

# Monthly Newsletter

Asfordby Hill Primary School

FEBRUARY 2024: ISSUE 17



Dear Parents / Carers,

February has been an exciting month in school, filled with engaging learning experiences that we've recapped, revisited, and built upon.

Our School Council has been particularly active this month, holding meetings with their classes to discuss our link school in Zambia. They've come up with some fantastic ideas to raise funds to support the school's basic learning resources. Be sure to check out their first event details in the School Council section of this newsletter—it's a great cause and thank as always for supporting!

We also had a lovely turnout of our Chestnut and Willow parents at the recent phonics workshop. It was wonderful to see so many of you! We hope you gained valuable insights into our phonics teaching methods and picked up some tips on how to support your child's phonics and reading journey at home.

Looking ahead to March, we have an exciting line-up of events! We will be celebrating World Book Day, which is always a highlight in our calendar. The Travelling Book Shop will be visiting, and we will be inviting all parents to join their children for a delightful reading together session. Additionally, we're thrilled about our Aspirations Week, where we have numerous visitors scheduled to come in and share their career journeys. They'll discuss how they got into their professions and hopefully inspire our children to think about their futures.

Thank you for your continued support especially with our new co-headship, which is working extremely well with Mrs Millward being headteacher Monday to Wednesday and Mrs Bailey from Wednesday to Friday—although we are both in school throughout the week! Here's to another fantastic month of learning!

Mrs Millward and Mrs Bailey

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

- Key Dates
- PE timetable/After school timetable
- School Rules
- What have we been up to?
- Reading For Pleasure
- Team Points
- Wow Awards
- School Council News
- FOAH
- Updates
- Mental Health Information

## Key dates for your diary

Week beginning 3rd March: Aspirations Week within school

Thursday 6th March: World Book Day –theatre group visit within school –Alice in Wonderland

13th – 20th March: Travelling Book Fair in school

Tuesday 11<sup>th</sup> March: School Council 'Copper Coin Collection' for Rainbow Africa schools in Zambia

Tuesday 11<sup>th</sup> March at 2.30pm- Reading together in school for parents

Wednesday 19<sup>th</sup> March: SEND Clinic

## Other Dates:

Week beginning Monday 12th May 2025: Year 6 SATS week

Wednesday 11th June – Friday 13th June 2025: Year 6 residential to Beaumanor Hall

Monday 16<sup>th</sup> June- Friday 20<sup>th</sup> June: Sport's Week

Saturday 28<sup>th</sup> June: Summer Fair

## PE Timetable

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



Monday	Tuesday	Wednesday	Thursday	Friday
Year 5		Year 2		EYFS
		Year 4		
Year 3		Year 3	Year 1	Year 5
Year 4	Year 2	Year 1	Year 6	Year 6

## School Clubs Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
KS2 Football Language/BSL club	Ball Games (all year groups)	Athletics Skye Dance	Minecraft	

## Our School Rules: Ready, Respectful and Safe

Please can we ask that you model the school rules of Ready, Respectful and Safe when arriving by car to school.

Can we once again ask all parents to use our car park, or the Stute car park when dropping and collecting the children and to ensure all younger children are supervised closely. The cul de sac becomes very busy with pedestrians and does not need the additional chaos of turning and parked cars. Unfortunately, the pavement outside the school is not particularly wide and I would hate to see an accident occur. Thank you so much for your cooperation in this matter.

## What have we been up to?

Show Racism the Red Card (SRtRC) School Competition 2025

We're excited to take part in the Show Racism the Red Card (SRtRC) School Competition 2025! This annual competition has been an excellent opportunity for our young people to express anti-racism ideas using creative themes. These are some of Oak's entries.



Break the Rules Day

Did you eat your pudding first? Have you changed the colour of your hair? Have you worn your uniform inside out? It must be Break The Rules Day!! An incredible £383.50 has been raised. Wow and thank you!

## Phonics Workshop

We held our phonic workshops for Chestnut and Willow parents to find out more about the teaching of phonics at Asfordby Hill. Thank you to all the children who showed the visitors how they learn phonics and gave ideas of how they could practice at home too.



A group of our children represented AHS at the KS2 County Parallel Sports Hall Athletics Competition in Aylestone. They all worked really hard and have qualified to represent [Melton & Belvoir School Sport and Physical Activity Network](#) in the county finals. We're so proud of them all! Thank you to Mrs Hacking, Mr Iron and the parent volunteers that supported our team

## HOLWELL MEMORIAL PLAQUE

After the news about the closure of Holwell Works, Mrs Clay was contacted by former employees enquiring about the memorial plaque honouring Holwell workers who lost their lives in the World Wars. This plaque used to be displayed in the office block at Holwell Works. We are pleased to tell you that the Roll of Honour has now been installed in the entrance hall of our school. We are grateful to all those who played a part in making this relocation possible.



