



# SPELLBROOK CHURCH OF ENGLAND PRIMARY SCHOOL



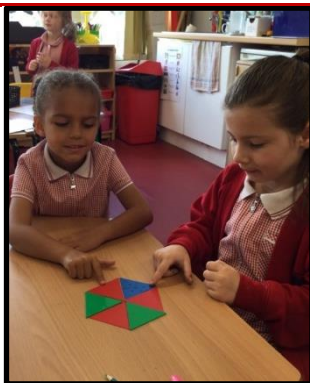
LEARN TOGETHER - ENJOY TOGETHER - SUCCEED TOGETHER

## NEWSLETTER – 13<sup>th</sup> June 2022

### VALUE: TRUTHFULNESS

Focus: Telling the whole story

‘Tell the truth to each other.’ *Zechariah 8.16*



### FROM THE HEADTEACHER

Last week was a fantastic week for Diamond Class. Miss Prow, Mrs Smith and I accompanied them to the Manor Adventure Centre at Norfolk Lakes, north east of Dereham, on Wednesday for 3 days and 2 nights of intense fun and activity. The centre was excellent. The children all agreed that the staff were great (friendly, skilled and enthusiastic) and the accommodation was also very good (upstairs rooms for up to 8 children, with a member of staff on the floor below). If the rooms became a little noisy or cluttered at times, then I'm sure they will all claim it was not down to them. However, with some reminders and an acceptance that for the first night they would be keyed up and very excited, plus some timely room inspections, these were not lasting issues. Each room had their own en-suite bathroom and shower and we were stunned with how keen many of them were to have multiple showers –yes more than one in the same day! One room even set up a schedule to accommodate this around their busy timetable.





The food was great, and even our most fussy eaters found things to their liking. We, the adults, justified our indulgence in having cooked breakfasts by getting fully involved in activities and burning off some calories. The children remained in the same three groups and all enjoyed the same set of activities. These were: kayaking, canoeing, climbing, fencing, obstacle course, blind trail, volleyball and wide games.

Quite a few also managed to get in some football, including playing an impromptu match against the children from another school and Uno was a popular choice, particularly with some of the Year 5 boys. On Wednesday and Thursday, the final activity was after dinner and didn't

finish until about 9:00 pm so it was a very full and busy time.

We were all impressed with the children's attitude and manners and the centre staff commented on how polite and well behaved they had been. We also had some lovely comments from the instructors about how much fun the children had made the sessions, particularly the one where we were all in canoes or kayaks and playing some frantic chase games on the lake. One instructor was really impressed with the way that one group, as soon as they had completed the blind trail, went back to the course to help any of their group who needed it. We saw some great examples of teamwork and consideration for others and identified some very strong emerging leadership abilities. It was lovely to see our school values enacted out so naturally.



We were very sorry that for a number of reasons, including last minute illness, a few members of the class were unable to take part, but I know that those who were in school for some of the week worked really hard, helping Mrs Cook and taking a lead with the Celebration Assembly on Friday. I believe we will have another excellent set of prefects in Year 6 next year. Thank you to Mrs Cook for managing the communications to parents and uploading photographs. Our phone signals were non-existent on much of the site and the Wi-Fi was patchy and intermittent.

Mrs Cook remained in school. It is exceedingly reassuring me for to feel that if I have to be off site for any reason, the school is in such safe hands. She had a great time teaching Sapphire Class and also managed to fit in the Year 1 Phonic Assessments that schools have to complete at this time. Although we are still waiting for the marking thresholds, it appears that the children have done very well. This is most pleasing as this year group is one for whom the lockdown affected their foundations for learning, such as the acquisition of phonic knowledge and skills and this is most important for later learning. It is a result of the hard work and expertise of both teachers and teaching assistants who take daily groups for Read Write Inc and very targeted support for those who have needed extra.

Also in school this week...

Ruby class have been putting shapes together to make other shapes, designing their own games outside with the gutters and shapes, exploring movement and gravity and finding minibeasts. As the weather improves, we shall be making the most of our superb outside spaces.

Emerald Class celebrated the fantastic home project work by creating a Viking Boat flotilla outside. The models are so creative and look amazing. What a lot of work has gone into them.

