News on the Nineteenth

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

October 2026

WE ARE A NUT-FREE SCHOOL



We **do not** allow nuts in our school as we have children with allergies to nuts and who would be severely affected if exposed to them.

Please ensure you check all ingredients in snacks, packed lunches, cakes and sweets when bringing them into school.

We aren't being fussy, we are trying to save lives. Thank you.

WORLD MENTAL HEALTH DAY 2026

Hello Yellow Day is a fundraiser for the HABS Strength in Mind charity.
This took place on **Friday 9th of October** 2026.
In school we focussed on two wellbeing agents for the day.

H·A·B·S STRENGTH IN MIND THERAPEUTIC SERVICES



Classes choose activities which reflected one of the key words associated with the agents, such as positivity, laughter, regulation. Children may have taken part in:

- Meditation Guided Meditation for Children | Your Secret Treehouse | Relaxation for Kids
- Yoga https://www.youtube.com/user/CosmicKidsYoga
  Laughter Yoga | Yoga for Kids | Healthy Kids Month
- Listening to music
- Body scanning
- Positivity Jar (Decorating a jar and dropping in a small paper note every day detailing a happy moment or a joyful experience to read later)
- Positive Affirmations: (Practice repeating confidence-boosting phrases like "I am brave," "I choose kindness," and "I can do hard things".)
- Blowing Bubbles: (To watch them float away.) It was a great way to discuss positive mental health and strategies for increasing wellbeing.



OUR VALUE NEXT HALF TERM IS POSITIVITY



We will be considering a positive, growth mindset and how we can constructively respond to life's circumstances.

Rather than having an expectation to feel happy all the time, positivity is defined as a deliberate daily practice of being positive which develops our resilience, strengthens communities, and alters biological health.

'A joyful heart is good medicine, but a crushed spirit dries up the bones.' Proverbs 17:22

LEARNING CONSULTATIONS

We look forward to welcoming you into school on
Tuesday 20th October, Wednesday 21st October and Thursday 22nd October
for a learning consultation with your child's teacher.
Please book an appointment via Arbor if you haven't done so already.



HARVEST FESTIVAL THANK YOU



On **Thursday 1st October** KS1 & KS2 children celebrated the Harvest Festival at St Augustine's Church.
We considered our value of *freedom* and how its partner value is *responsibility*.
Our Nursery and Reception children held their harvest festival on **Monday 5th October** in school. Thank you very much for all of your kind donations for the Wormley Food Bank.
Everything was much appreciated.

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 **Relationships, Rights and Responsibilities Behaviour Policy** which explains in detail our relational and therapeutic approach to behaviour. You can read the policy on our website.
In addition, we recently reviewed our **Class** and **Playtime Charters** in line with our 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.
Please be a good role model to your children and treat others as you wish to be treated.

WHO IS IN CONTROL?

Have you ever wondered whether you control your emotions or whether your emotions control you?
We know that children struggle to control their emotions, especially big ones such as anger, fear, love.
We continue to teach the children how it helps to notice how we are feeling and do this by using
The Zones of Regulation.



We encourage the children to start by noticing which zone they are in and naming their feelings.
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 can help them to feel calm and happy.
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.

ANTI-BULLYING WEEK



Anti-Bullying Week is organised by the Anti-Bullying Alliance - a network of more than 100 member organisations - all united against bullying

The theme for Anti-Bullying Week 2026 is

Break The Silence.

The aim is to encourage children, young people, and adults to talk openly, listen, and take action against bullying.

We have organised workshops this year for the 4th November.

In school we teach the children about bullying using the word **S T O P**

Bullying is when someone treats another person unkindly **S**everal **T**imes **O**n **P**urpose.

All children can be unkind sometimes but bullying is something that is targeted and repeated with the intention to cause harm. We will not tolerate bullying.

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, how behaviour affects groups.
Year 6: Planning the year, global citizenship, universal rights, choices, consequences and rewards, 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.

PARENTS GUIDE FOR MYON



We are very pleased to offer the use of 'myON' for pupils within KS2. MyON is a digital library with thousands of ebooks for children to choose from and it links with our in-school reading system/library. The digital books can be tailored to children's interests and will allow your child to read books independently, or together as a family, at any time you choose. There is open access to many genres and age ranges.

