



Friday 6th September 2024

Issue No. 1

## WONDER, AWE, CURIOSITY: HEARTS AND MINDS INSPIRED FOR LEARNING

### Message from Mr Davey

Welcome back! Hope you have all had a good summer.

I am so proud and pleased with how smart your children are looking at the start of the new term.

Our new reception cohort have settled extremely well and the rest of the school have had a fantastic few days getting to know their teachers and re-engaging with their friends.

To help with our communication via Arbor, please ensure that you have enabled push notifications within the Arbor App. I am also working on the new school website's scrolling calendar feature to ensure that you are clear as to what events are happening soon.

Hope you all have a nice weekend and we look forward to seeing you all again on Monday.

### Team points

These points were collected this week, you can find the rolling totals on our school website.



Announced next week

### Attendance

Our attendance target this year is for every child to have attendance above 95%.

Your child must attend every day that the school is open, except in a small number of allowable circumstances such as being too ill to attend or being given permission for an absence in advance from the school.

### Children who achieved gold this week:

The children that achieved gold this week, will receive their celebration and prize next Friday.



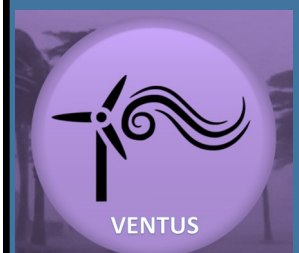
Announced next week

### Dates for your diary

Friday 13th September 2024	PSA Back to School BBQ and Party (3:15-5:30)
Monday 16th September 2024	Meet the Teacher (Year 5) 2:45-3:15
Tuesday 17th September 2024	Meet the Teacher (Year 4) 2:45-3:15
Wednesday 18th September 2024	Music Day– see further information
Wednesday 18th September 2024	Meet the Teacher (Year 2) 2:45-3:00
Wednesday 18th September 2024	Meet the Teacher (Year 1) 3:00-3:15
Thursday 19th September 2024	Meet the Teacher (Year 3) 2:45-3:00
Thursday 19th September 2024	Meet the Teacher (Year 6) 3:00-3:15
Tuesday 22nd October 2024	Parents Phonics Workshop with Mrs Espie (2pm-3pm)
Wednesday 23rd October 2024	PSA Halloween Disco
Thursday 24th October 2024	HALF TERM (3:15 finish)
Tues 26th Nov + Thurs 28th Nov 2024	Autumn Parents Consultations



Announced next week



Announced next week

# ATTENDANCE

WITH EFFECT FROM 19 AUGUST 2024

## WHAT THE NEW RULES MEAN FOR ME

I'm a single parent of one child and we want to go on holiday for a week.

Your holiday will not be authorised and you must talk to the school before you book anything.

Because your child will miss 5 school days you will be given a penalty notice fine.

The fine is £160 but if you pay it in 21 days it will be reduced to £80.

**1**

**£160**



### FOR EVERY CHILD A PENALTY IS GIVEN

**2**



+£160 +£160 +£160 +£160

4 children & 1 parent = £640

Reduced to £320 if paid in 21 days

**3**

**10** IN **10**

If your child is absent for 10 or more sessions in 10 weeks and their absences are unauthorised, the school will consider prosecution.

**1** DAY = **2** SESSIONS

### FOR A FAMILY OF TWO PARENTS

**4**



+£160

+£160

+£160

+£160

4 children & 2 parents = £1280

Reduced to £640 if paid in 21 days

If in any period of not more than 3 years, your child has a 2nd and 3rd leave of absence or pattern of irregular attendance...

**5**



#### 2ND TIME

2 parents and...

1 child - £320  
2 children = £640  
3 children = £960  
4 children = £1280

No discount for early payment

#### 3RD TIME

A penalty notice fine will not be given.

Your case will be taken to court.

A magistrate can fine each parent £2500 for each child.

1 parent & 4 children = £10,000  
2 parents & 4 children = £20,000



FOR MORE INFORMATION, VISIT



[gov.uk/government/publications/working-together-to-improve-school-attendance](https://www.gov.uk/government/publications/working-together-to-improve-school-attendance)

### PE Days

On days when the children have PE, we request that they to come into school wearing the school's approved PE kit. This allows us to keep the children active during a PE lesson, therefore promoting 2 hours of active movement each week.

The days in which your children should wear PE kit to school instead of the school uniform are:

#### **Reception**

Monday is the day that the children in this year group have a PE lesson.

If you have chosen the school uniform route, then children must wear their school uniform on Tuesday, Wednesday, Thursday and Friday and must wear the school's approved PE kit on a Monday.

If you chose the navy tracksuit route, then children should wear their navy tracksuits for all five days of the school week.

