



NEWSLETTER - 13th May 2022

VALUE: SERVICE

Focus: Giving with no strings attached
'Serve one another in love.' Galatians 5.13



Reception have enjoyed using the Beebots. This is a great way to begin learning about instruction sets and algorithms.

FROM THE HEADTEACHER

This week our Year 6 pupils have been taking their end of Key Stage tests. These are as much a measure of a school as they are of individuals and can therefore be the cause of a lot of conflicting feelings and stresses for pupils and staff. We are committed to high standards but also believe that too much pressure is counterproductive and can be harmful in terms of wellbeing. We also recognise that expectations whilst being high, need to be realistic to each individual. There is a balance to be maintained and this week, I trust we have found that balance.

I know that our Year 6 pupils have been well prepared. Whilst being mindful of a broad curriculum throughout the year, the staff have done an excellent job of providing focused learning for specific groups, exam technique preparation and practice and the reassurance to enable children to do their best. Some of them told me that the practice tests had helped them to know what to expect and to feel ready and motivated.





They have felt supported. Some of the younger pupils showed their support by making good luck cards. The Year 6's told me that seeing smiling faces, hearing words of encouragements and phrases such as, "just do your best, that's all anyone can expect," helped them to feel secure and confident. One of them told me that they have had a chance to do this when last year the Year 6's missed out and they were thankful for this.

Due to the restricted learning space in our school, as well as needing to provide a place for the Year 5's, who would normally be with the Year 6s as part of Diamond class, other classes have given up their usual working spaces to provide a completely silent environment for the tests to take place. Some of our children have even had lessons outside.



I also know that the Year 6 pupils have enjoyed the routines. Having breakfast together, a chance to chat and express themselves in a supportive group and the opportunity each morning to have some exercise and shake off any tiredness has helped them to be ready for the morning's tests.

We are proud of the resilience they have all shown, the way that they have supported each other and the positivity they have shown all week. Well done to Year 6!

Have a lovely weekend and stay safe.

Jeremy Fisher

MESSAGE FROM GREAT ST MARY'S CHURCH

This Sunday marks the beginning of Christian Aid Week. With their strapline 'We believe in life before death', Christian Aid is a relief and development agency supported by 41 Christian denominations in the UK and Ireland, including the Church of England.

It was whilst researching the organisation and its methods of working that I came across an interesting anecdote by the Bishop of Derby - the Rt. Revd Libby Lane. She tells of a time when she was on a visit with Christian Aid to Kerala, South India, back in 2014. She recalls a particular conversation she had towards the end of her stay with families when they were discussing future hopes:



'In the heat, nothing fresh could be kept from one day to the next. "If you had electricity, you could have a fridge," I suggested. I was surprised at how adamantly they dismissed this. A fridge would be detrimental, they said. In their village, when anyone had food, they prepared it and shared it. Once households had fridges, however, they began to keep extra for themselves for tomorrow in case they ran out. They began to live out of fear, responding to limited resources by hoarding: they became selfish and, in the end, greedy. My hosts understood what was good for them much better than I did. My outside assumptions would not enable change for good: my impositions would not bring sustainable transformation. The Kingdom of God was very near to them in their mutual dependence, and I almost missed it.'



Surely mutual dependence must be at the heart of all our lives. It results in good communities and good neighbourhoods. And - whether home or abroad - whether we're an individual or an organisation - we're also called to listen and react to the needs of each person rather than try to impose a 'one size fits all' model. Seeing, hearing, and reacting to the individual with all their challenges and hopes, their needs and their joys, their pain and their dreams, brings dignity to individuals and to humanity.



Love one another.

As we enter Christian Aid Week, raising money for its important work, Jesus' words from one of this Sunday's Bible readings are apt:

'I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another.'

Yours in Christ,

Fr Simon



BIRTHDAYS THIS WEEK



No Birthdays this Week

STARS OF THE WEEK

Ruby

- Annabelle for great participation in activities.

Sapphire

- Johnny for becoming more independent.
- Sabiha for excellent concentration when reading longer texts.



Emerald

- Hudson for trying extremely hard in Maths this week and learning to tell the time.
- Jim for his super effort on his painting in the style of Paul Klee.

Diamond

- Bobby for being a good role model to the younger children.
- George for his focus and motivation this week.



ATTENDANCE THIS WEEK

Attendance Ladder



Whole School Attendance – 93.7%

Whole School Target Set – 96%

Please contact school on the first day of any absence. This can be done by calling **01279 723 204, Option 1** and then leaving a message on the absence line.

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

NOTICES

- Walk to School Week – 16th to 20th May** - Next week is walk to school week. Please support Spellbrook by leaving your cars at home and either travelling by foot, scooting or biking to and from school. If you wish to use the layby's, please feel free to as we are aware some children travel from quite a distance. This will still count as a sustainable journey.
- PTA Jubilee Tea Party** is on **Friday 27th May**. Please save the date. More information to follow.
- Dinner Money** – please ensure that your child's dinner account is in credit at all times.

