



Hartest Church of England Primary School

Weekly Update – Friday 8th September 2023

Upcoming Dates for Week commencing 11th September

Monday 11 th	Mr Rowe's Music Lessons Board Games Club
Tuesday 12 th	Mr Potter's Music Lessons Mr Potter's Band Club
Wednesday 13 th	DT Day – Hedgehogs and Squirrels The Nest: Wacky Wednesday
Thursday 14 th	Multisport Club for Squirrels & Kestrels Vegetable Gardening Club (running until October half term)
Friday 15 th	

Upcoming Dates:

28th Sept: Photo day
12th Oct: Governing Body Meeting 5pm
20th Oct: Staff Training Day: School closed to children.
23rd – 27th Oct: October Half Term holiday
31st Oct: Hedgehog Learning Conferences
1st Nov: Squirrels Learning Conferences
3rd Nov: Kestrel Learning Conferences

Our Christian Value for this term is Perseverance.

WELCOME BACK!


What a fantastic first week we have had settling back into a new school year. It has been lovely to hear about all the exciting things you got up to over the summer holiday. Our new reception children, along with our two new additions to Squirrel class have settled in amazingly, thanks to the kindness of the children and adults in their classes.

Just a few things to keep you up to date. As ever, please get in touch if you have any questions!

Thank you for your continuing support,
Mrs Colville
Head of School

Weekly Attendance

to 08/09/23

Hedgehog Class	99%
Squirrel Class	100% 
Kestrel Class	92%

If your child is ill, please ring the school and leave a message. Thank you.

Certificate Winners

Hedgehog Class

Pupil of the week: Violet, Liliana, Emily

Squirrel Class

Pupil of the week: Isaac, River, Amelia, Daisy

Kestrel Class

Pupil of the week: Oscar

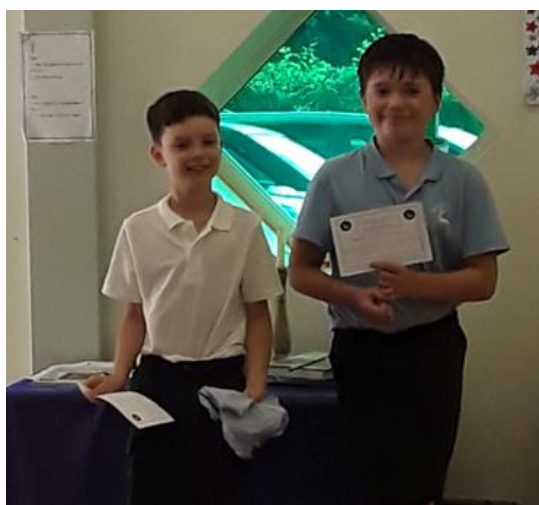
We handed out so many certificates in Celebration Assembly today – I lost track of them all! Thank you to the children who completed their Summer Holiday Bingo Challenge. The 5 house points and certificate are recognition for all your hard work!

Happy Birthday to Liliana, Trixie and Bradley.

Well done everybody!



Celebration Assembly



Hartest Church of England Primary School

Menu – Week 2

LUNCH WEEK 2 MENU



MAIN EVENT

MONDAY
All Day Breakfast
Brunch
Sausage, Egg, Hash
Brown and Beans

TUESDAY
Pizza Margherita
with Baked Potato
Wedges

WEDNESDAY
Minced Beef and
Onion Pie with Mash

THURSDAY
Chicken
Chow Mein
(Noodles)

FRIDAY
Golden Fish
Fingers
with Chips



MEAT-FREE MAGIC Vegetarian Dish

All Day Veggie
Breakfast Brunch
Veggie Sausage, Egg,
Hash Brown and Beans

Golden Vegetable
Fingers with Baked
Potato Wedges

Super Veggie Pie
Vegetable, Lentil and
Onion Pie with Mash

Mexican Bean Wrap
with Whole Grain
Rice

Cheesy Sweetcorn
Pizza
with Chips



RAINBOW ALLEY Vegetables and Salads

Baked Beans

Green Salad

Carrots

Sweetcorn

Baked Beans

Daily salad bowl and freshly baked bread available every day



PASTA TWIRLER Topped Pasta

Hot Pasta topped with Homemade Tomato Sauce



BIG TOPPING Filled Jacket

Crispy Skin Jacket Potatoes with Cheese or Beans



DESSERT TROLLEY Pudding

Banana Sponge
Cake and Custard

Jammy Crumble
Bars

Apple Crumble and
Custard

Orange
Jelly

Vanilla
Ice Cream

Cut fruit, yoghurt and jelly available every day



BLP

At Hartest we are committed to building children's learning power; not just what they are learning, but more importantly learning how to learn. This half term our BLP is **Resilience** – learn to manage distractions, persevere when things get tough, absorb information and experiences, and be attentive.

