



WESTFIELD WEEKLY

15th March 2024

Edition 24

Key Dates

DATES FOR YOUR DIARY

Friday 15th March

- **Year 6 – TODAY is the last day to accept Secondary school places for September 2024**

Monday 18th to Friday 22nd March

- Year 6 Residential to Osmington Bay

Tuesday 19th March

- Easter Trail at Northchurch Baptist Church – Years 1 to 5

Advance Notice

Thursday 28th March

- End of Term – School closes at 1:30pm

A message from Miss Leach...



It's been a busy week this week and today's Red nose day has topped it all off nicely!

A big thank you firstly to Mrs Saunders for taking some of our athletes to a cross country event on Saturday – there was some fantastic running! Watch out for details of more running events next half term!

Again I've been impressed by the Rock steady concert and the talent and confidence that our children have to perform in real life rock bands – Thank you Bertie for all your hard work!

The Year 3 and 4 team had a singing extravaganza at St Albans cathedral this week. Thanks to those who made this possible.

There are more trips and visits happening before the end of term – We value your support with these as they can't happen without you.

Have a great weekend,
Miss Leach

Attendance – Every day at school counts!

Attendance & Number of Late Arrivals: 4 th – 8 th March 2024						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
98.65%	93.79%	97.04%	97.07%	92.47%	90.91%	98.33%
4	15	0	6	3	4	8

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

LEADERSHIP CORNER



A message from Mrs Nichols

Hi, my name is Mrs Nichols and I am the subject leader for Science. Science is a core subject in the national curriculum. As subject leader I oversee the implementation of the science curriculum through liaising with staff, reviewing planning, conducting observations and 'book looks'. Through science we are encouraging children to be curious about the world they live in. Moreover, children can develop a range of skills that can be used across all areas of learning including asking questions, problem-solving, analysing, persevering and being creative.

Science Week

This week we have been celebrating the 30th anniversary of British Science Week. The theme is 'Time' given the links to so many discoveries in science and indeed as we look to the future.

Our school has been buzzing with engaging, practical learning experiences to fully promote the love of science. During Monday's assembly Mrs Su demonstrated using film cannister rockets to create paint splats. Britto watched water 'walking' between glasses using nothing but a paper towel. Boyce created a pendulum and then investigated the impact of using different weights and lengths of rope. On Wednesday I heard excited cheers coming from Goldsworthy where they were creating rocket balloons and investigating ways of making the rocket balloon travel faster. I loved the 'I wonder' questions that were being posed.

Please find attached some Science challenges to try at home. Please do share these with me.

Summer 1 Focus

Reception: Life Cycles, Seasonal Change

Year 1: Plants: Basic Structure

Year 2: Plants:

Year 3: Plants:

Year 4: Animals including humans
Digestive System

Year 5: Living things and their habitats
Reproduction

Year 6: Living things and their habitats
Classification

Get in Touch

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

Please get in touch:

admin@westfieldprimary.herts.sch.uk

Nursery Admissions for September 2024

Applications for Nursery admissions starting in September 2024 are now open.

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, applications can be made to join our Nursery in September 2024 via our school website <https://westfieldprimary.herts.sch.uk/our-school/admissions/> The deadline for applications is 28th March 2024.

Bridgewater Cross Country Event – Saturday 9th March



Children from Years 3-6 were invited to take part in a 'Cross Country' event last Saturday, which takes place every year at Bridgewater School.

It is a fantastic opportunity to gain experience of friendly competition with peers and children from other schools as well as seeing how a long distance running event works. Year 3 ran 600m, year 4 ran 800m and years 5&6 ran 1,200m. All the runners were guided by a 'hare' from Ashlyns school who ran ahead of them to show them the route around the field. Many children from other local schools took part and the event was a great success.

All the children who took part showed courage and gave it their absolute best. Well done to all of you. Thank you so much to the families who showed their support for Team Westfield on Saturday and we extend our thanks to the organisers and hosts.

