross](#) has launched an appeal to help the Ukrainian Red Cross to provide food, medicine, clothing and shelter, as well as first aid training in bomb shelters.
- [The UNHCR](#) refugee agency is funding emergency shelters, repairs for homes damaged by shelling, emergency cash assistance, psychological support and warm clothing.
- [UNICEF](#) is helping to ensure families have clean water and food and that child health and protection services continue.
- [The Association of Ukrainians in Great Britain](#) is fundraising for medicine, food and other essentials.
- [Save the Children](#) is providing cash assistance, food and other support to refugees crossing into Romania and Lithuania, as well as in Ukraine itself.

For those who still wish to make a physical donation we understand that Goods for Good are running a Ukraine Appeal and are seeking donations: [Goods for Good Ukraine Appeal](#).

PUPILS' RESPONSE

Two of our Y5 pupils have already shown their courageous advocacy by asking if they might raise funds for Ukraine. Their compassion is obvious. They are hoping to organise a sponsored Fun Run which children can opt to take part in. More details to follow. In the meantime **Wear Your Own Clothes Day** or **Colours of Ukraine Day** for £1 donation, will raise funds for refugees in our world on **Friday 18th March**. Thank you



VALUE OF THE HALF TERM

This half term, our value is **compassion**. Our pupils have been learning that compassion means to have concern for the feelings and sufferings of others.

In our Collective Worship and RE lessons, we are learning about compassion through the lens of **Salvation**, as we learn about Jesus and the Easter story.

Easter commemorates the resurrection of **Jesus Christ**. It is the most important Christian festival, and the one celebrated with the greatest joy.

The Easter story is at the heart of Christianity.

On **Good Friday**, Jesus Christ was executed by **crucifixion**. His body was taken down from the cross, and buried in a cave. The tomb was guarded and an enormous stone was put over the entrance, so that no-one could steal the body.

On the following Sunday (known now by Christians as **Easter Sunday**), some women visited the grave and found that the stone had been moved and that the tomb was empty. Jesus himself was seen that day, and for days afterwards by many people. His followers realised that God had raised Jesus from the dead.



JIGSAW PSHE SCHEME OF LEARNING



Our school firmly believes in the need to develop children's personal, social and health education as well as their academic progress. To help with this, we use a mindful teaching resource called **Jigsaw**. Not only does Jigsaw provide quality resources for the teaching of personal and social education, it also includes resources for the statutory teaching of **Relationships, Sex Education and Health Education (RSHE)**.

To provide you with a better understanding of Jigsaw and the statutory content of RSHE we have a brochure. The brochure outlines the Jigsaw curriculum, explains why we teach RSHE and which topics are taught. It also provides caregivers with some useful tips for talking to children about RSHE. To request a copy, please email admin@wormleyprimary.co.uk



WORLD BOOK DAY

We hope the children enjoyed World Book Day. We enjoyed meeting all the 'book characters' who had brought in their favourite book to share with their classmates.

There were lots of fun, learning activities linked to books and reading. The teachers arranged a class swap and read a story to a different class.



The **Reading Challenge** continues until Easter.

We have purchased the family cinema tickets for 4 family winners! So keep the children reading as much as they can, whenever they can, wherever they can - get those raffle tickets in the prize box!!

We have been so impressed with the number of children regularly reading from Epic (<https://www.getepic.com>) in KS1 and from myON (<https://www.myon.co.uk/login>) in KS2.

I have given out lots of Reader Bears and books to children across the school so far!

We all know that practise makes perfect

So much learning and pleasure can be gained from books: fiction and non-fiction so please make reading with your children a special time every day - no matter what their age - every child loves to be read a story.

SECONDARY TRANSFER

Our Year 6 children have been allocated their Secondary School places.

This year nearly all of our children secured a place from their choices of schools.

NATIONAL ASSESSMENT

Children in **Y6** will sit their SATs exams during the week commencing **9th May**.

Y2 children will be assessed in the 2 weeks before half term: **16th - 26th May**.

Y1 Phonic Screening will take place in the week beginning 6th June and the **Y4** multiplication check will also take place in that week.

SCIENCE WEEK

We have an *observational, investigational, and playful* Science Week planned for next week based upon the theme of *Growth!*

Children in nursery, reception, years 1 and 2 will be able to visit the **Ark Farm** - here on our own school premises!

They will be able to pet a range of animals and learn all about where they live, what they eat and how they grow from birth.



Children in **Y3, 4 and 5** will travel to **Capel Manor** in Enfield to visit the beautiful gardens and learn all about the growth of different species of plants - their habitats and their diets.



Our **Y6** pupils will visit **The Observatory Science Centre** in Hastings as part of their week on school journey with PGL. They will experience spectacular hands-on science and discovery among the domes and telescopes of a world famous astronomical observatory.

As *extra-curricular* activities, we rely upon donations to plan these additional experiences, so please contribute via Arbor.

STAMPS

One of our mums has asked us to collect used postage stamps. These are taken to the church who receive money for them.

If you can help, please send in any used stamps and we will collect them in the office.



