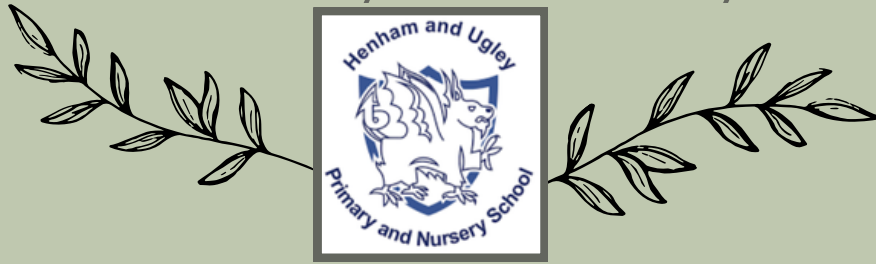


# Henham & Ugley Nursery and Primary School

Newsletter: Friday 24th January 2025



## Message from Mrs Brogan

Thank you to all those that are getting into school on time, I'm starting to see a real improvement. Our children starting the day on time with their peers really sets the day up with a positive start!

We are teaching our children that punctuality is an important life skill, thank you for supporting us with this.

Have a wonderful weekend.

**important**

Parents/Carers are NOT permitted to park in the car park when picking up from after school clubs at 4.15pm. It's a busy period and cars coming & going pose a risk.

Thank you



Our GOLDS this week are...

**Nursery** - Otilie

**Reception** - Trixie

**Year 1** - Ellis, Finn & Marla-Mae

**Year 2** - Savannah, Casey-Rose & Rowan

**Year 3** - George L, Ethan M & Jesse P

**Year 4** - Ronnie, Sophie & Dylan

**Year 5** - Jake, Ella-Rose, Orson, Hudson & Evie.

**Year 6** - Wren & Arianna



### Team Points

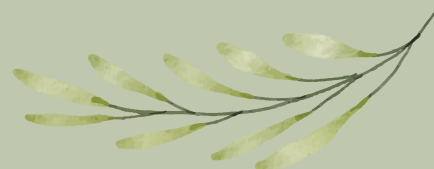
**WINNER!**

**Blue House: 920**

**Red House: 862**

**Green House: 835**

**Purple House: 554**



Please keep an eye on 'diary dates' as more information could be added on a weekly basis.

JANUARY

1

# Diary Dates

Week commencing 20th January - after school clubs begin. They will run until week beginning 31/3/25

Monday 27th January - Chinese New Year assembly

Week commencing 3rd February - Mental Health Week.

We will be doing various activities with the children. All children will enjoy some time in our 'Curiosity Copse' (woodland area) so they will need wellies/old trainers this week please.

Friday 14th February - INSET DAY

17th - 21st February - HALF TERM

Monday 24th February - Back to school.

Thursday 6th March - World Book Day (see information below)

Friday 4th April - End of Spring Term - **we will finish at 1.15pm.**

## Clubs

Please note - There are still places available on the following clubs:

Monday Year 1-2 Football club

Tuesday Year 5-6 Football club

Please contact the office if you would like to book your child on.

### BEHAVIOUR

Please note - we have the same expectations for behaviour in clubs as we do in the classroom and follow the same behaviour policy.

Behaviours that are not in line with our expectations could lead to us reviewing the suitability of your child attending the sessions.

Thank you for your understanding & support.



Lets  
celebrate!

We love to hear about your achievements and awards outside of school - feel free to email Mrs B so we can share in your celebration's!



Little & often practise for times tables really helps secure recall. Please see below the next class 'battle of the bands'. Good luck!

24th January - 26th January Year 3 v Year 2

24th January v 26th January Year 5 v Year 4

31st January - 2 February Year 4 v Year 3

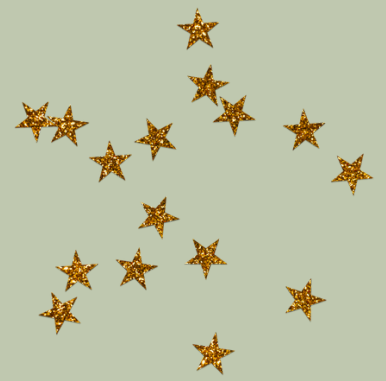
31st January - 2 February Year 2 v Year 5



Hockey Hero's!