NEXT WEEK'S MENU

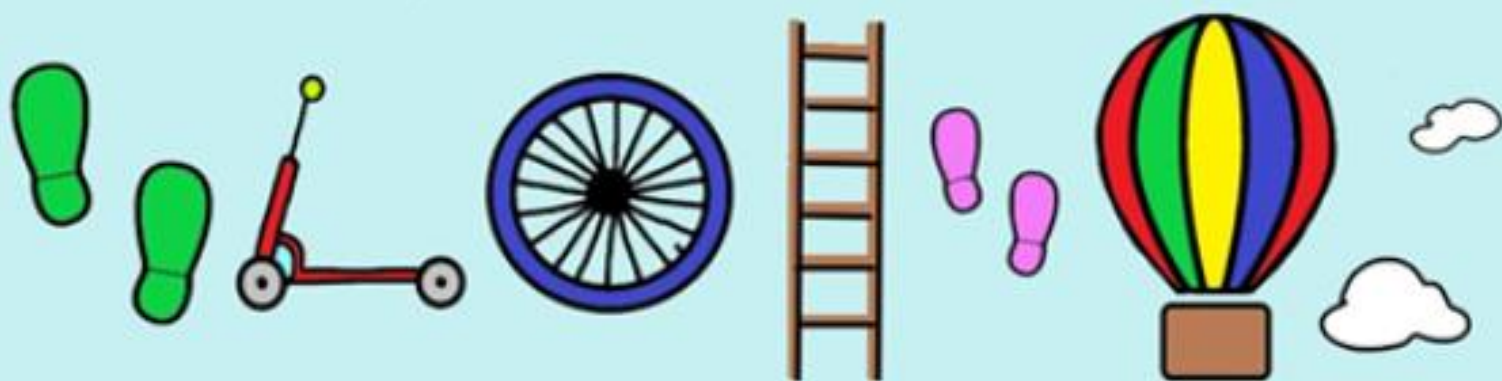
Day	Menu
Monday	<ul style="list-style-type: none"> ❖ Pork Sausages with Gravy (Red) ❖ Roasted Vegetable Lasagne (Green) ❖ Jacket Potato (Yellow)
Tuesday	<ul style="list-style-type: none"> ❖ Organic Beef Bolognese (Red) ❖ Tomato and Cheese Tart (Green) ❖ Jacket Potato (Yellow)
Wednesday	<ul style="list-style-type: none"> ❖ Roast Chicken (Red) ❖ Veggie 'Meat-Free Balls' (Ve) Jacket Potato (Yellow)
Thursday	<ul style="list-style-type: none"> ❖ Beef Burger in a Bun (Red) ❖ Mild Mexican Fajita (Green) ❖ Jacket Potato (Yellow)
Friday	<ul style="list-style-type: none"> ❖ Fish Fillet Fingers (Red) ❖ Cheese & Tomato Pizza (Green) ❖ Jacket Potato (Yellow)

DATES FOR YOUR DIARY

Date	Event
16/05/22 – 20/05/22	Walk to School Week
18/05/22	Year 6 Crucial Crew
27/05/22	PTA Jubilee Tea Party
30/05/22 – 03/06/22	Half Term
06/06/22	Inset 5
08/06/22 – 10/06/22	Diamond Class Residential
15/06/22	Year 6 Swimming Starts
16/06/22	Clean Air Day
14/07/22	Secondary Transition Day
20/07/22	Last Day of Term
21/07/22	Occasional Day
22/07/21	Jubilee Bank Holiday in lieu
01/09/22	Inset 1
02/09/22	Inset 2
05/09/22	First Day Back
24/10/22 – 28/10/22	Half Term
02/12/22	Occasional Day
05/01/23	Inset 3
06/01/23	Inset 4
09/01/23	First Day Back

Contact: admin@spellbrook.herts.sch.uk
 Website: www.spellbrook.herts.sch.uk

Walk to School Week 16th - 20th May 2022



Clean Air Day 16th June 2022





Great St Mary's
Sawbridgeworth

Passion for Christ - Compassion for all

Mustard Seed -
our new
monthly short,
informal
service
with crafts
and activities



Followed by a
party tea for
children
and hot
refreshments
for grown-ups.

*Why not join us at 4pm
on the third Sunday of the month?*

Sunday 15th May
Sunday 19th June
Sunday 17th July

Sunday 18th September
Sunday 16th October
Sunday 20th November



Moving On To Year 7

A two-hour webinar that will offer tips on how
to support your child with transition to
secondary school



It can be a turbulent time for both parents and children. The way in which
parents and carers deal with these changes can mean the difference between a
stressful or manageable transition.

