

EAST HUNSBURY PRIMARY SCHOOL

#WeareEastHunsburyPrimary

Newsletter

15th March 2024

MESSAGE FROM THE HEADTEACHER

Dear Families

With only two weeks to go the learning is really cracking on now – especially in Year 6 where the count down to the SATs (Standardised Assessment Tests) is well underway. I am always so impressed when I walk around to see the focus and wonderful behaviour of our children.

What children are learning...

At the beginning of every term, we send out a curriculum map for each mainstream year group and each week a roundup of what your children are learning. If ever you feel that you would like a little more information about what is happening inside your child's classroom or especially what they are learning, please do not hesitate to ask your child's class teacher or their phase leader. You can find the Curriculum Maps on our [website](#).

Assembly

This week's assembly was linked to a VERY special event some of our Year 5 and 6 children attended. 8 of our children went to Westminster Abbey to participate in the Commonwealth Celebrations. It was televised live on the BBC and what a spectacular it was! Even Queen Camilla was there! What an opportunity for our youngsters. Thank you to Mrs Jutla who made this possible for our children and to the team of teachers who took them.



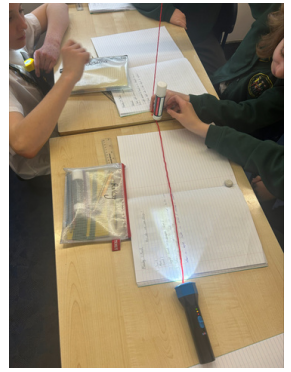
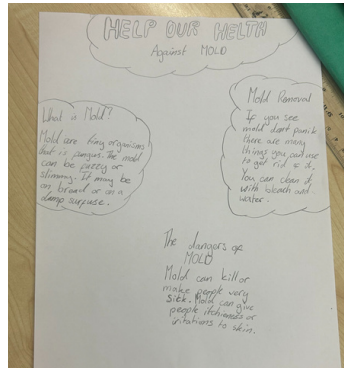
Tri-Club

On Wednesday 13th, children from across Years 3 and 4 went to Sixfields to take part in a variety of cricket, football and rugby based activities on the community mini-pitch. They enjoyed a tour of the stadium, learnt about the history of the club and also took part in some art and crafts. It was a great day for all and another example of our work with outside agencies to enhance the educational opportunities for your children.



SCIENCE Week

To celebrate Science Week, Year 6 have created posters about the dangers mould and how we can prevent it in our homes. They have explained how mould can grow, why it is dangerous and what we can do to stop it from happening.



Additionally, children have been looking at light and how it travels in straight lines. We used torches and string to show the direction in which light travels and how it reflects off of an object. The children have been incredibly enthusiastic about light. Well, done Year 6.



Red Nose Day

Today is Red Nose Day and although we did not dress up, it was lovely to see some red noses throughout the school. If you would like to donate, you can do so by following [this link](#).

Year 5 take to the stage...

Next week sees some of our Year 5s take to the stage for their performance of Shakespeare's Merchant of Venice at the Royal – we simply can't wait and are already bursting with pride. I will write about their success in next week's newsletter.



Finally, it is with great regret that we say goodbye to Sharon Powell who has worked with us since May 2012. We have really valued Sharon's contribution and service to the school over these years. She will be missed by many and we wish her well in all her future endeavours.

I hope you all have next Saturday's date in your diary (23rd March) for our Easter Café (10am-12pm) – it's going to be choc-tastic! There will be an Easter Egg hunt and our legendary chocolate hampers will be raffled off (thank you to everyone who brought in some chocolate today!!) Not to be missed...

And, to all those celebrating St Patrick's Day on Sunday – I wish you all a wonderful day with the luck of the Irish.



Ms Pennington



The Commonwealth



Commonwealth Day
Service of Celebration



SU NEWS - ORANGE CLASS



This term, in Orange class, we have cared for mystery eggs that appeared in our classroom! We looked at the importance of nests to keep eggs safe and made our very own. After a week or so, they hatched overnight... we could not believe when we saw a picture of a dinosaur in the playground! We have since learnt some amazing facts about dinosaurs and the time period they were on the earth. In DT we made some dinosaur feet by carefully drawing and cutting cardboard.



