

# News on the Nineteenth

WITH *God*  
ALL THINGS ARE  
*possible*

Wormley C of E 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](http://www.wormleyprimary.co.uk)

October 2023

**WE ARE A NUT-FREE SCHOOL AS WE HAVE CHILDREN WITH ALLERGIES TO NUTS**

## LIVING HISTORY DAY

We hope families of children in KS1 and KS2 enjoyed our *Living History* morning. The children really enjoyed preparing their museums and teaching you all what they have been learning in their historical enquiries.



## TERM DATES

HALF TERM  
Monday 23<sup>rd</sup> -  
27<sup>th</sup> October

## CHRISTMAS BREAK

Term ends - Wednesday  
20<sup>th</sup> December

1:30pm

Children return to school on  
Monday 8<sup>th</sup> January



## HARVEST FESTIVAL THANK YOU

This year, the Bishop of St Albans has chosen to support a project which will provide families in Kumi, Uganda, with chickens.

It is called '*Cracking Food Poverty Together*'.

The chickens produce eggs for food, which helps to prevent food poverty and malnutrition.

This appeal is being run in partnership with a Hertfordshire charity known as *Mission Direct*.



Our Y6 pupils told us about Helen's story. She is the mother of six children. Over the past few years her community has suffered from several disasters including a drought, a plague of locusts who ate the crops and the world disease of Covid. Fortunately, Helen was given a few chickens several years ago to help her to feed her family. They were easy to look after and gave her eggs and then more chickens and eggs.



Some of our Y4 pupils performed Kassa, a north west African dance for Harvest. Kassa means 'to plant' in Malinke, As farmers work in remote fields in Guinea, drummers play for them throughout the working day, accompanied by women singing.

Y3 pupils read their prayers and we collected harvest gifts you donated for our local food bank. Our Nursery and Reception children held their harvest festival in school with Rev Ben. The children's favourite song was 'Big Red Harvester'!

Thank you for all of your kind donations for the Wormley Food Bank.



## OUR VALUE THIS HALF TERM IS FAITH

This term, we have explored the value of **Faith** in our Collective Worship.

We have read stories from the Bible which talk about people who have had faith and because of their faith, the impossible became possible.

We considered the story of how the walls of Jericho crumbled to the sound of horns, Daniel in the Lions' Den, Jesus turning water into wine and Peter walking on water.

The children have been thinking about who they have faith in.

WITH *God*  
ALL THINGS ARE  
*possible*



## APPLICATIONS FOR SECONDARY SCHOOL

Please be aware that the deadline for applications to secondary schools is fast approaching. Parents/carers need to make an application online or on paper by the closing date of

**Tuesday 31st October 2023.**

Hertfordshire County Council recommend that parents complete it by **Friday 27<sup>th</sup> October**, so that if there are any queries, they can be dealt with by the Admissions Team ahead of the deadline.

Parents/carers should apply online at [www.hertfordshire.gov.uk/admissions](http://www.hertfordshire.gov.uk/admissions) or alternatively if you cannot access the internet, you can request a printed version of the website information and application from the Admissions and Transport Team by contacting your Process Admissions Officer ([sonia.cousins@hertfordshire.gov.uk](mailto:sonia.cousins@hertfordshire.gov.uk) / 01992 555150 x 25150 ).

## MESSY CHURCH: KNOWING JESUS, KNOWING GOD - READING THE BIBLE (Acts 8:26-40)

Those who attended our first Messy Church of the year said they really enjoyed themselves.

The theme was **Knowing God, Knowing Jesus and Knowing The Bible.**

After lots of crafts and games, we had a story, sang a song and ate a lovely dinner of sausages, chips and beans with ice-cream for pudding.

Our next Messy Church is on

**Tuesday 5<sup>th</sup> December.**

Everyone is welcome. The event is **FREE** for families.