EASTER RAFFLE

We have some lovely Easter Chocolate Hampers to raffle, so please buy a ticket Tickets available via Arbor or cash £5 a strip



WELL DONE BOYS!

The Boys A team were the overall Runners Up at the Spring Football A Tournament on **Tuesday 15th March**.

They were undefeated in the 4 group matches and finished with the highest points total. They came back from a goal down in the Semi-Final but were pipped 0-1 in the final by local rivals Broxbourne. It was an outstanding performance and the boys played superbly with a terrific spirit. The B Team will play their tournament on the **30th March**. Before that we have a Year 5 team in the Tag Rugby tournament on **24th March**.



HERTFORDSHIRE CATERING LTD (HCL)

Please see a message from HCL below:

Hertfordshire Catering Ltd provides education and business catering services in Hertfordshire. It caters for 430 Hertfordshire schools (serving circa 56,000 meals every day). Hertfordshire Catering's reputation is built on providing innovative school food, using good quality ingredients, which are freshly prepared every day by a dedicated team of catering professionals.

Unfortunately, due to the UK's inflation rate, the increase in the National Living Wage, the increase in food prices and other factors created by COVID and Brexit, HCL must increase its prices.

Charge per meal provided:

Primary Junior £2.80

The above rates will be the school meal charge price from HCL to schools from **1st April 2022** -

SCHOOL LUNCHES

Carrying out lunchtime duty in the KS1 hall with Reception, Year 1 and Year 2, we have a few requests for help from you:

- We are struggling to encourage many of the children to eat any vegetables or fruit. They say, 'I don't eat vegetables'. I know that you may also be struggling to get children to have their 5 a day plus, but please can we try together to encourage this for the sake of their health.
- Lots of children in Y1 and Y2 cannot use a knife and fork confidently so need a lot of help to cut their food - or they pick it up with their hands. Please can you persevere with helping them to do this.
- A few home packed lunchboxes have lots of sweet or salty contents. The standards for home packed lunches must match the standards for school prepared lunches if we are to help children develop well and to eat healthily.

Healthy Lunchbox Tips (from the Foods Standards Agency)

The key to a healthy packed lunch is getting the right balance of a wide variety of food groups. A healthy packed lunch should include:

- A good proportion of starchy food e.g. bread, wholegrain roll, tortilla wrap, pitta pocket, chapatti, pasta, rice, salad
- A portion of lean meat, fish or alternative e.g. chicken, tuna, ham, egg, cheese, beef, beans, hummus
- Plenty of fruits and vegetables e.g. apple, satsuma, handful of cherry tomatoes, carrot sticks, small tub of fruit salad, box of raisins
- Dairy food e.g. reduced fat cheese, yoghurt, fromage frais
- A drink e.g. water, yoghurt drink, unsweetened juice
- Choose crisps & snacks low in salt and fat (2 examples below)



Here are some tips to get started:

- Try different breads or other starchy foods for variety, such as a pasta salad or a rice salad
- Use butter/spread sparingly and choose low fat spread/butter
- Include brightly coloured, chopped vegetables
- Add salad to sandwiches and chopped vegetables to salads
- Select some low fat yoghurt
- Add a slice of malt loaf, banana bread, a plain sponge cake or a fruit scone
- Include chopped fruit or a piece of whole fruit

Water

We encourage **water** as the only drink in school. This helps with good dental hygiene. The children are encouraged to have a drink bottle with them in class to help them hydrate during the day. This must only contain still water. Water and cups are available in the classroom for those without their own.



All schools are directed by government and OFSTED (Office for Standards in Education) to promote healthy lifestyles and therefore a healthy diet whilst in school.

The Midday Supervisors, on behalf of Senior Leaders and the Governors of the school, check to ensure that packed lunches match the strict healthy guidelines of school dinners. In order to support parents we offer lots of guidance about packed lunches, from the moment they start school (in the starter pack) and regularly in newsletters.

We expect parents to be informed, to support the school's endeavours and to promote healthy diets for their children's health and well-being.

<p>EASTER BREAK Monday 4th April - 18th April INSET DAY Tuesday 19th April RETURN TO SCHOOL Wednesday 20th April</p>	<p>STAY IN TOUCH We have the school website, Twitter and Facebook account. Register to receive our regular posts, @wormleyprimary (for Twitter) and find us on Facebook through Wormley Primary</p>
<p>SPORTS DAY Please save the date for Sports Day on Friday 27th May We will be hosting our annual Sports Day with KS2 in the morning and KS1 in the afternoon.</p>	<p>YOUNG VOICES CONCERT Our choir will go and sing at the O2 Arena on Tuesday 24th May. Lots of families will be coming to watch the concert - we are all very excited!</p>



HABS FAMILY SUPPORT SERVICES BASED AT WORMLEY

HABS (*Hoddesdon and Broxbourne Settings*) is a Local Schools Partnership that consists of 15 local primary and secondary schools.

We employ a team of highly trained Family Support workers, and counsellors, to support our local schools and the community offering a diverse package of support from counselling, to working on projects in the community to help improve the lives of families living within Hoddesdon, Broxbourne, Turnford and Wormley.

