

# Monthly Newsletter

Asfordby Hill Primary School

NOVEMBER 2023: ISSUE 3

Considering we have been in school a week less this month, it has been an action-packed October!

We kicked off October by announcing the Year 6 team captains, who have already made an outstanding start to their roles. They are modelling the rainbow skills to the younger children and have become very organised in the collecting of the classes team points.

Our sporting teams: boys' football, girls' football, cross-country runners, and year 3 gymnastics have all represented the school in true AHS style. They have shown perseverance, optimism and self-control whilst taking part in their events. What the staff and I are particularly proud of, are all the fantastic comments from those who ran the events: extremely polite pupils; encouraging others; great motivators; and superb sportsmanship. Well done all of you.

The school also achieved 'GOLD' in our entry to the Melton in Bloom School display. The team effort from across the school that went into our living wall was immense and very well rewarded.

We also welcomed Miss MacDonald, from Nottingham Trent University, to Holly Class. She will be working alongside Mr Amps up until Christmas.

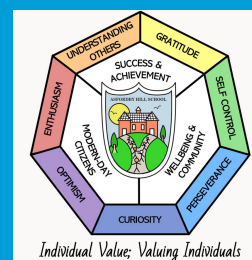
A huge thank you to all those families who donated to our harvest collection. Storehouse are extremely grateful to you all. They are directly supporting local families in our community at these tricky financial times. Thank you. In the past, Mrs Bailey and I have signposted families to theirs and other services. If you think you need support, please do not hesitate to contact either of us.

If your child is in KS1 they receive a free school meal under the government's Universal Free School Meals scheme. However, if you receive benefits, your child may be entitled to **additional** pupil premium funding. This means your child will get food vouchers over the holidays, subsidised trips and music tuition, free clubs and free books during book week. Please call in to see Miss Webb if you think you might qualify.

Finally, this half-term is a long one- 9 weeks- but lots of exciting learning is planned across the school. Keep an eye on the dates and parentpay for up-and-coming events.  
Mrs Millward

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

- Key Dates /Coming up in November
- PE, Afterschool Club timetables
- Our Achievements
- Curriculum In Action- October
- 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

- **Wednesday 8<sup>th</sup> November-Individual school photos**
- **Saturday 11<sup>th</sup> November** – FOAH quiz night- change of date
- **Monday 13<sup>th</sup> November-** KS1 Movie Night (FOAH)
- **Friday 17<sup>th</sup> November** - Children in Need Day (SPOTacular Day)
- **Thursday 30<sup>th</sup> November** -Year 5 (Sycamore) Class Assesmbly
- **Friday 1<sup>st</sup> December-** Chestnut and Willow Christmas decoration afternoon- parents are invited.
- **Wednesday December 6<sup>th</sup> (AM)-** SEND Clinic for parents.
- **Thursday December 7<sup>th</sup>** -Lord Mayor's Carol Concert
- **9<sup>th</sup> December-** Christmas Fair (FOAH)
- **Thursday 14<sup>th</sup> December** -Chestnut's Nativity
- **Thursday 21<sup>st</sup> December-** Christmas Dinner
- **Friday 22<sup>nd</sup> December:** Last day of the term
- **School closed to children (Inset day)-** Friday 5<sup>th</sup> January '24

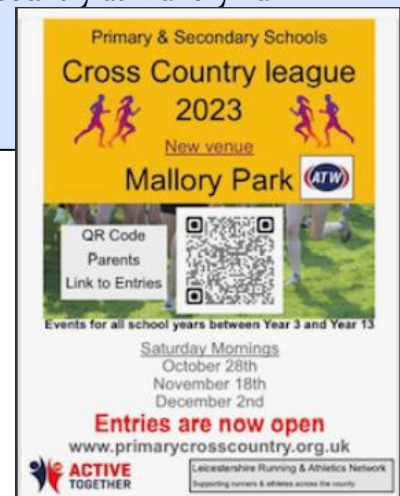


### Sporting Events:

13/11/23: Year 3 / 4 Boys Football tournament

6/12/23: Year 5/6 indoor athletics

18/11/23 and 2/12/23: Cross-Country at Mallory Park



### 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

## Coming up in November

Please see Parentpay for further information regarding these coming events.



Poppies will be on sale at the beginning of November leading up to Remembrance Day. The whole school will be working on the theme of 'Remembrance' on Friday 10<sup>th</sup> November.



This year for Children In Need we will be having a non-uniform day. If you wish to wear spots, you are more than welcome too. During the day, there will be a sponsored event- more information to follow.