Our theme will be **The Nativity**



## WE ARE ALL ROLE MODELS FOR OUR CHILDREN

Our school has worked hard to develop a very nurturing, non-threatening environment within school for our young, innocent and impressionable pupils.

This is recognised by our **Wellbeing Award**.

We are very proud of this award.

We do not believe in exposing children to situations which cause fear and trauma. This is very damaging to young minds.



We recently reviewed our **Rights and Responsibilities Behaviour Policy** which explains in detail our therapeutic approach to behaviour. You can read the policy by following the link [https://wormleyprimary.co.uk/wp-content/uploads/Copy-of-Behaviour-Policy\\_Rights-and-Responsibilities-2022-2025V2.docx.pdf](https://wormleyprimary.co.uk/wp-content/uploads/Copy-of-Behaviour-Policy_Rights-and-Responsibilities-2022-2025V2.docx.pdf)



In addition, we recently reviewed our **Class and Playtime Charters** in line with our Rights and Responsibilities Policy.

**All children have 3 rights:**

**To be safe and healthy**      **To be respected and treated equally**      **To learn and achieve**

These rights are in line with the rights of UNICEF.

For each right, the children have identified their **responsibilities** and the **positive choices** they must make to protect everyone's rights.



These are on display in the classrooms, corridors and playgrounds, and the children are held accountable to them.



## PERSONAL, SOCIAL AND HEALTH EDUCATION AT WORMLEY COFE PRIMARY SCHOOL

Here at Wormley CofE Primary, we use a fantastic scheme called **Jigsaw**. Jigsaw is a spiral, progressive scheme that perfectly connects pieces of Personal, Social and Health Education, emotional literacy, social skills and spiritual development. Every half term, each year group focuses on a particular unit that prepares our children for life, helping them really know and value who they are and understanding how to relate to others in this ever-changing world.

### AUTUMN 1 - BEING ME

**Year 1:** Feeling special and safe, being part of a class, rights and responsibilities, consequences.

**Year 2:** Hopes and fears, safe and fair learning environment, rights and responsibilities, choices,.

**Year 3:** Setting personal goals, self-identity and self-worth, rights and responsibilities, rewards and consequences, responsible choices.

**Year 4:** Being a class team, class citizenship, democracy, rewards and consequences, having a voice, group decision making.

**Year 5:** Planning the year, being a citizen, rewards and consequences, democracy, having a voice, how behaviour affects groups.

**Year 6:** Planning the year, global citizenship, universal rights, choices, consequences and rewards, group dynamics, anti-social behaviour, role-modelling



Next half term, Autumn 2, our Jigsaw unit will be **Celebrating Difference**. This unit will focus on how we are all different, accepting and valuing difference, understanding different cultures, bullying behaviours and knowing what to do in a bullying situation, using kind words and treating others with respect.

## HELLO YELLOW DAY - PROMOTING POSITIVE MENTAL HEALTH AND WELLBEING

This term's focus on positive mental health and wellbeing will use the

### Five ways to Wellbeing

Our activities and thinking will complement our RE Week.

**Keep learning:** children learn something new about Religion and World views this week. Every class has a RE focus.

**Connect:** through collective worship. Our Wellbeing Champs will talk about the Wellbeing Agents and why they are important in our lives.

**Taking notice:** mindful activity linked to RE and being present in the moment. Children will listen to a piece of **music** and teachers will allow them to respond to the music through art.

**Give:** children are asked to perform an act of kindness to someone else.

**Be active:** functional skills for PE to keep our bodies and minds healthy.



We continue to teach the children how it helps to notice how we are feeling and **The Zones of Regulation**.

We encourage the children to start by noticing which zone they are in and naming their feeling.

Once we name our feeling, we can try and tame it.

We remind the children to deploy their agents when they need them. For example, deploying **Agent Mindful** by taking some time to be quiet and still, or deploying **Agent Lifestyle** by spending time with a friend doing something they enjoy.

