



# WESTFIELD WEEKLY

9<sup>th</sup> February 2024

Edition 20

## Key Dates

### DATES FOR YOUR DIARY

#### Monday 12<sup>th</sup> February

- Author Visit – KS1 & Reception

#### Tuesday 13<sup>th</sup> February

- Year 6 Height & Weight Screening
- Reception Health Screening
- Parents Evening (4-7pm)

#### Thursday 15<sup>th</sup> February

- Parents Evening (3:40-5:30pm)

#### Friday 16<sup>th</sup> February

- Year 5 Assembly
- Home Learning celebration in class (children only)

### Advance Notice ....

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

- Half-Term – School Closed

#### Thursday 29<sup>th</sup> February

- Nursery Parent Tour

## A message from Miss Leach...



You may recall that Mrs Edwards left us last Friday to go and put her feet up for 2 weeks before her baby arrived. Well Baby Edwards had other ideas and arrived on Monday! Congratulations to Mr and Mrs Edwards on the birth of their baby Henry, mother and baby both doing well.


Children's mental health week draws to a close today but this is something that is ongoing here at Westfield. The week was launched nationally to give a voice to all children and young people in the UK, and the theme for 2024 has been "My Voice Matters".

While it is great to raise awareness at these key times of the year, it is also important to remember that every day is an opportunity to think about your mental health and the wellbeing of those around you.

Have a good weekend as always,  
Miss Leach

# LEADERSHIP CORNER

## A message from Mrs Saunders - P.E Leader



Westfield is a very active community and the children are very busy with their many sports and activities, both at home and at school. The Year 5 & 6 football team have been busy training every Wednesday and this week scored two goals in our match against Broadfield Academy. Well done to the whole team and to our goal scorers!

Looking forward, Westfield have registered for the Mini-Marathon on the 20th April and we are hoping that a number of our children will join us to run 2.6 miles! This can be completed over one, two or more than three days if needed according to the abilities of the children.

More information to follow soon.

A big thank you again to all families for encouraging the children to keep active, walk or pedal to school and for giving them as many opportunities as possible to try new activities and sports. We have some more exciting opportunities lined up at school in 2024, including a visit from a very inspirational athlete!

## Lunchtimes

To keep our lunchtimes active and safe our Sports Leaders in year 5 and 6 have introduced a new 'Zones' system and have been looking after and encouraging the children playing in each zone. For example, the dance zone is where music can often be heard and dance routines created. The basketball zone is one of the most popular so far and we see children of all ages developing their dribbling and shooting skills.

## Get in Touch

We always welcome suggestions and work in a solution focused way.

Please get in touch:

[admin@westfieldprimary.herts.sch.uk](mailto:admin@westfieldprimary.herts.sch.uk)

## Tottenham

We have been lucky enough to have some special sporting opportunities at Westfield. One of which was when a Tottenham Hotspur coach visited our school and provided an amazing a session of football with each class.

## Children in Need

As part of our 'Children in need' fundraising, we worked together to reach a target of 1000 burpees, but these were not just any burpees, these were Bear-pees! With a motivational speech from Joe Wicks, we surpassed our target and reached over 5000 in total. Thank you to all those families that were able to donate to such a good cause.

## W1SPA News

A reminder that we are collecting good condition costumes and fancy dress this week and next for a Fancy Dress Sale on **FRI 16th Feb**.

Have a clear out and get some new things! A box for donations is in the office.

World Book Day is THURS 7th March!

Get in touch! Join our Facebook Group [www.facebook.com/groups/wispawestfield](http://www.facebook.com/groups/wispawestfield) or follow us on Instagram [www.instagram.com/wispa\\_pta\\_group](http://www.instagram.com/wispa_pta_group) for all the latest.

## Attendance – Every day at school counts!

Attendance & Number of Late Arrivals: 29 <sup>th</sup> January – 2 <sup>nd</sup> February 2024						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
93.67%	94.83%	95.56%	80.72%	87.24%	91.8%	87.67%
10	19	6	11	5	4	14

**Our target is 95%. Being in school each day, if well, gives your child the best chance of learning and making good progress both educationally and socially. Please support the school by ensuring that your child attends school regularly and arrives ready to learn and on time. Thank you**

## Is my child too ill to attend school?



It can be tricky deciding whether or not to keep your child off school when they're unwell. There are government guidelines for schools and nurseries about managing specific infectious diseases at GOV.UK. These say when children should be kept off school and when they shouldn't. If you do keep your child at home, it's important to phone or email us on the first day telling us that your child won't be in and give the reason for their absence. Please click here for further advice:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

## Westfield Instagram

You can now follow us on Instagram <https://www.instagram.com/westfieldprimary> to stay up to date on all our news. Please take a look.

