

# 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](http://www.wormleyprimary.co.uk)

## May 2021

### CORONAVIRUS UPDATE



#### Step 3

From 17th May, the country moved into Step 3 of the roadmap out of lockdown. Legal restrictions on meeting others outdoors have been lifted - although gatherings of over 30 people remain illegal. Indoors, the Rule of 6 or 2 households apply.

Transmission of the virus in schools continues to decrease in line with wider community transmission. Existing control measures continue in school including good ventilation, handwashing, social distancing where possible and twice weekly testing. In our school there will be no great changes. We are trying to stick to year group bubbles to keep risks low but will follow guidance from Hertfordshire Local Authority if they recommend any changes.

Step 4 which will take place no earlier than 21st June. The government hopes to be in a position to remove all legal limits on social contact but this is yet to be confirmed. Once in Step 4 we hope to be able to further reduce restrictions in school.

#### Term time holidays

As restrictions begin to lift, some families may be looking to take holidays. As usual, parents should plan their holidays around school breaks and not take their children out of school on holiday during term time. Where a parent wishes to take their child out of school for whatever reason, they must apply for a leave of absence and demonstrate why they believe the circumstances are exceptional.

**Schools make decisions on granting leave of absence, but will not do so for a holiday.**

### MATHS UPDATE

This half term children have been learning about *Fractions in maths.*

Our youngest children have been thinking about the language of fractions

"You can have half." "Share these equally between three."

"It is three quarters full."

The older children have been thinking about whole-part models and learning about *numerators and denominators.*

Please remind your children to use *Numberbots and TT Rockstars* to practise their multiplication tables and build their fluency.

The websites help with all aspects of maths.

**Fractions**  
What fraction does the colored area show?  
Color in the bubble next to the correct answer.

1.	<input type="radio"/> $\frac{1}{2}$	<input type="radio"/> $\frac{3}{4}$	<input type="radio"/> $\frac{1}{4}$	<input type="radio"/> $\frac{1}{3}$
2.	<input type="radio"/> $\frac{2}{3}$	<input type="radio"/> $\frac{2}{4}$	<input type="radio"/> $\frac{1}{4}$	<input type="radio"/> $\frac{1}{2}$
3.	<input type="radio"/> $\frac{3}{4}$	<input type="radio"/> $\frac{1}{2}$	<input type="radio"/> $\frac{2}{3}$	<input type="radio"/> $\frac{1}{3}$
4.	<input type="radio"/> $\frac{2}{4}$	<input type="radio"/> $\frac{3}{4}$	<input type="radio"/> $\frac{1}{3}$	<input type="radio"/> $\frac{1}{4}$
5.	<input type="radio"/> $\frac{3}{4}$	<input type="radio"/> $\frac{1}{3}$	<input type="radio"/> $\frac{2}{4}$	<input type="radio"/> $\frac{2}{3}$

You can use the language of fractions at home when cutting pizza, cake and sharing out items.

## SAFEGUARDING

We are encountering daily safeguarding concerns regarding films, gaming and social media.

This includes:

- children watching inappropriate films (often seen through their play and writing),
- children gaming online with unknown people, where the language used is poor and children don't know if they are playing with children or adults
- children who have hundreds of 'friends' on social media such as Tik Tok accounts (children in Y6 reporting to have 800 'friends'),
- children giving away their own personal data and data about other children and members of their family, which has led to them being contacted by phone / video messages
- children being groomed to meet offline

**This is such risky behaviour and damaging to children's wellbeing and their developing brains.**

### Online Grooming

An increasing number of children at our school are experiencing attempts to be groomed online. The following information is important for all parents who have children online.

A new IWF safety campaign aims to help parents have conversations with their children about keeping their 'door' closed to child sexual abusers. This video is a powerful reminder of the need to know what your child is accessing and how to keep them safe. Watch here: <https://talk.iwf.org.uk/>  
The campaign includes a booklet for parents, explaining the risks, explaining why children are vulnerable, and suggests practice steps that parents can take.

The mnemonic used in the campaign is TALK:

- TALK to your child about online sexual abuse. Start the conversation - and listen to their concerns.
- AGREE ground rules about the way you use technology as a family.
- LEARN about the platforms and apps your child loves. Take an interest in their online life.
- KNOW how to use tools, apps and settings that can help to keep your child safe online.

Roblox and Tik Tok are common sites used by children. At the correct age, these can be fun but never underestimate the potential risks. Below are some tips and advice.

<https://www.net-aware.org.uk/networks/tiktok/>

<https://www.saferinternet.org.uk/blog/roblox-guide-parents>



Parents have a responsibility to safeguard their children from these dangers.

#### DATES

Please check the website calendar for any important dates this term.

We try to keep this up to date as we add to the calendar regularly.

