



NEWSLETTER – 14th October 2022

VALUE: GENEROSITY

Focus: Caring for Creation

“God Loves a cheerful giver” 2 Corinthians 9:7



Stanstead Airport Visit

FROM THE HEADTEACHER

Hi, just a couple of reminders:

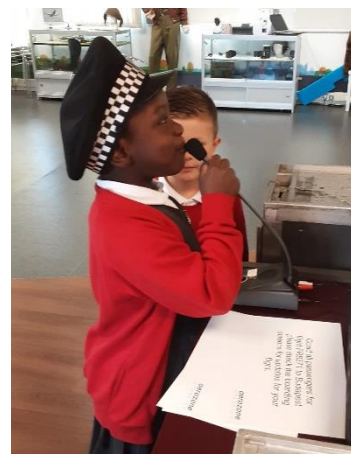
Please could parents avoid coming to school too early (unless for breakfast club). It is our aim to start drop-off at 8:40 each morning. We often start at 8:35 to prevent the cars from backing up into the road, but even then there are mornings that backing up has already occurred. If we start any earlier, the teachers will not have had time to prepare and be ready to receive the children. Please could we also ask that parents do not take their child into the playground but allow them to walk round to their class. If your child is struggling, we are happy to discuss this with you and if required we could walk them round. The exception is Ruby class and Nursery and Reception parents should feel free to park up and walk their children to Ruby Class if this works best.



At the end of the day, please avoid parking against the fence and use the bays and playground instead. If you have an appointment after school, please park up in the bays so that the gates can be locked.

Stanstead Airport Visit: Sapphire class enjoyed a fantastic day out on Thursday at Stanstead Airport. They are currently learning about transport and this visit was a great way to extend their knowledge of air transport. They had an extremely busy day, immersed in a range of activities,

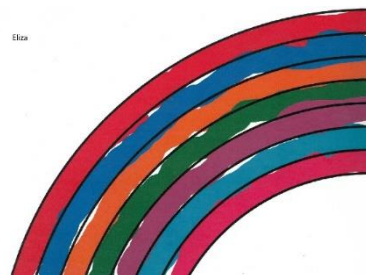
giving them a chance to find out more about flight and a great deal about what happens at an airport. They found out about the history of flight and they learned about many of the different jobs that people have at the airport, with the opportunity to dress up in different uniforms. They sat on aircraft seats and some of them enjoyed broadcasting over the tannoy, giving out messages such as reminding all passengers to keep their seatbelts on. They used the metal detector wand to search their teachers and found that mobile phones



and watches set the device beeping. They had to pack parcels into a trolley, which was rather challenging. They had STEM (Science, Technology, Engineering and Maths) activities and experiments to try relating to flight including floating a ping pong ball on a jet of air and seeing how far they could throw a paper airplane and were challenged to build an airport tower. They learned about the emergency services, saw the fire engines and loved trying to knock cones over with the water jet. The day would not have been complete had they not seen aeroplanes, landing and taking off. They were delighted when one pilot flashed the aeroplane lights at them and waved at them from the cockpit.

The teachers and children all reported that it was a super day and some children who have not yet had the opportunity to go on an aeroplane are now very eager to do so, so there may some nagging occurring regarding how they spend their next summer holiday.

Meanwhile, our youngest children, Ruby Class, are enjoying using computers. They have responded to the story of Noah and the Ark by creating some lovely computer art work. They have chosen the colours and carefully followed the lines to produce beautiful rainbows. They know that rainbows help us to remember the promise that God made to the world after the flood had ended.



This week has been mental health week. Today we have launched an art competition that will take place in school. It is to produce artwork that will be published in The Primary School Yellow Book. The yellow book is a creative, wellbeing resource published by rethinkyourmind. The book hopes to support, inspire and signpost. It includes pages of inspiring and uplifting creativity selected by assessors. We are part of the first primary school Yellow Book. The book will be produced next year and 10 pictures from our school will be chosen.



Well done to the Eco team for spending some of their lunch playtime picking up litter. Today they cleared up items that had blown into the woodland area.

