



News on the Nineteenth



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

Tel: 01992 303331

Have Faith, Show Respect, Take Responsibility and Achieve

www.wormleyprimary.co.uk

March 2026

DATES

Easter break

Monday 30th March - 10th April

Children return to school:

Tuesday 14th April

Half Term:

25th-29th May

SECONDARY TRANSFER

Our Year 6 children have been allocated their Secondary School places. Most children are very happy with their allocation.

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.



WORLD BOOK DAY - POETRY RECITALS

We hope you enjoyed the Poetry Recitals.

The children definitely enjoyed performing to you and showing their developed oracy skills.

They spent the week learning the poem by heart and exploring how their voices could tell the story of the poem.



It was wonderful to have so many families attend to value their children's voices.

Reading Challenge



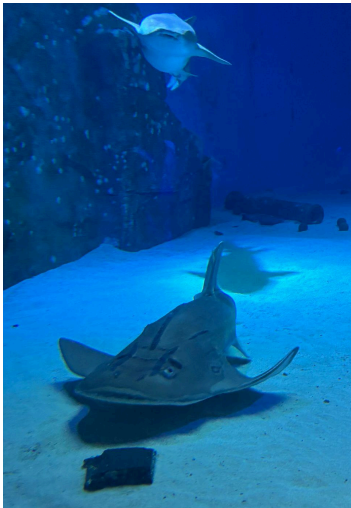
This continues until Easter so we are asking your children to read as much as they can, whenever they can, wherever they can! We have been so impressed with the number of children regularly reading and have given out prizes, including books, comics and Wormley Reader Bears, to many children. We have 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 have a story read to them.

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

SCIENCE WEEK 2025 - 9th-13th March

The children enjoyed an exciting Science Week 2026!
The theme for the week was *curiosity about water*



Children in KS1 & KS2 learnt about the oceans and seas and what species inhabit them. Trips to the aquarium in Southend and London gave the children a chance to see some of the species close up.

It was wonderful to see the children's faces as sharks swam above them, a large turtle swam by them and fluorescent jellyfish did their dance!

Each class learnt more about the creature their class was named after.



The children have also been thinking about pollution in our seas and oceans and the impact on the creatures' habitats. They watched some episodes from *The Blue Planet: a natural history of the ocean*. Many of the children have said that they want to try to reduce plastic pollution and some shared how they carry out litter picks with parents and recycle plastic properly.

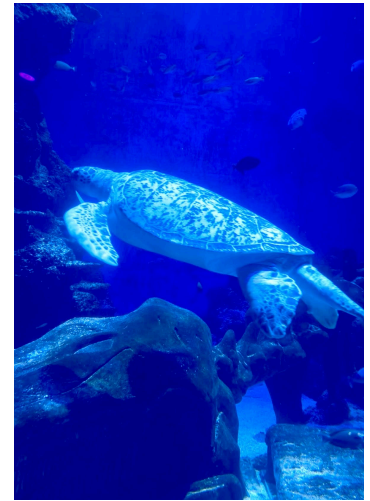
This demonstrates their *courageous advocacy* as they ask 'big questions' and think globally about life and exploitation of the natural world.



In our Early Years, the children have been learning about pondlife. They are watching the metamorphosis which is the lifecycle of a frog. After about 16 weeks from when the tadpoles hatch, their legs begin to form, followed by the arms. Their tails are gradually absorbed into the body. Alongside this process, lungs form to allow the young froglets to breathe above water. The children have been clearing the pond in Forest School ready for the froglets.

YN and YR have also been carrying lots of investigations with water such as floating and sinking. Currently, there are 10 duck eggs in Preschool waiting to hatch - we hope to share photos soon!

The week has been full of observations, discussions and debate, prediction and investigations. The children learnt a lot and enjoyed their science learning!



VALUE OF THE HALF TERM IS TRUTHFULNESS

This half term, we have been considering truthfulness. We have thought about how we know the truth, how we tell the truth (even when it is difficult to do so) and how truth links to trust.

We have listened to stories where the moral message is that if we lie, others will no longer believe us when we tell the truth.



In the Bible, there is a verse where Jesus is recorded as saying, "I am the Way, the Truth, and the Life". John 14:6

Christians believe Jesus came to show us how to live as God wanted us to.

EASTER SERVICE

In the last week of term, children will be learning about the Easter story which is at the heart of Christianity.



In the Bible, we can read how 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.