In science we made our very own volcanic eruptions! We each mixed vinegar and baking soda together with some food colouring. We learnt how magma from inside of the earth erupts out of the volcano and we then call it lava. We had a go at making some fake lava out of different things, judging which looked the best. We decided that powder paint as well as shaving foam looked the best!



Easter Cafe in the school hall
Saturday 23rd March
10am - 12 noon

Easter Egg Hunt (€2 - prize on completion)

EHPS School Choir will be singing about 11.15am

Refreshments

FEHPS Chocolate Hamper Raffle

East Hunsbury Primary, Penvale Road, East Hunsbury, NN4 0QW
 FEHPS@hotmail.co.uk Registered Charity No. 1139230

March Issue

Children, Young People and Families at the heart of all we do.

Delivering children's early help and social care services across Northamptonshire

This newsletter focuses on all the amazing events, clubs and groups that families, children and young people can access across the county that are free or affordable to attend.

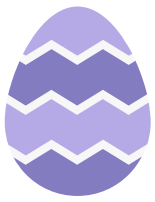
[CLICK HERE FOR WEST NORTHAMPTONSHIRE'S NEWSLETTER](#)

BE KIND

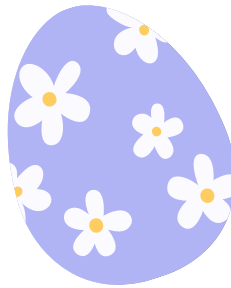
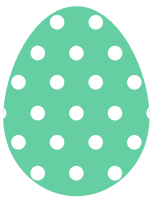
WORK HARD

BELIEVE

#weareEastHunsburyPrimarySchool #wearebrilliant



Photos from Walk In Wednesday Easter Crafts



Is your child eligible for a grant of £1455?

It is really easy to find out if your child is eligible for a grant of £1455 towards the cost of their education. The grant is called the Pupil Premium grant and the money goes to the school to help fund a child's education.

For example, the grant can be used by the school to support your child's:

- School trips
- Uniform
- Equipment
- Extra targeted support



Furthermore, if they are in Key Stage 2, your child would receive free school lunch (all children in Reception, Yr 1 & Yr 2 are already entitled to free lunches).

PLEASE click the links below to see if your child is eligible.

If you would like some help completing the forms, please do not hesitate to contact the school office or any of our pastoral team. **Now is the time to do it** because your child must be registered before October in order for the school to receive the money.

To find out if your child is eligible click the relevant link below:

[Years R, 1 and 2](#)

[Years 3, 4, 5 and 6](#)

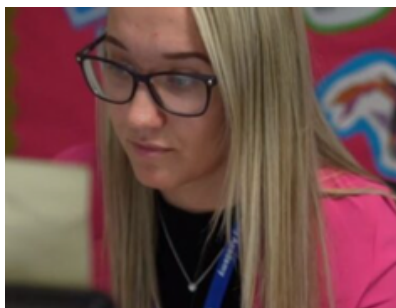
If you have any questions, please do ask as every penny from this grant can help us provide a better education for your child.



CAREERS CORNER

Here are some interesting job titles for you to explore:

WHAT IS YOUR FUTURE?



How could I become a Learning Support Assistant?

How could I become a First Officer?



What's it like to study Medicine?



Attendance News

Whole school average attendance this week was

95.59%

We are aiming to be at **96% +** every week.

	Weekly Attendance	Year Group	Weekly Attendance
Reception	97.67%	1	95.52%
2	93.67%	3	95.86%
4	95.10%	5	97.52%
6	93.67%		

REMEMBER, lateness affects attendance and learning

Introducing the "Nest Natter"

Alongside a team of mental health first aiders, our Kindness Ambassadors will be running a "Nest Natter" on a Monday, Wednesday and Friday lunch time in The Nest.



**Nest
Natter**

This is an opportunity for children to talk about their feelings and emotions and any struggles that they may be having with a trained peer or adult.

To access this service your child can talk to a member of their year group staff or a Kindness Ambassador on the playground.