School Meals – Price Increase

As you are aware, our school meals are provided by an external company, Herts Catering Ltd and we have been informed that they are having to increase the price of school meals from after Easter.

From 1st April 2024, the cost of a school lunch will be £3.40 per meal.

Children in Reception, Year 1 and Year 2 will be unaffected as they will continue to receive Universal Free School Meals.

Those children in receipt of benefits related free school meals (Pupil Premium) will also be unaffected.

You may be eligible for Free School Meals/Pupil Premium if you receive any of the following:

- **Income Support**
- **Income-based Jobseekers Allowance**
- **Income-related Employment and Support Allowance**
- **Support under Part VI of the Immigration and Asylum Act 1999**
- **The guaranteed element of State Pension Credit**
- **Child Tax Credit** (as long as you're not also entitled to Working Tax Credit and you don't get more than **£16,190** a year)
- **Working Tax Credit run-on** (paid for 4 weeks after you stop qualifying for Working Tax Credit)
- **Universal Credit** (with annual earned income of no more than **£7,400** after tax and not including any benefits you get).

If you feel you may be eligible, please use the following link to apply: [Free school meals | Hertfordshire County Council](#)

Parent Governor Vacancy

We currently have a parent governor vacancy on the governing body and we are inviting parents to put themselves forward for the position. The governing body is a group of volunteers who work closely with the Headteacher and the school to ensure the best for all the children at Westfield. Please take a look at the attached link for more information on the role of a school governor.

<https://www.inspiringgovernance.org/volunteers/>

If you have any questions or would like to discuss this in more detail, please contact the school office who can put you in touch with the Chair of Governors, Mr Ash Patil, who will be happy to arrange a call with you. Please refer to the recruitment letter sent home today if you are interested in applying. Please note the deadline for all applications is 9am on Thursday 28th March 2024.

Travelling Book Fair & Second Hand Book Sale – Thank You

A huge thank you to everyone who came along and supported our Travelling Book fair last week. We are delighted to announce that the sale total for the Scholastic Book Fair was £741.85!

This is a fantastic amount and means that we will receive Scholastic rewards (based on 40% of our sales) to spend on new books for our children.

Our Year 6 librarians have also raised the amazing sum of £110.01 from their second hand book sale so a huge thank you to them for organising and running the book sale and to all the children that came along and bought a new book to enjoy at home.

Thank you for all your support.

Herts Music Service Survey

Have Your Say about music education in Hertfordshire and win a free music workshop for our school! Surveys are open now and close on **Fri 19 April 2024**.

Herts Music Service are always looking to increase the quality, relevance and accessibility of music education in Hertfordshire as well as improving their own services to our school and pupils.

The survey is open to anyone even if your child does not currently learn a musical instrument. Please follow the link below to access the survey:

[Parents/carers: Have Your Say \(hertfordshire.gov.uk\)](https://hertfordshire.gov.uk/parents-carers-have-your-say)

Herts Music Service would like to thank you in advance for enabling them to plan their services to better meet the needs of schools, students and their families.

Hertfordshire Music Service values the feedback of all residents and stakeholders so if you require this survey in a different format or language, please email: music.communications@hertfordshire.gov.uk

Wellbeing and Parenting Information

Dr Kathy Weston Newsletter

It's National Sleep Awareness Week and Dr Kathy Weston's Newsletter this week 'The Magic Pill' talks about the value of a good night's sleep, the links between short sleep duration, mental health and anxiety, and what we can do to support our children.

[Wednesday Wisdom | The Magic Pill | Tooled Up Education](#)

Dacorum Family Support SEN Cuppa & Catch Up

We're delighted to inform you that Dacorum Family Services will be here at Westfield on Thursday 18th April from 9-10am so please join us for a cuppa and chance to speak to a friendly face and find out about the support available to help you and your child – please see the flyer below for more details.

