

HARTSBOURNE NEWSLETTER

www.hartsbourne.org.uk

20th October 2023

It is hard to believe that we are at the end of the first half term already! It has been 7 weeks since we have bounced back into learning and as always it has been busy.

World Events

Some parents have shared concerns with me about how their children have been affected by current events. As a school we have made the decision not to directly address it at a whole class level as we believe how much information parents want to share about this subject is a personal choice. However, we have reminded the children of their helping hands. Every child completed these at the beginning of the year and they name key adults that the children can speak to if they are feeling sad or worried about anything. We also have extra pastoral support available through Mrs Patel and Miss Hogg our school counsellor. There is a lot of unpleasant online content regarding the current situation and I have attached a guide for to support with discussing this with your child should they see something by accident.

PSHE Coffee Morning

A big thank you to those parents who filled out the survey regarding our PSHE curriculum. In response to this survey, we will be holding a coffee morning where we will be providing more information about our whole PSHE curriculum including the Relationships and sex education aspects. If you would like to attend then please complete this form <https://forms.gle/hRxgBfR4w5GiAQax7>.

Harvest Festival

A huge thank you for all of your generous donations for our Harvest Festival. Mr Harper and the school council will be taking them to The Red Trust in Bushey after half term.

All that remains is for me to wish you a happy and peaceful half term. We look forward to seeing everyone back to school on Tuesday 31st October where the run up to the festive season begins! Mrs Harte and the team at Hartsbourne.

We Are Very Proud Of.....



Elijah in Year 6 who has been completing some charity work for Goods for Good.

Ruby in Year 4 who faced her fears at Chessington!

Rafi in Year 5 for getting Man of the Match in his football game

Nathan in Year 5 for coming 3rd in the Cross Country event against 5 other Primary Schools.

Jessie in Year 2 for gaining her trampolining medals.

Vivienne in Year 6 for winning a huge trophy for dancing.

We are very proud of all of you!

Reading Maps

A big well done to Ronnie and Vinnie in Year 1 for completing their Reading Maps so early in the year!



Autumn Term Key Dates

Date	Event
Monday 30th November	INSET Day
Tuesday 31st October	School Council to The Red Trust
Thursday 2nd November	Year 6 - Dia De Los Muertos
Friday 3rd November	Parent Coffee Morning - PSHE
Tuesday 7th November	Year 4 Quick Cricket - Queens
Tuesday 7th November	Parents Evening Early
Thursday 9th November	Remembrance Assembly
Thursday 9th November	Parents Evening Late
W/B 13th November	Anti-Bullying Week
Monday 13th November	Year 6 Basketball - Queens
Wednesday 15th November	Year 3 Trip - Natural History Museum
Friday 17th November	Children in Need
Monday 20th November	Year 2 NSPCC Workshop
Thursday 23rd November	Yr 6 - School Nurse Visit
Tuesday 28th November	Hartsbourne FC V Bushey Manor
Monday 4th December	Hartsbourne FC V The Grove
Wednesday 6th December	EY & KS1 Christmas Story Night
Friday 8th December	School Closed - Occasional Day

What's Going on in School

Contents

- Parent Teacher Consultation Bookings
- Cultures and Celebrations
Questionnaire
- Second hand uniform and Festive
Jumper sale
- Poppy Appeal
- Learning Gems and House Points
- Class messages - Year 5, Year 4, Year 6
and Reception



Autumn Term Parent Teacher Consultations



Please remember to book your appointment! Bookings will close on **Monday 30th October at 12pm.**

Bookings are made via Arbor and full instructions can be found [here](#)

Cultures and Celebrations

Dear Parents,

In an effort to expand our understanding of the cultural makeup of our community, we would like for each family to complete the below Google Form by Friday 3rd November 2023. This will allow us to gain a greater understanding of the diverse cultures and faiths within our school, and enrich the children's cultural capital.