The adults running this are Mrs Kelly Roberts (YMHFA,) Mrs Inderjit Jutla (MHFA,) and Mr Neil Black (MHFA.)

If you feel this will benefit your child, please encourage them to talk to a Kindness Ambassador or member of staff or pop a Dojo message to your child's class teacher.

EHPS HOUSE POINTS TOTALISER

	Whittlewood	Harlestone	Everdon	Salcey
This week	258	221	207	231
Grand total	3233	2831	2960	3100



Changemakers 10P Coin Trail

We need your 10Ps!

All houses will go head-to-head to collect the most 10p's. The winning House will be awarded an additional 100 points. Each class will have a donation pot and we will be collecting up until the Easter holiday on 28th March. Our aim is to make a trail of 10p's to stretch all the way around the school playground.

Let the competition begin!

Is your child eligible for the
Pupil Premium Grant?

It is quick and easy to find out –
[click here.](#)

If you need any help, please pop into the
school office.



If you have a blue badge or EHPS parking pass **PLEASE** do not park in our car park excessively early. E.g. **please do not arrive before 8:20am or 3:20pm.** Our car park is getting unnecessarily congested before the start or end of the day.

Walk in Wednesday dates

01.05.24	Walk in Wednesday 5 - science	08:30-9:15	Classroom
19.06.24	Walk in Wednesday 6 - reading	08:30-9:15	Classroom

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Healthy mind, healthy body challenge

We are very excited about our PE and PSHE Healthy Mind, Healthy Body challenge. Each week, there will be a PE or PSHE task based on a specific skill for that subject that you can complete at home, either by yourself, with your siblings, or with the whole family!

These activities are not compulsory but are a great way of learning or practicing news skills. You can always show your teacher that you've completed these via the class dojo. Make sure to look for these jobs in the newsletter each week.

Mrs Roberts and Mr Clarke

HAND TAP GAME



To play this game you will need:

- A flat surface to be in front position (Like the people in the images).

Rules of the game:

1. Face each other in a mini-front or front support. While maintaining the position, try to 'tap' your partner's hand before they tap yours.
2. Score a point each time you succeed and then reset the game after each point. The game could be played 'first to' or 'best of'.

Mr Clarke's Tips:

- If playing alone, you could see how many shoulder taps you could do in a minute and try to beat your time.
- As an alternative, play with one trying to 'tap' as quickly as possible and their partner trying to avoid being tapped for as long as possible whilst in front position.



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E-Safety



As part of an enriched curriculum, your child will be accessing the internet, school email and virtual learning environment via a filtered service provided by our IT supplier. In order to support the school in educating students about safe use of the internet, we are asking parents and children to read and sign the [Acceptable Use Agreement Rules](#).

The rules provide an opportunity for further discussions with your child about safe and appropriate use of the internet and other online tools (e.g. mobile phones), both within and beyond school (e.g. at a friend's house or at home). Sanctions in place for misuse of technologies and subsequent breach of the rules are detailed in the full [Online Safety incorporating Acceptable Use Policy](#) which parents/carers can view on our website.

Signing this form is mandatory as it forms part of our safeguarding procedures. This form must be signed by every child by 28th March 2024.

Should you wish to discuss the matter further please contact Ms Pennington

**PLEASE READ AND DISCUSS THE ACCEPTABLE USE POLICY/RULES WITH YOUR CHILD THEN
[CLICK HERE TO SIGN THE FORM](#)**

What Parents & Educators Need to Know about TEKKEN 8

Thirty years after its debut on the original PlayStation, the Tekken franchise is back with its eighth mainstream installment. A one-person fighting game series in the same vein as Street Fighter and Mortal Kombat, Tekken 8 can be commended for its relative lack of in-game purchases - but there's still plenty to consider in keeping young players safe from potential hazards.

WHAT ARE THE RISKS?

FUTURE SPENDING? Tekken 8 carries a PEGI 16 rating, with the occasional rating its violence, occasional profanity and in-game purchase options, the latter issue, however, is a little different to what you may expect from a modern game. Unlike many high-profile releases, Tekken 8's content is all accessible without spending any extra money. The exceptions are new characters, which will become available to purchase separately in the future.