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A huge thank you to our school community for always supporting us. Thank you Mrs Smith, our Chair of Governors, for adding her blue tokens into the tube! Our library will be amazing with this extra support for books.

## Year 4 Geography Field Work

Beech class put their learning to the test whilst out undertaking fieldwork skills in geography about rivers and brooks.



## *Reading For Pleasure*

We will be celebrating World Book Day on **Thursday 6th March**. The day will celebrate the joy and value of books and the art of reading. This year our theme is 'Read YOUR Way' with a focus on reading in different ways for pleasure and enjoyment.

This year we will be going on an immersive story adventure. We have the Westend Academy visiting us and across the school we will be retelling the story of Alice and Wonderland, through dance and drama. As this is the case, we ask that all children come to school in either their PE kits or brightly coloured clothes suitable for our performance. You may want to dress as a character from the story but this is optional!

There will be one prize per class for a standout performer.

On World Book Day, all children will bring home a £1 voucher which can be exchanged for a book. Children can choose from a line-up of selected books to exchange their voucher for. These vouchers are accepted in WH Smith, Waterstones, Blackwell, Eason, John Smiths, Foyles and all good independent bookshops across the UK, as well as online.

Also, we will be having the Travelling Book fair in for you to browse and order from on the **13th – 20th March** Look out on Arbor for more information.

Finally, we would also like to invite parents/carers into school on **Tuesday 11th March at 2.30pm**, to come and enjoy reading across the school with your child/children.

The joys and benefits of reading are enormous and we, in school, hope to continue to encourage and enthuse your child with a love for reading that will last well beyond World Book Day.

Thank you for your support.

Miss Harby



## Team Points



AIR



EARTH



FIRE



WATER

This month's team points results:

Week ending	AIR	EARTH	FIRE	WATER
31/1/25	231	186	171	246
7/2/25	127	159	140	158
14/2/25	144	172	150	150

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!



## School Council News



The School Council have linked up with Rainbow Africa schools in Zambia, Africa. Rainbow Africa is a charity based in Livingstone, Southern Zambia. They run a variety of high-quality schools for Zambian children – many of whom require sponsorship. Our school council have invited the Chair of the Trustees to an assembly to initiate links and have also been finding out about how Zambian school life is similar and different to theirs in the UK. The School Council have discussed varying charity fund-raising initiatives that could help with supplying essential supplies to the school which we take for granted here. Each pair of class representatives have collected ideas from their classes before having the final discussion on how to raise much needed funds.

### [Rainbow Africa - Helping to bring a smile back to Africa](#)



The winning idea was for each class to collect as many copper coins as they could which they then will place on a map of Zambia in our playground (on Tuesday 11<sup>th</sup> March) before counting how much they have raised. We thank you in advance for your generosity.

**Updates:**



Are you struggling with the rising cost of living?



Could your child be eligible for a free hot meal or 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)**

Thank you to all that supported BREAK THE RULES DAY. An incredible £380+ was raised, which will go towards supporting the classes trips out.





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. In the newsletter each month, we will focus on a theme with additional signposting. This month is keeping safe online-Whatsapp and screen time.

[Is WhatsApp safe for my child? | NSPCC](#)

### Tips to help keep your child safe on WhatsApp

#### Get to know privacy settings

There are four main settings that you can use to help your child control who can see their information:

1. Everyone – allows all users to see your profile photo, about or status.
2. My contacts – only allows people from your phone contacts to see your profile photo, about, status, last seen and online.
3. My contacts except... – allows you to exclude certain people in your phone contacts from seeing your information.
4. Nobody – doesn't allow anyone to see your information.

The default setting on WhatsApp is 'everyone' but you can help your child to set their privacy controls by clicking the 'settings' cog and selecting 'privacy'. Here you can select each type of information and change it to the setting that you want.

To prevent children being added to groups by people they don't know, we recommend changing the group settings to 'My contacts except' and using the tick icon to select all contacts. This option means only your child's phone contacts, except those you exclude, can add your child to groups. But by selecting all contacts, it means that nobody can add your child to a group chat without first sending them an invitation.

In the same section, you can also switch off 'read receipts', which means other people cannot see when you have read their message. This might help if your child is feeling under pressure to respond to messages.

