

March 2024

NEWSLETTER



Littlehaven Infant and Northolmes Junior Schools

To translate any of this newsletter please go to <https://translate.google.co.uk/>



Headteacher's Update

Dear Families,

I would like to share my thanks to all adults and children who have been supporting additional activities this half-term. It has been a fun-filled few weeks of new achievements and exciting new learning experiences. As I write this introduction for our newsletter, we have all of our Year 3 and 4 children taking part in a special Roman Day. We have a modern-day Centurion delivering a series of workshops in order for children to gain a greater understanding of what life was like in Roman Britain. These are excellent opportunities to bring history to life and to explore the similarities and differences between historical periods. Year 5 and 6 children also recently enjoyed a trip to the British Museum, to complement their project work on the pyramids.

I take this opportunity to congratulate the PTA for two fantastic events which they organised recently. The 'Superwoman' gift afternoon was a fabulous success! It provided an opportunity for children to select gifts for the special adults who support and inspire them. Both school discos were also very well attended by children and staff alike! They ran smoothly due to fantastic forward planning by our PTA members. We are also very grateful to the parent volunteers who joined us on the night.

We have yet again been trying to exceed the number of sporting competitions that we attend each half term. Activities have included football, cross-country, netball, and swimming - to name but a few! You will see a 'Spotlight on Sport' in this newsletter. We also have plans to publish a dedicated newsletter in due course, which will focus solely on sport, fitness and nutrition. Special thanks to Mrs Leicester for her dedication and hard work in this area.

We wish you and your families a restful break and look forward to an enjoyable summer term filled with many more special events that we hope you will be able to join us for.

Warm wishes,

Mrs Cox
Mrs Saunderson

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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 K. Saunderson (Lead)
Mrs S. Cox (Deputy)
Mrs S. Geoghegan (Deputy)

World Book Day

Across both schools, we celebrated World Book Day on Thursday 7th March. At Littlehaven, the children enjoyed coming to school dressed as their favourite character, and Northolmes pupils decorated their classroom doors in the style of famous books that they have enjoyed. Here are a selection of photos from this special day - thank you to everyone for their creativity and imagination.



Red Nose Day

We enjoyed the opportunity to wear something red on Friday 15th March when our schools took part in the fundraising event for Comic Relief. We are delighted to announce that together we raised £197.92. The children joined an assembly which explained all about why we raise money and how it will make a difference.



British Museum Trip

Upper School (Years 5 & 6) had a brilliant time visiting the British Museum where we learnt all about Egyptian Mummies. We attended a special workshop where we were shown CT-scans of the inside of Sarcophaguses as The British Museum do not open them. We were able to think about the reasons why dehydrating bodies preserved them. There were two ancient methods of preserving mummies. The first was used by embalmers where they would use natron (salt) to dehydrate and preserve.



Did you know that the hot sand and arid heat of the desert could preserve/mummify bodies naturally? We saw 'Ginger' one of the oldest mummies that had been preserved in the sand.



We had a great time exploring the exhibits and found lots of references to support our learning including the significance of amulets and Shabtis.



Spotlight on Sport

Thank you to all the Year 4s for their hard work with their swimming again this term. They have now completed their three terms of swimming lessons and will be studying a new PE unit in the Summer Term. Many children have been awarded certificates, and those with 25m distance badges or further have now completed their swimming programme. In the Summer Term, it will be the turn of the whole of Year 3, and any Year 5 or 6 children who have not yet met the required standard to benefit from additional swimming sessions. These lessons will start on **Friday 26th April**.

Thank you to the parents who have volunteered so far this year, and to all parents who have collected children from The Pavilions. **We still need volunteers for the Summer Term swimming** – without your help with the walking bus, we cannot continue to provide these lessons free of charge.



A group of children from Years 4 and 5 took part in a cross-country event at the Forest School on Wednesday 6th March. The afternoon began with bright sunshine and finished with torrential rain and hailstones! A MASSIVE well done to all of the team for showing determination to complete the course in such challenging conditions!

Northolmes played at the Weald inter-school netball tournament on Monday 26th February. A fab day was had by all with the team coming 5th out of 9. They won 3, tied 1 and lost 4. The games they lost were against more experienced teams but they certainly made them work for it! Although the team didn't come away with a medal overall they came away with smiles (and care of Coach Blair, a yummy KitKat)!



On 23rd February, our Year 6 football team played a tournament against other local schools. We fielded a competitive side and were really proud of all the players.

On Friday 8th March, it was the turn of our Year 5 football team to take part. They all showed grit and determination throughout the evening.



Finally it was the turn of the Year 3 children on Friday 22nd March. Despite never having played together before, they achieved an admirable 4th place!

On Tuesday 5th March, we kickstarted our #LetGirlsPlay football campaign with an assembly from our Football Ambassadors and a visit from Kaz & Chloe from Horsham Ladies Football Club. Their talk was incredibly inspiring for all of the children. A BIG thank you to them both for giving up their time to help us launch this initiative and continue to make our playground inclusive.



As part of #Letgirlsplay, our upper school football ambassadors ran coaching sessions at Northolmes as well as at Littlehaven, which also included delivering a confident and informative assembly.



