



Hartest Church of England Primary School

Weekly Update – Friday 15th September 2023

Upcoming Dates for Week commencing 18th September

Monday 18th	Mr Rowe's Music Lessons Board Games Club
Tuesday 19th	Mr Potter's Music Lessons Ingrid Morelli Open Book Assembly Mr Potter's Band Club
Wednesday 20th	The Nest: Wacky Wednesday
Thursday 21st	Multisport Club for Squirrels & Kestrels Vegetable Gardening Club (running until October half term)
Friday 22nd	

Upcoming Dates:

18th – 4th Sept: Harvest Collection
 25th Sept: Rev Simon Collective Worship
 28th Sept: individual Photo day
 28th Sept: Skeko Council Meeting 12.30pm
 28th Sept: FoH Meeting – 5.15pm
 29th Sept: TT Rockstar Relaunch Day
 6th Oct: Harvest Service at church
 12th Oct: Governing Body Meeting 5pm
 13th Oct: Maths Across the Curriculum Day
 16th Oct: Rev Mary Collective Worship
 17th Oct: Kestrels MAT Christmas Song Recording (details to follow)
 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!



Apologises for the delay in the weekly update. As you may or may not know, my family and I have been awaiting the completion of our new house and, on Friday afternoon, we finally got the keys. A weekend filled with van loads from storage and building furniture – I didn't have the opportunity to write this sooner. But here it is...

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 15/09/23

Hedgehog Class	98%	
Squirrel Class	98%	
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: Joel
School Rule: Isla, Charlie, Jemima
Achievement: Lily

Squirrel Class

Pupil of the week: Merida
Achievement: Tabi, Merida

Kestrel Class

Pupil of the week: Matilda
School Rule: Tyler
Achievement: Sylvia

Happy Birthday to Lily and Archie!

Well done everybody!



Kestrels

In maths this week, Kestrels continued to look at place value. Thursday's activity was an assessment to see how well the class had retained their learning. Mrs Colville *accidentally* dropped the whole tray of counters on the floor and it was then a race to make different numbers by collecting the correct place value counters. It was so much fun and showed how well the children have understood place value.



Can you help?

We are looking for donations of; a rabbit hutch... decorative plant pots... wrapping paper.
If you have any that you are able to donate, please let us know.

Hartest Church of England Primary School

Menu – Week 3

**FOOD
FESTIVAL**
by Aspens

Autumn/Winter 2023/2024:
18/9, 9/10, 6/11, 27/11, 18/12, 22/1

LUNCH WEEK 3 MENU



MAIN EVENT



MEAT-FREE MAGIC Vegetarian Dish



RAINBOW ALLEY Vegetables and Salads



PASTA TWIRLER Topped Pasta



BIG TOPPING Filled Jacket



DESSERT TROLLEY Pudding

MONDAY

Hot Dog
with Baked Potato
Wedges

Vegetarian
Shepherd's Pie

Green Beans

Watermelon
Wedge

TUESDAY

Tomato & Roasted
Vegetable Pasta
Bake

Mixed Vegetable
Korma with
Whole Grain Rice

Broccoli

Chocolate Crunch
and Custard

WEDNESDAY

Roast Gammon
with Roast Potatoes
and Gravy

Baked
Mac n Cheese

Carrots

Oaty Apple
Crunch Slice

THURSDAY

Pizza Day!
Veggie Supreme
Pizza with Baked
Potato Wedges

BBQ Drizzle
Pizza with Baked
Potato Wedges

Peas

Strawberry
Jelly

FRIDAY

Golden Fish
Fingers
with Chips

Golden Vegetable
Fingers
with Chips

Baked Beans



Vanilla
Ice Cream

Daily salad bowl and freshly baked bread available every day

Hot Pasta topped with Homemade Tomato Sauce

Crispy Skin Jacket Potatoes
with Cheese or Beans

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 24 hours in advance of the time, 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

Thank you to those of you who are remembering to dismount at the gate and walk your bikes/scooters in. It is making the path much safer for everyone!

Harvest Collection

On Friday 6th October, we will hold our Harvest Festival at church. Our service will be led by the children alongside Rev Julia Perkins starting at 11am. We would love it family and friends could join us for the service. In the lead up to the service, we will be collecting items for The Community Larder, which serves local families. Items from the list below can be left on the table outside the front door between **Monday 18th September and Wednesday 4th October.**

Foodbank shopping list

- Cereals
- UHT milk
- Tea
- Tinned meat - corned beef, pies, ham etc
- Tinned fruit
- Tinned vegetables
- Toilet rolls
- Rice
- Tuna, sardines & mackerel
- Jars of coffee
- Sugar
- Crackers
- Toothpaste
- Shampoo
- Soap
- Baked beans
- Tinned tomatoes
- Tins of custard/rice pudding
- Pasta
- Pasta sauce
- Biscuits
- Soup
- Washing tablets/capsules
- Oil
- Honey & jams etc
- Sanitary wear
- Deodorant
- Shower gel

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.



