



St Andrew's Church of England (VC) Primary School

'Learn to love and love to learn; in God's love each one will shine.'

St Andrew's Weekly Update

Date: 14.5.21

Headteacher: Mrs H Gillingham

Value: Dignity

Dear Parents and Carers,

Mental Health Week

We have approached this subject, with the children, through discussions about mindfulness and wellbeing; offering the children opportunities to discuss their emotions and help them build their emotional resilience. The main emphasis has been on what we can do to help ourselves to support our wellbeing - such as enjoying the outside spaces around us, helping others and taking time to do things we enjoy, such as sport, art, music etc.



Walk to school Week 17- 21st May 2021 – message from Mrs Thomas and her Eco warriors

Next week will offer a lovely link with the previous week's focus on well-being as it offers the opportunity for our children to take part in Walk To School Week 2021. We would encourage all children to make active and sustainable journeys to school by walking, scooting, cycling or parking the car five minutes from school and walking the

rest of the way ('park and stride').

WALKING HEALTH FACTS:

- Walking is free, natural, green, inclusive and a sustainable form of transport.
- Walking doesn't produce excess carbon dioxide, fumes or noise pollution
- Walking is efficient! Did you know 20 times as many people can move in the same space by walking as in a car?
- Walking just one step, you use over 200 muscles
- Walking 1.6km in 20 minutes can burn up at least 100kcal of energy the same amount as swimming for 10 minutes, playing football for 12 minutes or doing aerobics for 16 minutes
- Walking is great for keeping in shape, it is an aerobic exercise keeping your heart and lungs healthy.
- Walking a mile burns around the same amount of calories as running a mile, although of course it takes longer.
- Walkers who walk at a good pace will find they're less often short of breath and are more energetic.

If you want to ditch the car and walk more, but don't know where to start, then this link to the Living Streets Family Kit gives lot of ideas to get you and your family walking.

<https://www.livingstreets.org.uk/media/3561/family-walk-to-school-kit.pdf>

Outdoor Church

We have attached an invitation from Revd. Sarah for you to join the first Outdoor Church on the 23rd May at St Andrew's School Grounds. This will be a new exciting monthly opportunity to worship in the great outdoors and we know that it will be an inspiring and exciting venture.



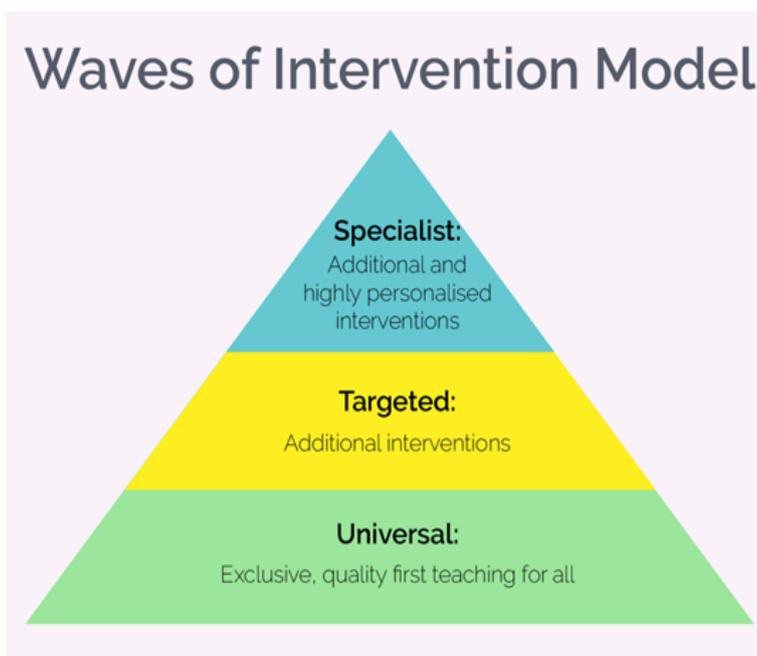
Covid-19 Information

As we enter (May 17th) Step 3 of the Government's roadmap we have been looking closely at the updated guidance. Reading through, there does not seem to be a significant change in the operation of the school; with the exception of being able to re-introduce school trips for the children, which the staff are busily doing.

The measures that we have in place (such as bubbles, face masks for staff in communal areas, enhanced cleaning, regular hand washing etc.) will all continue until we hear otherwise from the County Council and the Government. The following link is to the updated guidance for parents and carers of children attending out-of-school settings during the coronavirus (COVID-19) outbreak:

<https://www.gov.uk/government/publications/guidance-for-parents-and-carers-of-children-attending-out-of-school-settings-during-the-coronavirus-covid-19-outbreak>

SEND and Inclusion Corner – Mrs Davey



Our aspirations for all children are the same. We want the best for all our children. This starts with positive and happy learning experiences in school. This includes all sorts of learning in class and it starts with quality first teaching.