Mrs Macdonald will soon be starting her maternity leave and we will be wishing her all the best. For the rest of this term, Emerald Class will be taught for two days each week by Miss Keeble, who already teaches them and Miss Neary, who was with us as a student teacher in the Autumn term and we are delighted that she will be back with us for 3 days a week, having now completed her training. I will be informing all parents of our teaching arrangements for the Autumn term within the next week or two.

The teachers are looking forwards to the parent meetings next week (all classes apart from Ruby class who will be sending out a written report for each child), so please make sure that you have booked your appointments.

Have a lovely week.  
Jeremy Fisher







## MESSAGE FROM GREAT ST MARY'S CHURCH

*Fr Simon writes - Friday 11<sup>th</sup> June:*

There's a standing joke among priests that, if you're able to find somebody else to preach on this coming Sunday, you'd be wise to do so. That's because it's Trinity Sunday when we celebrate the Most Holy Trinity – God the Father, God the Son, and God the Holy Spirit – one in three, and three in one.



Of course, this Sunday, I'm down to preach. And, on top of that, I'm going to be leading the children's collective worship in school on Monday on the very same subject. I'm evidently a sucker for punishment!!



That's because it's one of the hardest of all concepts to describe. In fact, it's generally agreed that nobody – not even the most creative of theologians – has ever fully been able to describe the Holy Trinity. It's generally considered simply to be a matter of faith amongst Christians.

Of course, it's easy to say: 'God is one in three, and three in one'.

'But hold on!' I hear you cry, 'I thought Christians believe that there's only one God. Are you now telling me there's three?' And there's the problem: how on earth can we grasp that concept?

Whilst the Bible teaches us that there is only one God, it also makes it clear that God has made himself known to us in three different ways: as God the Father – our creator and protector; God the Son – Jesus who made himself known to us on earth and who now reigns in heaven; and God the Holy Spirit – who is with us now, inspiring our hearts and guiding our consciences.

Over the years people have tried to find ways of symbolising God the Holy Trinity. One idea is that God is like H<sup>2</sup>O. That chemical combination can be known in solid form (ice), liquid form (water), and in vapour form (steam). Another way of describing God the Holy Trinity is like a shamrock: three leaves yet one stem. But, in truth, all the models have flaws; they only give us a partial glimpse of the true mystery of God.



Three in one and one in three. I wonder how I'll try to describe the Holy Trinity to the children on Monday! Wish me luck!!

Have a good week,

*Fr Simon*

## BIRTHDAYS LAST WEEK



Sapphire  
Sergiusz

Emerald  
Sid

Diamond  
Paige

## STARS OF THE WEEK

### Ruby

- Kaiya for always trying her best to present her work neatly.

### Sapphire

- Henry for excellent work in Maths.
- Georgia for excellent ideas in English.



### Emerald

- Jacob for super effort in Maths.
- Oliver for all his hard work learning all his times tables.



## ATTENDANCE THIS WEEK

Attendance Ladder



**Whole School Attendance – 96.2%**

**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

- Change to the menu – from Tuesday 7<sup>th</sup> June**, the yellow option has changed to cheese and ham rolls instead of jacket potato for the rest of the summer term. **Cheese rolls will be served on Monday's, Wednesday's and Friday's and ham rolls will be served on Tuesday's and Thursday's.**

- Year 5 and 6 swimming resumes on Wednesday 15<sup>th</sup> June.**

- Clean Air Day is on Thursday 16<sup>th</sup> June.** Please leave your cars at home and walk, scoot or bike to school. Thank you for your continued support.

- Parents Evening is on Wednesday 22<sup>nd</sup> June from 13.00 to 18.30** for *Diamond, Emerald and Sapphire classes*. *Emerald and Sapphire, please book meetings online in Arbor. Diamond parents will be able to book meetings using the old paper method due to technical difficulties in Arbor. Hard copy slips will be sent home today.*