Have a lovely weekend,

Jeremy Fisher

[The Primary School Yellow Book | Rethink Your Mind](#)



MESSAGE FROM GREAT ST MARY'S CHURCH

Father Simon writes:

You've got to hand it to the people of Ukraine: even though they apparently started from a weaker position against Russian, and despite the brutal bombing of their main cities this past week, they are persistent. They show no sign of needing or wanting a peace deal. They simply want their country back and their freedom restored.



Francis Drake, that great English sailor and explorer of the 16th century, once wrote, 'There must be a beginning of any great matter, but the continuing unto the end until it be thoroughly finished yields the true glory'.

So what do you wish to see through to the end? If your home is anything like ours, there are plenty of objects around - be they around the house, in a garage or in a loft - that were once bought with the intention of being used. But time disappeared and the initial excitement over them waned, and now they're gathering dust, being kept in case one day - just one, sunny day - they may be of use and interest.



Perhaps you've got an exercise bike in a spare bedroom which is doing nothing more at the moment than being a glorified clotheshorse. Perhaps you've got a piano with its lid down or a box of books which has never been read. What about that box of paints in the loft or that bag of knitting, half started but whose intended recipient is now way too tall to ever wear that sweater? And some people have done this - particularly following the pandemic - with their churchgoing or with their daily prayers. All great intentions which have never got off the ground or which have petered out.



Whatever it is, persistence - and a dose of alacrity - is what's needed.

I know that's easier said than done, but the rewards are often heavenly.

Have a productive weekend,

Fr Simon

BIRTHDAYS THIS WEEK

Sapphire
Issy

Emerald
Georgia



STARS OF THE WEEK

Ruby

- ✚ Eliza for being her best in all areas.

Sapphire

- ✚ Donnie for working extremely hard in English lessons.
- ✚ Kaiya for always listening and contributing well in lessons.



Emerald

- ✚ Millie for always working hard and for becoming more confident about putting her hand up.
- ✚ Lorcan for great improvement in his concentration and focus this week.

Diamond

- ✚ Daniel for superb English writing.
- ✚ Jim for trying hard in all his work.



ATTENDANCE THIS WEEK

Attendance Ladder



Whole School Attendance – 95.23%

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

- ✚ **Year 2 Scooter Training** is on **Tuesday 18th October**. Children should bring in their scooter with a helmet on the day. If your child doesn't have a scooter or helmet, please let Mrs Smith know.
- ✚ **Secondary School Admissions** – this is a reminder to parents of **Year 6** children that the deadline to apply for a secondary school place is **Monday 31st October**.
- ✚ **New Winter/Spring Menu** – Please see the new menu below, effective from **Monday 31st October**.
- ✚ We have booked the children (**Reception –Year 6**) to see **Jack & the Beanstalk Pantomime** at **South Mill Arts** on **Thursday 8th December**. Children will be travelling to South Mill Arts by coach and will need to be picked up by parents at 3.30 pm. Please refer to the letter sent out for more details.
- ✚ **Christmas Crackers** - We are kindly asking for donations of Christmas Crackers for the children's Christmas lunch on **Thursday 15th December** please. All donations can be handed into the school office. Many thanks to the parents who have made donations.



NEXT WEEK'S MENU

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

DATES FOR YOUR DIARY

Date	Event
18/02/22	Year 2 Scooter Training
24/10/22 – 28/10/22	Half Term
07/11/22	Nasal Flu Vaccination
02/12/22	Occasional Day
08/12/22	Pantomime
14/12/22	Emerald Class Last Swimming Lesson
15/12/22	Christmas Dinner
21/12/22	Last Day of Term
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

Website: www.spellbrook.herts.sch.uk





Excellence in Education Catering

The Benefits of School Lunch

As your child's **School Lunch Provider**, HCL takes great pride in delivering tasty and nutritional meals at every lunchtime service.