The available support on offer is open to all families whose children attend the partnership schools, and range from parenting classes, holiday activity sessions and family support. This encompasses a wide range of issues including; mental health, domestic abuse, emotional well-being, debt, bereavement and loss, counselling, therapeutic coaching, financial support and other complex issues.

Please contact our team or your local school for more information via our Facebook page.

HERTFORDSHIRE TARGETED PARENTING FUND

We are very pleased to confirm that funding from Hertfordshire Targeted Parenting fund has been extended for a further year. There are 2 courses starting right after Easter.

Families Feeling Safe - Supporting families with Protective Behaviours

Both courses will run online on **Tuesdays 19, 26 April, 3, 10, 17 & 24 May 2022**.

- For Mums, Dads, Step-Parents and Carers 10.00am - 11.30am please follow this link <https://familiesfeelingsafe.co.uk/wp-content/uploads/2022/03/Online-course-for-Mums-Dads-Carers-AprilMay-2022-1.pdf>
- For Dads, Step-Dads and male Carers 7.30pm - 9.00pm please follow this link <https://familiesfeelingsafe.co.uk/wp-content/uploads/2022/03/Online-course-for-Dads-Step-Dads-male-carers-AprilMay-2022.pdf>

This course can help you to:

- ✓ Understand the links between Feelings, Thoughts and Behaviour
- ✓ 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 and have problem-solving skills for life



"I wish I had done the course sooner"

For more information, please email enquiries@familiesfeelingsafe.co.uk or telephone **07748 332606**

Families First Partnership : News Sharing

Email sent on behalf of: Fit, Fed and Read

Good Afternoon,

We are very excited to announce that our Fit, Fed & Read Camps will be running this Easter holidays !

From 4th – 14th April, children aged 8-11 years old who are eligible for benefits related free school meals can enjoy free lunch, free sports and free enrichment activities on Fit, Fed & Read camps across Hertfordshire.

Families can get their unique HAPpy Booking Code from their child's school now, to access all this and more!

Please use the link below to book onto a camp today !

<https://playwaze.com/herts-sports-partnership-fit-fed-read/8utbi5f5wp8/community-publicList?type=Signup>

Can you help?

In addition, Fit, Fed & Read are working with the university of Hertfordshire to better understand the impact of FFR on the families we engage with.

We are focusing on the referral process this time round and it would be great if we can interview some of the Families First network who are involved with referring families? The interviews would take roughly 30 minutes to conduct and can be done remotely via Zoom. Please email k.searcy@herts.ac.uk to take part in this research.



**Fit, Fed & Read
Camps are BACK!**

From 4th – 14th April, children aged 8-11 years old who are eligible for benefits related free school meals can enjoy free lunch, free sports and free enrichment activities on Fit, Fed & Read camps across Hertfordshire.

Get your unique HAPpy Booking Code from your child's school now, to access all this and more!

Bookings now OPEN!

sportinherts.org.uk/booking



The poster features a central image of a young boy sitting on a blue chair, smiling and holding an open book. The background is white with decorative purple and blue wavy lines. The text is in a clean, sans-serif font.



Hello, parents & guardians!

We are **BeeZee Bodies**, and we work with Hertfordshire County Council to provide FREE (and FUN!) healthy lifestyles support for families.

We run **BeeZee Families** courses after school, across Herts, or you could join our online courses instead. We have new groups beginning in May. click below to sign up for your family's FREE place!*

Or, enrol in the **BeeZee Academy** - our FREE self-paced online learning portal full of useful information and tips on how to make your family healthier.

[SIGN UP HERE](#)

*To be eligible for this awesome free service, your family must live/go to school in Hertfordshire and include one child who is above their ideal healthy weight.

SALT AWARENESS WEEK

14th - 18th March

Did you know that children should have no more than 3g-6g salt per day, depending on their age? That's less than a teaspoon! But with three quarters of the salt we eat hidden in the prepared foods we buy, it can be hard to keep tabs on our family's salt intake!

Making your own snacks is a great place to start. Instead of a packet of crisps, try these quick 'n' easy nacho chips! Season with flavours of your choice, or serve with hummus or salsa!

THEY'RE NACHO CHIPS! THEY'RE MINE!

what you'll need

- Tortilla wrap (corn works best)
- Olive or rapeseed oil
- Herbs & spices of your choice - e.g. paprika, chilli, garlic granules...

what to do

- Preheat the oven to 180C/gas Mark 4
- Slice a tortilla wrap into triangles
- Lightly brush or spray with oil
- Sprinkle with chosen herbs or spices or a little salt
- Bake in the oven for about 8 minutes



beezeebodies.com

01707 248648

BeeZee Families



SENDING YOU ALL AN EASTER BLESSING



Lord of life
We pray for all who bring your word of life
As a light to those in darkness
For those who bring your word of peace
To those enslaved by fear
For those who bring your word of love
To those in need of comfort
Lord of love and Lord of peace
Lord of resurrection life
Be known
Through our lives
and through your power
Christ the Lord is risen to-day
We wish you a peaceful Easter.
Amen



*For God gave us a spirit not of fear but of power and love and self-control.
Timothy 2:1-7*