Thank you for your report  
Silas (year 5)

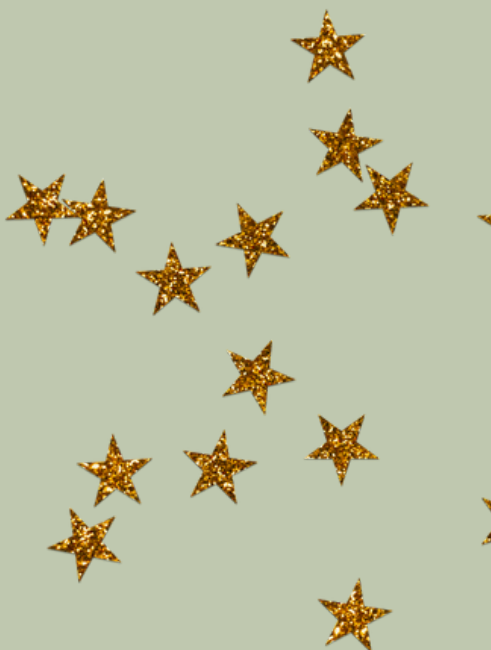
Friday Jan 17<sup>th</sup> 2022  
today the Henham and ugly primrose had a ~~pro~~hockey match  
against Katherine Semar School it was  
a thrilling game from start to finish. Our opponen  
ts in the first half kept despite that we battled on,  
working as a team. it paid off with a  
brilliant goal in the second half. A roided start  
to 2025. final score 1-1



A message from  
a very proud  
Mrs Stock

We were both so proud of the year groups today, it was a quick start for them, we got delayed on the mini bus (thank you roadworks!) which resulted in us arriving just as the field activities were beginning. The children had no briefing of the events but all just "went with it" and gave it their best shot which resulted in some top 3 finishes for some, awesome.

The track events which comprised of many relays, hurdle race and over and under races were intensely competitive but their finishes led us as a school to achieve 3rd place overall from all events! Way to go team Henham your team spirit and encouragement is so lovely even the bus driver commented on you all. He said to me at the end of the journey, when you had all exited with your thank you's, "what a lovely bunch of children you have, it was a real pleasure to take them today, please pass on to them a thank you from me and tell them how amazing they are". So proud





**A dragon has been on the loose at school!**



Year 1 have been hooked into their new writing unit by the mysterious arrival of a dragon egg! The children discovered this in our 'curiosity Copse' woodland area! Later in the week the egg hatched and made a terrible mess in our beautiful library. The children all made wanted posters as we all go on the hunt for the allusive creature.



# World Book Day



Thursday 6th March

(giving you lots of warning so that outfits can be considered!)

Your child can dress as **any** book character they like. We will have a fun filled day of activities as we transform our classrooms in literary worlds!

We have an Author visit on Wednesday 5th March: Helen Peters



Helen Peters is an award-winning author whose books have been nominated for the Carnegie Medal, shortlisted for the Waterstones Children's Book Prize, and named as the Independent Bookshops Children's Book of the Month and The Times Children's Book of the Week.

Helen Peters is the author of Friends and Traitors, Anna at War, Evie's Ghost, The Secret Hen House Theatre trilogy, and the Jasmine Green animal rescue series. She writes stories about adventure, bravery, family and friendship.



THANK  
you

Miss Jeremy for  
organising this  
for us!

Mrs B's writing competition.



# The Secret Door...where will yours take you?



One day, you discover a secret door in your school. What happens when you open it? Where does it lead? Who do you meet?

Would like like to take part in Mrs B's writing competition?  
Overall winner - looks after the writing trophy for the term  
There will also be 2 runner ups!



You could write a story, a diary entry, a poem, make a warning poster or a newspaper article.

EYFS you could draw a picture.



Keep an eye out for a number of mystery doors that have popped up around the school!