*How can you show resilience?
How do you think you could develop your resilience?*

The Nest Bookings

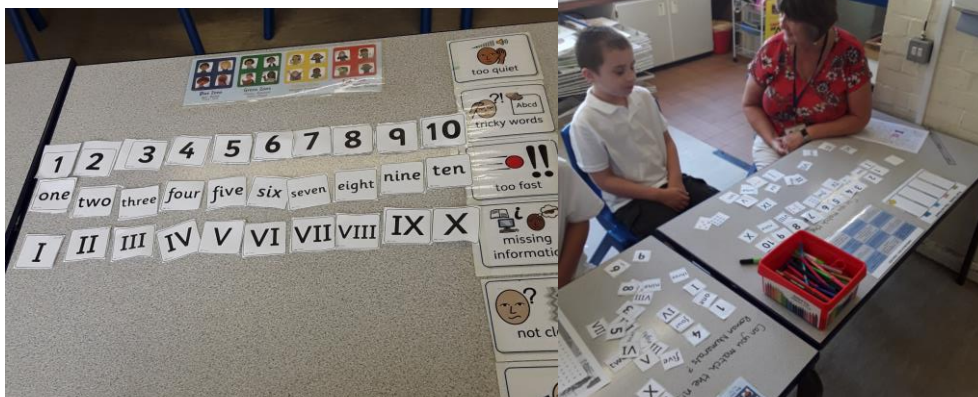
If you are wanting to book your child into The Nest for before or after school, please can you send it in an email to admin@hartest.suffolk.sch.uk rather than verbally telling an adult on the gate/door. In order for us to ensure we have the correct staffing ratios to accommodate your request, we need to check the registers, before confirming their space. Thank you for your understanding.

Health and Safety

We love that so many of you choose to cycle or scoot to school, but can we ask that bikes and scooters are not ridden on school grounds. If you could dismount before entering the school grounds and walk your bike/scooter to and from the bike shed to avoid any collisions.

Kestrels

It has been a busy week in Kestrels... In Maths, we revisited our previous learning of place value and then looked at numbers up to 10,000 (Y5) and 10,000,000 (Y6). We also looked at Roman Numerals. Challenge: Can you write your birthday in Roman Numerals? In English, we read a story called The Strangest Shop in the World. It was an interactive story where we got to choose what happened next. Using this as a stimulus, we looked at different techniques we could use to improve our descriptive writing. The children created Harvest artwork for the Gardening Club competition using watercolours, which will also be displayed in school and at church.



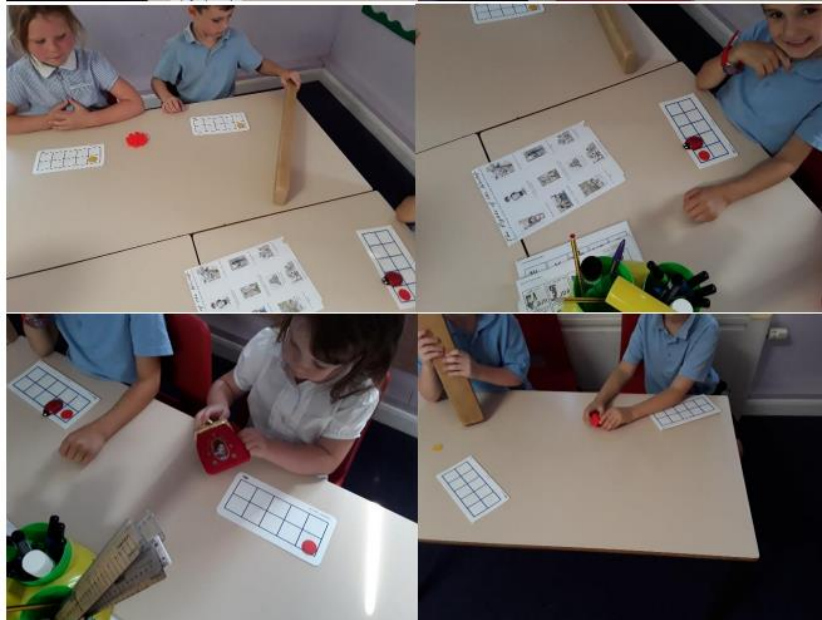
School Dinners

Due to the change of catering company and the increase in food prices, the cost of school dinners will be increased to £2.50.

