



Friday 13th September 2024

Issue No. 2

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

### Message from Mr Davey

This week has been fantastic. Children have been working hard in lessons and we are now back into our full curriculum. The children are going to be tired this weekend after their first full week in school.

Next week, we have our exciting 'Music Day' on Wednesday and we look forward to the children celebrating their favourite musicians through the costumes they are wearing. Mr Davey is very excited that a member of his grandad's favourite band of all time 'Status Quo' will be visiting and performing for us at school.

We also have our Meet the Teacher presentations which we hope you can join us for. You'll find further information on this later in the newsletter. If you aren't able to make it, I aim to upload the presentations to the school website afterwards.

### Team points

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



878

### Attendance

Reception: 98.0%

Year 1: 100%

Year 2: 86.79%

Year 3: 90.1%

Year 4: 96.0%

Year 5: 99.52%

Year 6: 95.24%

### Children who achieved gold this week:

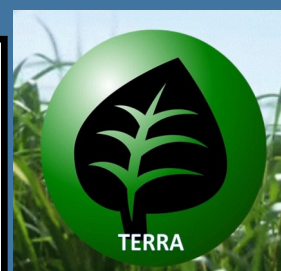
Eric (Rec)	Grace (Y2)	Eban (Y4)
Freya (Rec)	Harrison (Y3)	Alice (Y4)
Ronnie (Rec)	Jesse V (Y3)	Ethan (Y5)
Marla (Y1)	Fletcher (Y3)	Leon (Y5)
James (Y1)	Riley (Y3)	Aiden (Y6)
Hudson (Y2)	Carter (Y4)	Marlie (Y6)



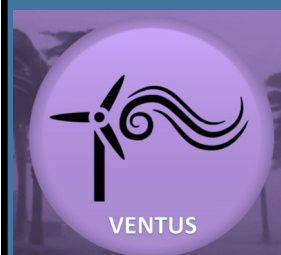
923

### Dates for your diary

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
Thursday 28th November 2024	Flu Immunisations (Reception to Year 6)



831



690

## 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.

### Midday Assistant Vacancies

We are seeking to appoint new members to our friendly, enthusiastic and hard-working Midday Assistant Team to ensure that our children have enjoyable and safe lunchtimes.

If you are kind, caring, reliable, and enjoy working with children, then this maybe for you!

Posts available Monday to Friday 11.45am to 1.00pm, term time only.

Please contact Mrs Hipperson in the school office for more details on 01279 850213 or [admin@henhamugley.essex.sch.uk](mailto:admin@henhamugley.essex.sch.uk)

Henham and Ugley Primary and Nursery School is committed to safeguarding and promoting the welfare of children and young people and expects all staff to follow this commitment. In compliance with safer recruitment procedures and guidelines, all applications must be made on an application form. All appointments will be subject to pre-employment checks including an enhanced disclosure from the Disclosure and Barring Service, satisfactory references and Occupational Health clearance.

### Secondary Schools Admissions (Year 6 parents only)

As you may be aware, the new secondary school admission round opened on Thursday, 12 September 2024, for parents of current Year 6 children to apply for a secondary school (Year 7) place for September 2025.

**The statutory national closing date for applications is 31 October 2024.**

Applications can be made online via [www.essex.gov.uk/admissions](http://www.essex.gov.uk/admissions). 99% of parents in Essex applied online last year.

All of the application information is available on the website above.

The website also has a copy of the Secondary Education in Essex 2025-26 booklet which contains details of all secondary school admission policies.

### Earrings in PE.

We are NOT allowed to tape earrings for PE lessons. Any earrings must be removed either by the child themselves or by the parent before they come to school on the days when they have PE. Staff are not allowed to remove children's earrings for them.

### 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**

**Tuesday and Wednesday are the PE days for this year group (uniform must be worn on Mondays, Thursday and Friday) \*PLEASE NOTE A CHANGE\***

#### **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.

### **Health and Safety**

We have had a couple of incidents during this first week where little children (toddlers) have lost their mums and dads in the hustle and bustle of the school pick up.

Please ensure that your little ones are by your side when you attend to pick up older brothers and sisters. It can be quite scary for them with so many people.

### A kind reminder

We are unable to allow children to play on the climbing frames and play equipment after the school hours and kindly ask that parents and children leave the school site as soon as possible after collecting your children from school.

## Autumn Term 2024

Clubs start week commencing Monday 23<sup>rd</sup> September 2024 and finish week commencing 2<sup>nd</sup> December 2024. Places at clubs are allocated on a first come, first served basis and if children attended a club last term they must reapply for their place this term.

