



News on the Nineteenth




Wormley CofE Primary School (VC)
Cozens Lane East, Wormley, Broxbourne, Herts,
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Have Faith, Show Respect, Take Responsibility and Achieve

www.wormleyprimary.co.uk

March 2025

<p>DATES</p> <p>Last day of term: Friday 4th April</p> <p>Children return to school: Tuesday 22nd April</p> <p>Half Term: 26th-30th May</p>	<p>RAMADAN MUBARAK</p> 
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WORLD BOOK DAY

We hope the children enjoyed World Book Day. It was lovely to see the older children reading with the younger ones. The children in Y4-6 enjoyed The KS2 Great Big Footy and Booky Quiz, completed with other schools on-line.

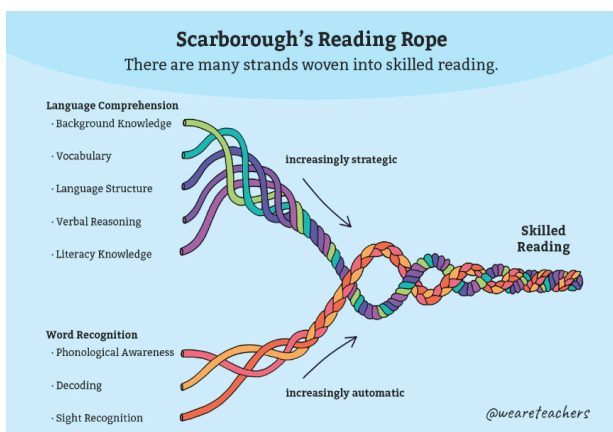


The **Reading Challenge** continues until Easter so keep reading as much as you can, whenever you can, wherever you can! We have been so

impressed with the number of children regularly reading and have given out prizes, including Wormley Reader Bears, to many children.

We have cinema tickets for 3 families to award at our Easter Service. Please make reading with your children a special time every day - no matter what their age - every child loves to be read a story.

Reading - The balance between fluency and comprehension



This model was developed by Dr. Hollis Scarborough in the early 1990s to help parents understand successful reading.

Skilled readers need to be able to master how to decode words (phonics) and know what they mean (vocabulary).

Parents help children to be successful when they read to their children, listen to them read and talk about what they are reading together.

Helping your child to read fluently is essential!

Not having time to read with them is like not having time to feed them. They cannot progress without being able to read.

Teachers teach an effective balance between **Word recognition**: independent book reading within the appropriate ZPD / reading aloud to an adult / choral and echo reading and **Language Comprehension**: individual readers/guided reading/Take One Book sequences

SCIENCE WEEK 2025 - 10th-14th March

The children enjoyed an exciting Science Week 2025!

The theme for the week was **CHANGE AND ADAPT**

We sourced a planetarium for a day so children in KS1 & KS2 could learn about how our planet Earth has changed and adapted over time.



Y2 and Y5 went on a tour of the Solar System, learning about Earth and beyond.

Y1 travelled back in time to when dinosaurs roamed the Earth.

Y3 also learnt about Earth's history by studying fossils, rocks and soils. Y4 learnt more about the diverse and rich habitats and environments on Planet Earth.



Y6 have a visit from Hertford museum this week. Their workshop is **Who was Wallace?**

Alfred Russel Wallace (1823-1913) was a man of many talents - an explorer, collector, naturalist, geographer, anthropologist and political commentator. Most famously, he had the revolutionary idea of evolution by natural selection entirely independently of Charles Darwin.



Early Years had a workshop based on animals and their habitats /adaptations. **Cedars Park Zoo** brought animals into school for the children to meet and learn about.

Cedars Park Zoo Entrance Fee: Adult - £2.40 / Child - £2.40 / Under 2 years - FREE / Carers with paying SEN visitor- FREE

Talk Times:

- 10:45: Meerkat Talk
- 11:30: Fish Feed and talk
- 12:15: Mystery Animal Meet and Greet
- 13:00: Skunk Meet and Greet
- 13:45: Meet The Minibeast
- 14.30: Kookaburra Talk



Currently, there are 10 chicken eggs in Preschool waiting to hatch. Hatching is likely to begin Weds/Thurs this week.

The week was full of predictions, investigations and conclusions. The children learnt a lot and enjoyed their science learning!



