



Roots to grow,
Wings to soar

Newsletter

Spring Term

16th January 2026

FROM THE HEADTEACHER

Value: Courage

Dear Parents,

It has been great to see the children returning to their learning and fully back into routines this week. The children have shown enthusiasm and positivity, and it has been wonderful to see them enjoying their new topics and making the most of their outdoor learning sessions when the weather has allowed. I greatly enjoyed going swimming with Year 3 on Monday. The children were enthusiastic and keen to get into the pool. This coming Monday, we have the SCARF LifeSpace Tent coming in for most of the classes with sessions focused on Feelings, It's Great to be Me and Keep Trying. **There is a parent workshop being put on in the hall at 14.40 that afternoon** which everyone is welcome to experience and discuss some key elements of the programme with Nancy who is leading the day.

Sharing Assemblies

We are looking forward to welcoming parents and carers to our upcoming sharing assemblies at the end of this half term. Woodpecker and Kingfisher Classes are on Friday 6th February at 2.45pm and Nightingale, Robin and Skylark is on Friday 13th February at 2.25pm. We do hope that you are able to join us and share in your child's learning and achievements.

Personal belongings and bags

We have noticed an increasing number of personal items being brought into school. Please remember that children should not bring toys or other personal belongings into school unless this has been discussed and agreed with your child's teacher in advance. This helps us avoid items becoming lost or causing distractions during the school day. Please can you also limit the items which are being brought into school in book bags. The children in KS1 and KS2 have a locker each which fits their PE kit, book bag and coat in. Large bags and toys hanging off them are causing damage to the new lockers from children trying to squeeze too much into them. Items are being left across the floor causing safety issues. Thank you for your support with this.

Healthy snacks and lunchboxes

A reminder that we encourage healthy snacks and balanced lunchboxes in line with our school policy. Fruit, vegetables, and nutritious options help support the children's concentration and wellbeing throughout the day. We are a nut free school and we have staff and children who have nut allergies. Some of these can be airborne or through skin contact so please avoid nut-based products, including chocolate spreads in sandwiches which contain nuts. We appreciate your cooperation in promoting healthy choices.

Thank you, as always, for your continued support. We look forward to another productive and enjoyable week ahead.

Wishing you a lovely weekend,

Sarah Cook

Woodpecker: It has been wonderful to welcome the children back, and they have settled in with confidence and enthusiasm. We are so proud of how quickly they have returned to routines and learning. In phonics, the children are working hard on writing CVC words independently. We are now starting to prepare the children to move onto writing simple sentences. In class, we have also been focusing on turn taking and developing social skills through play. The Nursery children have been exploring the mathematical concept of “less” in a fun and practical way—by eating pieces of pear to make sure there was less left! With the freezing temperatures, we took the opportunity to explore the changing state of ice. The children enjoyed observing ice melting and talking about how it changes back into water, developing their understanding of the world around them.



Kingfisher: We've had a busy week in Kingfisher. The children were excited to begin our new English topic learning about traditional tales, and particularly Rapunzel. We have read several different versions of the well-known story, and the children had the opportunity to retell it themselves using finger puppets. We have definitely got some budding thespians in our class. Forest School on Tuesday afternoon was a big hit, and the children enjoyed giving The Burrow a good tidy up in preparation for our upcoming weekly sessions.

Nightingale: Nightingale have made a brilliant start to the new term, and the new topics seem to have caught their imaginations. We started the year making mechanical pneumatic toy monsters. The children loved finding out how the power of compressed air could be used to comically open the jaws of a home-made monster. They made detailed designs and enjoyed seeing their creations come to life. In history, they have travelled back in time to the Stone Age and have been learning about chronology. We are continuing to develop times table knowledge and learning how to apply multiplication facts to solve division problems. Finally, we have been learning about prepositions in English as we follow the White Rabbit on his journey in our new class story Alice in Wonderland.