Friends of Asfordby Hill have been into school and kindly supported every child in creating a Christmas/Seasonal card.

Please check bookbags for their designs and how to order directly from Cauliflower Cards.



Chestnut and Willow classes would like to invite their parents to a Christmas crafting afternoon on 1<sup>st</sup> December.

Come and enjoy being creative together!

Rotary School Box Appeal: please send items with your child to the class teacher who will add them to the class box. This needs to be done by Monday 13<sup>th</sup> November.



## PE Timetable

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



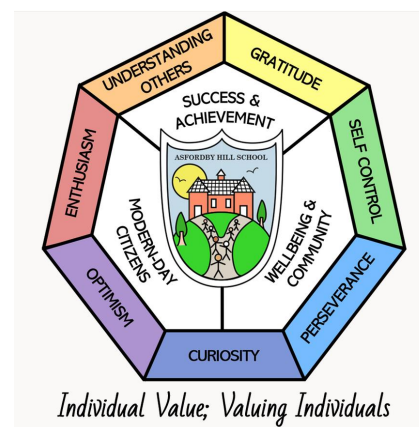
Monday	Tuesday	Wednesday	Thursday	Friday
				Chestnuts
Sycamore	Rowan			
Rowan	Willow	Sycamore	Beech	Holly
Holly	Oak	Oak	Willow	Beech

## School Clubs Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Time	Year 3 and 4 activities	Year 5 and 6 activities			
After School	KS2 dodgeball	KS1 football	KS2 gymnastics	KS1 games Year 3 and 4-craft club	

## Our Achievements

Our Year 5/6 girls football team had a fabulous morning showing off their skills and sportsmanship at John Ferneley College. They won 3 and drew 1 game. We are incredibly proud of each and every one of them. Thank you to Miss Warner for doing an amazing job supporting our children at the event.





A huge congratulations to all those who participated in the cross-country event at Long Field and Mallory Park. It was fantastic to see everyone's enthusiasm and perseverance. You made us very proud!



## Long Field



## Mallory Park



Just before half term, three representatives of the school attended an awards ceremony to celebrate our amazing achievement in the Melton in Bloom Schools Competition. Due to all the classes' nurturing skills and dedication to the living wall, the school was awarded a GOLD certificate as well as being judged as the best school entry for the Melton Mowbray area! WOW! Well done everyone for working on this project and what an incredible result!



Caroline, from Storehouse, came into one of our school assemblies to talk to the children about harvest and the role of Storehouse in our local community. Storehouse support people in Melton and local villages by putting together food bags for those who are most in need; for example, those who are waiting for a benefit payment to arrive or struggling to survive on a very low income.

Yet again our school community has amazed us all with their kind generosity of donations for our harvest collection. We know times are tough, but your thoughtfulness has astounded us once again. A huge thank you from us all and those at Storehouse.



Rowan's Gymnastic Morning at Little Springers was a great success. The children learnt new skills alongside using their fantastic teamwork. Little Springers mentioned how positive the children were towards one another- well done.



Our Year 3 and 4 girls had the chance to represent our school at the Melton and Belvoir School Sport and Physical Activity Network football tournament. They made us proud! They worked as a team, used their resilience skills and had great fun. Thank you to parents, Miss Warner and Wilson for supporting our team.







**Chestnuts** class are excited to be back at big school after the half term break. We have spent a lot of time exploring the change of season, spotting patterns and continuing to build new friendships.



**Willow** class have been learning to play the glockenspiel to their samba song- Hey You! What amazing carnival sounds have been drifting around the school! Wonderful **music**.



**In English, Holly** class have been extending their sentences by using conjunctions.



**In geography, Rowan** children have been very busy finding out about how they can improve Asfordby Hill. They created a questionnaire using google forms and sent it out to their parents. From the results, they concluded that the biggest problem in their local area was parking, followed by dog mess and littering. The children then investigated if this was true by taking their learning outside using field work skills. Finally, they wrote a persuasive letter to our local councilor asking for support in improving these problems.