HAPPINESS

Our value last half term was HAPPINESS.

Here are some poems from children in Y5 sharing what makes them happy.



Happiness is...

A Nando's chicken breast
A Jet2 holiday
A roast dinner
Going down a water slide
A bubble bath
My family
A caravan holiday
A juicy burger with loads of onions
Going to a football match
Playing football
And a Pepsi!

Happiness is...

Cold covers on a Winter's night
Staying at the beach during sunset
Having dinner on a tray.
Waking up on Christmas day
Falling asleep on the sofa and waking up in bed
Seeing a kitten eating and playing
Looking in a bird nest and seeing a chick
Getting MacDonald's after travelling all day.

What makes you happy? Do more of what makes you happy!

VALUE OF THE HALF TERM IS SERVICE

This half term, we have been considering what it means to be of service to one another and our community. We have been considering examples from the Bible. Peter said, ***"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."***



— 1 Peter 4:10, NIV

Lots of children have shared how they serve others, including tying a shoelace of a peer, picking someone up when they fell down, being a good Learning Partner, giving out the books for their teacher, picking up litter, caring for their pet, helping at home with cooking, hoovering and washing.

EASTER SERVICE

Children have been learning about the Easter story which 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, 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.

Christians believe that Jesus reconciles His people to God through His death on the cross; He reconciles His people to one another. Jesus came into the world to redeem a people for Himself out of every tongue, tribe, people, and nation.



Early Years Easter service will take place on **Monday 31st March** at Wormley Free Church. KS1 and KS2 Easter Service will take place at St Augustine's Church on **Wednesday 2nd April**

If you would like to accompany the children on our walk to the church, please let your child's class teacher know.

EASTER MESSY CHURCH

You are invited to join this half term's Messy Church!



For who?

The invitation is to all our families. Children must be accompanied by an adult.

What is Messy Church?

- Messy Church is a form of church for children and adults that involves creativity, celebration and hospitality. It's for all people even if they do not belong to another form of church.
- It meets at a time and a place that suits people who don't already belong to church.
- It typically includes a welcome, a creative time to explore the biblical theme through getting messy; a short celebration time involving story, prayer, song, games and similar; and a sit-down to eat together at tables. All elements are for, and should include, people of all ages, adults and children.
- It's fun.
- It's a church for people at all stages of their faith journey and of any age
- It models and promotes good ways of growing as a family: a nuclear family, an extended family, and a global and local church family.
- Its aim is to introduce Jesus, to give an opportunity to encounter him.

When is Messy Church?

Messy Church will be in on **Tuesday 1st April, 3:25 - 5:00.**

Where is Messy Church?

Messy Church takes place in the KS2 hall. Entering through the front gates, follow signs to the Community Classroom. There you will see doors into the main building which lead to the KS2 hall.

How much does it cost?

There is **no cost** to families. Messy Church is **free** - a gift to all who attend.

KS2 KEEP FIT



It has been great to see that many children have attended our morning **Keep Fit** session with Mr Da Silva. KS2 children are invited to come along on Tuesday and Thursday mornings from 8:30am in the KS2 playground.

SECONDARY TRANSFER

Our Year 6 children have been allocated their Secondary School places. If your child did not secure a place from one of their choices of schools, please ensure that you put your child's name on the continued interest list.

Easter Egg Hunt

We would like to inform you that there will be an Easter Egg Hunt on **Friday 28th March 2025**. If your child would like to take part in this, please make payment on Arbor. The cost will be £2.50. Payments will need to be made by Friday 21st March. This hunt will be for every year group, including Nursery and Reception.

SCHOOL LUNCHES

Our role as a school is to promote healthy lives including healthy eating. So we have a few requests below:

- Please encourage your children to try vegetables, salad and fruit. At least 5 a day is essential for healthy growth and development. If a child can try something new 7 times, their taste buds adjust to the taste and texture.
- Please encourage your children to eat confidently with a knife and fork. Some children need a lot of help to cut their food or they pick food up with their hands. Please can you persevere with helping them to do this - it is an important social skill.

- 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.

At the end of this newsletter you will find some Culturally adapted Eatwell Guides, including West African, East African, Caribbean, Bengali, Polish

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 role, 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 here)



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 sponge cake or a fruit scone
- Include chopped fruit or a piece of whole fruit



Water



We encourage water as a primary drink. 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.