Packed Lunches

As some of you choose to send your children in with packed lunches, please can I remind you that they should be a healthy packed lunch and completely nut free. If you are unsure about individual items, please speak to us to confirm.

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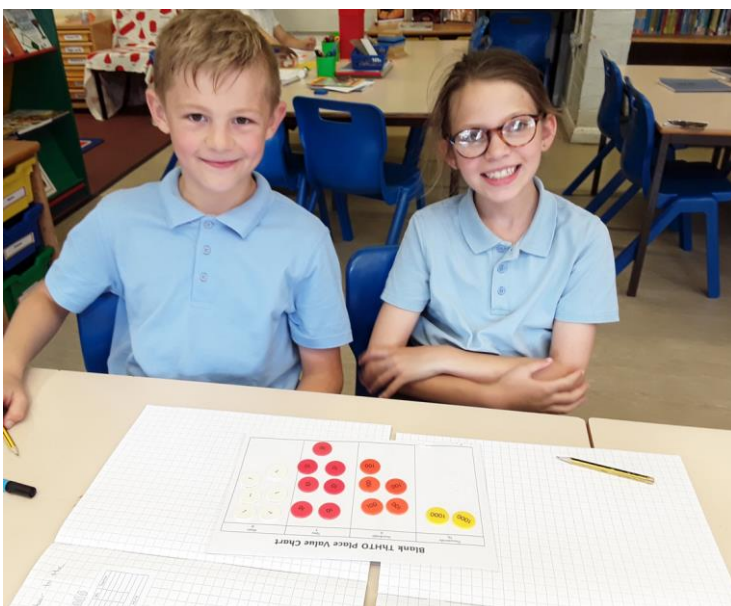
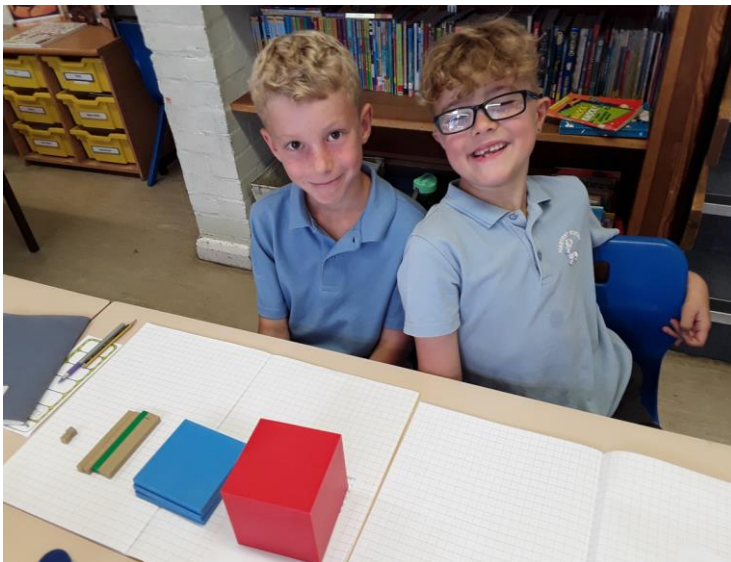
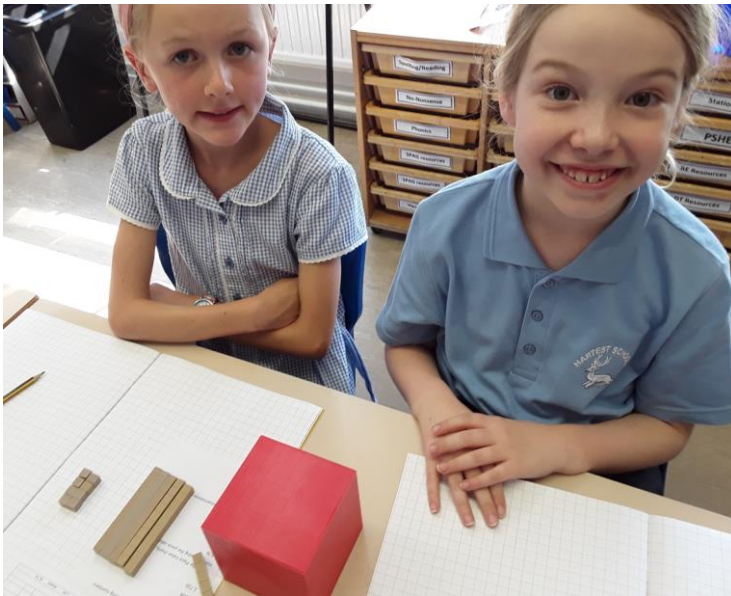
Hedgehogs

This week, Year 1 and 2 completed a cold task to demonstrate their understanding of place value. They used counters and tens frames to support their learning.