We are happiest and most productive when we are in the **green zone**. When children find themselves in the red, yellow or blue zone, they should deploy any of their agents to help them feel better and to get back into the green zone.

The four zones are:

BLUE GREEN YELLOW RED



### SOCIAL LEARNING - DEVELOPING A GREATER AWARENESS OF OURSELVES

To learn more about the agents and to watch the movies check out our social learning page on the website: [http:// wormleyprimary.co.uk/social-learning/](http://wormleyprimary.co.uk/social-learning/)

#### Agent Mindfulness

- Peacefulness
- Positivity
- Regulation
- Listening



#### Agent Lifestyle

- Sleep
- Balance
- Friendships
- Laughter



#### Agent Nutrition

- Mood
- Diversity
- Energy
- Diet



#### Agent Kinetic

- Endurance
- Stamina
- Agility
- Creative movement



### INSTRUMENTAL TUITION

If you would like your child to learn to play a musical instrument, we can arrange lessons from a peripatetic teacher in school.

**Guitar Piano Flute**

**Option 1:** 11 x 30 minute lessons of individual tuition per term (currently £264.00 per term)

**Option 2:** 11 x 20 minute lessons of individual tuition per term (currently £176.00 per term).

Call 01992 411060 option 4

### MOBILE PHONES

Pupils are **not** permitted to have mobile phones in school. The parents of any year 6 pupils, who are walking to or from school without an adult, can request that their child bring a phone into school. A request form will be sent home. There are strict requirements for the children to follow. Once the request form has been completed and returned, a child can bring their phone to school, however it must be handed in at the start of the day and collected again once school has finished. The phones **must not** be used on the school premises which includes the playground before and after school.

**Any phones being misused will be confiscated.**

### WORMLEY CofE PRIMARY SCHOOL PTA

We have a newly formed PTA to organise social events and fund-raise for the school.

If you would like to learn more or would like to join the PTA please email [PTA@wormleyprimary.co.uk](mailto:PTA@wormleyprimary.co.uk)

It's a fabulous way to meet members of our community and serve the children of our school.

## HEALTHY EATING

Please ensure to pack healthy food options in packed lunches.

We know that if the children eat healthily, they will be in a better place for learning and achieving their best.

Too much sugar gives them highs and lows in mood, too much salt dehydrates their body.

**A healthy packed lunch should include:**

- A good proportion of starchy food e.g. bread, wholegrain role, tortilla w chapatti, pasta, rice, salad
- A portion of lean meat, fish or alternative e.g. chicken, tuna, ham, egg, cheese, beef, beans, hummus, soya
- 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)



Snacks should be **FRUIT** or **VEGETABLES ONLY**.

For further information on food in school please follow this link <http://wormleyprimary.co.uk/lunch/>

## ANTI-BULLYING WEEK

The theme for Anti-Bullying Week 2023 is:  
**Make A Noise About Bullying**

Teachers and children wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes.



### Our call to action:

- Too often, we are silent when we see bullying take place, silent about the hurt bullying causes, and silent when we hear bullying dismissed as 'just banter'.
- It doesn't have to be this way. Of course, we won't like everyone and we don't always agree, but we can choose respect and unity.
- This Anti-Bullying Week let's come together to have discussions about what bullying means to us, how banter can turn into something more hurtful, and what we can do to stop bullying. Together, we can make a difference and take a stand against bullying.
- From the playground to Parliament, and from our phones to our homes, let's make a noise about bullying.

The week takes place from **Monday 13th** to **Friday 17th November**.

## NURSERY / RECEPTION TOURS

If you are looking for a place in Wormley Primary School's Nursery or Reception, there are a number of dates for tours next half term. Please contact the office for more details.

## ROVING BOOKS

The ROVING BOOKS bookshop will be in school all day on Thursday 2nd November, Children can bring in £5 in an envelope to purchase a book. Alternatively, parents / carers and children can visit after school in the KS1 hall.

An opportunity to buy early Christmas presents!