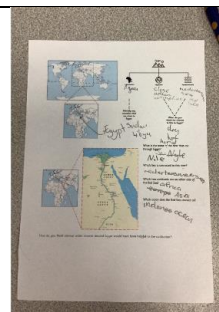


**During PE, Beech** class have been honing their running skills.

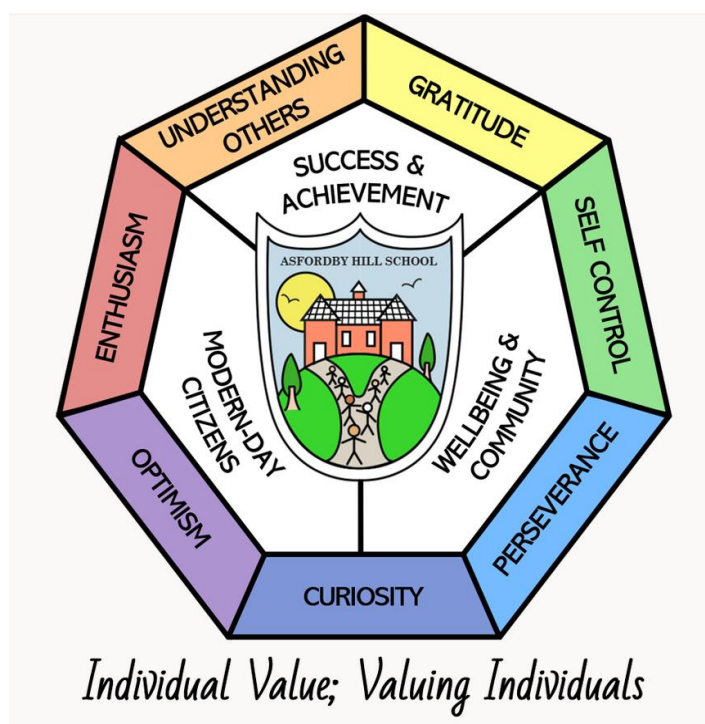
Their perseverance and optimism really helped them to improve.



**Sycamore** have used their **geography and history** knowledge when finding out about the location of Egypt - the seas, oceans and other physical features. They have been enquiring about how the location of the ancient Egyptian civilisation may have impacted their achievements.



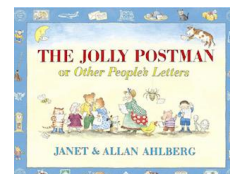
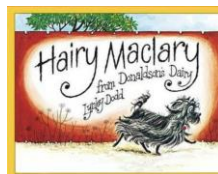
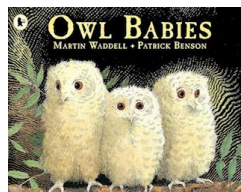
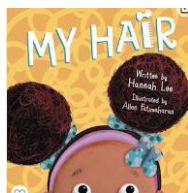
**Oak** class have had the pleasure of competing in the 8 billion ideas and Lions International 'Roar 2023' competition. They showed fantastic entrepreneurial skills to solve problems that could make a positive impact on people's lives. They had a plethora of ideas: an app for getting fit with limited equipment; an adaptable car seat for recycling rubbish on the go; and a wardrobe that selected clothes for those running late! Great use of **DT** and **PSHE** skills in action.



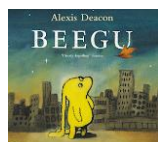
## Recommended High Quality Books

During the year, the teachers get asked a lot of questions about what books they would recommend for children in their classes. We have put together a small selection of high-quality books that we 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.

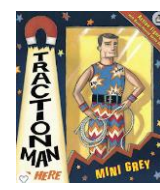
### Chestnuts



### Willow



### Holly



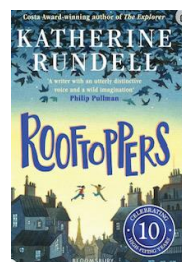
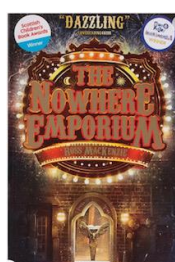
### Rowan



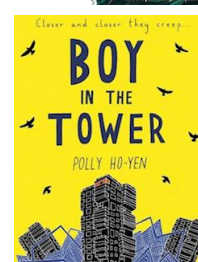
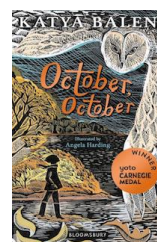
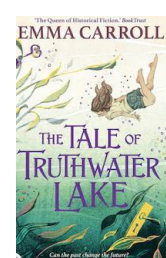
### Beech



### Sycamore



### Oak





## Team Points



AIR



EARTH



FIRE



WATER



We would like to introduce to you this year's team captains. Their role is to model Asfordby Hill's rainbow skills in their daily lives. They are working hard in their roles: collecting weekly team points and encouraging younger children to achieve their best and understand others. Congratulations to the team captains - we are all looking forward to working alongside you in future team events.