The myON website allows your child to interact with books by highlighting sections, annotating with virtual post-it notes and listening to text. Part of the website has a 'news' section where there will be current child-friendly news articles for your child to access. Your child's teacher can view the books they have read and see how long they have read for too. Once your child has read a book, they can 'take a quiz' – exactly like they do in school – as their myON account links to their in-school Accelerated Reader account where children accrue points and are working towards becoming a 'Word Millionaire' where they have read a million words or more!

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 <u>without an adult</u>, can request that their child bring a phone into school. Permission can be given on Arbor. There are strict requirements for the children to follow.

Once this has been granted, 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 and the right to bring a phone onto school premises revoked. Any child involved in cyber-bullying will have the privilege of bringing a phone to school removed permanently.



NURSERY / RECEPTION TOURS

If you are looking for a place in Wormley CofE Primary School's Nursery or Reception 2027-2028, there are a number of dates for tours on a Friday morning next half term.

Please contact the office for more details.

TERM DATES

HALF TERM

Monday 26th – 30th October

INSET day

Monday 2nd November

Term ends

Friday 18th December at 1:20pm

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 **31st October 2026**.

Hertfordshire County Council recommend that parents complete it by **Friday 23rd 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 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 the central team on admissions.central@ hertfordshire.gov.uk / 0300 123 4043.

CHRISTMAS FAYRE



There will be a Christmas Fayre here at school on **Friday 4th December.** There will be stalls with Christmas gifts, a chocolate tombola, a teddy tombola, a bottle tombola, face painting, games, glitter tattoos. You can also purchase coffee, pizzas, hot dogs and lots more from our food and drink vendors. Children can also visit Santa in his Christmas grotto.

More details to follow but save the date.

Thank you to all the parents and carers who have expressed an interest in joining our PTA. We have our first meeting on **Thursday 22nd October** at 2:30pm in the KS1 hall. We will need lots of volunteers.



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.

We look forward to welcoming you back to school on **Tuesday 3rd November.**

PHOTOGRAPHS

Our school photographer will be in school on **Wednesday 21st October** to take individual / sibling photos.

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 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, 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 above)







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

For further information on school dinners please follow this link http://wormleyprimary.co.uk/lunch/

Follow the link below to Multicultural Eatwell Guides

https://healthieryou.reedwellbeing.com/downloads/nutrition-for-different-cultures.pdf

HABS CHRISTMAS APPEAL

H·A·B·S STRENGTH IN MIND THERAPEUTIC SERVICES

Firstly, a very big THANK YOU for your contributions on **Hello Yellow Day** to our charity HABS Strength in Mind.



HABS Christmas Appeal

Since 2013 we have been supporting families in our community who may find the financial pressure of the festive season all too much. Our Christmas appeal started 11 years ago with 1 little boy in Wormley who had not enjoyed gifts or a festive meal for over 3 years due to financial hardship. Fast forward to 2025, when HABS were able to support over 500 children with sacks of presents and over 200 families with a voucher to buy a festive meal and funding towards heating.

We can only continue to support the amount of children and families we do with the continued support and donations from our schools, local community and businesses. No donation is too small. We really could not do this without your continued support.

Many Thanks The HABS Team.

DEPARTMENT FOR EDUCATION AND NHS GUIDANCE FOR CHILDREN'S ATTENDANCE

NHS

Is my child too ill for school?

It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell. It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat.

If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that your child won't be in and give them the reason. If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.

<u>If unsure, please check below:</u>

Coughs and colds: It's fine to send your child to school with a minor cough or common cold. But if they have a fever, keep them off school until the fever goes. Encourage your child to throw away any used tissues and to wash their hands regularly.

High temperature: If your child has a high temperature (38 degrees celsius or more), keep them off school until it goes away.

Chickenpox: If your child has chickenpox, keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.

Cold sores: There's no need to keep your child off school if they have a cold sore. Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

Conjunctivitis: You don't need to keep your child away from school if they have conjunctivitis. Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

Ear infection: If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

Hand, foot and mouth disease: If your child has hand, foot and mouth disease but seems well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

Head lice and nits: There's no need to keep your child off school if they have head lice and they have been treated. You can treat head lice and nits without seeing a GP. Let the school know.

Impetigo: If your child has impetigo, they'll need treatment from a GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.