#### **Year 1**

Wednesday and Friday are the PE days for this year group (uniform must be worn on Mondays, Tuesday and Thursday)

#### **Year 2**

Tuesday and Friday are the PE days (uniform must be worn on Monday, Wednesday and Thursday)

#### **Year 3**

Wednesday and Friday are the PE days (uniform must be worn on Monday, Tuesday and Thursday)  
This year group will be swimming on a Wednesday morning after the Christmas holiday.

#### **Year 4**

Wednesdays (swimming until the Christmas holiday, lessons at school after Christmas) and Thursday are the PE days for this year group (uniform must be worn on a Monday, Tuesday and Friday)

#### **Year 5**

Tuesdays and Wednesdays are the PE days for this year group (uniform to be worn on Mondays, Thursdays and Fridays)

#### **Year 6**

Monday and Thursday are the PE days for this year group (uniform to be worn on Tuesdays, Wednesday and Friday)

### Meet the Teacher events

These meetings will be held in the classrooms.

Monday 16th September – 2.45-3.15pm **Year 5**

Tuesday 17th September – 2.45-3.15pm **Year 4**

Wednesday 18th September- 2.45-3pm **Year 2**

Wednesday 18th September -3-3.15pm **Year 1**

Thursday 19th September - 2.45-3pm **Year 3**

Thursday 19th September -3-3.15pm **Year 6**

These meetings are an opportunity for you to hear all about what your child will learn in their next year at Henham and Ugley Primary School.

It is an opportunity for you to meet your child's new teacher. There will be other important information within the meeting that will be useful to you.

### Football Trials (Year 5 and 6 only)

On Monday and Tuesday, during the school lunchbreak. Mr Davey and Mr Harris will be holding trials for the school football team. If your child is interested in potentially playing competitive football matches versus other schools then please bring some football boots and shin pads on Monday and Tuesday. If it is not their PE day, they will need to wear PE kit on this day as well as a one off.

Please note:

The 'football team' is different to the 'football club'.

The football team is competitive and we will be selecting our best team for these matches in order to try to win a league.

The football club is for children in Year 5 and Year 6 that enjoy playing football for fun. The information for this will be released next week.

### Clubs this Term

We are delighted to be working with a new specialist team of sports coaches this year from SportScool. Working with this company means we can offer a real variety of new extra-curricular clubs, giving our children unique opportunities to try something new. The information for the clubs this term will be issued next week. All clubs will start in the week beginning 23rd September.

## Class in the spotlight

'Class in the Spotlight' is a section of the newsletter that I introduced last year. It will continue in each newsletter from next week.

It is used as a way of us showcasing the learning that has been achieved in a specific class each week.

### Music Day

#### **Wednesday 18th September**

On Wednesday 18th September, we have a very exciting day planned for the children here at Henham and Ugley. We are having a whole day celebration of music. The children will experience a range of musical activities across the school. We are also very excited to announce we have the drummer Jeff Rich from Status Quo attending. Jeff will be running workshops and performing to the whole school. To enhance this day even further, we are inviting the children to dress up as their favourite musician.

Please do not feel pressured to go out and buy costumes.

If you have anything in your wardrobes already you can recycle and reuse, this would make the day that little extra special.

AT NATIONAL ONLINE SAFETY WE BELIEVE IN EMPOWERING PARENTS, CAREERS AND TRUSTED ADULTS WITH THE INFORMATION THEY NEED TO HOLD AN INFORMED CONVERSATION ABOUT ONLINE SAFETY WITH THEIR CHILDREN. SHOULD THEY FEEL IT IS NEEDED. THIS GUIDE FOCUSES ON ONE PLATFORM OF MANY WHICH WE BELIEVE TRUSTED ADULTS SHOULD BE AWARE OF. PLEASE VISIT WWW.NATIONALONLINESAFETY.COM FOR FURTHER GUIDES, HINTS AND TIPS FOR ADULTS.

# LITTLE REMINDERS OF HOW TO BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

## TOP TIPS FOR EVERYBODY

## #WAKEUPWEDNESDAY

### UNDERSTAND WHAT 'EMPATHY' IS

**EMPATHY** IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



### FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS **UNDERSTANDING** HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING PERHAPS DEVELOP A MENTAL PICTURE OF THEM, SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

### # DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING **EMPATHY** FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.

### ★ OFFER HELP ★

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A **LISTENING** EAR OR SAYING, 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY, I'M HERE FOR YOU'.

### TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO **IMPROVE** THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.

### BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE **TRUTH**? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.



### UNDERSTAND THE IMPACT OF YOUR ACTIONS WORDS

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE **EASIER** TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

### DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING **NEGATIVE** COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND, YOUR COURAGE COULD SAVE A LIFE.

## #BEKIND



National Online Safety®

#WAKEUPWEDNESDAY

### MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



For further info, check out these online resources too ↴

<https://www.themix.org.uk/>

<https://youngminds.org.uk/>

<https://www.mind.org.uk/>