This month's team points results:

Week ending	AIR	EARTH	FIRE	WATER
6 <sup>th</sup> October	<b>97</b>	73	62	89
13 <sup>th</sup> October	103	<b>187</b>	146	137
27 <sup>th</sup> October	<b>127</b>	125	115	108

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!

6<sup>th</sup> October



13<sup>th</sup> October



27<sup>th</sup> October



## Governors of Asfordby Hill



My name is Jenny Smith, Chair of Governors/Trustees of Asfordby Hill Primary School. Many of you will know me from my years working here, both as a teacher and governor. You might also recognise me from my community involvement in coaching netball, cross-country events and angling in all weathers! Over the coming newsletters, I would like to introduce you to the governors that work alongside me and our roles as governors.

I feel very privileged to hold this role and support the school as Chair. Recently, I was lucky enough to meet some of you at parents evening whilst serving refreshments and having a good chat – one of my favourite parts of being of being a governor. If I didn't catch you on the evening, I look forward to seeing you all at some of our upcoming events: FOAH Quiz night, Christmas Fair and on the playground after school. Please just come up and have a chat – I'll try not to keep you talking too long!

Ever wondered what the role of Trustee is in a Standalone Academy Trust School?

Governors are volunteers and our main role is to work with the school strategically ensuring that your children receive the best education in a supportive and safe setting. To this end we have four strategic core functions:

- Ensuring clarity of vision, ethos and strategic direction.
- Holding leaders to account for the educational performance of the organisation.
- Overseeing the financial performance of the organisation and making sure its money is well spent.
- Ensuring that other key players with a stake in the organisation get their voices heard.

Our dedicated governors come from a range of backgrounds and have different skills which enhance the team. We will be introducing each of them in the coming newsletters. However, we could not do our job without the expertise and commitment of the Headteacher, Mrs Millward, her staff, your children and all of you.

## Friends of Asfordby Hill (FOAH)

Thank you to everyone who supported the events so far this year. The disco was a huge success raising £630.87, which will go towards subsidising future school trips, new wet playtime resources and sensory room furniture.

Events coming up include:

Next meeting: Monday 6<sup>th</sup> November

KS1 Movie Night: Monday 13<sup>th</sup> November

Quiz night: Saturday 11<sup>th</sup> November (change of date)

Christmas Fair: Saturday 9<sup>th</sup> December





## Mental Health Information

Here at Asfordby Hill we champion the belief that to thrive, emotional wellbeing 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 anxiety is below. In the newsletter each month, we will focus on a theme with additional signposting. This month is ANXIETY.

Dragonfly Impact Education

Dragonfly Impact Education

Anxiety

### Overview

This booklet is a resource to give you some information about:




- What anxiety is
- How to spot the signs
- Tips for parents
- Tips for young people
- Where you can find more help

### What is anxiety?

Anxiety is actually a perfectly normal human state – and despite its presence in the headlines as a major player in the mental ill-health of many people – it actually has its uses!

At moderate levels of anxiety, a person's performance and attention to detail can improve. However, it becomes a problem when the feelings become more intense, last for a long time and begin to negatively impact on how well you can do things, your enjoyment of things and family life.


In general, stress and fear are seen as responses to specific, external factors, whereas anxiety is often internal and is usually concerned with what could or might happen.



### How to spot the signs

Anxiety has the same physiological response as stress or fear: fight, flight or freeze. It's in our circuitry.

These responses are instinctive and a result of evolution – they would have been pretty useful for keeping cave people alive! However, now these 3 things can be a sign that someone is struggling with high levels of anxiety.



### Spot the Signs

#### Watch out for:

**Fight** – an aggressive response to simple requests or offers of help; maybe starting arguments with family members.

**Flight** – avoiding tasks they need to do by spending time scrolling through social media, watching Youtube videos or gaming.

**Freeze** – trying to study or complete the things they need to do, but instead spending ages looking at a blank page or reading the same page in a book over and over because it won't go in.

Yes, we realise some of these are typical tween & teen behaviours! But you know your child, and if their fight/flight/freeze response is activated, you will see a change in their behaviour.