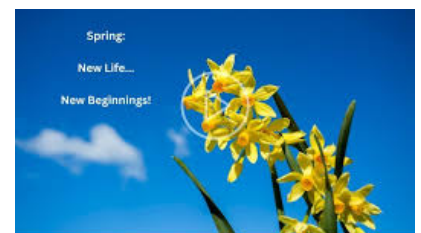
On the following Sunday, some women visited the grave and found that the stone had been moved, and that the tomb was empty.

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 **Wednesday 25th March** at Wormley Free Church.

KS1 and KS2 Easter Service will take place on **Thursday 26th March** at St Augustine's Church

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



EID MUBARAK

Wishing our Muslim families a happy Eid-ul-Fitr following the month of Ramadan.

Easter Egg Hunt

We would like to inform you that there will be Easter Egg Hunts on **25th and 26th March**.

If your child would like to take part in this, please make payment on Arbor (under trips). The cost will be £2.50.

The egg hunts will be for every year group, including YN /YR.



KS2 KEEP FIT

It has been great to see that many children have attended our morning **Keep Fit** session with Mr Horsley. We have about 50 regular attendees!

KS2 children are invited to come along to get fitter on Tuesday and Thursday mornings from 8:30am in the KS2 playground.

JIGSAW PERSONAL, SOCIAL AND HEALTH EDUCATION 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 self 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



PERSONAL, SOCIAL AND HEALTH EDUCATION / RELATIONSHIPS AND SEX EDUCATION (RSE)

For primary pupils, there is updated guidance for Personal, Social and Health Education (PSHE), including Relationships and Sex Education (RSE) which comes into place in September 2026. There will be a stronger focus on online safety and wellbeing, the use of accurate terminology for body parts (including genitalia), and the introduction of personal safety around water, roads, and railways. There's also greater emphasis on helping children understand change and loss, including bereavement, and on developing communication skills, assertiveness, and the confidence to express personal needs and boundaries.

Wormley CofE Primary School has updated its policy which is available on our website <https://wormleyprimary.co.uk/>.

Our lead teacher, Mrs Linard, will be available on our Learning Consultation Evening on **Tuesday 24th March** in the KS2 dining area, to show you the materials we use for teaching Personal, Social and Health Education (PSHE), including Relationships and Sex Education (RSE).



If you wish to discuss anything further regarding our PSHE and RSE curriculum, please email semnett@wormleyprimary.co.uk.

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, eat healthily and focus on learning in the afternoons.

At the end of this newsletter you will find some Culturally adapted Eatwell Guides, including West African, East African, Caribbean, Bengali and 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, cherry tomatoes, carrot sticks, small tub of fruit salad, box of raisins
- ★ Dairy food e.g. reduced fat cheese, yoghurt, fromage frais
- ★ Choose crisps & snacks low in salt and fat (2 examples here)



Water

We encourage water as a primary drink. This helps with good dental hygiene. 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.

YEAR 6 REVISION CLUB

After Easter, children in Year 6 may attend revision club in

their classrooms from 8:15am on a Tuesday and a Thursday.

Come along to brush up on anything you find a bit tricky!



YEAR 4 TIMES TABLE CLUB

After Easter children in Y4 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 website, the Arbor APP and a Facebook account. Download the Arbor app 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. Trying new activities, utilising resources to find what suits them best on their wellbeing journey.

The campaign began 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](#)

HAPPY CAMPS FOR CHILDREN IN RECEIPT OF FREE SCHOOL MEAL

HAPpy Camps are available for children and young people from reception to year 11, who are in receipt of benefits-related free school meals. Eligible pupils can access the funded Holiday Activity and Food Programme (HAF).

HAF is known as the HAPpy: Holiday Activity Programme in Hertfordshire.

The next HAPpy programme will take place between **Monday 30th March - Friday 10th April** (excluding Good Friday 3rd April and Easter Monday 6th April).

Should you have any questions about HAPpy please contact haf@herts.ac.uk or call 01707 284229.



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.

Message from Leigh Cole:

We've had an exciting and busy start to 2026, with some fantastic support building:

- ❖ *Edmonton Latymer Lodge 5026 hosted a Ladies' Night in support of HABS and another charity, raising over £1,000.*
- ❖ *Mi-Soul Radio showcased our work last week, opening up exciting networking opportunities. We've already been approached by an artist who would like to commission a piece of artwork for HABS to auction. Some amazing DJs linked to this artist.*
- ❖ *Eman SV2, social influencer with a combined social media following of over 5 million and the New Balance Ambassador has begun supporting us and generously donated boxes of items for our families. This support will continue and grow over the coming months.*

And there's even more to look forward to ...

