

Greenfields Federation Newsletter

Littlehaven Infant and Northolmes Junior Schools

Newsletter Date 28 January 2022



Headteacher's Update



It has been fantastic to see what a positive start everyone has made to the new year. I have had the opportunity to spend some time in most classrooms over the last few weeks and have a few more visits to come. I have been able to observe some great learning opportunities happening across both schools and the children have been really engaged and focused.

This term we will hopefully see less disruption from COVID related absence and this will allow us to press on with catching up with some of the learning that was missed over the last few years. I met with all the teaching teams at the end of last term to ensure we had a really clear picture of where the children were in their learning and what we needed to put into place to ensure that we maximise progress over the rest of the academic year. The DfE have confirmed that all statutory tests and

checks will return this year. Those of you who have children in the relevant year groups will receive further information and advice from your child's teacher as appropriate. Please make sure that you continue to support your child by ensuring reading and homework are completed every week.

Alongside our academic focus we will of course continue to support well-being and mental health. We will continue to supplement our PSHE scheme of work with additional focuses on these areas. However, if you feel that your child needs additional support please do speak with your child's class teacher.

Now that we are moving out of the current COVID restrictions, we hope to be able to begin to invite you back into school to share some of the children's learning. Please look out for more information over the next few weeks.

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Reading

Evidence suggests that children who regularly read for enjoyment not only perform better in reading assessments than those who don't, but also develop a broader vocabulary, increased general knowledge and a better understanding of other cultures.

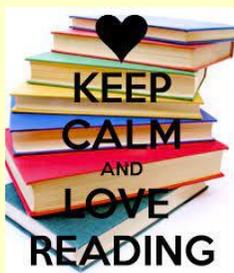
In fact, reading for pleasure is more likely to determine whether a child does well at school than their social or economic background.

You can make a huge difference! Parents are the most important

educators in a child's life – even more important than their teacher!

Please help us to support your child's reading by hearing them read at least three times a week and spend time reading stories to them or listening to stories as audiobooks or online.

If you are unsure of how to support your child with their reading at home or they are not bringing their books home – please speak to their teacher.



Curriculum News - Years 5/6 and EYFS

Year 5/6 Egyptian Day

As an exciting start to our Tomb Raiders History topic for this term, Upper School were immersed in a whole day of learning about the Ancient Egyptians. The day was led by Lauren, from Portals from the Past, who made our learning so much fun. In the morning, we rotated around a carousel of activities based in the upper school classrooms: we learned lots of interesting facts and information about life in Ancient Egypt in our quiz, how the Egyptians used to measure things during our hands on maths session, we played a board game and handled real Egyptian artifacts, some of which were thousands of years old!



about the process of mummification. We all enjoyed this immensely – especially the gory bits!

Later in the week, we used our learning to write instructions of how to mummify a body.



School Safeguarding Team

If you are worried about something that your own, or another child has told you, or you think that they may be at risk of harm, please contact our Designated Safeguarding team:

Mrs Anderson
(Lead)

Mrs Saunderson
(Deputy)

Miss Woodland
(Deputy)

Mrs Geoghegan
(Deputy)

In the afternoon, we took part in a drama workshop where we learned

Early Years

This term our topic is Fairytales. We started the term finding out about stories about new year. We celebrated Chinese and Persian new years for example, using role play and stories.

We then received letters from the little old lady and the little old man who made the gingerbread man. We have tried to assist them by designing traps to capture the gingerbread man and making our own gingerbread people. We even spied the gingerbread man dancing in the mud kitchen in the outdoor area!

Sadly, the little old lady was fed up chasing the gingerbread man so she decided to do some different cooking and make porridge – surely that couldn't run away! Again, it meant that we really had to try testing out some different and healthy toppings to make it yummy.

We have practiced lots of labelling this term and have learnt our single letter sounds so well that we are starting to read and write simple captions too.



Positive Mental Health and Emotional Well-being at Greenfields Federation

At Greenfields Federation we prioritise the positive mental health and well-being of our children to ensure they develop as well-rounded, happy, confident individuals.

There is often a lot of confusion about what we mean when we talk about mental health. Many people immediately start thinking about mental health problems or mental illness – but this is only one part of the picture.

Everyone has 'mental health' and this can be thought of in terms of:

- how we feel about ourselves and the people around us
- our ability to make and keep friends and relationships
- our ability to learn from others and to develop psychologically and emotionally.
- Being mentally healthy is also about having the strength to overcome the difficulties and challenges we can all face at times in our lives – to have confidence and self-esteem, to be able to take decisions and to believe in ourselves

We **all** have mental health, like we all have physical health.

The past two years and the pandemic has highlighted the need for Mental Health support more than ever before. Statistics show that 1 in 6 children will experience a mental health difficulty before the age of 16.