Hertfordshire School Nursing Team Spring Newsletter

Please find below the Spring Term Newsletter from the Hertfordshire School Nursing team, which includes information and advice about Measles, Chicken Pox and Headlice, along with a link to the Health for Kids website which supports families with their emotional health.

NESSie Positive Mental Health

The Nessie organisation provides mental health support for children and young people as well as running funded mental health workshops, advice and support for parents and carers. Their free webinars include support for:

- Anxiety and Building Resilience
- School Avoidance
- Disordered eating
- Managing Meltdowns

To find out more or to book, please visit: www.nessieined.com

School Nursing Team Q&A

The School Nursing team are also pleased to announce they are holding their first live Q&A on Instagram during the Easter Holidays. At 3pm on 10th April, two school nurses will host the session and will be able to answer questions submitted on the day. The session is aimed at parents, children and young people who have questions about their service or health and wellbeing. Please see the flyer below for more information.

Local Events and Information

Hemel Storm Easter Camp

On Wednesday 10th April, Storm Basketball are running a basketball camp from 9am to 3pm at The Astley Cooper School in Hemel Hempstead. Cost £40 for the day or early bird discount of £35 available until 17th March. For more information and to book, please visit: juniorcoaching@stormbasketball.net

Sapphire Gymnastics SEN Sessions

Sapphire Gymnastics in Pitstone now offer structured SEN gymnastic sessions for primary school children on Saturdays from 1:10-1:40pm. Prior to starting the sessions, Sapphire Gymnastics will contact you to understand your child's specific needs so that they can tailor their classes to suit individual needs effectively. In addition, they offer taster sessions, allowing your child to explore the program available without any obligation to continue future sessions. For more information, please contact: 01442 230077 option 2 or email:

Admin.Pitstone@sapphiregymnastics.co.uk

Raring2Go Magazine

The Spring edition of Raring2Go Magazine is now available and covers events and things to do for families this Spring – Please visit: [Raring2go! Hemel Hempstead](#)

Lemon Jelly Easter Workshops

Lemon Jelly are running Performing Arts Easter Workshops at Berkhamsted Pre Prep from 2nd – 5th April and 8th – 11th April. Children aged 5-14 years can enjoy dance, drama, musical theatre, filming work and arts & crafts including workshops on the shows Legally Blonde and SIX the musical. Please see the flyer below for more information and link to book.

Letters/Flyers/Information sent home this week

- Parent Governor Vacancy
- Summer Term Milk Order (Rec-Y2)
- Year 6 Residential Final Reminders

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

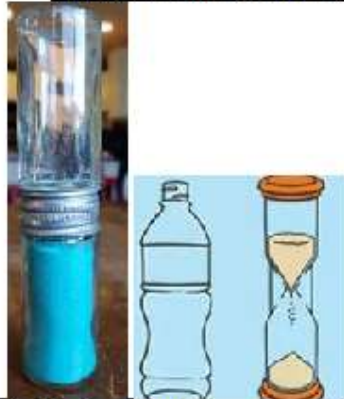
Our School Value this half term is Honesty

Science Week Challenges

Create your own pendulum



Create your own sand timer



Design a poster on 'time'

Create a poster to reflect the theme. You may want to display how technology for telling the time has changed or even go futuristic and think about what the world might look like in years to come. Or, focus on nature: lifecycles, seasons, hibernation. It's your choice. Get creative!



Challenge your family to complete activities in a minute:

How many jumps, hops, stretches, balances can you do in a minute?

Take a moment for 1 minute mindfulness. Close your eyes and listen to the sound that you hear, draw or write them down on piece of paper.

How many times can you write your name in a minute?

How many times can you roll the number 6 in a minute?

Talk for 1 minute about your favourite book.

THE 1 MINUTE





Hertfordshire
Family Centre
Service

NHS
Hertfordshire Community
NHS Trust

School Nursing

Spring 2024

Public Health Nursing 5-19 Team Newsletter

Welcome!