- Save the Dates:**

**Sports Day – Monday 4<sup>th</sup> July**  
**Reserve Sports Day – Thursday 7<sup>th</sup> July**  
**Year 6 Leavers Service – Tuesday 19<sup>th</sup> July**  
 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"> <li>❖ Pork Sausages with Gravy (Red)</li> <li>❖ Roasted Vegetable Lasagne (Green)</li> <li>❖ Cheese Roll (Yellow)</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>❖ Organic Beef Bolognese (Red)</li> <li>❖ Tomato &amp; Cheese Tart (Green)</li> <li>❖ Ham Roll (Yellow)</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>❖ Roast Chicken (Red)</li> <li>❖ Veggie 'Meat-Free Balls' (Ve)</li> <li>❖ Cheese Roll (Yellow)</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>❖ Beef Burger in a Bun (Red)</li> <li>❖ Mild Mexican Fajita (Green)</li> <li>❖ Ham Roll (Yellow)</li> </ul>
Friday	<ul style="list-style-type: none"> <li>❖ Fish Fillet Fingers (Red)</li> <li>❖ Cheese &amp; Tomato Pizza (Green)</li> <li>❖ Cheese Roll (Yellow)</li> </ul>

## DATES FOR YOUR DIARY

Date	Event
15/06/22	Year 6 Swimming Starts
16/06/22	Clean Air Day
22/06/22	Parents Evening – Diamond, Emerald & Sapphire – 13.00 to 18.30
29/06/22	Ruby Trip to Audley End
04/07/22	Sports Day
07/07/22	Reserve Sports Day
08/07/22	Diamond Class Music Afternoon
14/07/22	Secondary Transition Day
19/07/22	Year 6 Leavers Service
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
08/12/22	Pantomime
05/01/23	Inset 3
06/01/23	Inset 4
09/01/23	First Day Back
13/02/23 – 17/02/23	Half Term
20/02/23	Inset 5
21/02/23	First Day Back
31/03/23	Last Day of Term
17/04/23	First Day Back
29/05/23 – 02/06/23	Half Term
21/07/23	Last Day of Term

Contact: [admin@spellbrook.herts.sch.uk](mailto:admin@spellbrook.herts.sch.uk)

Website: [www.spellbrook.herts.sch.uk](http://www.spellbrook.herts.sch.uk)





## YOU are the key to cleaner air!



Idling is a significant contributor to local air pollution. It is less polluting to turn your engine off and restart it after a minute or longer than to leave your engine running.



It can take up to an hour for an engine to cool down. Turning off your engine but keeping the ignition on and the fan blowing will provide warm air for some time.



Modern batteries need less engine running time to work and don't need the engine on constantly to keep them charged.



Over 50% of Particulate Matter (PM) in cities can come from taxis and cars...

You can make a difference to air quality in our community!

To get involved in Clean Air Day and learn more about how air pollution could be affecting you and your family's health, visit [cleanairday.org.uk](http://cleanairday.org.uk) or search #CleanAirDay.

Clean Air Day is coordinated by © Global Action Plan on behalf of over 200 supporter organisations.

## Make cleaner air travel choices

- 1 Give your car a day off** Walk, cycle or take public transport to work or school, or work from home if you can.
- 2 Discover the side streets** Use quieter streets when you're on a bike or on foot to avoid polluted main roads.
- 3 Go electric** There are lots of ways you can travel electric. Hire an electric car, taxi or test drive an electric vehicle today.
- 4 Don't idle your engine** If you drive, turn off your engine when your vehicle is stationary, and it is safe to do so.



## Make cleaner air decisions in the home

- 1 Ventilate your home:** open windows and use extractor fans when cooking or using cleaning products, but close windows near busy roads during rush hours.
- 2 Use fragrance-free milder cleaning products.**
- 3 Only burn dry, well-seasoned wood or smokeless fuel on your stove, open fire or barbeque.**
- 4 Choose paints and varnishes that are labelled low volatile organic compounds (VOCs).**



## Idling is fuelish

Idling creates fumes that can damage your health

Switch off engines for cleaner air



### Air pollution and idling

Poor air quality is a major health concern, and the main source of pollution is road transport. Some vehicle journeys cannot be helped, but leaving your engine running when parked (idling) creates unnecessary pollution. Putting a stop to idling is a simple way we can all help to clean up the air that we breathe.

### Vehicle Idling Action

Air Quality Champions in London and across the country are encouraging behaviour change in a positive way. They are asking drivers to switch off their engines when parked for more than a minute, to help improve local air quality.