Dragonfly Impact Education

Tips for Parents

### Top Tips for Parents

If you feel that your child is constantly anxious and doesn't seem to improve with your support, it's important to make an appointment to see your GP. However, there are some things you can do to support your child:

1. **Avoid the temptation to rescue** Every time you help your child to avoid a situation that makes them anxious or step in to 'rescue' them, you inadvertently send the message that there is something to be worried about and/or that s/he can't handle the situation on their own.
2. **Help them to recognise and make sense of physical symptoms** Quite often young people don't realise that their fast heartbeat, quick breathing or that feeling in their stomach is anxiety. They may sometimes describe being anxious as having a 'stomach-ache'. These feelings can be worrying in themselves, so helping your child to recognise them and reassuring them that they will pass can be helpful.
3. **Make the most of drive time!** Just 5 minutes with your child each day where you don't give them any instructions or advice but allow them to 'take the lead' can boost their wellbeing and enable them to open up conversations. Children will often talk about tricky things when you can't make eye contact – like when you're driving!
4. **Encourage sleep!** Don't discuss worries at night. Teach kids that they can 'put their worries down' for a while by getting them to write them on bits of paper and put them in a box. You can then talk through them later.
5. **Family time** Being anxious can be lonely. Plan things to do as a family and encourage them to focus on the moment they're in.



Other useful websites include:

[Anxiety in children - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Anxiety and panic attacks - Mind](#)

[Supporting A Child With Anxiety | Tips & Advice | YoungMinds](#)



## Leicestershire Local Offer Special Educational Needs and Disabilities Roadshow

**Friday 10 November 2023**  
9.30am-2.30pm  
Leicester Racecourse, Oadby, LE2 4AL

**Come along and find out about  
Local SEND services and support**

The Roadshow brings together information and services which support families of children and young people with special educational needs and disabilities (SEND) all in one place. A chance to meet and chat with representatives from Leicestershire County Council and its partners.

Please book your FREE tickets via  
<https://www.eventbrite.co.uk/e/send-local-offer-roadshow-tickets-465616219647?aff=oddtdtcreator>  
Free parking available

To find out more about the SEND Local  
Offer in Leicestershire please visit  
[www.leics.gov.uk/send](http://www.leics.gov.uk/send)



Leicestershire  
**SEND**

**DON'T MISS OUR BEAUTIFUL CHURCH  
FULL OF CHRISTMAS TREES!**

## MELTON CHRISTMAS TREE FESTIVAL

**1st - 5th DECEMBER 2023**

**IN ST MARY'S CHURCH, MELTON MOWBRAY**

Entrance fee £2.50.  
Accompanied children **FREE**.

**Friday, 1st December:**  
10am - 9pm Church Open for  
viewing  
**Last entry 8pm.**

**Saturday, 2nd December:**  
10am - 4pm Church open for  
viewing  
**Last entry 3pm.**  
5pm Family Carol Service  
amongst the Christmas Trees.  
All welcome to attend.

**Sunday, 3rd December:**  
10am - 5pm Church open for  
viewing  
**Last entry 4pm.**  
6.30pm Songs of Praise with  
Melton Town Band amongst  
the Christmas Trees.  
All welcome to attend.

**Monday, 4th December:**  
10am - 8pm Church open for  
viewing  
**Last entry 7pm.**

**Tuesday, 5th December:**  
10am - 4pm Church open for  
viewing  
**Last entry 3pm.**  
Festival closes at 4pm



**For more details contact:**  
Email: [meltonchristmastree@gmail.com](mailto:meltonchristmastree@gmail.com)  
Tel: 07890 343248

## MELTON & BELVOIR SCHOOLS CROSS COUNTRY

### TRAINING DATES FOR YEARS 3-9

TAKING PLACE AT LONG  
FIELD SPENCER ACADEMY  
ON:

- MONDAY 9TH OCTOBER
- MONDAY 23RD OCTOBER
- MONDAY 13TH NOVEMBER
- MONDAY 27TH NOVEMBER

REGISTRATION: HAMPSON CENTRE 3:45PM  
TIME: 4PM - 5PM  
COST: £2 PER CHILD (FREE FOR LFA STUDENTS)

FOR BOOKING INFORMATION PLEASE  
PHONE OR EMAIL:  
CMARLOW@LONGFIELD.LEICS.SCH.UK  
0799918964



Free Entry All Day

## Winter Craft Fair

**Saturday 18<sup>th</sup> & Sunday 19<sup>th</sup>  
November, 10-3pm**

### Asfordby Parish Hall

Main Street, Asfordby  
LE14 3SA

Hosting a variety of local crafters:-  
Embroidered goods, cards, wax melts,  
jewellery...and more!

**Come to Play Close Park  
junior parkrun!**



**WALK, JOG, RUN, HOP,  
SKIP OR VOLUNTEER**



More info at  
[www.parkrun.org.uk/playclosepark-juniors/](http://www.parkrun.org.uk/playclosepark-juniors/)

**Family-friendly 2km event every Sunday  
morning from 8:40am**  
Children ages 4-14 years old are  
welcome along with parents/carers.