## Nursery Admissions for September 2024

Applications for children to start our Nursery in September 2024 will **open on Monday 26<sup>th</sup> February**. If you have a child who is born from 1st September 2020 to 31st August 2021 or know of someone who has a child of this age and would like to come and find out all about our Early Years provision, please contact the school office to book onto one of our tours. Tours will be taking place on the following dates:

- Thursday 29<sup>th</sup> February
- Wednesday 13<sup>th</sup> March

All tours start at 9am.

## Parents' Evening Consultations

Parents' Evening Consultations take place on Tuesday 13<sup>th</sup> February (4pm – 7pm) and Thursday 15<sup>th</sup> February (3:40pm – 5:30pm). Appointments last for the duration of ten minutes and should be booked online using the Arbor parent portal/app. These are really important meetings as they will insure you are fully informed of how your child is doing and how you can support them at home.

The online booking system will remain open until 9am on Monday 12<sup>th</sup> February. If you are having any technical issues / problems with booking an appointment, please contact the school office. We look forward to seeing you there.

## Home Learning Celebration

The next home learning celebration will take place on Friday 16<sup>th</sup> February where we will be celebrating with the children in class any work they have completed from the suggested home learning activities. If you need a reminder of the home learning activity grids, these are available on the class pages on our school website. We look forward to seeing the amazing work that the children have completed this half term.

## Protect your child against measles this half term

Pop-up vaccination clinics have been arranged over half-term to make it easier for you to make sure your child is fully vaccinated against measles and any other childhood vaccinations they may have missed. People of all ages can attend the clinics, including young people and adults. Clinics will be available as follows:

### **Saturday 17 February**

9am – 3pm

Peace Childrens Centre

Peace Prospect

Watford

WD17 3EW

Book by calling 0300 555 5055, and choosing option 1

### **Wednesday 21 February**

9am – 3pm

Longdean School

Rumballs Road

Hemel Hempstead

HP3 8JB

Book by calling 0300 555 5055, and choosing option 1 or walk in without an appointment before 2:30pm. You might have a short wait, but the vaccination nurses will see people as quickly as possible.

Measles can make your child seriously unwell and one in five children end up in hospital because of complications. Measles spreads very easily, especially in schools. A child with measles will infect almost all unprotected children they have contact with as they can catch it just by spending time in the same room as someone.

Vaccination is the best protection against measles, and it is vitally important to make sure your children have had both of their free MMR vaccinations. The MMR vaccine is safe, effective and provides long-lasting protection against three serious illnesses – measles, mumps and rubella.

The first dose of MMR is usually given around a child's first birthday, with the second dose before they start school. Even if your child is older, they can still come along to these sessions to catch up on any vaccinations they have missed.

If you can't make any of the clinics, you can still contact your GP to make an appointment. Check if your child has had all their vaccinations by looking in their red book or via the NHS app.

Measles usually starts with cold-like symptoms, followed by a rash a few days later and some people may get small spots on their mouth. If you think your child might have measles, check symptoms on the NHS website. Keep your child at home and call your GP practice for advice. Find more information on the NHS website:

[www.nhs.uk](http://www.nhs.uk)

## Wellbeing and Parenting Information

### **Dr Kathy Weston Newsletter**

Dr Kathy Weston's Wednesday Wisdom this week, Anxiety Literacy, looks at the impact of anxiety on us and our children and strategies we can use to reduce it. With it being Children's Mental Health Week this week too, it also highlights the need for us as parents to consider any legacy of anxiety that we might be inadvertently be passing on to our children: [Wednesday Wisdom](#) | [Anxiety Literacy](#) | [Tooled Up Education](#)

### **School Nursing Newsletter**

Please see below a copy of the latest newsletter from the School Nursing team with information on a new healthy lifestyle game, relaxation techniques, services for special educational needs, guidance on common minor illnesses and oral health for children.

### **Parents of Neurodiverse Kids (PONK)**

The next Parents Of Neurodiverse Kids (PONK) is on Wednesday 14th February, 7 - 8.30pm at Open Door. It runs the second Wednesday of every month, and aims to provide a confidential and understanding environment for parents / carers to off load and share challenges. The group is aimed at parents and carers of neurodivergent kids, of any age, with or without a diagnosis. There is no need to book, and it is very informal, but if you want any further information please get in touch with Alex via [ponkgroup24@gmail.com](mailto:ponkgroup24@gmail.com).