We share practical tips on preparing to know the best way to help you in dealing
with your own emotions and concerns to support your child in the best way.

This workshop contains comprehensive tips and advice from one of
Hertfordshire's leading parenting coaches.

ASPECTS Family Support subsidizes this workshop - charity no. 1164201

Price - £2.00

Date - Tuesday 28th June 2022

Time - 7.00pm - 9.00pm

Online via Zoom



To book please email: admin@aspects.org.uk
or call 01279 758134



Affordable & Reliable Childcare

Running throughout school holidays

for **3-13*** year olds

7.30-6pm* everyday



**Childcare vouchers &
taxfree credits accepted**

**Venues in Beds,
Cambs, Herts & Essex**

**at certain venues only*



Venues



Hertfordshire & Essex Venues

Bishops Stortford
Harlow
Hertford
Hitchin
Letchworth
Abbots Langley
Rickmansworth
Royston

Saffron Walden
South Oxhey
Stevenage
Welwyn GC
Essendon

Bedfordshire

Biggleswade
Bedford
Sandy
Flitwick
Houghton Regis
Wootton

Cambridgeshire

Huntingdon
St Ives
St Neots
Cambourne
Cambridge
Peterborough



WWW.MULTI-ACTIVE.CO.UK
TEL: 01462 - 351582



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The Hertfordshire & Essex High School

If you are thinking of joining us in Year 7 in September 2023 you might find it helpful to:

- book a visit during the school day in the summer term and see Herts & Essex at work (places are limited)
- come to our Open Evening
- book into a Q&A session with Executive Headteacher, Cathy Tooze, and Headteacher, Emma Kirkham
dates & times overleaf...



Warwick Road, Bishop's Stortford, Herts, CM23 5NJ
Tel: 01279 654127 email: admin@hertsandessex.herts.sch.uk
website: www.hertsandessex.herts.sch.uk



Seeing Herts & Essex at work

Year 5 girls and their parent/carer will be able to visit the school during a normal school day and get a feel for the lessons. There will be additional information for parents and carers.

Friday 24 June from 09:00 - 10:45
Wednesday 6 July from 09:00 - 10:45
Monday 11 July from 09:00 - 10:45

You can book a place using the online form on our website.

"Choosing a secondary school for your daughter is one of the most important decisions you will ever make. Our Open Evening is intended for families and my talk is aimed at that audience. If you would like to take the opportunity to get a more in-depth feel for the school, in the company of other concerned parents and carers, I would like to invite you to one of our Information, Q & A sessions. I shall be able to talk to you further about what Herts & Essex can, uniquely, offer your daughters; I shall also be very pleased to answer your questions." Cathy Tooze, Executive Headteacher

Tel: 01279 654127 email: admin@hertsandessex.herts.sch.uk (putting 'ENTRY 2023' in the subject line)

Information, Q & A sessions at Herts & Essex

Cathy Tooze, Executive Headteacher and Emma Kirkam, Headteacher at Herts & Essex, invite the parents and carers of all girls transferring to secondary school in September 2023 to an informal information, question and answer session at the school, on one of the following occasions:

- Monday 26 September at 17:45
- Wednesday 28 September at 17:45

You can book a place using the online form on our website.

Open Evening

Thursday 22 September, 17:30 to 20:30

If you are unable to make this event please contact the school on the details below.





ON YOUR BIKE

Bishop's Stortford Climate Group

BRITISH CYCLING

Sunday, 12 June
10am to 3pm
Sworder's Field
CM23 2EL

FREE EVENT

Join us for a festival of cycling for all the family!

To find out more visit
<https://bit.ly/3MxJpze> or
www.friendsofcastlepark.net/events

Bikeweek
Inspired by Cycling UK

HERITAGE FUND COMMUNITY FUND Cambridgeshire Management Services East Herts

THE FORGOTTEN GARDENS OF EASTON LODGE

NATURE IN THE GARDENS



Open Day, Sunday 22 May

- Jono Forgham, moths & bugs • Badger Group
- Bishop's Stortford Camera Club
- Folk Music duo, Karen & Tony
- Craft & Plant Stalls

11.00am – 5pm (last entry 4pm)

Entry fees: Adults £5.50, children under 16 free

Homemade refreshments available

- Picnics welcome • Dogs on leads welcome

See website for details

www.eastonlodge.co.uk

HEY, FAMILIES OF HERTFORDSHIRE!

Want to make healthy habits together as a family (and have fun doing it?)

We are BeeZee Bodies, and we're here to help improve your family's health and wellbeing. Our team are experts at engaging kids around healthy eating and healthy habits (we've even won awards to prove it!) and now we're offering support to families in Hertfordshire for FREE!

FREE SERVICES AVAILABLE IN HERTFORDSHIRE



Under 5 courses

HENRY

An online or in-person course full of healthy living information to help you give your child a healthy start.