Prevention and Control of Head Lice

Head lice are a persistent nuisance in schools. The leaflet sent with this newsletter explains how to check your child's hair and the importance of doing this every week. It explains the options available for treatment. If you find your child does have head lice, please inform the school office and anyone who may have had head-to-head contact with your child. Your child can come to school as normal, they do not have to remain at home.

To help prevent the spread of head lice:

- Comb your child's hair regularly with a nit or bug-busting comb. You can buy these from your local pharmacist.
- Periodically inspect the hair of all the children in the family.
- Do not be embarrassed to tell the parents of any other children who may have had head-to-head contact with your child.
- Thank other parents if they let you know that their child has lice.

School Hours

A reminder please about the start times for each school as we are still getting some children who are late each morning. The timings for both schools are as follows:

Littlehaven Infant School

Gates open: 8.35am
Registration: 8.40am
School ends: 3.10pm

Northolmes Junior School

Gates open: 8.40am
Registration: 8.50am
School ends: 3.20pm

School Uniform

Please remember that only black shoes should be worn to school. Girls in particular, should not be sent to school in black ankle boots - they are not part of our school uniform. Likewise, trainers should be saved for PE kits. For Northolmes parents, a reminder that school jumpers or cardigans should still be worn on PE days; hoodies or other jumpers are not part of our uniform. PE bottoms should be plain navy or black.

Parking

Please make sure you think before you park so that you are parking legally and safely; be mindful that you are not blocking driveways, parking on the grass verges, stopping or parking on the yellow zig-zag lines or parking on junctions. In addition please do not park in the drop-off zone outside Northolmes (the verge side of the road parallel to the school field) as this makes it unsafe for children to get out of the cars and onto the pavements.



Thank you for your support in keeping everyone safe on their journey to school.

Attendance & Absence

Attendance at school is really important. We are only able to authorise absence for 'exceptional circumstances'. It is school policy to refer all unauthorised absences of more than 10 sessions for a Fixed Penalty Notice (fine). Please keep holidays and other events to the school holiday period. School needs to be informed of all planned absences from school (medical, family reasons or holidays) at least a week before they occur.

If your child has been sick or had diarrhoea, they need to remain off school for at least 2 days (48 hours) after the last episode. For all other illnesses, your child should return to school once they are well enough to do so.

Bikes & Scooters

Bikes and scooters are not permitted to be ridden on either school playground and **this extends to younger siblings**. This is to help prevent accidents or injuries. At Northolmes, bikes and scooters should be dismounted and pushed while on the playground. At Littlehaven, please make sure your child does not ride their bike or scooter up and down the driveway within the car park area, and ensure they are parked in the stands before entering the playground.

Thank You

The Brooks family would like to thank everyone who supported them on their recent charity walk for Grief Encounter.



DATES FOR THE DIARY

2024

Thursday 28th March

Monday 15th April

Monday 13th – Thursday 16th May

Thursday 16th May

Wednesday 22nd May

Monday 27th – Friday 31st May

Tuesday 18th June

Thursday 20th June

Friday 19th July

Monday 22nd and Tuesday 23rd July

Last Day of Spring Term – Easter Holidays commence

First Day of Summer Term

Key Stage 2 national curriculum tests (SATs)

Peacock Class Assembly

Curie Class Assembly

Half-Term Holiday

Littlehaven – School Photographs (classes)

Northolmes – School Photographs (Year 6 leavers & classes)

Last day of Summer Term

INSET days

Littlehaven Infant School 01403 260608
office@littlehaveninfant.school



Northolmes Junior School 01403 261822
office@northolmesjunior.school



Your child's mental health and wellbeing: March 2024



Being your child's wellbeing champion

Children learn from the people around them. See this very short clip to see a brilliant example.



Children can't learn without being shown. How do your children see you looking after your own wellbeing? It can be hard with busy lives, the lure of technology, complicated relationships, etc to take care of ourselves, but looking after yourself is a gift to your children.



CONNECT



TAKE NOTICE



BE ACTIVE



KEEP LEARNING



GIVE

The Five Ways to Wellbeing



Not sure where to start? Think about The Five Ways to Wellbeing. How can you build the Five Ways into your life?

Be creative, e.g. giving doesn't have to be money to charity. It could be giving someone a compliment, or taking in a parcel for next door, or sending a text.

Positive self-talk is so important. You want your children to be proud of their achievements, so you need to show them you are proud of yours. Every single day find *something* to celebrate about yourself in front of your children. "I made a really yummy tea today" or "I was going to drive to the shop but I walked instead, I'm really proud of myself."

Celebrate you



Stop trash talk

"Oh, I'm rubbish at drawing". "I look so awful today". Sound familiar? Don't put yourself down in front of your children. Before you know it, you'll hear the same phrases coming out of their mouths. We all do it, but try to make an effort to stop, at least in front of your children.

Just sat down with a hot drink, when your child calls from another room? (Or even texts from their bedroom!) It's okay for them to wait. Acknowledge them, then explain that you are having a sit-down and they will need to wait. Seeing you create boundaries gives them a template to create their own.

It's okay to wait



Do you have 2 minutes?
Watch this video which shows you the power of positive self-talk in children.
<https://www.youtube.com/watch?v=x3Pkadgw0aQ>



Do you have 1 hour?
Watch this video from our colleagues in Sussex CAMHS about self-esteem and resilience in children and parents.
https://youtu.be/S_nsiuQiuC8