The school nursing team continues to support children in Hertfordshire mainstream 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:



[School nurses in Hertfordshire
\(hertsfamilycentres.org\)](https://hertsfamilycentres.org)

Social Media



@hct_schoolnursing
hctnhs.uk



@HCT_SchoolNurse



Hct SchoolNursing

Measles

Measles infection is caused by a virus, and spreads between people very easily. Around 1 in 15 people with measles can become seriously unwell.

What are the symptoms of measles?

A high temperature, runny or blocked nose, sneezing, a cough, red sore eyes.

Having the MMR vaccine is the best way to prevent measles.

To find out more, check out the National Measles Guidelines:



(UK Health Security Agency, 2024)

Emotional Health

Children can use many techniques to help reduce their stress and relax. There are many techniques on www.healthforkids.co.uk that you can teach your child to help them relax during times of stress. It's important that these are practised when you child is in a calm state.



Why not try the lanterns game to help your child express how they are feeling?



It's all about finding out what works for you and your child.

Special Educational Needs

The Hertfordshire Local Offer has lots of information about services for you if you have special educational needs and disabilities.

[The Hertfordshire SEND Local Offer](https://www.hertfordshire.gov.uk/sen)

SPACE supports young people who are neurodivergent. Whether you think you may be, are going through the diagnostic process, or have already received a diagnosis, SPACE are here to support you.

[SPACE Hertfordshire](https://www.spacehertfordshire.org)



Chicken Pox

Chicken pox can appear at any age. It usually gets better after 1-2 weeks, without the need to see a GP. An itchy, spotty rash is the main symptom, which can appear anywhere on the body.

Chicken pox appears in 3 stages:

1. Small spots appear
2. Spots become blisters
3. Blisters become scabs

Other symptoms may include high temperature, generally feeling unwell and loss of appetite.

Children will need to stay off school until all spots have scabbed, usually 5 days after the spots appear.

For more information, check out www.nhs.uk/conditions/chickenpox

Headlice

Headlice can make your head feel itchy or like something is moving in your hair. Treat headlice as soon as you spot them. You can treat headlice without seeing a GP.

To remove headlice, comb the hair with a special fine-toothed comb. You can buy these online or at pharmacies. There's no need to keep your child off school.

Lice can be removed by wet combing:

1. Wash hair with ordinary shampoo, apply lots of conditioner.
2. Comb the whole head of hair, from the roots to the ends.

Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that hair is free of lice after 17 days. See www.nhs.uk/conditions/head-lice-and-nits/ for more information.





Please come and join us for a
Cuppa & a catch up

Are you a SEND parent/carer?

What can I do to support my child?

Who can I go to, to get support?

How can school and I work together to best
support my child?

Come & have a chat with a friendly face
from Dacorum Family Support & let's
see how we can help.



Westfield Primary School
Thursday 18th April 2024
9.00-10.00 am





The aim of this funded support is to help parents/carers develop a positive and more confident approach to supporting their child. Our friendly and experienced staff offer a chance to gain peer support, useful strategies and practical tools.

Funded Mental Health Workshops, Advice and Support for Parents and Carers in Hertfordshire



What we offer:

Free Webinars

- Anxiety and Building Resilience
- Self-harming Behaviours
- School Avoidance
- Bereavement and Loss including Divorce and Separation
- Disordered Eating
- Supporting a Child or Young Person who is Gender Questioning
- Managing Meltdowns

Parent Support line

- Tel: 07932 651319

Private Moderated Facebook Support Group

- NESSie Parent/Carer Support Group

1-1 Support and Advice Sessions

Peer Support Group

A confidential group, where parents will have an opportunity to share their experiences, support each other through challenges, and identify coping strategies.

To book, please visit nessieined.com or Scan the QR code



@nessieined



07932 651319



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<https://nessieined.com/>

Helping children and young people thrive

NESSie IN ED CIC. Company registered in England & Wales number: 11719406



Upcoming Free Parent/Carer Webinars in Hertfordshire

Come and meet our friendly, qualified team who are there to support you with confidence, skills and tools.