**JIGSAW PSHE SCHEME OF LEARNING
SPRING 2: HEALTHY ME**



This half term, **Spring 2**, our Jigsaw unit has been '**Healthy Me**'.



This unit focuses on: healthy lifestyle choices, being safe and keeping clean, road safety, healthy eating, exercise, respect for myself and others, healthy friendships, assertiveness and emotional and mental health.

This unit compliments our school's **Wellbeing Agents** and Science education.

Agent Lifestyle

- Sleep
- Balance
- Friendships
- Laughter



The agent, whose name was **Agent Lifestyle**, always had a good night's sleep to make sure that he woke each day in a positive mood. This helped him to prepare for the day and to build healthy friendships with others. He laughed a lot! He practised mindful breathing each day to clear his mind, to calm him and to achieve peace for the day. This helped him to self-regulate.

Agent Lifestyle wanted to meet like-minded agents to help him spread the message of wellbeing and decided to travel in his 'Mind- Mobile' in search of others with whom he could share his message.

Agent Life-style had met **Agent Nutrition** and he loved the way he could learn and improve his own life-style and diet even more with her help! He knew it would increase his energy. He asked her if she would help him teach others about nutrition and advising on what to eat to maintain their health, sharing a message of diversity. She agreed enthusiastically because she already knew of another who could help them further.

Agent Nutrition

- Mood
- Diversity
- Energy
- Diet



Agent Kinetic

- Endurance
- Stamina
- Agility
- Creative movement



This was **Agent Kinetic** who agreed to join the agents in their mission to spread the message amongst others. With his strong leadership skills, he set up routines for both Agent Life-style and Agent Nutrition to follow and endorse, in order to develop stamina and endurance.

Agent Kinetic knew of an agent called **Agent Mindfulness**. She had the amazing ability to empathise with others, always show positivity and understand her own and other's emotions. She helped others to control, regulate and understand their own feelings in order to achieve a sense of peacefulness. Agent Mindfulness had many friends and encouraged healthy relationships and friendships. She always looked on the bright side and was excellent at listening if others should need someone to talk to. She wanted to join the group and help everyone develop their agency.

Agent Mindfulness

- Peacefulness
- Positivity
- Regulation
- Listening

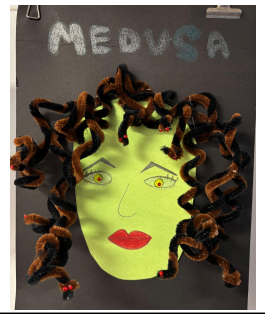
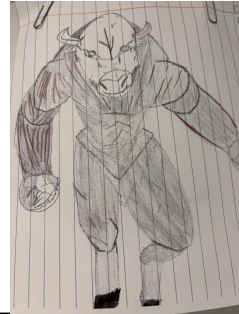


RELATIONSHIPS, SEX AND HEALTH EDUCATION (RSHE)

To provide you with a better understanding of our scheme **Jigsaw** and the statutory content of RSHE we have created 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. If you have any questions or wish to request the further guidance outlined in the brochure, please contact either Mr Emmett semnett@wormleyprimary.co.uk or Mrs Gaiteri head@wormleyprimary.co.uk



GREAT HOME LEARNING FROM Y4



TIMES TABLES CLUB

Year 4s now have the opportunity to practise their times tables at our Monday lunchtime club.

There will be different times table activities each week to help them secure this vital knowledge and to help them prepare for the statutory test in June.

All year 4 children are encouraged to come along and play against each other - and their teachers!



STAY IN TOUCH

We have a school APP, Twitter and Facebook account.

Register to receive our regular posts **@wormleyprimary** (for Twitter) and find us on Facebook through **Wormley Primary**

SENDING YOU ALL AN EASTER BLESSING

This Joyous Time of Year

May the glory and the promise of this joyous time of year bring peace and happiness to you and those you hold most dear.

And may Christ, Our Risen Saviour, always be there by your side to bless you most abundantly and be your loving guide.



EMPOWERING HERTFORDSHIRE'S YOUNG PEOPLE WITH KNOWLEDGE AND SUPPORT FOR THEIR MENTAL HEALTH

Families First is a proud Just Talk Partner and we are excited to announce the **You and Your Mental Health**, Just Talk's upcoming campaign.