Ringworm: If your child has ringworm, see your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.

Scarlet fever: If your child has scarlet fever, they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics. Let the school know.

Slapped cheek syndrome (fifth disease): You don't need to keep your child off school if they have slapped cheek syndrome because, once the rash appears, they're no longer infectious. Let the school know.

Sore throat: You can still send your child to school if they have a sore throat. But if they also have a high temperature, they should stay at home until it goes away. A sore throat and a high temperature can be symptoms of tonsillitis.

Threadworms: You don't need to keep your child off school if they have threadworms. Speak to your pharmacist, who can recommend a treatment. Let the school know.

Vomiting and diarrhoea: Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 1 day (24 hours). 2 days (48 hours) if both at the same time.

In addition to respiratory illnesses, we are aware that more children may be absent from school due to symptoms of anxiety. Worry and mild or moderate anxiety, whilst sometimes difficult emotions, are a normal part of growing up for many children and young people. Being in school can often help alleviate the underlying issues. A prolonged period of absence is likely to heighten a child's anxiety about attending in the future, rather than reduce it.

GROWING UP WITH MORE THAN ONE LANGUAGE / BILIGUALISM

HOME – Top Tips for learning more than one language

Speaking different languages means being able to use two or more languages in everyday life. A child or young person (CYP) who speaks more than one language, often known as bilingual (speaking two languages) or multilingual (speaking more than two languages), can communicate, understand and often think across all their languages. This can range from being able to have a conversation to being fully fluent in reading, writing, and speaking.

The majority of the world's population speaks two or more languages; this is not unusual. It is an advantage, not a barrier. Speaking more than one language opens up more opportunities and allows children and young people to connect with a wider range of people.

Watch our free 6 minute webinar to learn:

https://www.hct.nhs.uk/growing-up-with-more-than-one-language



Why your home language matters for your child's development

How HOME links with our FOLLOW language strategies (available on our Early Years webpage)

If you are concerned about your child having difficulties in both languages, please see our referral guidelines (https://www.hct.nhs.uk/speech-and-language-referral-guidelines) or speak to a member of our team to find out whether a referral to our service is needed: Advice Line: 01923 470 680, choose option 3, then option 1 and leave a message and a member of the team will call you back.

KEEP YOUR CHILD SAFE ON-LINE

Please read this term's on-line safety newsletter for parents and carers, including

- How social media platforms may use photos stored on a device, even if they have not been posted publicly.
- A guide to help parents start age-appropriate conversations about AI through discussion prompts and family activities

HALF TERM MULTI ACTIVITY CAMP

CLUB EXCEL - THE BROXBOURNE SCHOOL

Dates: 26th Oct to 30th October
Times: 9.30am - 3.30/5.30pm Additional costs for drop off or late pickup available.
Venue: The Broxbourne School Sports Centre
Age: 4-13 years
Activities: Multi-activity programs including sports (using their modern 4G pitch, sports hall, and tennis courts), inflatables, and drama.
Cost: Day rate (booked in advance) £27.35
To book: Online via the website or call The John Warner Sports Centre on 01992 445375.
Details: Childcare vouchers are accepted. Book directly through the Club Excel Booking Platform
Please Note: If you use childcare vouchers, you can only book via email.

HALF TERM MULTI ACTIVITY CAMP

BTA HOLIDAY CAMP - THE BROXBOURNE SCHOOL

Dates: 26th Oct to 29th October
Times: 9am - 4pm Half days are available. 8:30am early drop-off - £5 flat rate
Venue: Broxbourne Sports Club, Mill Lane Close, EN10 7BA
Age: 4-13 years
Activities: A variety of activities including tennis, football, basketball, arts & crafts, treasure hunts, dodgeball, handball, touch rugby, Nerf Wars, hockey, water games, slip & slide, padel, squash and lots more!
Cost: Day rate £37 (£27 for a half day). Four day rate £135
To book: Online via the website

HALF TERM MULTI ACTIVITY CAMP

CHALLENGE SPORT (COACH HORSLEY) - WORMLEY PRIMARY SCHOOL

Looking for something fun and active for the kids this October half-term?

Our Holiday Camp run by Mr Horsley is back at Wormley Primary School!