There are so many **benefits** to having a cooked school lunch, such as:

- **Nutritious** meals full of **energy-fueling** ingredients, lead to a **better learning environment**.
- **Convenient** for Parents and Carers.
- At least one portion of **fruit and vegetables** in every serving.
- Confidence that **all** meals meet **nutritional** standards.

As **experts** in nutrition and catering, providing a service that parents can **trust**, with menus that prioritise your children's **health and well-being**, is at the forefront of our operation. We're all leading busy lives, so let our menu provide your child with a **hot, healthy and balanced meal**.



FRESH FRUIT AND A CHOICE OF DESSERTS ARE AVAILABLE DAILY



Sustainability

We take our responsibility to implement **sustainable practices** that **positively** impact our customers, communities and the health of our planet very seriously. This ethos is embedded in our values and policies and is reflected in our entire supply chain. HCL is taking multiple steps to reduce our environmental impact by:

- Proactively **educating** and **raising awareness** of how all ages can **support sustainability**.
- **Encouraging** all staff across the business to be environmentally responsible through regular **training**. Ensuring we all adhere to **environmental laws, policies and procedures**.
- Working with our suppliers to replace any **negative** environmental impacts with **positive** ones. Meeting these requirements is **mandatory** for all our suppliers.

WE'RE COMMITTED TO ACHIEVING
NET ZERO BY 2030!

Social Value

Social value is important to us, demonstrated in part by our **Community Support Team** who deliver workshops in schools such as **Cookery clubs, Gardening clubs, Healthy Eating workshops and Assemblies**. All our clubs are highly inclusive, we have parents, grandparents and siblings signing up to enjoy them!



Accreditations

We're incredibly proud that we:

- Comply with **Government Food Standards**.
- Have achieved **Food For Life Silver Award** for 8 years.
- Prepare 75% of dishes **freshly** from **unprocessed** ingredients containing no **undesirable additives or trans fats**.
- Provide the **Platinum Sugarwise** catering mark for all Primary Schools; giving you peace of mind that our menu consists of low amounts of **'free sugars'**.



Recruitment

Join our catering team, working part time and term time preparing and serving delicious, nutritious school meals!

Working for HCL, we will provide you with **full training, personal development**, part time and term time only working (so you can have the holidays off to fit in with your family life), pension, on the job support and discounts that can save you **£100s** each year!

Positions are available in both Primary & Secondary Schools and our recruitment team is waiting to hear from you right now!



TO FIND OUT MORE AND APPLY FOR ANY OF OUR LATEST VACANCIES, JUST SCAN HERE

HCL Registered Office: Mundells - Welwyn Garden City - Herts - AL7 1FT Tel: 01707 938625 - Email: hcl.info@hcl.co.uk - www.hcl.co.uk

Twitter: @HCLcatering

Facebook: HCLcatering

LinkedIn: HCLcatering



WEEK ONE

Served Week Commencing:

• 2022: 31 October, 21 November, 12 December • 2023: 5 January, 23 January, 20 February, 13 March

MONDAY

BBQ Dusted Chicken with Rice
Italian Pasta Bake (Ve) with Crusty Bread

Jacket Potato with various toppings

TUESDAY

Mediterranean Roll (Ve) with Potato Wedges
Macaroni Cheese (V) with Garlic Bread

Jacket Potato with various toppings

WEDNESDAY

Roast Chicken with Sage and Onion Stuffing
Sausages in Yorkshire Pudding (V) with Roast Potatoes or Wholemeal Pasta

Jacket Potato with various toppings

THURSDAY

Cottage Pie
Quorn Burger in a Bun (V) with Diced Potatoes

Jacket Potato with various toppings

FRIDAY

Battered Fish
Cheese and Tomato Pizza (V) with Oven Chips or Pasta

Jacket Potato with various toppings

WEEK TWO

Served Week Commencing:

• 2022: 7 November, 28 November, 19 December • 2023: 9 January, 30 January, 27 February, 20 March

MONDAY

Pork Sausages in Gravy with Creamed Potatoes
Cheese & Veg Pasties (V) with Diced Potatoes