As part of the campaign, we're challenging young people, families, partners and schools across Hertfordshire to take time to learn about and talk about mental health and what it means to them. Trying new activities, utilising a breadth of resources to find what suits them best on their wellbeing journey.

The campaign kicks off on **March 10th 2025**, across social media and a dedicated webpage **You and your mental health** full of resources, top tips and support.

<https://www.justtalkherts.org/news-and-campaigns/you-and-your-mental-health.aspx>

Facebook: [JustTalkHerts](#) Instagram: [@JustTalkHerts](#) Twitter: [@JustTalkHerts](#)

Just Talk, a partnership of leading organisations in health, social care, education and voluntary organisations across Hertfordshire, is on a mission to strengthen understanding of wellbeing and empower everyone on their journeys towards better emotional health.

We look forward to seeing how you get involved in learning more about children's mental health, which will be a valuable contribution to positive discussion, awareness and better support for mental wellbeing.

HABS STRENGTH IN MIND 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.



FUNDRAISING

We are delighted to share that **Edd Ranford**, a mortgage broker from Cuffaro Estate Agents, has been selected to run the **London Marathon** on behalf of HABS Strength In Mind!

Edd's incredible support will help us raise vital funds to continue providing essential support to children, young people, and families in our community.



We would be extremely grateful if you would support Edd and sponsor his marathon challenge.

Thank you!

Eatwell Guide: West African

Includes Ghana, Guinea, Liberia, Mali, Mauritania, Niger, Nigeria, Senegal, Sierra Leone, Togo

Common dietary trends

- High intake of fruits and vegetables
- Frying is common
- Portion sizes large
- High intake of starchy/carbohydrate food



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Check the label on packaged foods

Each serving (150g) contains				
Energy	Fat	Saturated fat	Sugars	Salt
1048kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Spinach and other dark green leafy vegetables



Eat less often and in small amounts



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Choose lower fat and lower sugar options



Choose unsaturated oils, e.g. olive oil, and use in small amounts

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives
Choose lower fat and lower sugar options



Per day 2,000kcal 2,500kcal = ALL FOOD + ALL DRINKS

Eatwell Guide: East African

Includes Tanzania, Kenya, Uganda, Rwanda, Burundi and South Sudan, Ethiopia & Somalia

Common dietary trends

- High intake of fruits and vegetables
- Frying is common
- Sweet treats are common
- High intake of fibre



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Check the label on packaged foods

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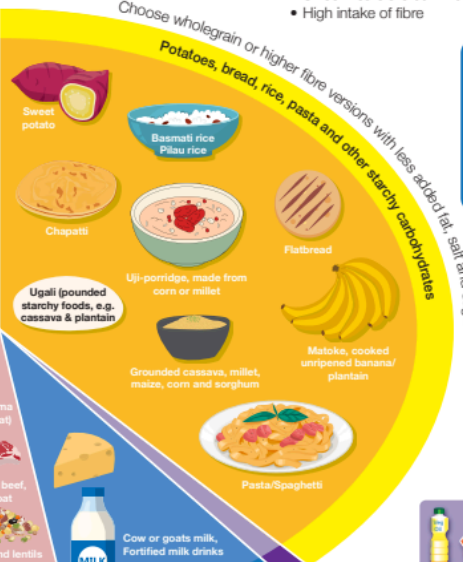
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Fruit and vegetables

Kale and other dark green leafy vegetables



Eat less often and in small amounts



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Choose lower fat and lower sugar options



Choose unsaturated oils, e.g. olive oil, and use in small amounts

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



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Eatwell Guide: Caribbean

Includes Anguilla, Antigua & Barbuda, Bahamas, Barbados, Cuba, Jamaica, Trinidad & Tobago, St Lucia, St Vincent, Grenada & the Bahamas

Check the label on packaged foods

Each serving (150g) contains					
Energy	Fat	Saturated	Sugars	Salt	
1046kJ	3.0g	1.3g	34g	0.9g	
250kcal	LOW	LOW	HIGH	MED	
	13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

