



# WESTFIELD NEWS

February 2020

Edition 6

Dear Parents and Carers,

Another month has flown by again at Westfield – we hope that we will soon be welcoming some spring sunshine to dry up all the rain we have recently had! Despite the wet and stormy weather, we hope you enjoyed spending time with friends and family over half term.

## Here are some of February's highlights ....

Thank you to all of the parents and carers who attended our Parents evenings this month and for your continued support in working so closely with us to further support your child's learning. Thank you also for your positive feedback on what is particularly working well for your child, which is currently displayed in our entrance hall.

### 'Feel Good week'

As part of our continued focus on supporting mental health and wellbeing at Westfield, we started this month with our annual 'Feel Good week.'

We started the week by welcoming 'Healthy me fit4kids' who carried out workshops for all of our children. During the sessions, the children learnt about the different food groups, as well as raising their awareness to the food labels on packaging and the importance of eating a healthy balanced diet. They also took part in a range of physical exercises as part of a fitness circuit carousel. These workshops further raised children's understanding of simple ways that they can look after their body and mind each day – as well as having fun! Please help us to continue to promote the importance of this at home.

Here is the positive feedback we received from Lucy who delivered the workshops:

***'Had a great time leading the Fit4kids workshop with each class. The children were lovely, curious, attentive and full of life! Stay Healthy everyone!'***



Thank you to Mrs Ayles, our PE co-ordinator for organising this workshop, which was funded through Sports Premium.

On the Tuesday, each class enjoyed a relaxing session of yoga with Soraya. This incorporated a combination of yoga exercises and mindfulness. The staff and children spoke very positively about these sessions saying how relaxed and calm they felt as they returned to class to continue their learning. Thank you to Soraya for the following feedback...

***'Thank you for having me teach yoga to the children at Westfield. What a beautiful school- with thoughtful, communicative children. One of my favourite schools.'***



At Westfield, we continue to reflect on how we incorporate the '5 Ways to Wellbeing' into our daily lives and how these little things help us feel more positive and happy.

If you would like to find out more about how you and your family can incorporate these 5 easy ways into your daily lifestyle which research shows have a very positive impact on your mental health and wellbeing please go to <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

## **Internet Safety Day**

Tuesday 11<sup>th</sup> February was Safer Internet Day, and across the school at Westfield we have been looking at identity online.

Using the internet safely and positively is a key message that we promote in Westfield Primary School, and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year. Some of the activities we have participated in on the day and during the week included:

- A whole school assembly thinking about how we represent ourselves online.
- Watching videos illustrating why it is important to talk to our families about what we do online
- Creating avatars to represent ourselves securely online
- Thinking about how what we do online now can affect our later lives

We'd be delighted if you could continue the conversation and reinforce these messages at home. To help you with this you may be interested in downloading the **free** Safer Internet Day resource pack for parents and carers which is available here: [saferinternet.org.uk/sid-parents](https://saferinternet.org.uk/sid-parents).

There are also [top tips](#), [a quiz](#) and [films](#) which you can use at home with your child.

Some other resources which you may find helpful in supporting your child online are:

- Advice for parents and carers from [Childnet](#)
- Tips, advice and guides for parents and carers from the [UK Safer Internet Centre](#)
- Guides on popular apps and games from [NetAware](#)
- Reviews and information about games, apps, TV shows and websites from [Common Sense Media](#)
- Help on using parental controls and privacy settings from [Internet Matters](#)
- Information and reporting of online grooming or abuse from [CEOP](#)

Online safety is an important issue which as a school we're committed to teaching our children about, and incorporate into our computing lessons throughout the year.

If you have any concerns or questions about keeping your child safe online, please do get in touch with your child's class teacher, Mrs Turner (computing coordinator) or Mrs Stace.

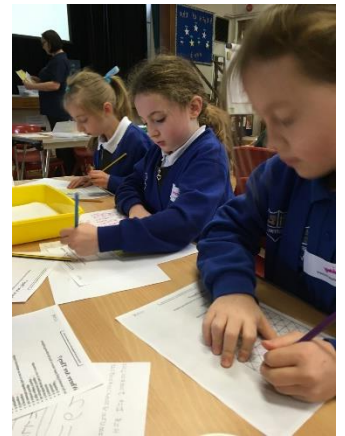
### Digital hygiene talk

Thank you to the parents who attended Dr Kathy Weston's Digital hygiene talk, which was jointly hosted between Westfield and Bridgewater school on Wednesday 5<sup>th</sup> February. Thank you to the positive and reflective comments we received by parents who attended, these included:

***'Dr Kathy Weston's talk was eye opening in a positive yet shocking way. We will be adopting new Internet policies at home, for the children's safety. Thank you Mrs Stace.'***

### Maths Mastermind Workshop

On Wednesday 26<sup>th</sup> February, 6 girls from Y3 and Y4 took part in a Maths Mastermind workshop at St Meryl School in Watford, where they were given the chance to collaborate with others and delve more deeply into investigations.