Hartest Church of England Primary School

Hedgehogs

English – This week the children have been using adjectives to describe well known characters. The children then created their own fictional character and were then encouraged to describe it. All of the children enjoyed using their imagination to draw their own character. I was very impressed with the vocabulary that they used. I wonder if your child can remember what an adjective is or even an expanded noun phrase.

Maths – Year 1 children started the week by writing numerals in words. The children were encouraged to use the working walls and toolkits to complete their learning independently. Their learning then moved on to counting on from any given number. Year 2 children have been working hard on understanding and recognising tens and one up to 100. They started the week by using manipulatives and sentence stems to support their understanding and then they moved onto using pictorial representations to identify two-digit numbers up to 100. Reception children completed another episode of mastering number. They were encouraged to use mathematical language to explain their answer.

Science – On Thursday, we continued our learning of 'uses of materials'. The children looked at 3 different images and were asked to identify which image they think is the odd one out and why. The children then thought about various materials and why they are used for different objects. E.g. Glass – It is see-through and lets light in.

History – On Tuesday, we started the first learning objective. The children listened to lots of facts about Queen Elizabeth I. They then worked in a group to record some of the facts they remembered.

Computing – This week all children began their computing learning by participating in an online safety lesson. The children were reminded of how they can stay safe when using technology and the internet. All children received a certificate for participating in the lesson.

Kestrels - MAT Christmas Song

Year 5 and 6 have been asked to participate in recording our MAT Christmas Song. They will be learning a song which they will then professionally record in October. The aim of this song is to raise money for two causes. Save the Children and Anthony Nolan. Save The Children support children from the UK and the wider world through aid, education and relief from wars, famine and more. Anthony Nolan, who created the world's first stem cell register and find potential matches to save the lives of people with blood cancers. We will raise funds throughout December with a number of events which we will release nearer the time.

The video will premiere on Youtube on Friday 1st December.



MUMFIT



CHILD FRIENDLY FITNESS CLASSES

Looking to get back moving after having children? Well this is the class for you! 9:45- 10:30 £6

A 45 minute class to improve posture, cardio fitness and strength. Exercises also focus on reengaging the core and strengthening the pelvic floor. All abilities and levels are welcome, different levels of challenge are given throughout the session. Suitable for diastasis recti and C-section recovery.

Every Thursday
Long Melford Village Hall

Every Friday
Rougham Sports Hall

07982996422

@JTD_mumfitness

@JTD_fitness

JTD

No need to worry about childcare as children of all ages are welcome at class. Toys and mats are provided for under 5s.

OCTOBER HALFTERM
School's OUT
Activities

We're back for October Half-Term 2023! We can't wait to welcome children back to our holiday day camps across Suffolk & Essex! For 4-16 year olds covering the full working day from 8am-6pm, with over 100 action-packed activities... there's something for everyone!

Cheshire Vouchers & GOV.UK tax-free discounts

Early Explorers 4-8 yrs
Creative Crew 7-12 yrs
Adventure Adventurers 9-12 yrs
Next Generation 13-16 yrs

DATES
Mon 23rd – Fri 27th Oct 2023

COLCHESTER ROYAL GRAMMAR SCHOOL
Colchester Road, Colchester, Essex, CO1 1JH. 0206 1118625

SHENFIELD HIGH SCHOOL
Chapel Road, Shenfield, Essex, SS17 1JH. 0206 2196020

IPSWICH HIGH SCHOOL
Woodbridge Road, Ipswich, IP1 2JH. 01464 833322

WOODBIDGE SCHOOL
Buckton Road, Woodbridge, Suffolk, IP12 4JH. 01464 8756442

SOUTH LEE SCHOOL
Newton Road, Ray, IP13 9JH. 01464 833322

BOOK NOW

£35 PER DAY or **20% OFF MON - FRI**

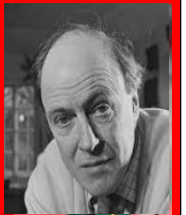
www.schoolsoutactivities.co.uk

New House

There has been a slight change to one of our houses. Please see below.

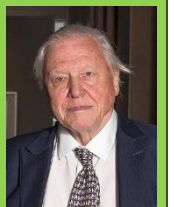
RED

Dahl



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.

Tuesday 17th October 17:00PM - [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 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





Open Evening

For all prospective Year 6 parents and children.

Please join us on Thursday 5th October 6-8pm for our 2023 Open Evening.

We look forward to welcoming you and showing you around.



Ormiston SUDBURY Academy

COME AND SEE OUR ACADEMY...

Open Evening – Thursday 28 September 2023, 6.00pm – 7.30pm

Open Week – Monday 2 October – Thursday 5 October 2023.
Tours available at 9.00am and 10.00am, please call **01787 375131** to prebook.

Visit our website www.ormistonsudburyacademy.co.uk for further information or scan the QR code below.

[OAT]
AN OAT ACADEMY