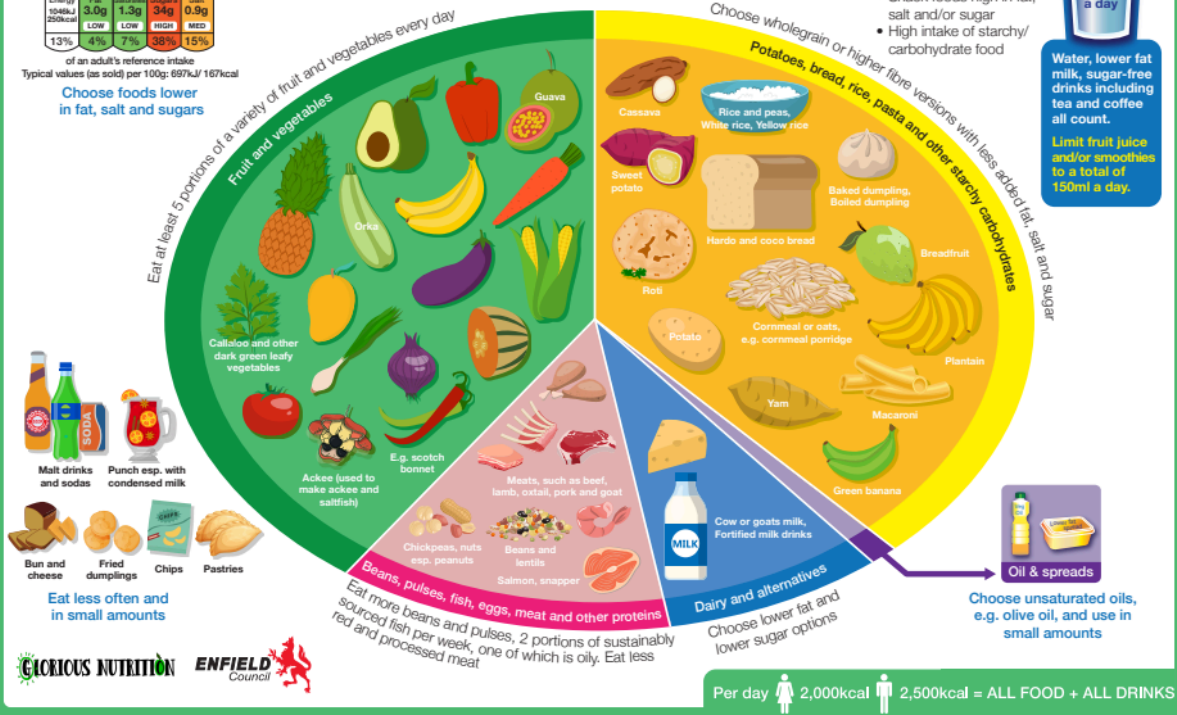
Choose foods lower in fat, salt and sugars

Common dietary trends

- High intake of fruits and vegetables
- Frying is common
- Snack foods high in fat, salt and/or sugar
- High intake of starchy/carbohydrate food



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Per day 2,000kcal 2,500kcal = ALL FOOD + ALL DRINKS



Eatwell Guide: Bengali

Bangladesh is located in South Asia and is bordered by India from three sides, Burma from the southeast corner and the Bay of Bengal from the south.

Check the label on packaged foods

Each serving (150g) contains					
Energy	Fat	Saturated	Sugars	Salt	
1046kJ	3.0g	1.3g	34g	0.9g	
250kcal	LOW	LOW	HIGH	MED	
	13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