Supporting Children/Young People who Struggle to Attend School

Thursday 2nd May

Thursday 17th June

9:30am - 11:30am

Supporting Children/Young People who are LGBTQ+ or Gender Questioning

Thursday 16th May

Thursday 20th June

9:30am - 11:30am

Supporting Children/Young People with Anxiety

Thursday 18th April

Thursday 6th June

9:30am - 11:30am

Supporting Children/Young People with Bereavement and Loss

Tuesday 25th June

9:30am - 11:30am

Supporting a Child/Young Person with Self-Harming Behaviours

Wednesday 3rd July

9:30am - 11:30am

8 Week Online Peer Support Group for Parents/Carers of Children Avoiding School

Tuesday 23rd April -
Tuesday 18th June

9:30am - 11:30am

To book, please visit nessieined.com or click the workshops above.

Please note that these webinars are delivered live via Microsoft Teams and may run over.

Joining links will be sent via email 24 hours before the event.

Helping children and young people thrive

NESSie IN ED CIC. Company registered in England & Wales number: 11719406



Hertfordshire
Family Centre
Service

Hertfordshire Community
NHS Trust



Want to ask the School Nurses a Question?

Come to our live
Instagram Q&A on the
10/04/2024 at 15:00



@hct_schoolnursing

A Parent's Guide to Cyberbullying



scan the QR code with your phone's camera for Parent's Guide on how to help keep your children safe online

Many young people who are victims of cyberbullying suffer in silence.

They feel they can't turn to parents or a trusted adult for support as they fear they may get in trouble or have their devices taken away from them. It can carry on all day, all evening and all weekend for the world to see, causing a lot of emotional stress to the victim and their family.



It can very quickly lead to the victim feeling trapped, scared and vulnerable to grooming and blackmail.



Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skip's Educational Email: info@skipssed.com Tel: +44 121 227 1941

Developed in partnership with



Skip's

www.skipssafetynet.org

Lemon Jelly

Be who you want to be!

EASTER WORKSHOP

BERKHAMSTED

2nd - 5th April
8th - 11th April

Join Us

For the most amazing workshop discovering all things Performing Arts. Join us for workshops on Legally Blonde and SIX the musical! SO MUCH FUN!!

Dance
Drama
Musical Theatre
Filming work
Arts & Crafts

For children aged 5-14yrs with performing arts professionals. Places are limited so please book early to avoid disappointment

BERKHAMSTED PRE PREP, HP4 2SZ
9AM - 4PM
DAILY BOOKING AVAILABLE

HEMEL STORM

EASTER CAMP

The Astley Cooper School, HP2 7HL

WHEN?

- Primary School- Wednesday 10th April
- Secondary School- Thursday 11th April

TIME?

- Camp runs from 9am - 3pm (please make sure you arrive at 3pm to collect your child)

PRICE?

- £40 for the day | £35 Early Bird before 17/03/24

WHY COME?

- DBS Certified Coaches
- A chance to get coached by Storm players
- Fun packed day full of competitive games
- Skill development
- Family environment

For more information contact: junioucoaching@stormbasketball.net

SEN classes

Unleash Your Potential - Structured SEN Gymnastics sessions for primary school aged children

Wednesdays 14:00-14:30 Saturdays 13:10-13:40

8 Herington Park, Tunnel Way, Pitsstone, LU7 9GX admin.pitsstone@sapphiregymnastics.co.uk

01442 230077 option 2 <https://www.sapphiregymnastics.co.uk>

Parents/carers: Have Your Say

We'd like to invite everyone, even if you or your family are not having music lessons, to tell us about your views and experience of music.

Scan me

2

Share your thoughts

3

Submit

www.hertsmusicservice.org.uk/HMS-parent-feedback

Supported using public funding by