Jacket Potato with various toppings

TUESDAY

Chicken Pie with Herby Potatoes
Mild Vegetable Curry (Ve) with Rice

Jacket Potato with various toppings

WEDNESDAY

Roast Beef and Yorkshire Pudding
Lentil Roast (V) with Roast Potatoes or Wholemeal Pasta

Jacket Potato with various toppings

THURSDAY

Quorn Hot Dog (V)
Roasted Vegetable Lasagne (V) with Garlic Bread with Potato Wedges or Pasta

Jacket Potato with various toppings

FRIDAY

Crispy Coated Salmon
Cheese and Tomato Pizza (V) with Oven Chips or Pasta

Jacket Potato with various toppings

WEEK THREE

Served Week Commencing:

• 2022: 14 November, 5 December • 2023: 16 January, 6 February, 6 March, 27 March

MONDAY

Vegballs in Homemade Tomato Sauce (Ve) with Pasta
Cheese Pinwheel with Diced Potatoes (V)

Jacket Potato with various toppings

TUESDAY

Mild Chicken Curry with Rice
Omelette, Grilled Tomatoes and Baked Beans (V) with Potato Wedges or Tricolour Pasta

Jacket Potato with various toppings

WEDNESDAY

Roast Pork with Sage and Onion Stuffing
Tomato Bolognese (Ve) with Roast Potatoes or Wholemeal Pasta

Jacket Potato with various toppings

THURSDAY

Beef Burger in a Bun with Potato Wedges
Cheese, Potato and Broccoli Bake (V)

Jacket Potato with various toppings

FRIDAY

Fish Fillet Fingers
Cheese and Tomato Pizza (V) with Oven Chips or Pasta

Jacket Potato with various toppings

Freshly baked bread, seasonal vegetables and bowl salads are available daily • Gravy and Custard are always available separately when on the menu • All our milk is organic - fresh from the dairy (V) = Vegetarian (Ve) = Vegan

HCL Registered Office: Mundells - Welwyn Garden City - Herts - AL7 1FT Tel: 01707 938625 - Email: hcl.info@hcl.co.uk - www.hcl.co.uk

Twitter: @HCLcatering

Facebook: HCLcatering

LinkedIn: HCLcatering



BISHOP'S STORTFORD RUGBY CLUB OCTOBER HALF TERM CAMP

- WHEN:** Tuesday 25th October and Wednesday 26th October
- 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:
marcuscattell05@hotmail.com
 or call Marcus on 07870 163 675
 Or visit: www.bsrfc.co.uk
 Application form available online or by email.
 Courses run by BSRFC 1st XV coaches.



Great St Mary's *Passion for Christ - Compassion for all*
 Sawbridgeworth

*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 16th October
Sunday 20th November



HERTFORDSHIRE
 CONSTABULARY



Warm space

With the winter weather soon upon us, some people may struggle with cost of heating and keeping warm.

Sawbridgeworth library is offering a warm space on Mondays and Wednesdays from 10.30-12pm.

If you know someone who may want to use this facility, please let them know about this great service. Hot drinks, books, magazines and more will be available, as well as someone to chat to.



THE
FORGOTTEN GARDENS OF
EASTON LODGE

PUMPKINS & AUTUMN FUN



Open Day: Sunday 23 October

- Pumpkin Trail • Den building • Craft activity
- Jam and Jelly tombola • Pumpkins & squashes
- Music • Craft & Plant Stalls

11.00am – 5pm (last entry 4pm)

Entry fees: Adults £5.50, children under 16 free

Bacon, cheese or hummus rolls; homemade soup & cakes

- Picnics welcome • Dogs on leads welcome

See website for details

www.eastonlodge.co.uk



SECRETS TO A BETTER BEHAVED CHILD

**A *webinar for parents & carers of
children aged 5-11 yrs**

Join us for this webinar presented by one of
Hertfordshire's top parent coaches -
Sharon Lawton of Natural Flair
Price is £5.00 per household
(subsidised by Aspects Family Support)

When & what time?