COPYCAT RISK With characters flying across the screen using a mixture of authentic and fantastical fighting styles, younger children and impressionable teens may find themselves tempted to copy their favourite characters or act out their own fights in real life. This could easily result in hurtful fun - but could also easily lead to accidents, injury and elements of young gamers start actively harming others.

VIOLENT GAMEPLAY As a fighting game, Tekken 8's gameplay is heavily based on punches, kicks and weapons, repeated around a central arena. While characters attack each other in a controlled way, the violence is comparatively cartoonish in its execution and lacking in gore, but the fact remains that the stakes are real and potentially serious enough to cause combat and inflicting damage on an opponent.

FAMILY CONFLICT Tekken 8's story mode, 'The Dark Awakening', focuses on two of the game's most important characters - Kuma and Jin, a father and son who have been waiting for years. The sight of two family members physically fighting each other may be hard to understand (and difficult to deal with) for some children. Speaking to your child about the game's story and characters may help to ease any relationship issues that could arise.

RANKED ONLINE PLAY Tekken 8 features an array of online modes - most notably its 'tournament' section, where players battle to reach the top spot of a worldwide leaderboard. Some parents will dedicate significant amounts of time to practicing and while the challenge can be fun - some of these matches can get extremely competitive. Children could become obsessed with climbing the rankings and dedicate an unhealthy amount of time to the game or grow angry if they aren't up on a regular basis.

ONLINE CONTACT Tekken 8 doesn't offer voice chat by default, but a player's platform ID is visible (such as their PlayStation Network ID, Steam account or Xbox gamertag). Skilled players can, therefore, reach out to other players if they wish. Given the game's highly competitive nature, these communications can potentially put children at risk of online abuse if their opponent is particularly sore.

Advice for Parents & Educators

TRY IT OUT YOURSELF As with many popular games, we'd recommend checking it out for yourself in a controlled environment. In the case of Tekken 8, there's a free demo version available (for all platforms) which lets you experience fights with a handful of the characters. A useful way of establishing first-hand whether some children might find the game's violence to be too intense.

MARTIAL ARTS MOTIVATION? With characters utilizing real-world fighting styles such as Jiu-Jitsu, boxing and kickboxing, Tekken could represent an opportunity for children's teachers for the game into a beneficial interest in real-world martial arts. Classes can help to build young people's confidence and physical fitness, as well as providing avenues for making new friends.

EXERCISE YOUR JUDGEMENT While Tekken 8 features a sort of 'spray' impact effect when attacks land, it's not the kind of game that most children associate with 'gory' content, for instance (the Mortal Kombat franchise). Of course, any fighting game worthy of its name will include a significant degree of violence - but the level at which the battles in Tekken are pitched may not get on with some children.

CONTROL COMMUNICATIONS If a child plays Tekken online with anyone apart from their friends, then parents and carers could consider restricting communications - such as shutting off the ability to be messaged by other players (although the child's profile name will still be displayed) - to reduce the chance of contact from strangers. This can be done via the console's account settings or through the child's browser account (if playing on PC).