You can paste this link into a search

<https://wormleyprimary.co.uk/calendar/>  
to take you there directly.

#### HEALTHY HOME PACKED LUNCHES

For guidance on expectations for home packed lunches, paste this link into a search

<https://wormleyprimary.co.uk/wp-content/uploads/Healthy-Packed-Lunch-Final-Handout-1.pdf>

This will take you to the leaflet.

Home Packed lunches must meet the same expectations as school prepared lunches. Thank you.

## WELLBEING, FITNESS AND PHYSICAL ACTIVITY

This Summer Term we are focussed on developing our children's **wellbeing** and **fitness**. Being in lockdown has meant that many of us have led more sedentary lifestyles and children have had less opportunity to take part in clubs, swimming and outdoor play.

We are using our **wellbeing Agents** to promote healthy lifestyles.

### Agent Kinetic

- Endurance
- Stamina
- Agility
- Creative movement



We are aiming to build our children's **stamina** and **endurance** in physical activity. In addition to weekly PE sessions, children will take part in the Daily Mile and a new **Take Ten** initiative.

We have invested in a variety of resources for activities to increase cardio exercise for 10 minutes a day. This includes skipping ropes, hula hoops, dance ribbons, relays, Go Noodle Dance etc.

We are developing their **peacefulness** and **positivity** through mindfulness. Each *Jigsaw* Personal, Social, and Health Education (PSHE) lesson begins with a mindfulness activity. This is practised for 2 minutes in our Tuesday assembly.

**Mindfulness** teaches children to focus on the present. This can help them self-soothe. Being mindful can help children build self-awareness and self-esteem.

### Agent Mindfulness

- Peacefulness
- Positivity
- Regulation
- Listening



### Agent Lifestyle

- Sleep
- Balance
- Friendships
- Laughter



As part of our *Jigsaw* Relationships and Sex Education (RSE) this term we are focussed on exploring relationships, particularly friendships. Children learn about how healthy relationships lead to happiness in their lives. They also learn about making health choices including good sleep patterns and balance in their lives.

Finally, in Science, children are learning about the importance of diet to boost mood, energy and health. They learn about the different food groups and the diversity of the food groups to keep their body in tip top condition. We will be promoting the drinking of water (not squash) and 5 a day (vegetables and fruit). We will be encouraging less sugar and salt in their diets.

### Agent Nutrition

- Mood
- Diversity
- Energy
- Diet



Please support us by encouraging the children to deploy their wellbeing agents to make healthy choices. Please ensure snacks and home packed lunches promote healthy choices. Thank you.

## SPORTS DAY



On **Friday 28<sup>th</sup> May**, we have our annual Sports Day. Unfortunately, this year we will not be able to invite parents to come and join us. As usual, The KS2 events will take place during the morning and the KS1 events will take place in the afternoon. Reception and Nursery classes will also run their races on this day.

Children should come to school in their PE shorts/tracksuit bottoms, **t-shirt in their houses' colour** and trainers (not plimsolls) for the day.

Please send in water bottles. If it is hot, sun hats should be worn, and sun cream applied in the morning. We hope to have a picnic on the field at lunchtime.

## NHS RECOMMENDATIONS

Exercise was one of the few things that most people could carry on doing during the coronavirus lockdown. Many embraced this - walks and runs around the local park or dusting off bikes to cycle on deserted roads. However, food and drink sales rose as well, social media had a boom and most people talked about their favourite Netflix box set! So for many of us - it is estimated about 75% - our fitness levels have reduced.

### HOW MIGHT WE TACKLE THE FITNESS CRISIS?

**How much physical activity should children and young people aged 5 to 18 do to keep healthy?**

Children and young people need to do **2** types of physical activity each week:

*aerobic exercise*

*exercises to strengthen their muscles and bones*

Children and young people aged 5 to 18 should:

- aim for an average of at least *30-60 minutes of moderate intensity physical activity a day* across the week (depending on age)
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity.

Aim to spread activity throughout the day.

All activities should make you breathe faster and feel warmer.

### What counts as moderate activity?

Moderate intensity activities will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Examples of moderate intensity activities:

*walking to school playground activities riding a scooter skateboarding  
rollerblading walking the dog cycling on level ground or ground with few hills*

### What activities strengthen muscles and bones?

Examples for children include:

*walking running games such as tug of war skipping with a rope gymnastics  
swinging on playground equipment bars climbing sit-ups, press-ups and other similar exercises  
basketball dance football rugby tennis rock climbing  
resistance exercises with exercise bands, weight machines or handheld weights aerobics  
netball hockey badminton martial arts*

We still have spaces for most of our after-school Sports Clubs. External providers are also offering tennis, gymnastics and dance. Judo will start after half term.

Unfortunately, John Warner pool will not be open to schools this Summer Term but we will be offering Cycling Proficiency training for our Y6 pupils - keep a lookout for more information.