To find out more about air quality and idling, please contact your local authority.

**Tweet: #noidling**



### Vehicle idling action

Used with the kind permission of the Mayor of London

Idling engines contribute to local air pollution, which is harmful to health. If you would like to help improve local air quality, please switch off your engine if parked for a minute or longer.

### Idling: the myths and the truth

Idling is 'fuelish' for all sorts of reasons, yet many of us still do it. So our myth-buster guide is here to give you the facts:

#### Myth

**If it's cold outside, I need to keep the engine running to keep the heater on.**

#### Truth

**If you switch the engine off when you park and keep the ignition on, the heater should stay warm for up to 30 minutes.**

**If I'm parked on a yellow line, keeping my engine running means I won't get a fine.**

**Traffic wardens can fine you if you are parked somewhere you shouldn't be, whether your engine is running or not.**

**But surely it's better to idle because stopping and starting will wear out the engine?**

**This is no longer a problem with modern engines and by not idling you will use less fuel and reduce your fuel costs.**

**But surely idling does not contribute very much to air pollution in the grand scheme of things.**

**Research has shown that switching off engines when parked can reduce pollution levels in the street where the vehicle is parked.**

### But, but, but...No ifs, No buts, No idling!

Idling your engine unnecessarily is an offence and you could be fined.



Are you a parent or a carer of a child aged 0-5?



## Your Health Visitor is here to help

Our friendly Health Visitors are ready to help you in your local health clinic, over the phone, online and in your home. As qualified nurses they provide expert advice on:

- Minor illnesses
- Behaviour, growth and development concerns
- Emotional support for parents and carers
- Infant feeding
- Special education needs and disabilities
- Support for vulnerable families
- Healthy eating

Talk to a Health Visitor today  
Call 0300 123 7572

Text ChatHealth line  
07480 635164

Visit:  
[hwehealthtogether.nhs.uk](http://hwehealthtogether.nhs.uk)

Find your local family centre:  
[hertsfamilycentres.org](http://hertsfamilycentres.org)

Call 111 for non-urgent medical advice  
and in an emergency always call 999

### Don't miss your child's developmental reviews

We encourage you to bring your child to an important developmental review at around 1 and 2 years old, look out for a letter and questionnaire in the post. They'll take place in a local venue, at a time convenient to you. Our Health Visiting team are trained to identify a wide range of issues, so if a child misses this review their health may be put at risk. We'll check your child's development and growth, answer any question/concerns, and offer you any extra support or care you may need.

Don't delay, call us for an appointment  
as soon as you receive your letter.



## After-School Sessions at BATTs Table Tennis Club

BATTs  
OF HARLOW  
TABLE TENNIS CLUB

Coaching, practice and games every  
Monday, Wednesday and Friday  
between 4pm and 5pm

Want to learn to play table tennis?



Come to BATTs for fun, games  
and table tennis coaching  
Open to all 8-19 year olds  
£3 per session No need to book  
See our website for more details

07926 054038 • [info@battsharlow.com](mailto:info@battsharlow.com)

[www.battsharlow.com](http://www.battsharlow.com)

Elderfield, Mulberry Green, CM17 0EY

Did you know that Hertfordshire Libraries offer  
services and stock specifically for children with  
dyslexia and other print impairments?



- **Barrington Stoke:** We have a large collection of amazing Barrington Stoke books. Barrington Stoke publishes books specifically designed to be accessible for children with dyslexia or who experience visual stress. The yellow pages and large, dyslexia friendly

font help children with dyslexia enjoy a huge variety of exciting books.



- **Borrowbox:** Borrowbox is an App which you can use for free with your library membership. It has hundreds of eBooks and Audio Books for children. You can change the font/colour of the text and change the background colour on eBooks to make them dyslexia friendly. Or you can listen to an Audio Book!



- **Libby and Pressreader:** these free Apps have hundreds of magazines and newspapers which children can browse for fun or to help with schoolwork. You can change the font size and colour of the text. Pressreader even has an option to listen to newspapers!



- **Non-Fiction books:** we have many non-fiction books which discuss dyslexia and other difficulties or disabilities. If children are wanting to learn more about their or a friend/family member's dyslexia, we have resources in the library to help them do this.