## COURSES FOR FAMILIES

The 6 week courses are fully funded by HCC for families in Hertfordshire. Please take a look - the courses are for any family wanting to improve their parenting skills.

### TALKING FAMILIES

For dads, step-dads and male carers of children 0-12 years

- Increase your confidence in parenting
- Develop secure relationships with your child
- Improve listening and communication skills
- Develop strategies for dealing with anger and conflict
- Learn how to enforce boundaries

Online Wednesday evenings 7.45pm - 9.15pm 13, 20, 27 Sept, 4, 11 & 18 Oct 2023 ID: 602

For Dads, Step-Dads and male carers of children 12-19 years

Online Tuesday evenings 7.45 - 9.15pm 31 Oct, 7, 14, 21 & 28 Nov and 5 Dec 2023 ID: 606

## COURSES FOR DADS

**Talking Families For Dads of children 0-12yrs**  
Wednesdays 7.45 - 9.15pm ID 602  
13th, 20th, 27th September, 4th, 11th & 18th October 2023

**Talking Dads: For Dads of children 12-19yrs**  
Tuesdays 7.45 - 9.15pm ID 606  
31st October, 7th, 14th, 21st, 28th November & 5th December 2023

A FREE 6-week course for fathers and male carers to be supported to:

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.

"The course has given me the confidence to know that I can break out of the cycle and make things different for my child."

PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM

OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

Booking essential  
Please quote the course ID  
To check eligibility and book a place, contact Supporting Links on:  
07512 709556  
bookings@supportinglinks.co.uk  
www.supportinglinks.co.uk

This course is provided free to parents by Hertfordshire County Council's Targeted Parenting Fund

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

## COURSES FOR Parents of Children 0-12 years

### TALKING FAMILIES

**Mondays 7.00 - 9.00pm Face to Face ID:599**  
The Oval Community Centre, Vardon Rd, Stevenage SG1 5RD  
30th October, 6th, 13th, 20th, 27th November & 4th December 2023

Our FREE 6-week course for parents and carers of children aged 0-12 will help you to:

- Manage challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings in children
- Develop strong parent/child relationship now and for the future

OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

Booking essential  
Please quote the course ID  
To check eligibility and book a place, contact Supporting Links on:  
07512 709556  
bookings@supportinglinks.co.uk  
www.supportinglinks.co.uk

This course is provided free to parents by Hertfordshire County Council's Targeted Parenting Fund



'It has taught me new skills to deal with family life'

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

### TALKING FAMILIES

For parents of children 0-12 years

- Manage challenging behaviour
- Encourage positive behaviour
- Build your child's self-esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings
- Develop strong parent/child relationships

Face to face Monday evenings 7.00 - 9.00pm 30 Oct, 6, 13, 20, 27 Nov and 4 Dec 2023 ID: 599

The Oval Community Centre, Vardon Road, Stevenage, SG1 5RD

Booking for courses is essential.

Please quote the course ID

Contact Supporting Links by phone on 07512 709556 or email: [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)

## SUPPORTING LINKS CORSES FOR CHILDREN WITH SEND PARENT & CARER SUPPORT: TALKING ASD & ADHD

Free workshops for parents and carers of children aged 2-25 years with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

### School Avoidance



- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child.
- How to work with your school in your child's best interests.
- Where to access further help and support, both locally and nationally.

**Thursday 19<sup>th</sup> October**  
**9.30 to 11.15am**

**Workshop 607**

**Book via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarers-in-herts-607-registration-629197084417>

### Tech Use



- What you can do to keep your child safe online.
- Why it is so hard for them to switch off and what you can do to help.
- What you can do to support any difficulties with behaviour when your child is playing.
- The effect of using their devices as a reward or consequence.
- Managing difficult conversations with confidence.
- Teaching your child to develop their own methods of regulating device use and staying safe.