#### PE SAFETY

A reminder to parents that children should not be wearing jewellery to school. Stud earrings should be removed or taped for PE lessons. Hooped earrings must not be worn in school.

#### CLASS PHOTOS

Please dress smartly for class photos on **Tuesday 8th June.**

# Physical activity for children and young people (5 – 18 Years)



BUILDS  
CONFIDENCE &  
SOCIAL SKILLS



DEVELOPS  
CO-ORDINATION



IMPROVES  
CONCENTRATION  
& LEARNING



STRENGTHENS  
MUSCLES  
& BONES



IMPROVES  
HEALTH  
& FITNESS



MAINTAINS  
HEALTHY  
WEIGHT



IMPROVES  
SLEEP



MAKES  
YOU FEEL  
GOOD

## Be physically active

Spread activity  
throughout  
the day

Aim for an  
average of at least

# 60

minutes per day  
across week

All activities  
should make you  
breathe faster  
& feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE

Activities to  
develop  
movement  
skills, and  
muscle and  
bone strength  
**ACROSS  
WEEK**



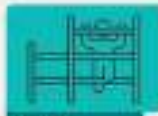
SPORT



PE



SKIP



CLIMB



WORKOUT



DANCE

## Get strong



INACTIVITY

## Move more

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

**SARACENS**  
*Cheer & Dance*

**SARACENS CHEERLEADING CLASSES**  
TUESDAYS  
17:15PM - 18:30PM  
WORMLEY FREE CHURCH  
TURNFORD EN10 6AA  
AGE 6 - 12 YEARS

EMAIL [SAPPHIREFINLAYTER-GASKELL@SARACENS.NET](mailto:sapphirefinlayter-gaskell@saracens.net)  
TO SIGN UP TODAY

### CHEERLEADING OPPORTUNITIES

Cheerleading is one of the fastest growing sports in the UK and is a great source of exercise. It joins gymnastics, stunting and dance, and requires strength, flexibility, focus and most importantly, team work. This makes it the perfect sport to develop social skills and build social bonds. Past pupils have travelled the country and parts of the world competing in cheerleading competitions.

Most of the classes are based at the Saracens Stadium however, they currently hold one of their training sessions at **Wormley Free Church!**

Currently, they have 7 spaces and would like to encourage pupils from the local schools.

Please contact [sapphirefinlayter-gaskell@saracens.net](mailto:sapphirefinlayter-gaskell@saracens.net) to find out more.

## READING - A HUGE THANK YOU

Please may I take this opportunity to thank all of you who have been supporting your children's reading at home. You have been **AMAZING!**



We all know how essential it is to read fluently in order to access all subjects in the curriculum. You will have seen that children need to read the question and the instructions in the Power Maths books before they can attempt the maths! Absence from school has a negative impact on children's learning, and our youngest children's reading skills and fluency has been most impacted by the lockdowns. About half of year 1 are still reading red banded books - 5 levels behind where they would typically be.

In school we have increased phonic lessons in Reception to year 2, have daily guided reading, use a class book as the inspiration for English and read to children every day.

We have reorganised our libraries so that children can make choices about which books to choose, have re-labelled and assessed levels so children can pick appropriate books. We have also created story baskets for Early Years and KS1.



Please continue to read daily with your child, about 15-20 mins is a good amount of time to read and discuss the book. Encourage them to read their school book, books from home, e-books from **Bug Club/ Oxford Owl/ Epic!/ myON**, comics and magazines, recipes, signs - in fact anything to practise reading skills.

Finally a **HUGE** well done to our children who have been reading daily - for pleasure - and keeping a record of their reading. **READ READ READ**

### VALUE OF THE MONTH IS FORGIVENESS

The value we have been exploring this term is *forgiveness*. We began by thinking about the Easter story and how Christians believe that Jesus died on the cross so that we might be forgiven for our sins - all the things that we do wrong.

We have been thinking about forgiving others, forgiving ourselves and starting afresh.

Our vicars have shared stories from the Bible about forgiveness, including the story of the Prodigal Son. We thought about the words of the Lords Prayer that we say together in Collective Worship.



*"Forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation but deliver us from evil" Luke 11:2*

Next half term our value will be **THANKFULNESS**

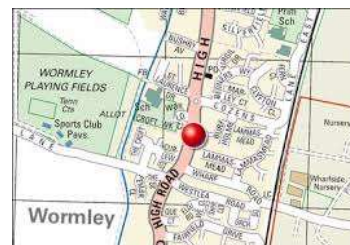
#### HALF TERM

We break up for half term on  
**Friday 28<sup>th</sup> May.**  
Children return to school on  
**Monday 7<sup>th</sup> June**

#### END OF SUMMER TERM

The last day of the summer term is  
**Wednesday 21<sup>st</sup> July at 1:30pm**  
The new school year starts on **Thursday 2<sup>nd</sup>  
September**

## GEOGRAPHY TERM



The children have enjoyed their fieldwork studies and walks for the local geography topics.

