

# Monthly Newsletter

Asfordby Hill Primary School

JANUARY 2024: ISSUE 5

Welcome to the first newsletter of 2024! It is great to be back and fully into the swing of school following the Christmas break, with so much on the horizon for this term and beyond.

Already this month, we have hosted some local headteachers who were impressed with our children's curiosity and oracy skills during their visits to science lessons. Later in the term, you will all have the opportunity to see this first hand when we have our first science workshop for parents linked to International Earth Day.

After half term, we will be hosting our second parents evening (Tuesday 27<sup>th</sup> February and Wednesday 28<sup>th</sup> February), which will be a chance for you to catch up with your child's class teacher and discuss their achievements and next steps.

Following on from the enormous success of Sycamore class's assembly last term, Rowan and Beech classes are now looking ahead to their assemblies, during the last week of this term.

It is certainly set to be a very memorable experience for the children preparing and building upon the skill of speaking with confidence in front of an audience.

A huge thank you goes to our Friends of Asfordby Hill (FOAH) who are arranging some fantastic and fun events for the children. They are kicking off with the ever popular 'Break the Rules Day'. Due to your generosity over past events, they have allocated funds to subsidise each class's trip out: the teachers are busy organising these to enhance our curriculum.

Finally, we want to say an Asfordby Hill welcome to Wilson. Having previously worked as a sports coach, he will be using his skills to provide a variety of afterschool clubs as well as work across the school in both PE lessons and in the classroom. Welcome to the team!



As ever, our door is always open. If you have any concerns, please do not hesitate to come in and have a chat – it would be lovely to see you.

Mrs Millward

## WHAT'S IN THIS MONTH'S ISSUE:

- Key Dates
- PE, Afterschool Club timetables
- Our Achievements
- Curriculum In Action- January
- Recommended high-quality books.
- Team Points
- Wow Awards
- Governor's Section
- Friends of Asfordby Hill (FOAH)
- Mental Health Information
- Local Connections



## Key dates for your diary

Monday 5<sup>th</sup> February: Creative Learning Services writing workshops in KS2

Tuesday 6<sup>th</sup> February: Safer Internet Day

Friday 16<sup>th</sup> February 'Break the Rules Day'

Monday 19<sup>th</sup> February to Friday 23<sup>rd</sup> February HALF TERM

Tuesday 27<sup>th</sup> February Parents Evening

Wednesday 28<sup>th</sup> February Parents Evening

Thursday 29<sup>th</sup> February FOAH meeting 7pm

Monday 6<sup>th</sup> March Sky Theatre Dance

Tuesday 7<sup>th</sup> March World Book Day

Tuesday 12<sup>th</sup> March Y3 (Rowan) class assembly

Friday 15<sup>th</sup> March Red Nose Day non-uniform (food donation to Storehouse)

Tuesday 19<sup>th</sup> March: Fire safety presentation to Yr 1 and Yr 5

Thursday 21<sup>st</sup> March Y4 (Beech) class assembly

Friday 22<sup>nd</sup> March Y4 King Richard III trip

## Sporting Events:

Friday 9<sup>th</sup> February: Year 5/6 swimming gala

Wednesday 14<sup>th</sup> February: Inspire Futsal Eveny Year 4

## Other Dates:

- W/B Monday 13<sup>th</sup> May 2024 Year 6 SATS week
- W/B 3<sup>rd</sup> and 10<sup>th</sup> June 2024 Swimming Pool on site
- 26<sup>th</sup> -28<sup>th</sup> June 2024 Year 6 residential trip
- W/B 17<sup>th</sup> June 2024 Sports Week

## PE Timetable

Please remember to wear PE kit on your PE days. PE days for each class are below:



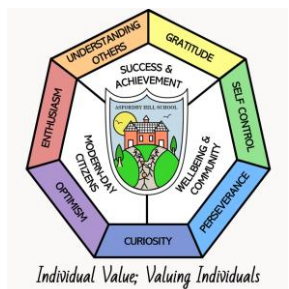
	Monday	Tuesday	Wednesday	Thursday	Friday
	Sycamore	Piano lessons			Chestnuts
		Rowan			Willow
	Rowan	Chestnuts	Sycamore	Beech	Holly
	Holly	Oak	Oak	Willow	Beech

## School Clubs Timetable

Spring 1 Term Clubs					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Before School 8:00-8:45</b>	Breakfast Club	Breakfast Club	Breakfast Club	Breakfast Club	Breakfast Club
<b>Lunch time</b>	-	Year 3/4	Year 5/6	Year 3/4	Year 5/6
<b>After School 3:15- 4:15</b>	KS2 Dance	KS2 Scooter	KS2 Football	Lego Club	
	KS1 Scooter				
	Care Club	Care Club	Care Club	Care Club	Care Club

## Our Achievements

East Midlands Airport Community Fund Committee have informed use that following a careful review of our application, they have awarded £7462 towards the Eco Garden project within our new extended playground. If you are passing during half term, you might see diggers starting the first stage of this fantastic project.