- **Children's books for all ages and abilities:** We have a huge array of picture books, beginner reads, short chapter books and longer novels for children at every reading level. There is something at your library for everyone!





# 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 Sharon Lawton, the resident coach for SKY TV's Chrissy B Show!

ASPECTS Family Support subsidises this workshop – charity no. 1164201  
Price – £2.00 per household  
(£5.00 for families of non-subscribing schools)

Date – Tuesday 28th June 2022  
Time – 7.00pm – 9.00pm  
Online via Zoom

All booking enquiries please email: [admin@aspects.org.uk](mailto:admin@aspects.org.uk)  
or call 01279 758134



## Support for Parents/Carers of Children with Eating Disordered Behaviour or Poor Body Image Eating Disorders/Body

Hertfordshire has commissioned a new 4 week programme called "First Step ED skills".

It offers free online workshops for Hertfordshire parents, carers & older siblings, who are supporting a young person with their body image, disordered eating and/or eating disorders.

Find out more at <https://firststepsed.co.uk/how-to-get-help/skills-for-carers/>



## Rainbow Run!



**2 October 2022**  
Ridlins End Athletics  
Stadium & Playing Fields  
Stevenage SG2 9BP

Sign up at:  
[www.enhhcharity.org.uk/rainbow](http://www.enhhcharity.org.uk/rainbow)



## Get ready for Hertfordshire's most colourful fun run and raise funds for your local hospitals!

Run, walk or skip a 10k, 5k or 2.5k route with a colourful twist around Ridlins End Stadium and Playing Fields to raise funds for your local hospitals.

Run in memory of a loved one, to thank a hospital department for the care they gave or just for fun; whatever your reason for taking part, every penny raised will help us fund projects to help our wonderful NHS teams go above and beyond for our patients.



- 10k, 5k and 2.5k routes
- Suitable for all ages and abilities
- Rainbow medals
- Wear your most colourful outfit!

Runners are invited to wear their favourite colourful costumes and throughout the run there will be colour-themed surprises.

The Rainbow Run isn't a serious race and is suitable for all ages and abilities. We do appreciate that some people may be taking part as a challenge and would like to beat a personal time so we will have a race clock at the finish line.



## What have these things got in common...



...that could kill your child?

## A: the button battery that powers them.

If your child swallows a button battery, it can get stuck in their food pipe. It can then burn through to the main artery and badly harm or even kill them.

This can happen very quickly.

Crawling babies up to pre-schoolers are at most risk.



### Which batteries are most dangerous?

Lithium coin cell batteries are big enough to get stuck and strong enough to kill. They are slightly bigger than a 5 pence piece.

Smaller button batteries can still cause harm, especially if they are new.

### Where are they?

Your child can find them in things like:

- small remote controls
- car key fobs or key finders
- musical cards and books
- light-up toys and novelty items
- nightlights
- digital scales
- thermometers
- old toys in the toy box

They may also find spare batteries that are stored within reach or have fallen from the pack.

Even used 'flat' batteries still hold enough charge to be dangerous.

### Check your home

Hunt around your home for button batteries.

Keep products well out of your child's reach if the battery compartment isn't secured.

Store spare and 'flat' batteries well out of reach too.

Beware of bargains from online marketplaces or local discount shops. They may have button batteries your child can get to easily.