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 48% of young people reported difficulty sleeping - potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- MINDFUL TECH USE**
Encourage a balanced approach to screen time. While phones, tablets, laptops and an e-reader serve as a valuable means of news and entertainment, excessive use can be detrimental. These devices can keep the mind racing long after they've been put down, making it hard to relax and have a peaceful night's sleep.
- EFFECTIVE SLEEP PRACTICES**
Offer practical advice on establishing a routine. Children could start keeping a diary which they read to each evening, for example, or they could use up excess energy by exercising during the day.
- HYDRATION HABITS**
Underline the importance of drinking plenty of water throughout the day, while limiting sugary drinks to bedtime to prevent disruption during the night. It's best to avoid caffeine if you keep needing to get out of bed for the toilet. Drinking cold water first in the early morning when the body and brain are slow to wake naturally, without any caffeine firing them back up.
- CONSISTENT BEDTIME SCHEDULE**
Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more restful state. Establish specific activities for young ones right before going to bed - such as washing their hair - and set up an association between that action and falling asleep.
- OPTIMAL SLEEP ENVIRONMENT**
Ensure that the bedroom is comfortable, dark and free from distractions, featuring an ideal temperature for quality rest. The room should also be suitable for sleeping - that is, not too hot and not too cold. A white noise machine can be helpful in this regard.
- RELAXING EVENING ACTIVITIES**
Recommend activities that have a calming effect on the mind - such as reading or gentle stretching - to the lead up to bedtime. It's important to avoid stimulating activities, such as playing video games, watching TV or listening to music, as these can keep the mind racing and make it difficult to fall asleep.
- PRIORITISING ADEQUATE SLEEP**
Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and stressful periods in our lives, during the school season for children and young people, for instance.
- NUTRITIONAL BALANCE**
Highlight the significance of a balanced, nutritious diet - and its role in establishing a more consistent sleep pattern. Try to limit processed foods and sugary drinks, and instead focus on whole grains, lean proteins, healthy fats and plenty of fruits and vegetables, which can help regulate blood sugar and aid in a more restful night's sleep.
- PARENTAL SUPPORT**
Parents and carers, of course, are crucial in ensuring that children are establishing and maintaining healthy sleeping habits. Practice can involve their own sleep hygiene. Encouraging everything from this list that they don't do is equally important to ensure a balanced routine and reinforce the importance of each tip.
- MILITARY SLEEP METHOD**
Look up the military sleep method: it's a technique for falling asleep quickly, which involves a series of steps. Encourage children to try it if it works for them. While this can be a useful tool, it's not a substitute for a good sleep hygiene routine. Encourage children to try it if it works for them, but the results are often extremely inconsistent.

Meet Our Expert
Mia Ahmad design and deliver the UK's only specialist postgraduate mental health qualification, Master of the Social Enterprise. She is a mental health charity trustee, a charity trustee and a charity trustee. She is also a trustee of a charity and a trustee of a charity. She is also a trustee of a charity and a trustee of a charity.

#WakeUpWednesday

The National College

VISIT OUR WEBSITE FOR MORE ONLINE SAFETY INFORMATION

BE KIND

WORK HARD

BELIEVE

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Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today
dayofhappiness.net



27 Appreciate nature around you, wherever you are

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

25 Focus your attention on the good things you take for granted



26 Choose to spend less time looking at screens today



ACTION FOR HAPPINESS

Happier · Kinder · Together

Dates for your diary

Date	Activity	Time
MARCH		
18.03.24	5KR Merchant of Venice - Royal Theatre, Northampton	7 - 9pm
22.03.24	Spring Assembly Yr 4	9.30 - 10.30
23.03.24	EHPS Easter Community Community Cafe and Easter egg hunt	10am - 12pm
25.0.324	Yr 2 & Purple Raptorxotics visit	Afternoon
26.03.24	Year 1 & Green Class Assembly	9.30 - 10.30am
27.03.24	Yr 5 to Stratford	All day
MAY		
01.05.24	Walk In Wednesday Science	8.30am - 9.15am
21.05.24	Year 5 Class Assembly	9.30am - 10.30am
22.05.24	FEHPS Disco	TBC
22.05.24	SU Show	Morning
JUNE		
05.06.24	Yr 4 National Gallery Trip	All day
10.06.24	Sports Day Year 1 including New Uniform for sale	1.30 - 3.00pm
11.06.24	Sports Day Year 5	1.30 - 3.00pm
12.06.24	Sports Day Year 3 including New Uniform for sale	1.30 - 3.00pm

12.06.24	SU Sports Morning	9.30 - 11.30am
12.06.24	Y6 STEAM at UoN	All Day
13.06.24	Sports Day Reception Sports Day Year 2	9.30am - 11.00am 1.30pm - 3.00pm
14.06.24	Sports Day Year 6	1.30am - 3.00pm
19.06.24	Sports Day Year 4	1.30pm - 3.00pm
19.06.24	Walk In Wednesday Science	8.30am - 9.15am
21.06.24	Summer Mufti in exchange for tombola prizes	All day
26.06.24	Class photos	All Day
JULY		
29.06.24	Whole School Summer Fayre (Country dancing & Maypole by Years 2, 5, Purple & Red)	10.00 - 1.00pm
02.07.24	Reception & Blue Class Assembly	9.30 - 10.30am
02.07.24	Changemakers event at UoN	All day
08.07.24	Music Gala	5.30pm - 7.00pm
16.07.24	Yr 6 Leavers' Performance	6.00pm - 7.30pm
17.07.24	Yr 6 Leavers' Performance for toddlers to attend	9.30am - 11.00am
18.08.24	SU Yr 6 Leavers' Assembly	9.30am - 10.30am

