



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

Message from Mr Davey

We started this week with a professional videographer and photographer coming into school to film and capture the incredible learning opportunities we create at Henham and Ugley Primary School on a day to day basis.

Our brand new school website is in the final stages of development. We are just awaiting the pictures and videos to return and to upload them into the right places we aim to launch our new website on Saturday 15th July. Here is a sample of some of the gorgeous photos that were taken.



Since Wednesday our Year 6 children have been on their residential at Bawdsey Manor. They have had a superb time raft building, climbing and completing the high ropes of Jacob's Ladder. Thank you very much to Mrs Fleming, Mrs Miley and Miss Gilbert for taking the children on this once in a lifetime adventure and well done to the children.



More residential photos on page 4

Team points

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



965



915



1048



1020

Attendance

Reception	86.36%
Year 1	83.25%
Year 2	89.9%
Year 3	93.2%
Year 4	95.3%
Year 5	90.45%
Year 6	96.67%
Whole School	93.26%

Children who achieved gold this week:

Gold awards will be on next week's newsletter.

Upcoming Events for the remainder of this year

Monday 24 th June	
Tuesday 25 th June	Y4/Y5 Food and Farming Trip
Wednesday 26 th June	District Sports (selected children)
Thursday 27 th June	
Friday 28 th June	
Monday 1 st July	
Tuesday 2 nd July	
Wednesday 3 rd July	Whole School Trip Day (Children in uniform, arrive at school at 8:15am, return to school at 4pm)
Thursday 4 th July	
Friday 5 th July	
Monday 8 th July	
Tuesday 9 th July	Year 5/6 Leavers Performance to parents 9:30pm 4:30pm
Wednesday 10 th July	Sports Day- parents welcome to attend and may bring a picnic to share on school field
Thursday 11 th July	
Friday 12 th July	Transition morning, children with their new teachers for the morning
Monday 15 th July	*Reserve sports day in case of rain on 10 th July
Tuesday 16 th July	PSA Bags4Schools collection iRock Summer concert- 2:30pm (parents of iRock band members are invited to attend.
Wednesday 17 th July	Sports Awards Assembly (no parents)
Thursday 18 th July	
Friday 19 th July	Reports go out to parents
Monday 22 nd July	Fun sports afternoon (No parents)
Tuesday 23 rd July	Leavers Assembly Break up at 1:30pm. No Wrap Around Care after school.

SAVE THE DATE– OPEN EVENING

WEDNESDAY 17th JULY– 2:30pm until 4:30pm.

We would like to invite all parents into school for an end of the year Open Evening.

A chance for parents to have a look at your children's book, see the slideshow of photographs taken throughout the year and have a chat with their child's teacher.

Please note: we will not be able to offer private 1:1 appointments on this date.

Classes for Next Year

Your child's class teacher next year will be:

Reception Mrs Suzie Espie	Year 1 Miss Abbie Dixon	Year 2 Mrs Helen Aves (Monday) Mrs Elena Jeremy (Tues-Fri)
Year 3 Mrs Nicky Brogan (Mon-Wed) Mrs Jess Laird (Thurs-Fri)	Year 4 Mr Kirk Harris	Year 5 Mrs Tracy Pope
	Year 6 Mrs Lindsay Fleming	

We also have an incredible team of assistant teachers who will be working in classes. The children will be spending the morning of Friday 12th July with their new teacher.

Please note: Mrs Aves' 2 days as SENCO will NOT be reducing or changing.

We have had lots of different sports competitions going on this week.

Firstly, 8 girls in Year 5 competed at the Cricket finals for Essex on Wednesday, finishing 7th place.

4 children in Year 4 also took part in a Tennis Competition on Thursday afternoon and finished 4th.

Finally, 4 children attended a golf competition and we had some great par scores. Sadly, no children got into the top 3 but they had a fantastic time and gave it their all.

Well done to all our sports personalities



Residential 2024





Essex Fire Museum Open Day
Sunday 30th June 2024
10.30am to 4.00pm
(Last suggested entry time: 2.30pm)



Visits must be pre-booked via:
museum@essex-fire.gov.uk

Address: Essex Fire Museum, Grays Fire station,
 Hogg Lane, Grays, RM17 5QS

Well done to 'one of our own' Hollie in Y6 who featured in the Bishop's Stortford Independent this week after her football teams triumphs at a tournament in Barcelona a few week's ago. A future Lioness



New Parent Governors

We have vacancies for two new parent governors. Should we receive more than 2 candidates we will need to hold elections between 2nd July and 17th July.

If you wish to ask any questions please contact volunteer@henhamugley.essex.sch.uk

If you would like to put yourself forward or nominate another parent please complete the nomination form and return to the school office before Monday 1st July.

HENHAM FETE

80th D-Day Anniversary
22nd June 2024
 from noon
Woodend Green

BBQ & BAR
Military Vehicles
LIVE MUSIC
"The Polka Dots"
Alan Green
+++++ guests & DJs

Stalls
Tug of War
Ice Creams
Essex Police Property Marking
1940s Dress Theme
Prizes for BEST 1940s outfit
Bring your gazebos & picnics

Cash only

Reminder

On Thursday 18th July 2024 there will be an evening time zoom call with nationwide e-safety experts "The Two Johns".

We cannot stress the importance of parents putting the kids to bed early on this evening and listening to this training. We promise that the information within the training will be of interest to you.

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

...their lives, and that includes children: from exams and deadlines to anxiety and mental health issues, make jokes and vent online about the things that irritate us, but when was the last moment to share something kind or positive instead? In fact, when did you last stop online activities? To help keep them safe and teach them healthy online habits, we've looked at ways to build a child's digital resilience. There are lots of ways that children can become more resilient, and we've pulled together some popular strategies here...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND



- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jurgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mental health app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



National Online Safety

#WakeUpWednesday