June - Hills Construction Skydive

July - Lovells Construction Golf Day

As always, we are incredibly grateful for support. Together, we can continue making a meaningful difference for the families in our area.

Leigh Cole (She/Her) | CEO and Trauma Psychotherapist

lcole@habscharity.org.uk | 07951 497277

HABS Strength in Mind 01992 303331 (Ext. 5)

HABS Family Support Team, C/o Wormley C of E Primary School,

PARENT AND CARER SUPPORT - SUMMER TERM

FREE COURSES

TALKING TEENS

6, weekly sessions for parents and carers of children aged **12-19**, covering:

- **The Teen Brain: physical and emotional changes taking place and why behaviour changes.**
- **The link between behaviour and communicating difficult feelings.**
- **How to maintain your relationship with good communication.**
- **Understand risk taking behaviour around drugs, alcohol and gang culture.**
- **How to negotiate and reduce conflict.**



Tuesdays 7.45 - 9.15pm

14th Apr to 19th May

Online Course: ID 834

Wednesdays 7.45 - 9.15pm

3rd Jun to 8th Jul

Online Course: ID 835

TALKING FAMILIES



6, weekly sessions for parents and carers of children aged **0-12** sharing tips on:

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self-esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.

Wednesdays 9.45 - 11.15am

6th May to 17th Jun

Online Course ID 832 Not half term 27/5

Mondays 8.00 - 9.30pm

1st Jun to 6th Jul

Online Course ID 833

TALKING DADS

6, weekly sessions for dads & male carers of children **0-19**, sharing information on:

- Improved listening and communication skills.
- A healthy dad-child relationship now and for the future.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad, you want to be.



Wednesdays 7.45 - 9.15pm

6th May to 17th Jun

Online Course: ID 836 Not half term 27/5

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children **2-19**, with any additional need. Your child does not need a diagnosis.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.



Tuesdays 8.00 - 9.30pm

14th Apr to 19th May

Online Course ID 831

BOOKING IS ESSENTIAL. Please quote the course ID.

To check eligibility and book a place, please contact Supporting Links on: 07512709556 or

bookings@supportinglinks.co.uk

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	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
LOW	LOW	HIGH	MED	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



Malt beer and soda/soft drinks



Chin chin

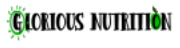


Puff puff



Fried plantain

Eat less often and in small amounts



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

Fruit and vegetables



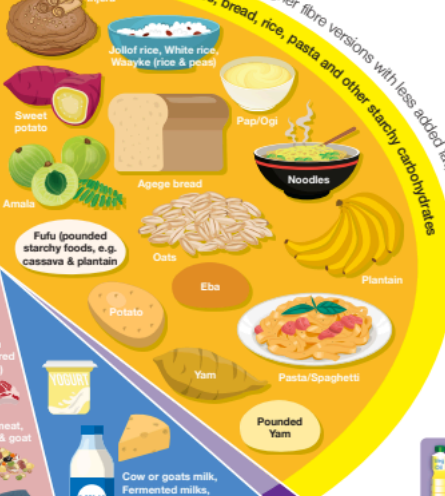
Spinach and other dark green leafy vegetables

Pondu/Cassava leaf stew

Egusi & Efo Riro soup (leafy vegetable soups)

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

Potatoes, bread, rice, pasta and other starchy carbohydrates



Fufu (pounded starchy foods, e.g. cassava & plantain)

Oats

Eba

Potato

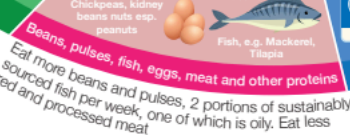
Yam

Pasta/Spaghetti

Pounded Yam

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



Suya (skewered meat)

Lean cuts of meat, e.g. beef, lamb & goat

Chickpeas, kidney beans, mung beans, peanuts

Fish, e.g. Mackerel, Tilapia

Dairy and alternatives

Choose lower fat and lower sugar options



Cow or goats milk, Fermented milks, Fortified milk drinks



Oil & spreads

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

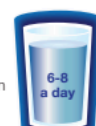
Per day 2,000kcal (woman icon) 2,500kcal (man icon) = ALL FOOD + ALL DRINKS

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

Each serving (150g) contains				
Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
LOW	LOW	HIGH	MED	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