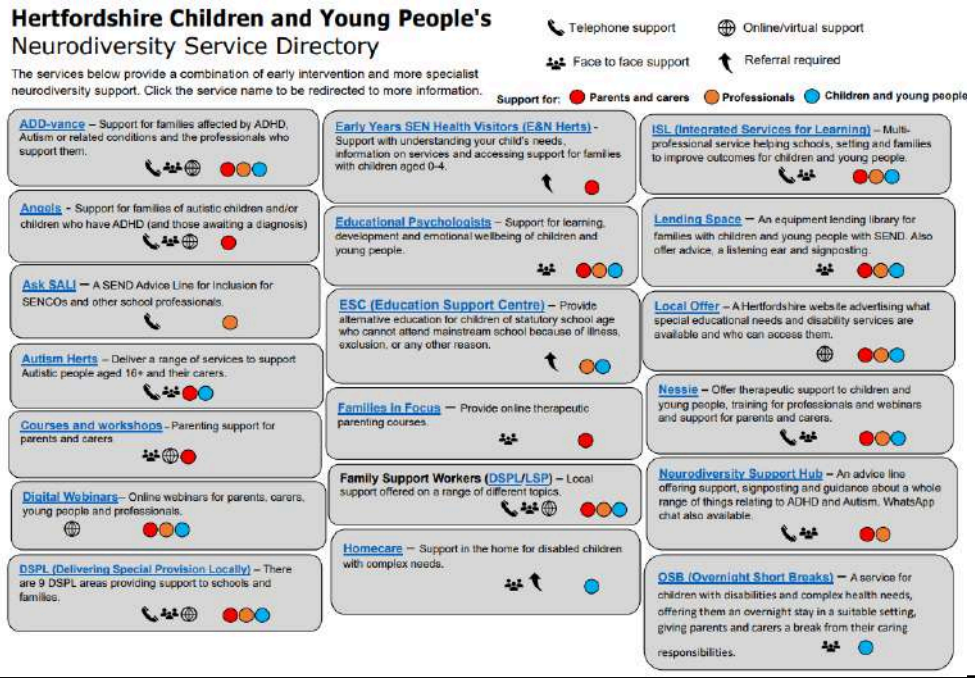
Dates: Monday 26th – Thursday 29th October
Times: 8:30am – 3:00pm Optional late pickup until 4:15pm
Venue: Wormley Primary School
Activities: Expect 4 days packed with sports, games, competitions, challenges, teamwork and plenty of fun!
To book: Online - **Autumn Holiday Camp - Wormley**

STAY IN TOUCH

Please make sure you have:
Accepted **Tapestry** (YN-YR)
Joined the Google Classroom (Y1-6)
Joined Wormley's **Facebook** group
Visited the **school website**

HERTFORDSHIRE CHILDREN AND YOUNG PEOPLE'S NEURODIVERSITY SERVICE DIRECTORY

To find out more about support available, please follow this link:
https://www.hertfordshire.gov.uk/microsites/local-offer/media-library/documents/hertfordshire-neurodiversity-service-directory-june-2024-pdf-191kb.pdf



Hertfordshire

NHS
Hertfordshire and West Essex
Integrated Care Board

Hertfordshire Neurodiversity Support Offer



Understanding my Autism/ADHD

- Open to Hertfordshire children aged 7-16
- **Post or Pre-diagnosis**
- Online or face-to-face
- Visit: **thetoolbox.mindler.co.uk**

Cogs APP

- Young People aged 14+
- Providing support and information on Autism and ADHD
- No diagnosis required.
- **Free access**
- To sign up, visit **thetoolbox.mindler.co.uk**

Digital Webinars

- On demand webinars
- Topics relating to Autism, ADHD and the SEND world
- Available on the Hertfordshire Local offer.

Toolbox Live Chat

- Receive real-time support and guidance for children and young people (CYP) with Autism or ADHD.
- Access expert advice tailored to their feelings and concerns.
- **No diagnosis** required.

The Toolbox

- Dedicated website for young people to gain support on ADHD and Autism.
- Signposting to services and interventions in Hertfordshire.
- Self-help tools and interactive livestreams available.
- Visit: **thetoolbox.mindler.co.uk**

Support Hub

- **No diagnosis** required to access this support.
- Available to **parents**, **carers**, and **professionals.**
- Evening appts available to book.
- **Call** or **WhatsApp** the team on **01727 833963**