**Wednesday 15<sup>th</sup> November**  
**9.30 to 11.15am**

**Workshop 608**

**Book via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-608-for-parentscarers-in-herts-registration-629208608887>

### The Teenage Years

For parents and carers of children aged 11-25yrs



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

**Wednesday 22<sup>nd</sup> November**  
**7.30 to 9.15pm**

**Workshop 609**

**Book via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-609-registration-629219070177>

Workshops provided free to parents  
by Hertfordshire County Council's  
Targeted Parenting Fund



Hertfordshire

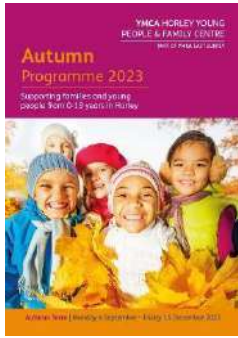
**Workshops are open to parents and carers living in Hertfordshire**

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk) [www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)





## FAMILY LIVES AUTUMN PROGRAMME



### **Anxiety around ADHD Online Workshop** **Tuesday 7 November, 9.30am - 11.30am**

*This 2- hour workshop is for parents and carers who suspect or have received a recent diagnosis that their child has ADHD. The workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.*

### **Less Shouting, More Cooperation (6 weeks) Online group** **Thursday 5 October to 16 November, 7.00pm - 9.00pm Via MS Teams**

*Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want 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*

### **Sorting Out Family Arguments (6 weeks) Online group** **Wednesday 8 November to 13 December, 9.30am - 11.30am Via MS Teams**

*Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family.*

*Sessions will cover :*

- *How parents and children can be affected by conflict*
- *Strategies in handling and resolving conflict and anger*
- *Parents' role when there is sibling rivalry and jealousy, fostering cooperation rather than competition*
- *Effective communication, implementing boundaries and how to negotiate*

### **Dads Together (6 weeks) Face to Face group** **Tuesday 7 November to 12 December, 7.30pm - 9.30pm** Canary Club, Fishponds Road, Hitchin, SG5 1NU

*As a dad do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want 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*



If you would like to attend one of these excellent courses, you can fill out a form using this link [https://forms.office.com/pages/responsepage.aspx?id=\\_1v8xmMHAKWkdxzUTU-XK840q\\_kSeSxIkV CyL2Nx05IUMUxBSIY5ODJCQjczVzRCNVE2VURDWVJLRS4u](https://forms.office.com/pages/responsepage.aspx?id=_1v8xmMHAKWkdxzUTU-XK840q_kSeSxIkV CyL2Nx05IUMUxBSIY5ODJCQjczVzRCNVE2VURDWVJLRS4u)

Or contact Louise Voyce | Senior Services Administrator (Greater London & Home Counties) | Family Lives Direct: 0204 522 8700

Office: 15-17 The Broadway, Hatfield, Herts, AL9 5HZ

Hours: Monday, Tuesday, Thursday, Friday 9.00 - 5.30 & Wednesday 9.00-11.30

## HALF TERM

We wish you all a wonderful half term.

We hope you get to enjoy some lovely Autumn walks - just as the conkers are falling.



If you are looking for an activity camp for your children, please see the flyer below:

We look forward to welcoming you back to school on **Monday 30th October.**

Wishing you a lovely break

## OCTOBER HALF TERM HOLIDAY KIDS CLUBS IN HERTFORDSHIRE

Hertfordshire Summer Holiday Kids Camps

FEATURED

If you have to work over the **October Half Term school** holidays and you're looking for some great activities for your kids, then look no further. We have a selection of ideas for October half term holiday clubs in Hertfordshire. Whether you're looking for something dramatic, creative, sporty or a little different, there's something for all interests.



<https://cheshire.redkitedays.co.uk/october-half-term-holiday-clubs-hertfordshire/>

## STAY IN TOUCH

Please make sure you have:

- accepted **Tapestry** (YN-Y1)
- joined Wormley's **Twitter/Facebook** group
- visited the **school website**