Kind regards,

Mrs Durrant-Patel and Mr Harper

Cultures and Celebrations Questionnaire



Festive Jumpers and Second Hand Uniform

Next half term we will be organising a second hand uniform sale and Festive jumper swap, so if you're planning a half term clear out please put aside any festive jumpers or Hartsbourne sweatshirts and cardigans that your children have grown out of.

If you do have any that you're happy to donate then please drop them to the school office after half term.

A poster for a Poppy Appeal. The background is yellow and features several stylized red poppies with black centers and green stems and leaves. The text is contained within two green rounded rectangular boxes. The top box contains the title 'Poppy Appeal' in white. The middle box contains the dates 'Wednesday 1st November - Friday 10th November' and the details of the sale: 'Year 6 will be selling poppies and assorted poppy merchandise on the KS1 playground (by the wooden boat) every day at school pick up time on the above dates.' The bottom box contains the reminder 'Just a reminder it is CASH ONLY for the poppy appeal.'

Poppy Appeal

**Wednesday 1st November
- Friday 10th November**

**Year 6 will be selling poppies
and assorted poppy
merchandise on the KS1
playground (by the wooden
boat) every day at school pick
up time on the above dates.**

**Just a reminder it is CASH ONLY
for the poppy appeal.**



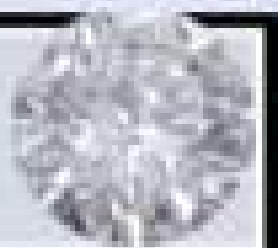
P.S.H.E. Coffee Morning

Following on from feedback from our recent PSHE consultation, we would like to invite you to a coffee morning on **Friday 3rd November at 9.00am**. We will be talking about how we teach PSHE at Hartsbourne including the Relationships and Sex education part of it. We are hoping that this session will help to give parents a clearer understanding of what your children will be learning and alleviate any concerns that you may have from media coverage of the RSHE curriculum.

If you would like to attend, please complete the Google Form so we have an idea of numbers.

[Form Link](#)

Friday 20th October – Diamond: being independent learners and responsible people, solving our own problems where appropriate.



Year 1 – Florence and Vinnie always try their best and have been great independent learners in maths this week.

Year 2 – Melissa and Phoebe are great independent learners who always try their best. They are also great problem solvers! Well done!

Year 3 – Maliha and Zach show a great sense of independence and take responsibility both their learning and choices.

Year 4 – Levi and Alfie have both worked brilliantly on their independent writing this week.

Year 5 – Amayah and Seb have both worked really hard this week on their independent adventure stories and always try their best to solve problems.

Year 6 – Emilija is an independent learner who consistently solves problems across the curriculum and Jacob has shown great responsibility in class and on the playground.

This week, Clive the Carrot is awarded to...



Year 4!



Housepoints – Friday 20th October



Sika wins!



Class specific messages



Year 5 - Puppet Project Helpers

Year 5 are currently in the middle of creating their puppets for their puppet project that is taking place during the Autumn term for a performance in the Spring term. We would really appreciate any parent helpers who would be able to come into school to help the children with stitching from 1:15pm-3pm on the 20th November, 27th November and 4th December.

Please complete this form if you are able to volunteer.

<https://forms.gle/aMquorgr7kZi4ETF7>

Year 4 - Swimming

Year 4 swimming starts again on the first day of term for group 2, so please remember to send them in with their swimming kits

Year 6 - Secondary School Application Deadline

Don't forget the deadline for submitting your child's secondary school application is **Tuesday 31st October**. All families need to submit an application even if they are planning on taking up their guaranteed place at Bushey Meads School.