12 week online course

BeeZee Families Live

Fun, interactive webinars led by our expert nutritionists to help your family create healthy habits and routines at home.



Community groups

BeeZee Families

Join us in your local community to learn about healthy living; including cooking lessons and activity sessions.



One-to-one support

BeeZee Lite

A one hour chat with us, to support you with a specific challenge around maintaining healthy habits at home.

WHO IS ELIGIBLE?

Families with at least one child who is 5-15 years old, has a BMI > 91st centile and lives/goes to school/is registered with a GP in Hertfordshire...but the whole family is encouraged to participate together!

To be eligible for the HENRY programme you must have a child age 0-5 and be registered with a GP in Dacorum, St Albans & Harpenden, Watford & Three Rivers or Hertsmere.

SIGN UP TODAY AT
BEEZEEBODIES.COM/FAMILIES



“ I think BeeZee Families is great and totally worth your time! I became a lot healthier and discovered I love playing Basketball! ”

PRABHUV



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BeeZee Families

01707 248648




fab science

BOOKING OPEN FOR SUMMER 2022!

FAB SCIENCE FUN THIS SUMMER!

Now booking Saffron Walden, St Albans, Cambridge, Hertford and Bishop's Stortford.

Choose from Geology Rocks, Science Detectives and Super Space!

Workshops run from 10am to 3pm and are open to all children aged 5-11 years. We provide all the fun stuff, just bring a packed lunch and clothes that you don't mind getting messy. Places are strictly limited and early booking is recommended. Go to www.fabscience.co.uk to book your place now!

£35 PER CHILD
...sibling discount available!

BOOK NOW AT: WWW.FABSCIENCE.CO.UK ...AND WE DO FAB SCIENCE PARTIES TOO!

www.facebook.com/FabScience | 07799 624777 | clubs@fabscience.co.uk

HEALTHY EATING ISN'T JUST RABBIT FOOD...

LET'S MAKE CARROT CUPCAKES!



WHAT YOU'LL NEED:

- 3 medium/large carrots (peeled & grated)
- 150ml orange juice
- 140g sultanas
- 80ml vegetable oil
- 3 tablespoons natural yoghurt
- 115g plain flour
- 115g self-raising flour
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- 1 teaspoon ground cinnamon
- 100g dark muscovado sugar
- 2 eggs

MAKES 16

Each cake contains
164 kcal
66 fat
13.36 sugar

WHAT TO DO:

1. Pre-heat the oven to 160C/ fan 140C/ Gas mark 3. Put paper cases onto a bun tray.
2. Put the sultanas and orange juice in a bowl and leave to soak.
3. Mix together the plain flour, self-raising flour, baking powder, bicarbonate of soda and cinnamon.
4. Combine the eggs and sugar in a separate bowl and whisk until thick and foamy.
5. Slowly add the oil and yoghurt and continue whisking until combined.
6. Add the flour mixture in batches and fold in gently.
7. Drain the sultanas, then add the sultanas and carrots into the cake mixture.
8. Spoon the mixture into the paper cases and bake in the oven for 25 minutes. You can tell when the cakes are cooked by inserting a skewer into the cake – if it comes out clean, they're done!

HELLO, PARENTS & GUARDIANS!

WE ARE BEEZEE BODIES, AND WE WORK WITH HERTFORDSHIRE COUNTY COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR CHILDREN AND THEIR FAMILIES.

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW BEEZEE FAMILIES GROUPS STARTING NEAR YOU THIS MONTH (PLUS LOTS OF ONLINE SUPPORT AVAILABLE TOO).

SIGN UP FOR FREE TODAY!



SCAN ME WITH
YOUR SMARTPHONE
CAMERA!

*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Hertfordshire and include one child aged 5 - 15 who is above their ideal healthy weight.



beezeebodies.com

[BeeZee Families](#)

01707 248648



BISHOP'S STORTFORD RUGBY CLUB SUMMER RUGBY CAMP 2022

WHEN: 26, 27, 28th July and 23, 24, 25th August

WHO: Boys and Girls U6 - U12

TIME: Start 09:30 and finish at 15:00 (Arrive from 09:15)

WHERE: Bishop's Stortford Rugby Club

FOOD: Packed lunch, a snack and water bottle for the day (no nuts)

KIT CHECK: Rugby boots, Trainers, Gumshields, suitable training kit and a spare set of clothes

COST: £30 per day

COURSE CONTENT: Tackle/Tagging Technique, Handling, Evasion Games/ Gameplay, various other activities and lots of fun.

For further details please contact:

colemant1986@gmail.com

or call Tom on 07854 097156

Or visit: www.bsrfc.co.uk

Application Form available online or by email.

Courses run by BSRFC 1st XV coaches.