Day	Club	Year Group	Time	Cost	Staff in Charge	Location	Max. No.
<b>Mon</b>	Yoga	Y1/Y2	7.30am – 8.30am	£40	SportsCool	Hall	16
	Drama	Y3-6	3.15pm – 4.15pm	£40	Rachel Harvey	Year 2 Classroom	16
	Choir	Y3-6	12.15pm – 12.45pm	Free	Mrs Pope	Year 5 Classroom	16
	Girls Football	Y4-6	3.15pm – 4.15pm	£40	Mr Harris	Field/Hall	16
<b>Tues</b>	Football (mixed)	Y1-2	3.15pm – 4.15pm	£40	SportsCool	Field/Hall	16
<b>Weds</b>	Dance	Y3-6	7.30am – 8.30am	£40	SportsCool	Hall	16
	Football (mixed)	Y5-6	3.15pm – 4.15pm	£40	SportsCool	Field/Hall	16
	Dance	Y1-2	3.15pm – 4.15pm	£40	SportsCool	Year 1 Classroom	16
<b>Thurs</b>	Netball	Y3-6	3.15pm – 4.15pm	£40	Mrs Miley and Ms Gilbert	KS2 Playground	16
	Football (mixed)	Y3-4	3.15pm – 4.15pm	£40	SportsCool	Field/Hall	16
<b>Fri</b>	Multi-Sports (different sport each week but not football)	Y1-2	7.30am – 8.30am	£40	SportsCool	Hall	16
	Dodgeball	Y3-6	3.15pm – 4.15pm	£40	SportsCool	Hall	16
	Hockey Club*	Y5/Y6	3.45pm – 4.45pm	£40	Jess Laird	JFAN Hockey Pitches	16

- Hockey Club** – Hockey Club takes place on the Hockey Pitches at Joyce Frankland Academy in Newport. Parents are responsible for transporting to and from the Club. Training takes place in the Autumn Term and matches are held during the Spring Term. Children will need a gum shield and shin pads.

**Please note Hockey Club dates: 20<sup>th</sup> September 2024 to 18<sup>th</sup> October 2024, 8<sup>th</sup> November – 22<sup>nd</sup> November 2024 (no club on 29<sup>th</sup> November as JFAN Inset Day), last Hockey Club day is 6<sup>th</sup> December 2024**

## Class in the spotlight

Each week, we focus on a different class and share all the creative and fun lessons they have been doing. This week we are focussed on our Reception children.

### A Warm Welcome to our New Gruffalo Class 2024-2025!

Only 8 days into the start of the school year, and our youngest children in school are embracing school life in Gruffalo Class. They really have made the most amazing start; becoming independent in looking after their jumpers, remembering to bring their water bottles down to lunch, finding their way from the hall to the playground, to name but a few.

We look forward to sharing many more examples of Gruffalo learning opportunities in the future; their time in school so far has very much been centred around building relationships with other children and adults, and learning the ropes for different routines during our school day.



Here we are enjoying our first school dinner last week. Eating our main course before our pudding was a little too tricky for some of us!

Yesterday we took part in a teddy run with Mrs Colman. We had a brilliant time, and our teddies really did have to show good resilience to keep trying when we got a little tired!



Here are some of the ways we have been exploring, following our own curiosity learning, and getting to know our classroom environment.



At National Online Safety we believe in empowering parents, carers 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 topic of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



## What parents need to know about SCREEN ADDICTION



### HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

### LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

### LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



### CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

### APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



## Top Tips for Parents



### LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

### LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

### REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

### LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

### STATISTICS

**52%** of children aged 3-4 go online for nearly **9hrs** a week

**82%** of children aged 5-7 go online for nearly **9.5hrs** a week

**93%** of children aged 8-11 go online for nearly **13.5hrs** a week

**99%** of children aged 12-15 go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018

### ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

### MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

SOURCES: <https://www.independent.co.uk>, Children and Parents: Media Use and Attitudes Report 2018: <https://www.ofcom.gov.uk>, <http://uk.businessinsider.com>/how-app-developers-keep-us-addicted-to-our-smartphones, Journal of Youth Studies: <https://www.mmr.co.uk/tech/one-five-kids-losing-sleep-965398>, University of Leeds: [https://medhealth.leeds.ac.uk/news/article/1296/lack-of\\_sleep\\_damaging\\_for\\_children](https://medhealth.leeds.ac.uk/news/article/1296/lack-of_sleep_damaging_for_children)