If you are wanting to help support, either with garden club or this fantastic project please let Mrs Bailey know as we need helpers to build a shelter, planters, paths, plant and sow wildflowers.



Tesco have kindly accepted our application to support future cooking opportunities for children and their families in our newly built PANTRY. Please, please, please support this fantastic cause by dropping the blue tokens from the check-outs into the box at Tesco and Tesco Express stores in Melton.

We need your support to promote this too so please share with families and friends. Thank you and let's get cooking!





Chestnuts had a special delivery land in the classroom-A PENGUIN! The children asked lots of questions about where penguins lived, the different types of penguins there are and how they can survive in the cold.



In P.E this term **Willow** have been thinking about games and being able to follow rules. We had a game of "Simon Says" and the children were very good at following this game's rules!



**Holly** children created a fair text in **science** by creating a list of variables that had to stay the same when they launched their rocket mice into space!



During our **design and technology** unit on food, **Rowan** class learnt how to chop tomatoes (safely!) and grate cheese for the toppings of our pizzas.

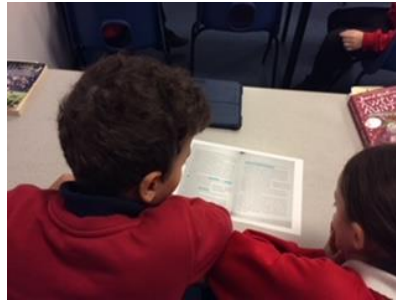


In design and technology this term, **Beech** class will be constructing volcanos. In preparation, they investigated the best combinations of substances to create the best 'eruption'. The winner was vinegar and bicarbonate of soda.

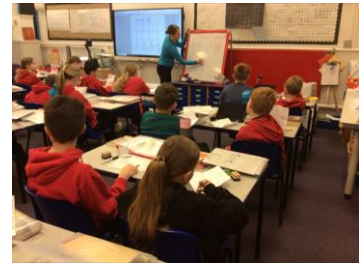




**Sycamore** have been using their skills of **reading** around words to understand their meaning by using the text, "Shakleton" to explore words like rationing,



**Oak class** have been applying their multiplication skills when it comes to working with fractions. Lots of paper folding and visuals have supported their fluency in this subject area of **mathematics**.



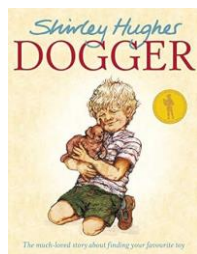
## Recommended High Quality Books

During the year, the teachers get asked a lot of questions about what books they would recommend for children in their classes. Each class teacher has suggested a high-quality book that they would recommend for each year group to support reading for pleasure. Each month, we will add to this list as a helpful guide to support the love of reading at home. Remember these books are also available to borrow from Melton Library.

**Miss Harby has recommended for Chestnuts:**



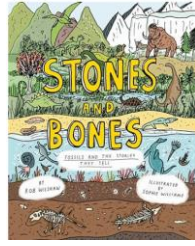
**Mrs Blunt has recommended for Willow:**



**Mr Amps has recommended for Holly:**



Miss Lovegrove has recommended for Rowan:



Mrs Smalley has recommended for Beech:



Mr Forde has recommended for Sycamore:



Miss Parrott and Mrs Bailey have recommended for Oak:



### Team Points



AIR

EARTH

FIRE

WATER

This month's team points results:

Week ending	AIR	EARTH	FIRE	WATER
12 <sup>th</sup> January	125	123	<u>126</u>	125
19 <sup>th</sup> January	169	164	168	<u>171</u>
26 <sup>th</sup> January	173	<u>180</u>	162	166

Congratulations to our weekly winning teams. Each week's team winners have had an extra 10 minutes of playtime on a Wednesday- enjoy!

## Wow Awards

The children have worked exceptionally hard on using their rainbow skills. It has been a delight to see how many children are using these skills throughout the curriculum but also around school. On Fridays, two children from each class are rewarded in our Celebration Assembly with a WOW certificate and a gold star badge to wear in class the following week.

Congratulations to you all- you deserve a WOW!

