



Hartest Church of England Primary School

Weekly Update – Friday 22nd September 2023

Upcoming Dates for Week commencing 25th September

Monday 25th	Mr Rowe's Music Lessons Simon Ladd Harvest Assembly Board Games Club
Tuesday 26th	Mr Potter's Music Lessons Mr Potter's Band Club
Wednesday 27th	The Nest: Wacky Wednesday LGB Equality and Diversity Training – 6pm
Thursday 28th	Individual/ Sibling Photos Skeko Council Meeting 12.30pm Multisport Club for Squirrels & Kestrels Vegetable Gardening Club (running until October half term) FoH Meeting – 5.15pm
Friday 29th	TT Rockstar Day – Dress like a Rockstar!! Hedgehog Forest School

Upcoming Dates:

3rd Oct: Open Book Assembly
 4th Oct: Hedgehog Maths Parent Meeting 1pm
 6th Oct: Harvest Service at church 11am
 6th Oct: Squirrels Forest School
 11th Oct: Hedgehog Phonics Parent Meeting 1pm
 12th Oct: Skeko river walk
 12th Oct: Governing Body Meeting 5pm
 13th Oct: Maths Across the Curriculum Day
 13th Oct: Hedgehog Forest School
 16th Oct: Rev Mary Collective Worship
 17th Oct: Kestrels MAT Christmas Song Recording (details to follow)
 17th Oct: Open Book Assembly
 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**.

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 22/09/23

Hedgehog Class	97%
Squirrel Class	96%
Kestrel Class	94%



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

Certificate Winners

Hedgehog Class

Pupil of the week: Ruby
School Rule: Joel and James L
Out of School Achievement: Trixie

Squirrel Class

Pupil of the week: Hattie
Achievement: Freddie, Daisy, Bradley

Kestrel Class

Pupil of the week: Charlie
School Rule: Matilda, Vivvi
Achievement: Harry

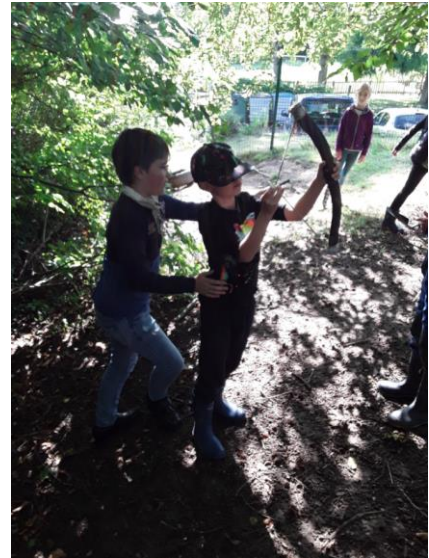
Happy Birthday to Charlie J and Mrs Morton!

Well done everybody!



Kestrels

Kestrel Class have thoroughly enjoyed being back in Forest School.



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

Term Dates 2023 – 2024

Autumn Term

Start: 4th September 2023

(4th September is a PD day – children start on Tuesday 5th September)

Last day: 21st December 2023

Half Term: 23rd October – 27th October 2023

(Friday 20th October is a PD day)

Spring Term

Start: 3rd January 2024

Last day: 28th March 2024

Half Term: 19th February – 24th February

Summer Term

Start: 12th April 2024

(Friday 12th April is a PD day – children start on Monday 15th April)

Bank Holiday: Monday 6th May

Last day: 19th July 2024

(Friday 21st June is a PD day)

Half Term: 27th May – 31st May 2024

(Friday 24th May is a PD day)

My Child At School

We will be moving over to a new system for communications, paying for dinners, bookings for The Nest, etc. If you'd like to download the app in preparation, further information will be out soon.

Reminder: School Photos

Thursday 28th September. Individual and sibling photographs.