Sambusa

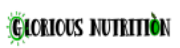


Chevedo



Halva

Eat less often and in small amounts



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

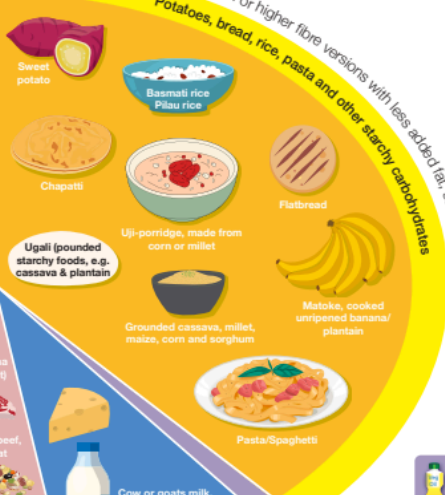
Fruit and vegetables



Kale and other dark green leafy vegetables

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

Potatoes, bread, rice, pasta and other starchy carbohydrates



Ugali (pounded starchy foods, e.g. cassava & plantain)

Uji-porridge, made from corn or millet

Grounded cassava, millet, maize, corn and sorghum

Matooke, cooked unpeeled banana/plantain

Pasta/Spaghetti

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



Hyza Choma (grilled meat)

Meats such as beef, lamb and goat

Chickpeas, kidney beans, mung beans, peanuts

Salmon, hake

Dairy and alternatives

Choose lower fat and lower sugar options



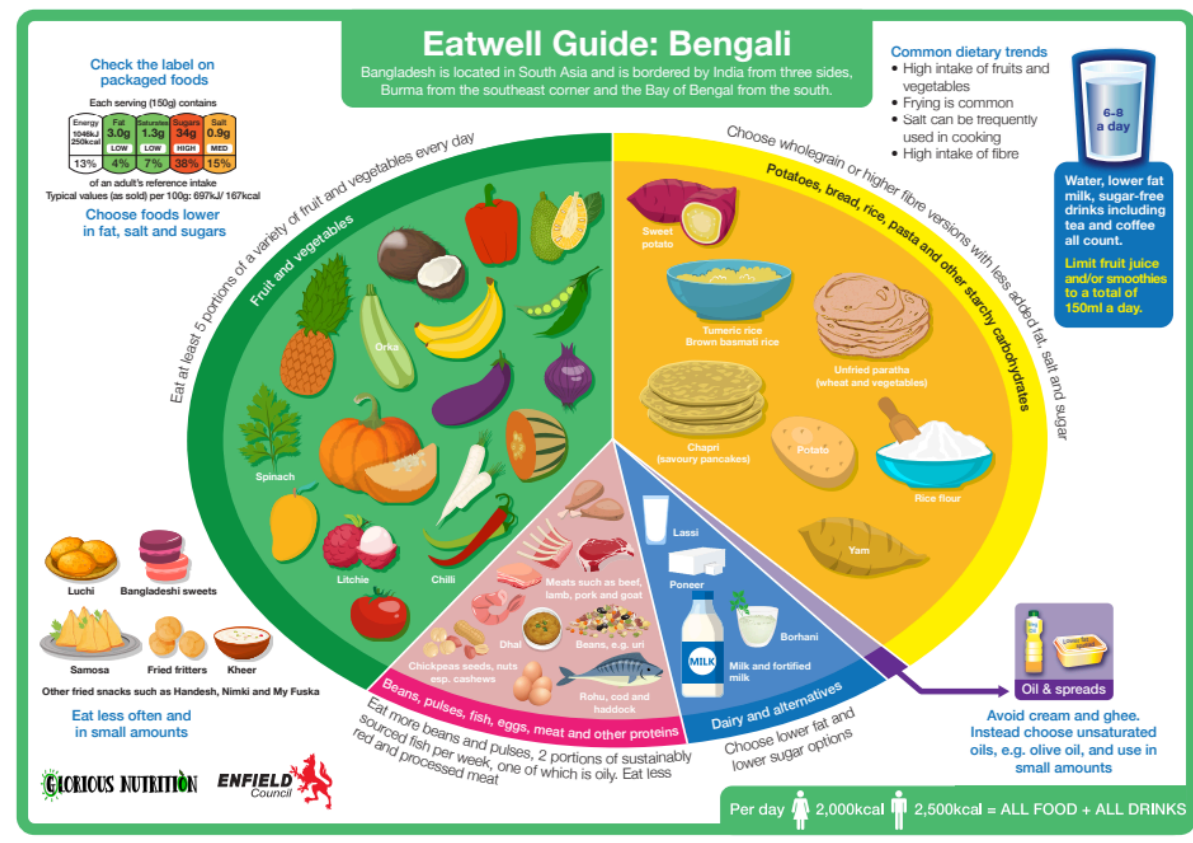
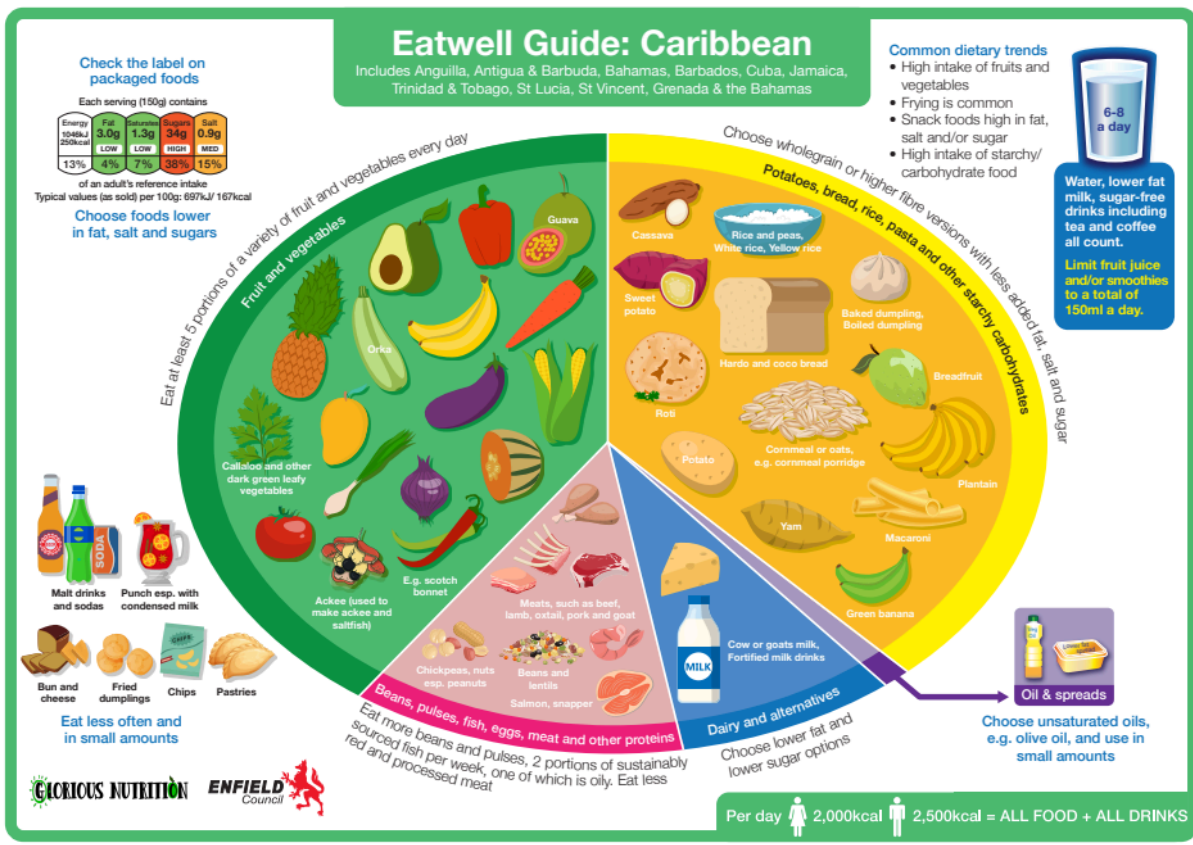
Cow or goats milk, Fermented milks, Fortified milk drinks



Oil & spreads

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

Per day 2,000kcal (woman icon) 2,500kcal (man icon) = ALL FOOD + ALL DRINKS



Eatwell Guide: Poland

Poland, officially the Republic of Poland, is a country located in Central Europe.

Check the label on packaged foods

Each serving (150g) contains

Energy 1048kJ 250kcal	Fat 3.0g LOW	Saturated fat 1.3g LOW	Sugars 34g HIGH	Salt 0.9g 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 in protein
- Frying is common
- Sugar and salt often used in cooking
- Frequent use of processed 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.

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



Eat less often and in small amounts

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



Eat more beans, pulses, fish, eggs, meat and other proteins



Choose lower fat and lower sugar options



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



Per day 2,000kcal (woman icon) 2,500kcal (man icon) = ALL FOOD + ALL DRINKS