The national curriculum aims to develop children's geographical skills and experiences of fieldwork.

KS1 children should be able to:

- Use simple compass directions (North, South, East and West) and locational and directional language, eg. near and far/left and right to describe the location of features and routes on a map
- Use simple fieldwork and observational skills to study the geography of their school and its grounds and the key human and physical features of its surrounding environment.

KS2 children should be able to:

- Use the eight points of a compass, four and six-figure grid references, symbols and key (including the use of Ordnance Survey maps)

Use fieldwork to observe, measure, record and present the human and physical features in the local area using a range of methods, including sketch maps, plans and graphs, and digital technologies.

## AN EMAIL FROM ONE OF THE SCHOOL'S NEIGHBOURS

*I live around the corner from Wormley Primary School at Berner's Way. A lot of the parents walk through the road on their way to and from the school with their children and whilst most are respectful, some have been allowing their children to play in people's private gardens and generally disrespect our property.*

*Today, 2 children were playing in my front garden, pulling up grass and banging on windows whilst their mum filmed them doing it. This type of thing happens often. I have had groups of kids running circles around my flat, in and out of our front and rear gardens in their uniforms, whilst their mums stand and chat out the front.*

*I wonder if it would be possible for the school to communicate with parents that they should be respectful of the neighbours when walking their children to and from school and that it's not acceptable to stop and play on people's private property and front lawns. I feel it's a shame I'm having to contact the school about this, but it happens so often that something needs to be done about it.*

I think it is a real shame that we have received an email from our local community such as the one above. Please ensure that all children and families are respectful of our neighbours' property surrounding the school.

**Respect** is a key value that we teach here at Wormley and would like our community to practise.



## DONATIONS

Can you help?

We are looking for donations of any of the following:

- Magazines and comics
- Lego
- Gardening forks and shovels
- Complete puzzles
- Complete board games

**These are for our outdoor play zones**

## REPORTS

This term we will be publishing children's annual reports on the **Arbour Parent Portal**.

Please make sure you sign up.

97% of our families have done so already. Staff in the office are ready to help anyone who hasn't done so yet.

## COULD YOU FOSTER A CHILD?

Nexus Fostering is a well-established and highly regarded fostering agency, based in Hornchurch, who are urgently seeking full-time & respite foster carers throughout the area. The agency is rated Ofsted 'Outstanding' in all areas and places a high premium on the quality of support and care that they provide to every one of the foster carers and, in turn, the children and young people placed with them.

To find out more about becoming a foster carer or a respite carer in Broxbourne and surrounding areas please call **0800 389 0143** or email [foster@nexusfostering.co.uk](mailto:foster@nexusfostering.co.uk)

## HABS FAMILY SUPPORT TEAM



Our **HABS Family Support Team** was nominated for multiple awards at the **Families First Awards 20/21**. We are thrilled to announce that they won the category for **'Services to Young People Team of the Year'**

**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, family support the 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 on 01992303331 for more information or follow HABS on Facebook

## PARENTING SUPPORT GROUPS

**Supporting Links**, along with commissioners at Herts County Council, have maintained the decision to keep our Parenting Support Groups **ONLINE** for the **SUMMER TERM** of 2021.

They are pleased to bring you the details of 10 courses commencing in both April and June.

The following 6 week courses are **FREE** of charge to parents:

**Understanding Behaviour in your child with Additional Needs (2 courses)**

**Talking Families (4 courses)**

**Talking Teens (2 courses)**

**Talking Dads (2 courses)**

**BOOKINGS FOR THESE COURSES ARE NOW OPEN.**

Ring **07512 709556** or email **bookings@supportinglinks.co.uk**



## GUIDE TO TAX DEBT AND MENTAL HEALTH

Please find this signpost <https://www.riftrfunds.co.uk/tax-refunds/uk-tax-refund-advice/tax-debt-and-mental-health/> to helpful information such as:

- Understanding the impact of debt to mental health - the different kinds of debt (e.g. tax debt) and how they can be a key source of stress, depression, and anxiety if not planned and managed properly.
- Advice for dealing with debt such as setting up a Debt Management Plan or an Individual Voluntary Arrangement (IVA), qualifying for a Debt Relief Order (DRO), or even filing bankruptcy to get some protection and keep life essentials like pension savings safe from creditors.
- What to do if debt problems begin affecting your mental health. This includes recognising the symptoms and early warning signs of mental health problems associated with debt as well as advice on where to turn to for help and support.
- Other useful information and resources, including debt charities and organisations that are dedicated to helping people conquer their debt problems.