This can often manifest itself in different forms of anxiety. We understand that children can feel anxious for lots of different reasons and that it is part of our role at school to support children to develop strategies to cope with this.

As part of this, we will be celebrating Children's Mental Health week, which takes place between 7-13 February. Children will

be taking part in guided meditation sessions and looking at resources in lessons to support positive mental health and well-being.

Please do keep an eye out for parent courses we have been sending out run by West Sussex Minds and let us know if you would be interested in taking part in any of these.

You can find out more information about Mental Health support including information on Children's Mental Health week by following the links below:

The Anna Freud Foundation:

<https://www.annafreud.org/>

<https://www.annafreud.org/parents/>

Young Minds

<https://www.youngminds.org.uk/>

tey/

Place 2 Be

<https://www.childrensmentalhealthweek.org.uk/>

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>



COVID-19 - Current Advice

We have been very lucky to return to school with very low rates of COVID infections amongst our school communities. However, COVID rates, both nationally and locally remain high and we may well see an up-tick in cases at some point.

To keep disruption to a minimum, please ensure that adults take LFT tests on a regular basis. School staff continue to test themselves twice a week.

If your child is unwell and particularly if they are displaying any symptoms related to COVID then please ensure that they take a LFT before they come to school.

If they have a positive result then they should not come to school and instead they should isolate at home. The first day of isolation begins on the first full day after the test is taken. If your child then receives two negative LFT tests on consecutive days after day 5 of isolation then they can return to school. If they continue to test positive then they must complete the full 10 days of isolation. They should return to school at this point even if they haven't received a negative test.

If a member of your family tests positive for COVID then other family members should take daily LFT tests for 7 days but can continue daily life as long as results are negative.

Healthy Eating

What should be in a healthy lunchbox?

A school lunchbox should:

1. Be based on starchy foods This can include potatoes, bread, pasta, rice, couscous, wraps, pitta and chapatti. Where possible choose wholemeal bread and potatoes with the skins on.

2. Include plenty of fruit and vegetables, at least 1-2 portions is ideal and vary these throughout the week. You could add sliced vegetables into a pasta dish or sandwich.

You could also include packs of chopped fresh fruits or individual packs of dried fruits. Dried fruit can stick to teeth, which may lead to tooth decay, so it's best to keep dried fruit to mealtimes and not give them as snacks.

Please remember that if your child is bringing a snack in for break time then this must be a healthy option and nut-free. Ideally this will be a piece of fresh fruit or cut up vegetables. If your child does not like fresh fruit or veg, then a small cheese snack may be given. Please try to avoid processed fruit products as they can be high in sugar and stick to teeth which can cause tooth decay.

If you need some new lunch or snack ideas try <https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps/>

Make a swap when you shop

When it comes to cutting back on sugar, salt and saturated fat, here are a few quick tips and tricks you can try when you're next in the supermarket or shopping online to help you make healthier choices.

Scan the barcode

Use the free NHS Food Scanner app to find out what's really in the food you're buying and get swap suggestions while you're at the shelf!

Go for a Good choice

Picking products that have the "Good choice" badge on the packaging is a quick and easy way to decide what to buy.

Get the green light

Many items now have traffic light labelling on the packaging – go for products that have more greens, and cut down on ones with reds and ambers.

Check the label

If products don't have traffic lights, you can still compare amounts of sugar, salt or fat by looking at the amount per 100g on the nutrition information panel.



Reminders

Please be on time every day

School starts at 8.50am at Northolmes and at 9.00am at Littlehaven. Please ensure that you arrive during the 10 minute drop-off period as being late disrupts the learning for your child. Being just 5 minutes late each day adds up to the equivalent of a missed school day every term.

Uniform

Please work with us to ensure that your child comes to school in the correct uniform. Hoodies, trainers and boots are not part of our uniform at either school.

Contact Details

If you have recently changed your phone number or have moved house please let the school office know so that we can keep our records up to date in case we need them in an emergency.

Holidays / Time Off in Term Time

I am not able to authorise holidays or days off during school time except in very exceptional circumstances. Children have had significant disruption to their education over the past two years and it is therefore even more vital than ever that they attend school every day. Please remember that if a child has 10 or more unauthorised sessions (one day equals two sessions) of absence in a 10 week period then there will be a referral for a Fixed Penalty Notice. Further information about absences from school can be found at: [School absences - West Sussex County Council](#)



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Key Dates

21 st – 25 th February	Half Term
28 th February	INSET day
8 th April	Last Day of Term for Easter holidays
25 th April	Term Starts
30 th May – 3 rd June	Half Term
6 th June	INSET day
21 st July	Term ends



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