Closing date: Monday 10th February



# What to do

## Advice on childhood illnesses



Go to school; if needed, get treatment as required



Some restrictions for school attendance



Don't go to school and see the GP

What it's called?	What it's like	Going to school	Getting treatment	More advice
<b>Asthma flare up</b>	Worsening of usual symptoms		Follow your care plan	Stay off school if feeling too unwell
<b>Chicken pox</b>	Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters		Pharmacy	Back to school five days after on-set of the rash, or when all lesions are crusted over
<b>Common cold</b>	Runny nose, sneezing, sore throat		Pharmacy	Ensure good hand hygiene
<b>Conjunctivitis</b>	Teary, red, itchy, painful eye(s)		Pharmacy	Try not to touch eye to avoid spreading*
<b>Flu</b>	Fever, cough, sneezing, runny nose, headache, body aches and pain, exhaustion, sore throat		Pharmacy	Ensure good hand hygiene*
<b>German measles/ Rubella</b>	Fever, tiredness. Raised, red, rash that starts on the face and spreads downwards		GP	Back to school four days after the rash has started, if feeling well enough. Please let the school know, as pregnant members of staff may be affected.
<b>Glandular fever</b>	High temperature, swollen glands, sore throat; usually more painful than any before		GP	*
<b>Hand, foot &amp; mouth disease</b>	Fever, sore throat, headache, small painful blisters inside the mouth on tongue and gums (may appear on hands and feet)		GP	Attend school while monitoring symptoms
<b>Head lice</b>	Itchy scalp (may be worse at night)		Pharmacy	
<b>Impetigo</b>	Clusters of red bumps or blisters surrounded by area of redness		GP	Back to school when lesions crust or 48 hours after start of antibiotics
<b>Measles</b>	Fever, cough, runny nose, watery inflamed eyes, rash		GP	Back to school four days from on-set of rash, and if feeling well enough
<b>Ringworm</b>	Red ring shaped rash, may be itchy, rash may be dry and scaly or wet and crusty		Pharmacy	
<b>Scabies</b>	Itching rash, commonly between fingers, wrists, elbows, arm		GP	Back to school after first treatment
<b>Scarlet fever</b>	Fever, unwell, red tongue, sandpaper rash		GP	Exclusion period during first 24 hours of antibiotics*
<b>Shingles</b>	Pain, itching, or tingling along the affected nerve pathway. Blister-type rash		GP	Only stay off school if rash is weeping and cannot be covered
<b>Sickness bug/ diarrhoea</b>	Stomach cramps, nausea, vomiting and diarrhoea		Pharmacy	Contact GP if symptoms persist after 48 hours
<b>Threadworms</b>	Intense itchiness around anus		Pharmacy	Ensure good hand hygiene
<b>Tonsillitis/ Strep throat</b>	Intense sore throat for more than 1 day		Pharmacy	See GP if temperature lasts more than 48 hours or cannot swallow. Only need to stay off school if feeling too unwell
<b>Whooping cough</b>	Violent coughing, with a 'whoop'		GP	Exclusion period during first five days of antibiotics
<b>Covid</b>				Visit <a href="http://www.nhs.uk">www.nhs.uk</a> for latest guidance

\*Attend school while monitoring symptoms.

This information is a guide and has been checked by health professionals. If you are unsure about your child's wellbeing, we recommend you contact your pharmacy or GP to check.

Working in partnership with

Should my child go to school/nursery today?

Hertfordshire and West Essex Healthier Together for further information

<https://www.hwehealthiertogether.nhs.uk/parents/carers>



My child's ill – what should I do?

Please refer to this helpful guide.



Please be mindful of what your children are watching ...is it age appropriate.?

Get Ready To Support Your Future Teen with Our Free Online Courses!

Are you looking for ways to help your teen navigate the challenges of adolescence? Our free online courses are designed to provide parents and carers with the tools and knowledge to support their teens effectively. From managing emotions to building resilience, our sessions offer valuable insights to help your teen thrive.

Sign up via our website ACLEssex.com and search by course title or code

The Teenage Brain	(CODE: DOL2C45Y24)	11/02/2025
Understanding Teens	(CODE: DOL4C46Y24)	27/02/2025
Understanding Teenage Anxiety	(CODE: DOL4C47Y24)	27/03/2025

COMMUNITY & FAMILY LEARNING  
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All The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formally delivered by National Online Safety, these guides now have a new look. For further guides, facts and tips, please visit [thenationalcollege.com](https://www.thenationalcollege.com).

## What Parents & Educators Need to Know about TIKTOK

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

**AGE-INAPPROPRIATE CONTENT**  
While TikTok's following has only doubled since its launch, it's already become a major platform for inappropriate content. A recent report by Ofcom found that 15% of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

**CONTACT WITH STRANGERS**  
With more than 1.5 billion users globally, the platform has become a hub for inappropriate content. A recent report by Ofcom found that 15% of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

**MISINFORMATION AND RADICALISATION**  
Although the short videos on TikTok tend to be more innocuous than the longer ones on YouTube, clips can still influence young people's views in a negative way. Not only do some videos promote dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – an app should be wary of misreporting, spread of conspiracy-themed material, spreading hate and more.

**ADDICTIVE DESIGN**  
With its constant stream of eye-catching videos, TikTok can be addictive for young people. In 2024, UK children spent an average of 127 minutes per day on the app. That's twice as much as in 2023. Excessive use can interfere with young people's sleep patterns, affect their ability to concentrate in school, and lead to other, less desirable outcomes. The addictive nature of the app – and the way it can be used to spread misinformation – is a concern for parents and educators.

**IN-APP SPENDING**  
TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £9.99 to an eye-watering £99, while they may not sound expensive, the app will generate £7.9 billion in user spending in 2023. TikTok is getting in front of the competition by offering in-app purchases, but it's possible to bypass this with a few simple steps.

**Advice for Parents & Educators**

**ENABLE FAMILY PAIRING**  
Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can turn these settings without parental approval.

**DISCUSS THE DANGERS**  
If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the general risks. It means that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by something on the app. It's also worth talking about harassment and grooming, and how to identify it.

**READ THE SIGNS**  
If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Sometimes the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert  
Alan Martin is an experienced technology journalist who has written for the BBC, TechCrunch, Tom's Guide, The Evening Standard and The New Statesman.

#WakeUpWednesday The National College

Source: <https://www.ofcom.gov.uk/consult/condocs/tiktok/tiktok.pdf>, <https://www.thenationalcollege.com/news/tiktok-2024>

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