#### Make use of safety features

Show your child how to block and report other users of the app or inappropriate content. For information on how to block or report on WhatsApp visit: [How to block and report contacts | WhatsApp Help Center](#).

#### Talk about sharing

Talk to your child regularly about what they should and shouldn't share with others on WhatsApp. You can read more about this here: [Social media | NSPCC](#)

Remind your child that, even if they think what they are sending will stay private, others might save, forward or screenshot it. Talk to them about making sure others are comfortable with what they are sending and let them know they can come to you if they are worried about something they have shared on the app.

#### Set rules about location sharing

Decide with your child if it is appropriate for them to share their location with others and who they are allowed to share it with. You can disable location permissions by going into your device settings and switching off location services for WhatsApp.

# 'FIVE A DAY'

YOUR TIPS FOR A HEALTHIER SCREEN TIME



## 'How much is too much screen time for children?'

'Studies have shown a clear link between excessive screen time and issues such as delayed speech and language development, communication difficulties, reduced concentration spans, poor sleep and mental health problems.'

HEALTH PROFESSIONALS FOR SAFER SCREENS



Accepted by NHS England Mental Health Leads



# Birth to 5 years

'Studies have shown that too much screen time can cause babies and toddlers to learn fewer words and have slower language development. Excessive use of screens is also being strongly linked to behavioural difficulties in very young children.'

### RECOMMENDATIONS:

- 1 NO screen time between birth - 24 months** except for video chatting with family and friends.
- 2 30 MINS screen time.** Children aged 2 - 5 years old should not be on screens for more than 30 min per day.
- 3 BIGGER screens.** If your child is ready to play a short game then try to use a larger screen like a tablet or computer screen. These cause less visual strain than a phone.
- 4 AVOID** using a device to settle your child down. Evidence shows this makes their anger and frustration worse in later life. Instead try a book, a game outdoors, or just a cuddle.
- 5 \*SLEEP HYGIENE.** Under 5's should not use a screen for at least 2 HOURS BEFORE BEDTIME to aid their natural sleep pattern.



0-24 months



2 - 5 year olds



Bigger is better

Watching lots of short videos is being linked to concentration difficulties in children.



Try a cuddle or a game



Phones, tablets and computers should not be in any child's bedroom overnight.

\*SLEEP HYGIENE is a term used for healthy habits and behaviours that help support a good night's sleep.



# 6 to 10 years

Studies show there is a clear link between excessive screen use and difficulties with concentration, sleep and mental health. There may also be distinct physical changes in the developing brain.'

### RECOMMENDATIONS:

- 1 WAKING UP WITHOUT screens** It is recommended that social media/screens are not used for the first hour of the day.
- 2 1-2 HRS PER DAY** is the suggested screen time in the week and not more than 2 hours on weekends.
- 3 STAY ACTIVE** Encourage physical activity for 1-2 hours a day.
- 4 SCREEN-FREE time together** Children will often mimic behaviours of the adults around them. Consider your own social media usage/ phone checking behaviour.
- 5** It is recommended that screens should not be used 1 HOUR before bedtime. Phones, tablets and computers should not be in a bedroom overnight.



No screens

M	T	W	T	F	S	S
Not more than 1.5hrs/day						Up to 2hrs/day



Keep active



Screen-free time together

Reports suggest adults touch their phones over 2000 times a day.



Sleep Hygiene. No screens 1 hour before bedtime

\*SLEEP HYGIENE is a term used for healthy habits and behaviours that help support a good night's sleep.



# 11 to 17 years

'Studies show there is a clear link between excessive social media and screen use and difficulties with concentration, sleep and mental health. There may also be distinct physical changes in the developing brain.'

### RECOMMENDATIONS:

- 1 WAKING UP WITHOUT screens** It is recommended that social media/screens are not used for the first hour of the day.
- 2 SCREEN TIME** As a general rule, it is suggested that screen time should not exceed 1-2 hours per day in the week and not more than 3 hours on weekends.
- 3 STAY ACTIVE** Encourage physical activity for at least an hour per day.
- 4 SCREEN-FREE time together** Children will often mimic behaviours of the adults around them. Consider your own social media usage.
- 5** Phones, tablets and computers should not be in a bedroom overnight.



No screens

M	T	W	T	F	S	S
Up to 2hrs/day					Up to 3hrs/day	



Stay active. More green time, less screen time



Screen-free time together



No screens at least 1 hour before bedtime

Be careful of violent or frightening content especially before bed.

HEALTH PROFESSIONALS FOR SAFER SCREENS