22.07.24	Year 6 Leavers' Party	7.00pm - 9.00pm
23.07.24	Mainstream Yr 6 Leavers' Assembly	10.00am - 11.30am

Northampton ESCO Holiday Camps are now OAK Holiday Clubs



Easter 2024 Schedule

All activities are £18 per child per day



Weston Favell Primary

Mon 1st Apr	Tue 2nd Apr	Wed 3rd Apr	Thu 4th Apr	Fri 5th Apr
No activities at this location today	<ul style="list-style-type: none"> Yoga Karma Kids Yoga Music ISM Music Academy 	<ul style="list-style-type: none"> Sports Sports Science Atomic Science 	<ul style="list-style-type: none"> Arts and Crafts Arts and Crafts Sports Sports 	<ul style="list-style-type: none"> Circus Skills Circus Skills Science Atomic Science

East Hunsbury Primary School

Mon 8th Apr	Tue 9th Apr	Wed 10th Apr	Thu 11th Apr	Fri 12th Apr
<ul style="list-style-type: none"> Circus Skills Circus Skills Arts and Crafts Arts and Crafts 	<ul style="list-style-type: none"> Arts and Crafts Arts and Crafts Yoga Karma Kids Yoga 	<ul style="list-style-type: none"> Science Atomic Science Sports Sports 	<ul style="list-style-type: none"> Sports Sports Performing Arts Big Bubble Performing Arts 	<ul style="list-style-type: none"> Arts and Crafts Arts and Crafts

Cogenhoe Primary School

Mon 8th Apr	Tue 9th Apr	Wed 10th Apr	Thu 11th Apr	Fri 12th Apr
<ul style="list-style-type: none"> Arts and Crafts Arts and Crafts 	<ul style="list-style-type: none"> Arts and Crafts Arts and Crafts 	<ul style="list-style-type: none"> Yoga Karma Kids Yoga 	<ul style="list-style-type: none"> Circus Skills Circus Skills 	<ul style="list-style-type: none"> Performing Arts Big Bubble Performing Arts

For bookings and details, visit www.oakholidayclubs.co.uk



[Click here for bookings and details](#)

Easter Holidays Activity Camp

northamptonshire
sport

2nd – 12th April 2024
9:00am – 4:00pm

£15
per child
per day

Benham Sports Arena
5 – 11 year olds

Experienced & knowledgeable staff with enhanced DBS checks

Safe & inclusive activities designed for all ability levels

Fun & enjoyable sports & physical activities

Activities include...

Dodgeball | Handball | Rugby |
Basketball | New Age Kuring |
Kinball | Volleyball | Team Games |
Netball | Arts & Crafts | Cricket |
Athletics | Badminton | Tennis



We are Northamptonshire's leading physical activity, health and wellbeing charity.

www.northamptonshiresport.org

UK registered charity number: 1184107



FREESTYLE

— SPORTS & ARTS —

19 YEARS OF HOLIDAY CAMPS ACROSS NORTHAMPTONSHIRE

EASTER HOLIDAY ACTIVITY CAMPS 2024

@ WOOTTON PRIMARY SCHOOL,
NN4 6HJ

CHILDREN FROM ALL SCHOOLS ARE WELCOME

CAMPS AVAILABLE:

FOOTBALL, DANCE & GYMNASTICS

BOOK NOW

BOOK NOW AT WWW.FREESTYLEGROUP.CO.UK

£25.00 PER DAY

Registration: 8:00am-9:00am

Dismissal: 4:00pm-5:00pm

Half days available via email