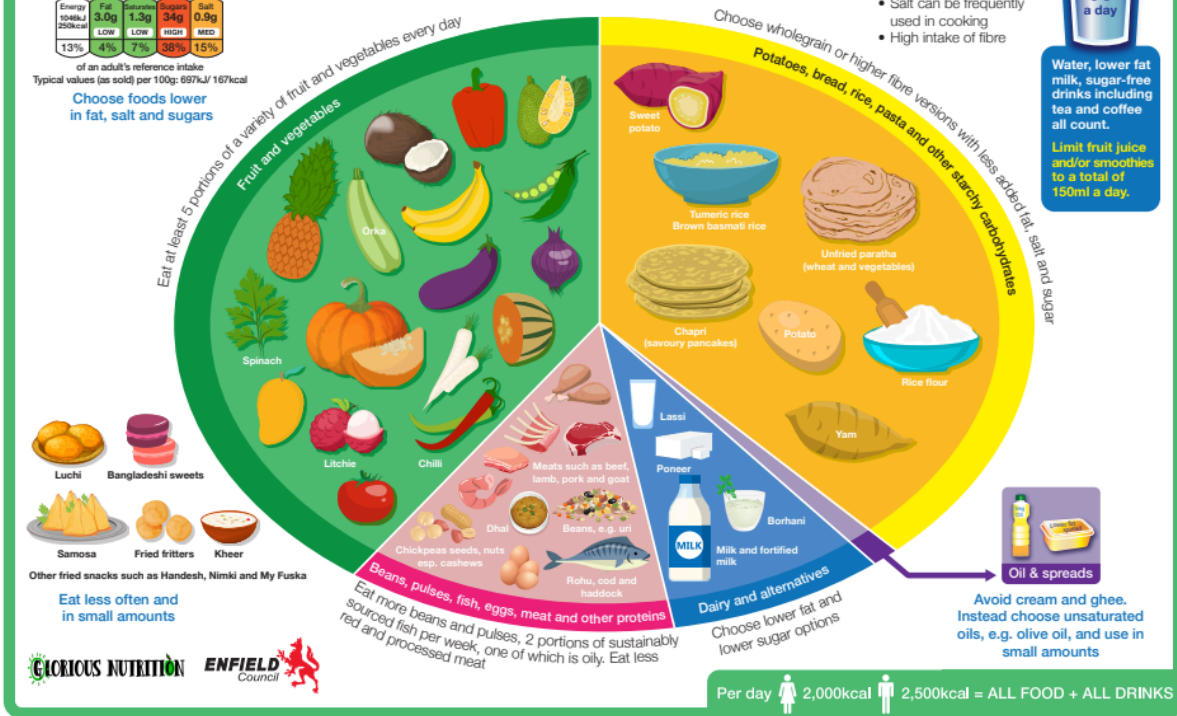
Choose foods lower in fat, salt and sugars

Common dietary trends

- High intake of fruits and vegetables
- Frying is common
- Salt can be frequently used in cooking
- High intake of fibre