Thursday 10th November 2022
9.30am - 11.00am - recording available

*Joining instructions will be given upon
registration

Topics covered include

- Tips for a calmer family life
- How to build self-esteem and confidence in children
- Surviving homework battles
- The power of positive language
- Strategies & tips on taking the "no" out of their vocabulary

**For registration details contact Jo,
stating the school your child
attends**

www.aspects.org.uk



admin@aspects.org.uk



Hello, Parents & Guardians! We are BeeZee Bodies, and we work with
Hertfordshire County Council to provide FREE (and FUN!) healthy lifestyles
support for families across Hertfordshire.

FREE 1-1 HEALTH & WELLBEING SUPPORT FOR YOUR FAMILY

Raising a healthy family is hard, but our friendly wellbeing coaches
can get your family's health and wellbeing on the right track.

Book in for a FREE, 1:1 chat where we can help you and your family
create and maintain healthy habits at home. Together, we'll
discuss your lifestyle, challenges and goals and create a tailored
action plan for you to take away. We'll check in with you one
month later to see how you've been getting on and provide any
further support!



SIGN UP FOR YOUR FREE APPOINTMENT

Just go to beezeebodies.com/families (or
scan the QR code!) and enter your details

*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 who is above their ideal healthy weight.

AUTUMN BINGO!

GO FOR A NICE WALK AND SEE HOW MANY OF THESE
THINGS YOU CAN FIND!

Squirrel



Mushroom



Conkers



Hot chocolate



Spider's Web



Autumn
leaves



Pumpkin



Muddy paws!



Someone
wrapped up
warm



beezeebodies.com/families

[BeeZee Families](https://www.facebook.com/BeeZeeFamilies)

01707 248648



Build confidence, boost concentration and make new friends

Perform weekly classes will boost your child's confidence, improve their concentration and give them a creative outlet to make new friends and have fun.

4-7 year olds enjoy a lively mix of energetic games, catchy songs and funky movement to help bring out every child's true potential.

7-12 year olds work with inspiring professionals learning skills for life and putting on a specially written show that gives everyone a chance to shine.

With child development at the heart of everything we do, our warm, friendly teachers provide a unique learning experience for your child as well as the best fun of the week.



perform.org.uk



Try Perform for free

We offer every child the chance to try one of our classes for free. It's the perfect way to experience our unique workshops first-hand and there's no obligation to join afterwards. Bring a friend to try out the session too and, if they want to continue, we'll send you a £30 voucher to say thank you. Call **020 7255 9120** to book.

With almost 300 venues across London and the South, there's bound to be a class near you.

Find your nearest at
perform.org.uk/venues
or call **020 7255 9120**

— Thank you for injecting a little wonder and magic into my daughter's life every week.

Rae Ni Bhreacain

020 7255 9120

Perform Sawbridgeworth (Drama for 4-7s)
(1.5 miles)
Thursdays at 4pm

Sawbridgeworth Memorial Hall
The Fourbury,
CM21 9BD

Perform Sawbridgeworth (Drama for 7-12s)
(1.5 miles)
Thursdays at 5.05pm

Sawbridgeworth Memorial Hall
The Fourbury,
CM21 9BD

Perform Bishops Stortford (Drama for 4-7s)
(2.8 miles)
Mondays at 4pm

Summercroft Primary School
Plaw Hatch Lane,
CM23 5BJ

Perform Bishops Stortford (Drama for 7-12s)
(2.8 miles)
Mondays at 5.15pm

Summercroft Primary School
Plaw Hatch Lane,
CM23 5BJ

Perform Stansted (Drama for 4-7s)
(4.9 miles)
Thursdays at 4pm (Opens January 2023)

Stansted Quaker Meeting House
71 Chapel Hill,
CM24 8AE



Do you love reading and like talking about books?

Our Page One Book Club is for anyone aged **8-13**.
Come to chat about books, complete activities and make new friends!

Bishop's Stortford Library
Wednesday 4pm - 5pm
2nd November – 7th December

£10 for all six sessions.
Places limited please book at the library.

Further details: 0300 123 4049

Inspired

www.hertfordshire.gov.uk/libraries