When we talk about “Quality First Teaching”, we are talking about how we can make our teaching inclusive so that all learners can receive instruction from the class teacher. The model outlines how we approach all learners. We are continuously engaged in an assessment cycle that helps us to identify where needs are. We do this in partnership with families. The most effective model being that of all parties

(parent, child, teaching staff) working together to enable learning and achievement for all.

You Can Toucan



This week staff have chosen:

Nursery: Joshua for working hard at his maths and counting.

Reception: Bronte for trying hard in her reading throughout the week.

Year 1: Nathan and Adaley for trying hard with their reading.

Year 2: Nathan for using growth mindset to improve his work.

Year 3: Bodie for his superb attitude to learning over the last few weeks.

Year 4: Allyse for working hard and improving her handwriting. **Avarose** for making mature choices in her work and more generally in class.

Year 5: Cameron for his focus and effort with his learning. **Zoe** for her excellent attitude towards her maths learning.

Year 6: Nathan for his fantastic effort in class this week.

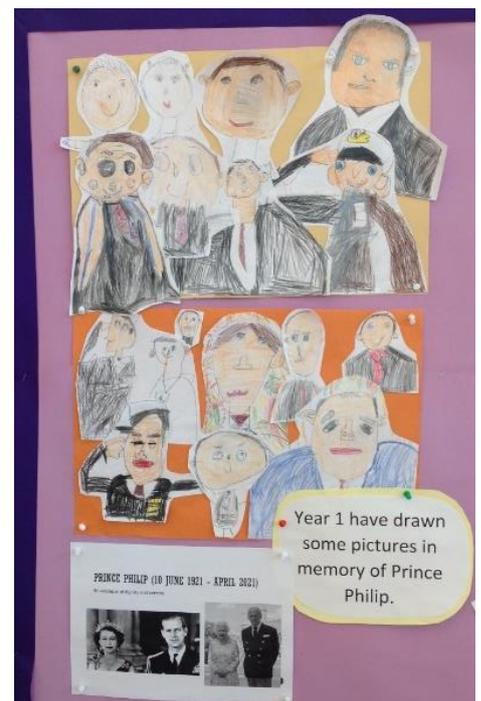
Our Value: Dignity

"So whatever you wish that others would do to you, do also to them."

Matthew 7:12

Linked to this week's theme of keeping ourselves positive, we explored small acts of kindness in Tuesday's Collective Worship. Using the parable of the mustard seed, we saw how small acts of kindness in the local community could build into huge successes which benefit many; the Wombles of Ware Abouts being one such example.

We discussed how doing kind acts can help your own wellbeing. The children were then set the challenge of doing their own acts of kindness, such as cleaning their rooms or putting toys away without being asked. I would be interested in hearing about any successes in this area!



Have a happy (and tidy) weekend
Kind regards,
Mrs Gillingham

OFFICE UPDATE

Parental Payments – UPDATE!:

We are delighted to announce that the banking setup for WisePay has now been completed and **parents are now able to make all payments for dinners, milk, Nursery 30 hrs, Breakfast Club and trips, via WisePay.** This was all completed just this afternoon!

Dinner slips and Breakfast Club invoices will be sent home on Monday.

Thank you all for your patience.

Swimming

In previous years we have arranged weekly, group swimming lessons at The John Warner Sports Centre for children in Years 3-6 during the Summer Term. This was not possible last year due to the National Lockdown and all pools being subsequently closed. Whilst we were very much hoping to recommence these lessons for at least the 2nd half of the summer term, we are unable to do so. Although some pools are open in varying capacity, the John Warner Sports Centre are not conducting external, school group swimming lessons until at least the autumn. We have also tried to find other pools which we can use, but these are either not allowing external schools to use them or, if the pool will accommodate us, the travelling distance and costs of the coach and the lessons render the option untenable.

As an alternative, and to ensure that our KS2 children benefit from learning some of the swimming curriculum, we will be holding Water Safety Workshops produced by Swim England in class over the rest of the summer term. Details will follow separately.

Reminder: St Andrew's Marathon 2021

A ParentMail was sent home last week regarding this year's St Andrew's Marathon from our Year 6 'Marathon Committee'. Please complete the ParentMail form as soon as possible if you would like your child to participate.

SuperStars Wraparound Club: OPEN 5 DAYS A WEEK FROM 3.15 – 5.45PM

A reminder that parents and carers are now able to book for our after school, wraparound provision for the summer term – for every day of the week. Bookings are to be made directly to SuperStar Sports, via their website which has been updated and has a new link: <https://www.superstarsport.co.uk/sports-club/> and click on 'info & booking' under our school name.

If you would like to contact the company directly, please call 01992 766707 or email at info@superstarsport.co.uk Payments can also be made by childcare vouchers if preferred.

Bookings are also now being taken for their half term camp, which is being held at St Catherine's C of E Primary School in Hoddesdon from 1st – 4th June, 9.00am – 3.00pm.