Below are some pictures of our new reception children exploring the continuous provision.

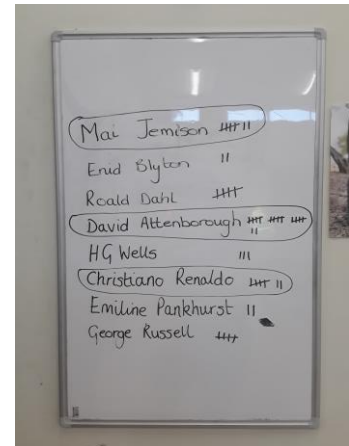


Squirrels



New House

This week we nominated and voted for the inspirational people who would become the names of our houses. (A little slip has been stuck into your child's reading record to let you know which team your child is in.)



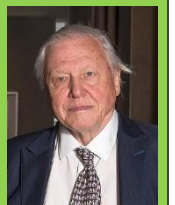
RED

Ronaldo



GREEN

Attenborough



BLUE

Jemison





Hartest Church of England Primary School

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60 minutes long.

Childhood Neurodiversity: Understanding and Managing Behaviour

When distressed, neurodiverse children and young people may show behaviours that challenge the adults around them – this workshop explores how to understand behaviour and how parents/carers can support their neurodiverse children with behaviours of distress.

Thursday 7th September 13:00 PM - [BOOK HERE](#)

Supporting our Young People with Anxiety

This workshop is for parents of school aged children to help them understand anxiety better. The session covers: what is anxiety, why anxiety, how it effects the brain, how it effects the body, how it impacts on what we do and don't do and how parents can support their children/adolescents who might be struggling with anxiety.

Tuesday 26th September 13:00 PM - [BOOK HERE](#)

Supporting your Child to Regulate their Emotions

This workshop will introduce what emotion dysregulation is and explore what things can impact on a child's ability to regulate their emotions. It will then focus on what you can do to support your young person and introduce you to some key self-regulation skills.

Tuesday 26th September 17:00 PM - [BOOK HERE](#)

Supporting our Young People with Self-Harm

Knowing your young person is finding things difficult and engaging in self-harm can be frightening and confusing for parents. This workshop aims to develop parents' understanding of self-harm and will cover: What is self-harm?, Why does self-harm happen?, and What can I do to help?.

Tuesday 17th October 13:00 PM - [BOOK HERE](#)

Supporting our Young People Manage Big Feelings

As our children grow, they experience many changes in themselves and the world around them. During this time, our children will feel a variety of feelings which they do not know how to manage. This workshop is aimed at parents of young people aged up to 11 as we breakdown what leads our children to have these feelings and ways in which we can support them to manage if they become overwhelming.

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Tuesday 21st November 13:00 PM - [BOOK HERE](#)

Supporting our Young People with Low Mood

This workshop will help you to have a better understanding of why our young people are more vulnerable to low mood once they reach adolescence, the warning signs and some evidence based strategies to best support your young person.

Tuesday 21st November 18:00 PM - [BOOK HERE](#)

Supporting our Young People with Challenging Behaviours

In this workshop we will explore child behaviour that parents or teachers find challenging to manage, such as: hyperactivity, difficulties with attention, aggression, difficulties with friendships and relationships and irritability. We will cover practical strategies to help manage these behaviours positively. This workshop may be helpful for parents who have concerns around possible ADHD in their young person.

Tuesday 12th December 13:00 PM - [BOOK HERE](#)

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Tuesday 12th December 17:00 PM - [BOOK HERE](#)

Supporting Young People's Mental Health **Parent/Carer Workshops**

September – December 2023

Please note:- the Book here links will not work via this newsletter. If you wish to book onto any of these workshops, please use the QR code or link below. Alternatively, please email school and we can send you the link directly.

www.eventbrite.co.uk and search for
Psychology in Schools Team – NSFT