Robin: This week in English, we have been studying newspaper articles. We looked at a range of examples and practised identifying the 5 Ws: who, what, where, when and why. In History, we began investigating what life was like during the Stone Age, with a particular focus on what people ate. Using this knowledge, we then practised our own newspaper articles about an eagle that was stealing a family's hunts. In RE, we have started learning about Islam and how Muslims show submission to Allah through the five pillars. We also enjoyed tag rugby with Matt and continued developing our multiplication and division skills, focusing on quick recall.

Skylark: This week in Skylark we have been enjoying finding out more about Tudor Britain during our History and Whole Class Reading lessons. The children have particularly enjoyed learning about Henry VIII and his six wives and singing along to a song about how each of the marriages ended. In PE, we've had fun working in small groups, putting together routines to demonstrate our knowledge of balance poses in Gymnastics. We also looked at sacred places and buildings in RE, discussing why these are often such beautiful and impressive examples of art and architecture.

WHOLE SCHOOL ATTENDANCE

Attendance – 97.58%
Whole School Target Set – 96%

Please contact school every day of any absence. This can be done by calling **01279 777344** and leaving a message on the absence line.

If you are going to be late, please also advise the school office before 9.00am to ensure a meal is ordered in time.

BIRTHDAYS THIS WEEK



Kingfisher
Tilda

Robin
Lila



ABOVE AND BEYOND AWARDS

Woodpecker

Max for settling so well into Woodpecker Class.

Esme for working hard during our reading session with decoding and blending CVC words.

Nightingale

Harriet for trying new things, making new friends and trying hard with her new topics.

Kingfisher

Rosie and Emma who showed kindness to one of their classmates who was feeling overwhelmed.

Robin

William S for his super enthusiasm and contributions in our PE and maths lessons.

Skylark

Isla for fantastic behaviour for learning.
Gulliver for fantastic work in our Maths topic this week.

READING AWARDS

Woodpecker
Sienna

Nightingale
Finley K

Kingfisher
Margaux

Robin
Raf

Skylark
Isabella

MENU w/c 19 ^h January 2026		DATES FOR YOUR DIARIES	
Day	Menu		
Monday	Beef Bolognese (Red) Plant Based Grill (Ve) (Green) Baked Potato with Grated Cheese (v) (Blue)	Wednesday 7 th January	Term starts for pupils
		Thursday 22 nd January	FPSA Disco
		Friday 6 th February	EYFS and KS1 Sharing Assembly
		Monday 9 th February	Woodpecker visit from PCSO Leon
		Friday 13 th February	KS2 Sharing Assembly
Tuesday	Breaded Chicken Katsu Curry (Red) Cheese Pinwheel (v) (Green) Baked Potato with Tuna Mayo (Blue)	Mon 16 th – Fri 20 th Feb	Half Term
		Tuesday 24 th February	Skylark O2 Young Voices
		Wednesday 4 th March	Bags2 School Collection
		Thursday 5 th March	World Book Day
		Thursday 26 th March	FPSA Easter Disco
Wednesday	Roast Chicken with Stuffing & Gravy (Red) Plant Based Sausages & Gravy (Ve) (Green) Baked Potato with Baked Beans (v) (Blue)	Friday 27 th March	End of Term
		Monday 13 th April	INSET DAY
		Tuesday 14 th April	Term starts for pupils
		Monday 4 th May	Bank Holiday
		Mon 25 th – Fri 29 th May	Half Term
Thursday	Quorn Burger (v) (Red) Vegetarian Lasagne (v) (Green) Baked Potato with Cheese & Beans (v) (Blue)	Wednesday 3 rd June	Bags2 School Collection
		Tuesday 7 th July	KS2 Faith Tour
		Tuesday 21 st July	Leavers Service 2pm Church
		Monday 20 st July	FPSA Summer Disco
		Wednesday 22 nd July	END of TERM
Friday	Battered Fish Fillet (Red) Margherita Pizza (v) (Green) Baked Potato with Grated Cheese (v) (Blue)	Thursday 23 rd July	INSET DAY

NOTICES AND INFORMATION

Who's In Charge?

If you are interested in joining the 'Who's in charge?' course (see attached poster), please contact Mrs Roach, SENCo for further information.