12<sup>th</sup> January 2024

Well Done *WOW*  
Award Winners



19<sup>th</sup> January 2024

Well Done *WOW*  
Award Winners



26<sup>th</sup> January 2024

Well Done *WOW*  
Award Winners





I am sure most people will recognise me as a former parent of the school. I have been connected with the school since my daughter started in 2012 and it has been my honour to serve as a governor for the last 4 years.

Due to my experience with Special Educational Needs (SEN), I am the current SEN governor for the school and my role is to oversee the SEN provision at the school and to support the SENDCO in their role. As a nurse with a background in occupational health, I also take an interest in wellbeing.

Although I am not often at the school now- unless on governor business- I like to get involved where possible. In the past, I have been reader and have helped in classes when additional adults have been required.

Gina Mees

Updates:



Are you struggling with the rising cost of living?

Could your child be eligible for a free hot meal or a free PE hoodie?



Could your child be eligible for a free after school club place?



Come and speak in confidence to Miss Webb in the office for advice.

## Friends of Asfordby Hill (FOAH)

Over the last term, we have been amazed by your support for the FOAH events to raise funds for the school. The sensory room furniture has been purchased and looks amazing. Mrs Bailey has mentioned how it is creating a more 'homely environment' when helping to support children with social, emotional needs as well as parent meetings.



We have also set aside monies for paying for the buses for school trips which are being booked for the Spring and Summer term for classes. This will help in reducing the cost parents have to contribute towards them.

Thank you everyone for your continuing support.

Please see below for dates of coming events (more information to follow):

- Friday 16<sup>th</sup> February: Break the Rules Day
- Friday 15<sup>th</sup> March: Red Nose Day non-uniform (donate a food item for Storehouse)
- Friday 15<sup>th</sup> March: Easter basket raffle draw
- Saturday 13<sup>th</sup> April: Quiz and Chip niight
- Thursday 18<sup>th</sup> April: Bags2school
- Tuesday 4<sup>th</sup> June: School Disco
- Saturday 22<sup>nd</sup> June: Summer Fair

If you would like to help or support in any way: spare some time with a planned activity; sell raffle tickets or bring ideas to meetings, please look out for any of the FOAH to have a chat.



Friends of Asfordby Hill (FOAH)

Here at Asfordby Hill we champion the belief that to thrive, emotional well-being is just as important as physical health. We advocate that helping children to manage their emotions is as important as teaching them to read and write. We work with children, their families and other outside agencies by helping to support emotional wellbeing issues, so that they're able to fully engage with all aspects of their life. If you require further support with regards anxiety, sleep, managing emotions, toileting, emotional based school avoidance or grief, please see our excellent pamphlets from Dragonfly Impact Education in the school's foyer- a sample on sleep is below. In the newsletter each month, we will focus on a theme with additional signposting. This month is CHILDREN'S MENTAL HEALTH



### TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

**Are you a parent or carer who wants to talk to your child about mental health?**

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.

**LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?**  
Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.  
[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

**Here's what children and young people told us they need from you:**

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.

**WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES**  
These wellbeing activities can help children and young people think about and share what matters to them.  
For primary children: [bit.ly/3PzCG0B](https://bit.ly/3PzCG0B)  
For secondary children: [bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

[CHILDRENSMENTALHEALTHWEEK.ORG.UK](https://childrensmentalhealthweek.org.uk)

### CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT YOUR DAY

WHAT WAS THE BEST THING ABOUT TODAY?

WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?

WHAT'S YOUR ONLINE LIFE LIKE?

WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?

WHAT CAN I DO TO HELP YOU?

[Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://childrensmentalhealthweek.org.uk)

[Children's Mental Health week 2024 and Mental Health Awareness week 2024 - BBC Teach](#)

[Parents Mental Health Support | Advice for Your Child | YoungMinds](#)

[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk)



**NSPCC**

## Online gaming and keeping children safe

**Do you know your whispers from your skins? Your Fortnite from your EA Sports FC 24?**

As part of the NSPCC Game Safe Festival, we're encouraging parents, carers and those working with children and families to have conversations about online gaming.

**GamCare will be sharing expert advice, and you'll hear directly from young people.**

**Our webinar will help you:**

- understand how young people game online.
- learn about tools and resources that support safe play.
- gain the knowledge you need to keep children safe.



**GAME SAFE FESTIVAL**

**7 February 2024, 7pm-8pm**, via Zoom. Book your place via this link: [nspcc.org.uk/gamesafe/tickets](https://nspcc.org.uk/gamesafe/tickets)

**EVERY CHILDHOOD IS WORTH FIGHTING FOR**

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