### **Letters/Flyers/Information sent home this week**

**Copies of all letters sent home can be found in the letter rack outside the office and can also be accessed from our website within the '[Letters Home](#)' page**

**Our School Value this half term is ..... Courage**



## Public Health Nursing 5-19 Team Newsletter

### Welcome!

As a new term begins, the school nursing team continues to support children in Hertfordshire Schools.

#### Ways to contact us

School Nursing Duty line:  
0300 123 7572 (Mon-Fri 9am-5pm)

Our referral website, which also has information about our service:



[www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx](http://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx)

Please see below our Workshop link, with lots of advice and support on your child's emotional health, returning to school, and more:  
<http://ow.ly/Qn9G50K17f>

### Meet a Team Member

**Sue, Jo, Rosie and Lisa** would like to say hello! We are the Public Health Nursing team leaders for the North, East, South and West School Nursing teams.

Our role is to facilitate and support the teams to deliver packages of care to children, young people and their families. We monitor the quality of the service striving to maintain high standards of care provision and we work in partnership with schools and other agencies/services.

We ensure that as a service we deliver an inclusive provision for all children, young people and families.

We welcome contact from parent/carers, schools and other professionals.

### Healthy Lifestyle

There is a brilliant new game on our website at:

[www.healthforkids.co.uk](http://www.healthforkids.co.uk)



Lunchbox Hero can help support your child with making healthy choices and support your child with being aware of a balanced diet.

Did you know BeeZee Bodies in Hertfordshire is also a service that can support families with healthy lifestyles. Check out their healthy living courses for families at [beezeebodies.com](http://beezeebodies.com)

On their website they have lots of useful resources and delicious healthy recipes.

### Relaxation Technique

Using our five senses is a great technique to make your child feel calm, relaxed and be able to manage their emotions easier.



### Top Tip

Practicing calming techniques when children are in a good place and not feeling stressed, will help them to use techniques more effectively in situations when they really need them.

### Special educational needs

The Hertfordshire Local Offer has lots of information about services for special educational needs and disabilities, including support with education, finances and other help.

[The Hertfordshire SEND Local Offer](#)

Angels support group support families of children with Autistic Spectrum Condition and/or ADHD.

[Angels Support Group](#)

ADD-vance aim to support families with children with neurodiversity and to improve their wellbeing & reduce social isolation.

[ADD-vance](#)

### Minor illness in school aged children

Common illness in school aged children often include coughs and colds. It is ok to send your child to school if they do not have a temperature.

Anything above 37.5 is classified as outside of normal range for a child.

It is important for children to cough and sneeze into tissues and wash their hands regularly to minimise the risk of spreading illness.

Another common illness in school aged children is diarrhoea and/or vomiting. It is important that your child is off school until they have been clear of diarrhoea or vomiting for at least 48 hours. Children and anyone in the household should wash their hands regularly to minimise the risk of spreading the illness. Remember to monitor fluid intake and output to reduce the risk of dehydration.

If you are concerned you can access support from your pharmacy, GP, 111, urgent care centres, A&E and 999 in an emergency.

Remember it is important to inform the school if your child is NOT well enough to attend school.

(NHS, 2023, NICE, 2023)

# ORAL HEALTH FOR CHILDREN

## WHAT IS TOOTH DECAY?

The hard outer surface of a tooth is broken down or damaged by bacteria and acid making holes in the teeth, called cavities. It can cause pain and infections, and cause problems with eating, speaking, playing, learning, smiling and socialising. Tooth decay occurs when foods and drinks with sugars and starches are left on the teeth.

- Tooth decay is the most common reason for hospital admission in children aged 6-10
- Children with poor oral health have an increased risk of damage to adult teeth



There were 26,000 hospital admissions for children needing dental extraction in 2014 - 2015 (study carried out every 10 years)

## REDUCE THE RISK OF TOOTH DECAY

- Take your child to the dentist when their first milk teeth appear
- Brush teeth twice a day with fluoride toothpaste - no rinsing
- Support children under 7 with brushing
- Children should see a dentist yearly at least
- Children should have fluoride varnish at each visit (which is free)

## WHERE TO ACCESS A DENTIST

Scan the QR code or search "Find a dentist" for the NHS website.



Dental care is free for children and young people aged 0-19 years old.

## TOP TIPS 🌟

- Brush teeth in the morning and at bedtime for 2 minutes with fluoride toothpaste
- Use a pea-sized amount of toothpaste
- Spit out after brushing and don't rinse, otherwise the fluoride won't work as well
- Fizzy drinks, fruit juices and sugary snacks should be limited to mealtimes

## HOW TO MAKE IT FUN

- Everyone can brush their teeth together - why not try a staring contest?
- Brushing to the beat - why not brush to your favourite song?
- Go electric?
- Use a timer - see who gets to two minutes without stopping