FPSA

New Year Disco

Thursday 22nd January
5.30pm - 7pm

Tickets are on Sale via Arbor

£5 per child



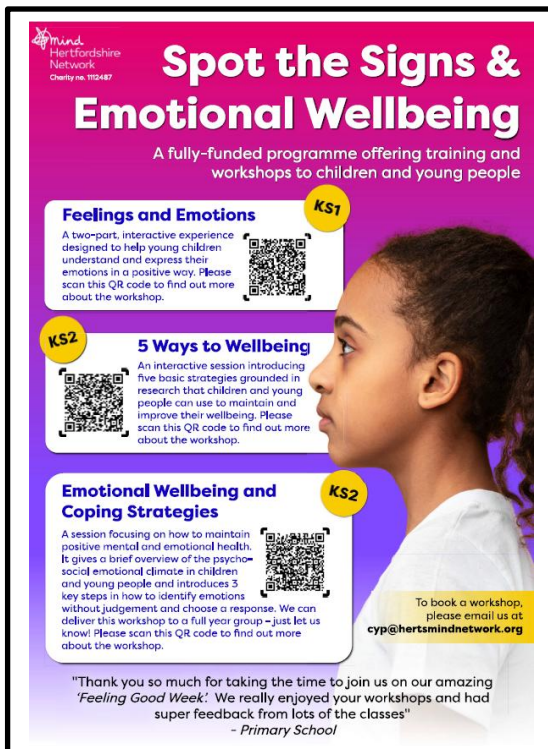
FPSA

BAG 2 SCHOOL COLLECTION

WEDNESDAY 4th MARCH

PLEASE BRING ITEMS IN BLACK BIN BAGS THE DAY BEFORE OR LEAVE THEM OUTSIDE THE SCHOOL HALL BEFORE 8.45AM ON THE DAY

SEE WWW.BAG2SCHOOL.COM FOR A LIST OF ITEMS THEY COLLECT.



Mind
Hertfordshire Network
Charity no. 112487

Spot the Signs & Emotional Wellbeing

A fully-funded programme offering training and workshops to children and young people

Feelings and Emotions **KS1**

A two-part, interactive experience designed to help young children understand and express their emotions in a positive way. Please scan this QR code to find out more about the workshop.

5 Ways to Wellbeing **KS2**

An interactive session introducing five basic strategies grounded in research that children and young people can use to maintain and improve their wellbeing. Please scan this QR code to find out more about the workshop.

Emotional Wellbeing and Coping Strategies **KS2**

A session focusing on how to maintain positive mental and emotional health. It gives a brief overview of the psychosocial emotional climate in children and young people and introduces 3 key steps in how to identify emotions without judgement and choose a response. We can deliver this workshop to a full year group - just let us know! Please scan this QR code to find out more about the workshop.

To book a workshop, please email us at cyp@hertsmindnetwork.org

"Thank you so much for taking the time to join us on our amazing *Feeling Good Week*. We really enjoyed your workshops and had super feedback from lots of the classes"
- Primary School



fab science

HOLIDAY CAMPS

Join us for 5 hours of Fab Science fun in the holidays! Camps run 10am to 3pm and are open to all children aged 5-11 years.

£38 per child
Sibling discount available

GEOLOGY ROCKS

Monday 16th February
Cambridge (Queen Edith)

Tuesday 17th February
Saffron Walden (RAB)

Wednesday 18th February
Bishop's Stortford (Thorn Grove)

Thursday 19th February
Hertford (St Andrew)

Friday 20th February
St Albans (Garden Fields)

BOOK NOW AT: FABSCIENCE.CLASSFORKIDS.IO

fabscience.co.uk campcoordinator@fabscience.co.uk 01279 295669

STORTFORD **SYC Junior Choir**
YOUTH CHOIRS **Years 3-6**

FREE TASTER SESSION
Monday 26th Jan 5-6pm
St Michael's Primary School

- Sign up for your child's free taster session today! Scan the QR code.
- Be a founding member of an ambitious musical organisation singing modern, contemporary music.
- Sing, learn and grow together with an inspirational Principal Conductor.
- Find out more on our website including FAQs, safeguarding and fees.

www.stortfordyouthchoirs.com
info@stortfordyouthchoirs.com



SCAN ME



Beane Valley SG14 3QA, 10am - 11.30am

You are invited to a relaxed and supportive coffee morning designed to offer valuable information and networking opportunities.