### Has your child swallowed one?

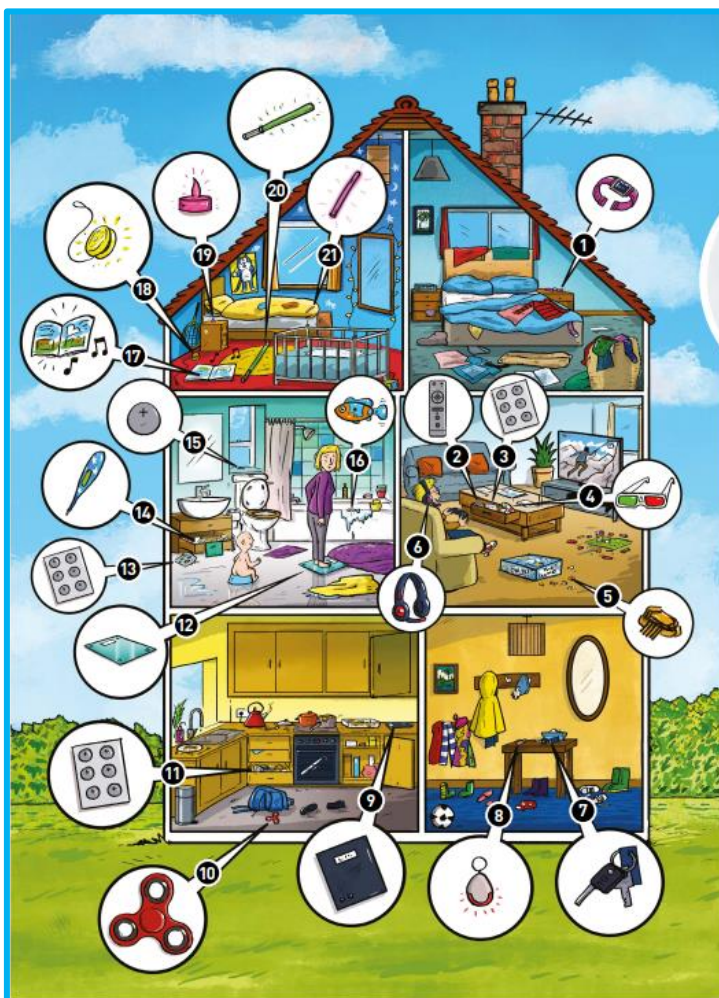
There may be few symptoms. So trust your instincts. Don't delay. Get them to A&E or call 999 for an ambulance.

Don't let them eat or drink and don't make them sick.

### More help from the safety experts

• [capt.org.uk/button-batteries](http://capt.org.uk/button-batteries)

• @ChildAccidentPreventionTrust



## Button batteries – where are yours?

+BIPBA-  
British and Irish Portable Battery Association



Button batteries, particularly big, powerful lithium coin cell batteries, can badly hurt or kill a small child within two hours, if they get stuck in the food pipe. Know where yours are, so you can keep your children safe.

### Five top tips

- Hunt around your home for button batteries – in products as well as spare and 'flat' batteries.
- Keep products well out of children's reach if the battery compartment isn't secured.
- Store spare button batteries in sealed containers in a high cupboard.
- Remember that 'flat' or 'dead' batteries still hold enough power to badly hurt a child. So put them out of children's reach straight away and recycle them safely and as quickly as possible.
- If you think your child has swallowed one, don't delay. Trust your instincts and take them to A&E straight away or call 999 for an ambulance. Don't let them eat or drink and don't make them sick.

1. Fitness tracker
2. Remote control
3. Spare batteries
4. 3D glasses
5. Robot bug toy
6. Gaming headset
7. Car key
8. Key finder
9. Kitchen scales
10. Light up fidget spinner
11. Spare batteries

12. Bathroom scales
13. Spare batteries
14. Thermometer
15. Flat battery
16. Robo fish
17. Musical greeting card
18. Light-up yo-yo
19. Tea light
20. Light saber
21. Flashing wand

### For more help



• [capt.org.uk/button-batteries](http://capt.org.uk/button-batteries)

• @ChildAccidentPreventionTrust



## NEW Togetherall online wellbeing support for anyone aged 16+

GET SUPPORT WITH TOGETHERALL IN HERTS 24/7



Hertfordshire County Council Public Health recently launched Togetherall, a resource that may be useful for parents/carers.

Togetherall is an evidence-based, clinically moderated, online 24/7 peer-to-peer mental health community, for residents of Hertfordshire who may be feeling low or depressed. It can also help prevent mental ill health with a range of support, courses and advice, and with the additional benefit of professionals monitoring for any signs of distress.

JOIN NOW!

Any Hertfordshire resident aged 16+ can join by:

1. Visiting <https://togetherall.com/en-gb/> > Click 'Register Button' > then followed by 'My Area is Registered' tile.
2. Create a username
3. Complete a few basic questions
4. Verifying your account by clicking on the button within an email sent by Togetherall to activate your account.

If you have any questions or would like some promotional resources please email [publichealth@hertfordshire.gov.uk](mailto:publichealth@hertfordshire.gov.uk)