### A VERY BIG thank you from School council

This half term, the School Council reached out to the Westfield Community to ask for your support with their next project, a 'Bring and buy book sale' which raised money for the Air Ambulance service who visited the children in assembly last term. We were extremely grateful to all the families who donated books and to those children and parents who have bought them. We are delighted to announce that we raised a fantastic sum of **£115**.

As this has been such a successful event, we have decided to continue to hold a 'bring and buy book sale' each Friday at the end of the school day at the Meeting place. If you have books that you are happy to donate as your children grow out of them, please hand them in to the donation box in the front entrance. Next half term the money raised will go towards further supporting our Kenyan community.



### What have WISPA events raised money for this month?

Thank you to all the parents and carers who continue to support our WISPA events and for the hard work of the WISPA team in organising them. This month money raised has purchased more new books for our library. The Year 3 cake sale raised an amazing £145.50, which is given to the class teacher to fund something for their class.

We are delighted to share that next month, thanks to the support of WISPA each class will be experiencing a fun and exciting scientific workshop, further details to follow next month.

## **This month's Sporting updates....**

### **Football Results**

Despite the awful weather the Year 5 girls played three fixtures against Chaulden, Greenway and Potten End. Sadly the girls lost all of the matches but must be commended for their determination and perseverance playing against more experienced teams. This was the girls first season playing together, some of them never having played in a team before. We hope they will continue to play next year and take up the opportunities we offer to play in school.

The Year 5 boys have their last fixture next week. The Year 6 boys played their last match against Potten End and lost 4-1 in very challenging weather conditions. The team have been very fortunate to benefit from the support of their parents at the games and particularly Mr Young who has given up his time to arrange additional coaching sessions and on occasions referee a match. The boys showed their appreciation by presenting him with a trophy and signed picture of the team. Thank you Mr Young.

### **Netball**

Our Netball team have had a busy month playing Bishop Wood, Bridgewater and Greenway. Congratulations to the girls on their astounding win against Greenway. Their last two fixtures are next week.

### **Athletics**

The Year 6 class hiked up to Ashlyns to compete against other Dacorum schools in an athletics festival.

***'It was really fun and we tried our best to show every other school what Westfield can do. It tested our speed and agility. It was amazing to have the opportunity to take part.'*** Archie

***'I loved the event. It helped me to push myself to the limits.'*** Lucas

***'I enjoyed it because everything was really organised so everybody knew what to do and everyone was able to run their best.'*** Arin

### **Daily Mile Morning**

The whole school participated in Hertfordshire does the Daily Mile on Friday 14th February. More than 12,000 children and staff from over 60 Hertfordshire schools took part in the event organised by the Herts Sports and Physical Activity Partnership. Over 220 schools are now signed up to The Daily Mile in Hertfordshire and can evidence the phenomenal benefits that being active every day bring to the classroom.

### **Bridgewater Cross Country**

Some of your children have expressed an interest in participating in this event and hopefully have brought home a consent letter. This is a popular local event and a chance to compete in a team against other schools. The event is open to Year 3- 6. Please encourage and support your child if they would like to attend. Mrs Stace looks forward to meeting you and your child on Saturday arriving at least 10 minutes before the scheduled run. Good luck to everyone taking part in the Berkhamsted Fun Run this weekend.

Thank you for your continued support. We look forward to sharing with you next month some further curriculum highlights.

Suzanne Stace and the Westfield team

# FEBRUARY AWARDS

Congratulations to the following children who have received awards.

## Headteacher's Awards

Year 3	Year 5	Year 6
Callum Jack Charlie Bella Maddie	Ellis	Chloe Arin Elliott Will Zack Sophie Emma Chris

## Values Awards

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Resilience	Elisia	Lottie	Sam	Mbali	Ellie	Alexa	Keith
Resilience	Ava	Finley	Avery	Henry	Yusuf	Luke	Lucas

## MSA awards

Frankie Yr 3 Harrison Rec