Connect with other parents and carers

- Share experiences and gain insights into various topics that matter to you
- Practical advice & emotional support
- Meet and chat with others in a similar situation
- Bring any questions or topics you'd like to discuss

Professionals in attendance including Early Years, Outreach, Family Support, Behaviour Support, DSPL, SPACE and ADD Vance

We look forward to seeing you there and fostering a strong, supportive community together!

DSPL3 Parent Coffee Morning 21st January 2026




DSPL3 Delivering Spec Provision Locally

Who's in Charge?
A free 8 week course for Parents/Carers
Living with a Strong Willed Child

WIC

- **What is Who's in Charge?**
Who's in Charge? is a 9-week child to parent violence (CPV) programme aimed at parents whose children are being abusive or violent toward them or who appear out of parental control. The course is delivered online and is for parents and carers of children 4 years and over.
- **Aims**
Provide a supportive environment to share experiences and ideas
- Reducing the blame, guilt and shame that parents may feel
- Offer ideas to help you develop individual strategies for managing your child's behaviour
- Explore ways of increasing safety and well-being
- Help parents feel more in control and less stressed

What is covered in the course.

- Pre-arranged one-to-one session to complete pre-group questionnaire.
- Session 1 Introductions and genograms
- Session 2 Cause and influences of abusive behaviour
- Session 3 What is abuse?
- Session 4 What can I control in my child's life?
- Session 5 Consequences
- Session 6 Anger and breaking the myths of anger
- Session 7 Assertiveness
- Session 8 Self-care, future goal setting and evaluation
- Session 9 One/two month follow up on goal achievement, evaluation and further goals

"My boundaries in the home are clearer and there are less physical interactions"
"The course is a safe place where no one judges."
"Go for it and give it your all but you have to want to make the change"
I don't even know how to put into words how much the course has helped my life change for the better. It's tough to change the way we parent and the way we live our life but this course has changed my whole life and my perspective on things and how I cope daily with the challenges it brings

Family Support Worker, Rivers ESC, Churchfields, Hertford
SYREETA.OAKES@RIVERSESC.HERTS.SCH.UK

Beezee FAMILIES

Changing habits keep you healthy...all year long!

Our free Beezee Families programme is here to help you feel healthier and happier as a family.

- Top Tips to brave those winter mornings**
Keep hydrated: This is a sure-fire way to get our bodies fired up in the mornings. A fresh glass of water will give your body the boost it needs to start the day.
Breakfast: There is a reason it holds the title as the most important meal of the day! Make sure little (and grown up) turns don't leave the house empty, it's important to have a good healthy breakfast to give our bodies the energy they need.
Sleep: Its important no matter your age to get enough sleep and sticking to regular sleep patterns can help support this.
- Healthy lunch boxes**
Keeping school lunch boxes interesting can be a challenge at the best of times so we appreciate how hard it is to make sure they are kept healthy too.
But healthy doesn't have to be a chore, it can actually make life much easier!
Fruit is a great way to give little ones a boost of energy and if bought in packs will generally last the whole week and keep costs down too. A satsuma, banana or small handful of grapes will add a tasty (and vibrant) addition to their lunch boxes.
- Fresh air fix**
It's tough during the colder months to find ways to get our much-needed Vitamin D. Fresh air is a great way to improve both our physical and mental well-being and even short bursts of outdoor time can make a big difference.
Try swapping the car or bus for a short walk from time to time or get the little ones wrapped up and outside for a quick play in the park.

Want more healthy lifestyle support?
Check out our website to find out how we can help your family.*

Scan here or Click the link



*Our courses are designed for families with children aged 5 and up.