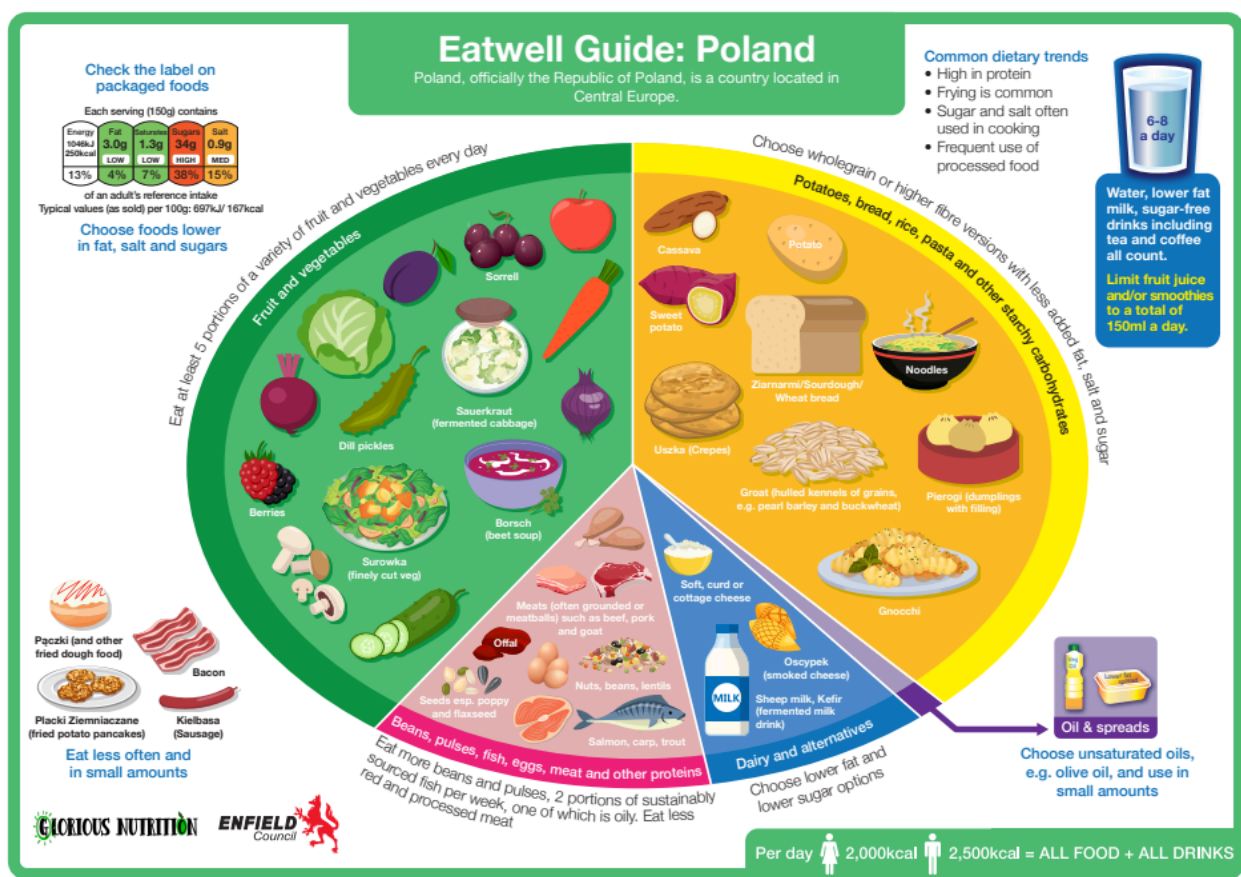


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Children and Young People's Dental Care Survey: Smiles for the Future

Healthwatch Hertfordshire are working with the ICB to gather insights from parents and carers about their experiences with accessing dental care for their children. This is an important initiative aimed at improving children's oral health services.

The key aims of this research are to:

- Understand how frequently children are visiting the dentist.
- Identify barriers that may prevent access to dental care.
- Explore ways to make dental practices more child- and family-friendly.
- Determine what information, support, or resources would help parents better care for their child's oral health.

We are sharing the survey. Your feedback will be invaluable in shaping improvements to dental services and ensuring more accessible, family-friendly care.

Survey Link: <https://www.smartsurvey.co.uk/s/HwHOralHealth/>

♥ GRIEF CAFE FOR TEENS - A SAFE SPACE FOR YOUNG PEOPLE EXPERIENCING LOSS ♥

What is a Grief Café?

Losing someone you love can feel overwhelming, lonely, and confusing. A Grief Café is a welcoming space for teens who have been bereaved to connect, share (if they want to), and find support in a way that feels right for them.

No pressure to talk - just an open space to be understood.





Meet others who get it - because you are not alone.

Express grief in creative and meaningful ways.


Learn how to honour and carry the memory of your loved one.



This is not therapy or counselling—it's a space for connection, reflection, and support.

4-Week Programme

-  Session 1: You Are Not Alone - Understanding grief & finding connection
-  Session 2: Holding On & Letting Go - Exploring memories & emotions
-  Session 3: When Grief Feels Heavy - Coping with difficult emotions
-  Session 4: Carrying Their Light Forward - Creating meaningful ways to remember

You can book as many sessions as you like. You do not have to do all four.

 **Location:** The Green House, London Road, St. Albans

 **Time:** 5-6pm  **Dates:** 16th, 23rd, 30th March and 6th April

£ **Cost:** Free

Find out more about the Ollie Foundation and the support they offer here:- theolliefoundation.org

DADS TOGETHER

Spaces are still available on the below online group

Wednesday 26 February - 2 April from 7pm - 9pm online via Ms Teams

As a dad do you feel you are constantly nagging at your child to get what you need? Are you looking for a calmer house? Join our free online 6- week group to learn how you can change the way you communicate with your child, respond better and feel more in control

The sessions will cover:-

- Exploring what helpful discipline is
- Recognising the triggers and responding more effectively
- Learning new parenting tools to challenge children's behaviour
- How to negotiate and implement effective boundaries and family agreements
- How to hold boundaries and gain co-operation



To book a place, contact Louise Voyce

Direct: 0204 522 8700

Office: The Annex, York House, Salisbury Square, Hatfield, AL9 5AD

Hours: Monday, Tuesday, Friday 9.00 - 5.30 & Wednesday 9.00-13.00