[Hertfordshire School Admissions](#)

Reception

For further information
Please visit our website for more information on the School Nursing Service: www.hertsfamilycentres.org

Please call the Public Health Nursing Service to opt out of any screening, or to discuss your child: 0300 123 7572
Alternatively, you can email the area in which your child attends school:

- Welwyn and Hatfield, East Herts and Broxbourne:
HCT.SHWBSWH@nhs.net
- Stevenage, Royston and North Herts:
HCT.rsnh@nhs.net
- Watford, Three Rivers and Hertsmere:
HCT.W3RH@nhs.net
- St Albans and Dacorum:
HCT.stadac@nhs.net

Comments or complaints

Hertfordshire Community NHS Trust offers high quality services and aims to be as helpful as possible. If however you are dissatisfied by our service, then we would like to know. Please contact:

Patient Advice and Liaison Service (PALS)
Tel: 0800 011 6113 (10am-2pm, Monday to Friday - messages can be left outside of these hours)
Email: pals.hchs@nhs.net

Hertfordshire Community NHS Trust
Unit 1a Howard Court, 14 Towin Road
Welwyn Garden City Herts AL7 1BW
Tel: 01707 388 000

Leaflet produced by the School Nursing Team – October 2022



Hertfordshire
Family Centre
Service

NHS
Hertfordshire Community
NHS Trust

Hertfordshire Public
Health Nursing Service
5-19 (School Nursing)



The Health for Kids website (www.healthforkids.co.uk) contains information to support parents/carers during a child's primary school years.

All content has been produced by school nurses and a whole range of other health and wellbeing experts. Children aged 5-11 can also access some practical/fun support on the website.



Innovative



Caring



Agile

The Hertfordshire Public Health Nursing Service 5-19 (School Nursing) sees children in mainstream, state schools.

The service promotes healthy lifestyles and offer support to children and families at times when extra help is needed. This includes help with emotional difficulties and coping with long-term health conditions.

The team provide support, advice, and signposting on a range of health issues that can affect a child or young person. These may include:

- Emotional and mental health issues
- Healthy eating and weight management
- Wetting, soiling and constipation
- Immunisation advice
- Support for young carers
- Health conditions requiring medication in school
- Sexual Health

We have a team of staff to support children and young people in school.

This could be via individual sessions or group sessions. More information is available about all the services we offer in this short clip:

<https://youtu.be/7RoTkp3vkB0>

Please contact your local school nursing service if you want to discuss any health issues for your child. Our contact details are at the end of this leaflet. You can also complete an online referral form available on our website at: <https://www.hertsfamilycentres.org>

Use of Personal Data

Hertfordshire Community NHS Trust is committed to protecting your privacy and will process the information you provide to comply with the Data Protection Act. Health information about your child will only be shared with your consent. Further information about how your data is stored can be found here: <https://www.hct.nhs.uk/about-us/data-protection-and-your-information/>. Information will not be shared with any other outside agency unless it is necessary for the protection of a child or vulnerable adult.

Before your child starts school...

Immunisations

It is important that all children are fully immunised before starting school. This includes a pre-school booster and second MMR. Please contact your GP if your child has not received these immunisations or you have any concerns regarding this. You can also contact the School Aged immunisation team on 01727 732062.

When your child is in Reception class...

Height, Weight, Vision and Hearing Screening

All children will have their height and weight measured. We also check their distance vision and hearing. Parents and carers are informed of their child's results. Results which may have an effect on your child's learning (hearing or vision) will be shared with their class teacher. Some retests maybe offered in a clinic setting. Any child moving into the area who has no evidence of being screened elsewhere will have their vision and hearing checked in Reception. We will check their vision if they are in Years 1 and 2.

If you do not wish your child to be seen, or your child is currently attending a vision or hearing clinic and you do not wish us to screen them, please contact us within two weeks of receiving this leaflet.

Online health questionnaire

We will ask you to complete a questionnaire, online, about their health and wellbeing. This is called The Lancaster Model. Once you have completed this we may contact you to discuss your child's health. Children also complete an online health assessment in Year 6. For more information please visit: <https://www.thelancastermodel.co.uk/>

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.

2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening - but again, do stay aware of their emotional state.

4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.

8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate - you want to be their ultimate source of information, not their device.

10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are; it is essential that children understand that they're not alone, and that help is available if and when they need it.

Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want, but need.



National Online Safety®

#WakeUpWednesday