Menu – Week 1



MAIN EVENT



MEAT-FREE MAGIC Vegetarian Dish



RAINBOW ALLEY Vegetables and Salads



PASTA TWIRLER Topped Pasta



BIG TOPPING Filled Jacket



DESSERT TROLLEY Pudding

MONDAY
Chicken & Vegetable
Meatballs in Tomato
Sauce with Pasta
Twirlers

Sweet Chilli
Vegetable Stir Fry
with Whole Grain
Rice

Mixed Salad

Toffee
Sponge and Custard

TUESDAY
Mild Chicken Curry
with Whole Grain
Rice

Cheesy Broccoli
Pasta Bake

Green Beans

Jelly &
Fruit Slices

WEDNESDAY
Sausages with
Mashed Potatoes
and Gravy

Homemade Cheese
and Leek Sausages
with Mashed
Potatoes and Gravy

Broccoli

Tropical Pineapple
Crumble and
Custard

THURSDAY
BBQ Drizzle Pizza
with Baked Potato
Wedges

Tarka Dhal Curry
(Veggie Lentil Curry)
with Whole Grain
Rice

Peas

Orange
Cookie

FRIDAY
Golden Fish Fingers
or Salmon Fingers
with Chips

Pizza
Margherita
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

The Nest is becoming very popular on certain days/ times. If for some reason you do not require your childcare, please can you let us know so that the space can be made available for another child.

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 at least 24 hours in advance of the time (same for cancelling), rather than verbally telling an adult on the gate/door.. Thank you for your understanding.

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

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

Snacks

Children are welcome to bring in a fruit or vegetable snack to eat at breaktime.

If you send your child in with grapes, please ensure they are cut in half.

Hedgehogs

This week Hedgehog class were practising their throwing and aiming skills. They started the lesson by throwing and catching a ball with a partner. The children then progressed their skills to throwing and hitting the ball with a racket. We discussed how we could be successful with throwing and hitting a ball. Well done to all of Hedgehog class you worked so well in your pairs or trios.



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.

Hartest Church of England Primary School



MUMFIT



CHILD FRIENDLY FITNESS CLASSES

Looking to get back moving after having children? Well this is the class for you!

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.

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

9.45- 10.30 £6

Every Thursday
Long Melford Village Hall

Every Friday
Rougham Sports Hall

07982996422

@JTD_mumfitness

@JTD_fitness



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!

Childcare providers & GOV.UK tax relief available

Early Explorers 4-6 yrs

Creative Crew 7-12 yrs

Adrenaline Adventure 7-12 yrs

Next Generation 12-16 yrs

Ofsted Early Years Provider

DATES

Mon 23rd – Fri 27th Oct 2023

COLCHESTER ROYAL GRAMMAR SCHOOL
Colford Road, Essex, Colchester, Essex, CO1 1PQ. 02068 515412

SHENFIELD HIGH SCHOOL
21 Lee Road, Shenfield, Essex, SS17 8JY. 02068 579820

IPSWICH HIGH SCHOOL
Woodhouse, Suffolk, IP9 1AZ. 02068 875322

WOODBIDGE SCHOOL
Buckton Road, Woodbridge, Suffolk, IP12 5LN. 02068 558542

SOUTH LEE SCHOOL
Newton Road, Bury, Essex, SS16 5JL. 02068 520907

BOOK

£35 PER DAY

20% OFF MON - FRI



BIG BIOLOGY DAY

Saturday 14th October 2023 From 10am - 4pm

- A free, fun-packed, educational day of biology
- Get hands-on with science activities
- Talk to research scientists, health professionals and other experts
- Learn about different careers in biology
- Meet birds of prey



Hills Road Sixth Form College, Cambridge CB2 8PE
NO PARKING IS AVAILABLE ON SITE

www.facebook.com/BigBiologyDay

Hills Road Sixth Form College Cambridge

AstraZeneca

Cambridge Biologists

UNIVERSITY OF CAMBRIDGE

CAMBRIDGE FESTIVAL

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!

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](#)

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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





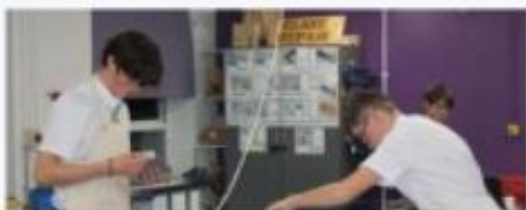
St Edmundsbury and Ipswich
Diocesan Multi Academy Trust



Hartest Church of England Primary School



Stour Valley Community School



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.



THOMAS
GAINSBOROUGH
SCHOOL

OPEN
EVENING
Tuesday 26th September
5-8pm



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 **01767 375131** to prebook.

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

[OAT]
AN OAT ACADEMY

