



NEWSLETTER – 18th November 2022

VALUE: Compassion

Focus: Compassion and Anti-Bullying

‘Clothe yourselves with compassion, kindness, humility, gentleness and patience.’ Colossians 3.12



Some of the super learning the children enjoy in Reception

FROM THE HEADTEACHER

ANTI-BULLYING WEEK 2022

Anti-bullying Week: This week has been anti-bullying week. At Spellbrook the children know how harmful bullying is and learn ways to make sure no-one feels bullied. Even so, anti-bullying week provides an ideal opportunity to reinforce those messages and be part of this important nationwide focus.

The key messages of anti-bullying week are around the theme, **Reach Out** and emphasise:

- seeing
- noticing
- thinking
- feeling
- sharing - with teachers, other school staff, friends and families

**REACH
OUT**

#ANTIBULLYINGWEEK

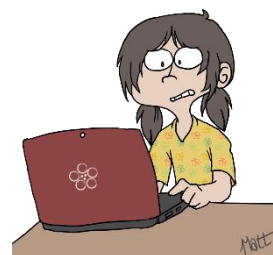
This reinforces the work we have done whilst learning about **compassion** (our current Christian value), helping all of the children to be part of the school-wide effort to prevent bullying before it even starts. In collective worship, this week I was really pleased with the understanding of the school values that the children now show and with their ability to relate the values to situations that they experience.

Internet Safety: Whenever bullying or other concerns about behaviour are discussed, we now spend a lot of time considering behaviour whilst on-line. I come across more issues of cyberbullying that begin outside of school, than any other form of bullying. Internet Safety is included in our curriculum and as the children progress through the school, the topics covered become more complex. Diamond class have been producing posters to show their understanding of these issues. (see below). Teachers have very interesting conversations with their classes about such topics as healthy behaviour online, balancing screen time and the impact that their digital footprint can have on their futures. We come across scenarios where children know that their behaviour at home is in conflict with the advice we give and this can create difficult moral choices for them. Where

this is serious, we contact parents individually, but I think it is useful to signpost to all parents some of the useful guidance from experts. Keeping up to date is challenging and keeping up with your children when it comes to the digital world, even more so. This website has very useful advice and guidance. [Cyberbullying facts and advice | Internet Matters'](#)

I have been reviewing some other helpful resources. This article tackles a number of the issues that many of us as parents come across as we try to maintain the balance of allowing our children access to the online world whilst wanting to ensure they are safe, making good choices and developing positive habits. I know, from talking to children in school that this is an issue in many households. As you can see from these subheadings, it addresses some of the issues that we can all face at times.

- EVERYONE ELSE IS ALLOWED
- BUT HOW DO I STOP THEM!
- BUT THEY WILL LOSE ALL THEIR FRIENDS!.



[Setting Boundaries around apps and games — Digital Families Counselling](#)

Online Critical Thinking Guide (attached) is a comprehensive and useful document for all parents in considering the many issues relating to internet access and safety. Although it is quite lengthy, a glance at the different areas covered will most likely draw some to your attention that you would find useful.

Operation Christmas Child: This year the School Council have chosen to support Operation Christmas Child and have asked the whole school community to join in. What is Operation Christmas Child? This project involves the children packing a shoebox gift to be posted to a location around the world to be given to a child who is less fortunate than them. The shoeboxes go to a variety of places, with a particular focus this year being Ukraine. Today, the School Council checked the contents of the shoe boxes and wrapped them, ready for collection. We are so pleased with the generosity of our families. We have received 31 presents and £130 to go towards the distribution costs. We are so grateful, knowing that everyone is feeling the impact of the current cost of living increases. Thank you.



Open Day for EYFS (September 2023): We have already shown a number of parents who are looking for a Reception place next September around the school and will continue to arrange one-off tours as parents request them. In addition, we have an Open Morning for parents to come in and see the school. Tuesday 29th November 9:30 – 11:00. Please contact the school office via admin@Spellbrook.herts.sch.uk to book your places.

Buddy Reading and Reading information for parents: This afternoon we were delighted to have parents come in to join in with the buddy reading session and be part of one of the initiatives that we use to encourage reading. It involves all pupils in Sapphire, Emerald and Diamond classes reading with a partner. It promotes reading aloud and sharing books, helps with fluency and confidence whilst developing the supportive ethos of the school. Mrs Cook and Mrs Smith then presented information about how we teach reading in the school. Now

that the pandemic is no longer dominating our interactions, we are keen to involve parents more in school and to provide more opportunities to share how we do things at school.



Children in Need: Our non-uniform day has raised £72.19 for Children in Need. Thank you for your support.

Wishing you all a lovely weekend,

Jeremy Fisher

⚠ Online Safety ⚠

Online safety is vital for protecting yourself and your loved ones, when online you must be careful and avoid any sketchy activities. This poster will guide you through online safety and how it affects your future jobs or career.

Digital Footprint

Digital footprint is where if you post something or comment on a video, no matter if you delete it or not, it will still be there, even though it is not visible. So whatever you post it will always be there, so don't do anything inappropriate or bad online.

Spamming

Spamming is saying something repeatedly purposely to get on someone's nerves, or even to lead them to a scam website for an in-game currency, or even worse, real money.

INSULTING

Insulting is where someone makes fun of or discriminates someone. This can be for multiple reasons, such as racism or a bad history with someone else. It is recommended you do not insult someone back.

Daniel, Finley & Bobby

ESAFETY

E safety is very important. You have to watch out for scams, spamming and cyberbullying. Also your privacy is extremely vital because if you let someone know your bank account number they could steal your money.

You have to watch out for scams because people could scam you for your money. You have to watch out for spamming because it can be annoying.



Shane and Bobby

Diamond Class E-Safety Posters

MESSAGE FROM GREAT ST MARY'S CHURCH

Father Simon writes:

While doing the school run yesterday, I happened to be listening to Radio 2 as Scott Mills finished his 24-hour treadmill challenge in aid of today's *Children in Need* campaign. The radio DJ has spent a day walking and jogging - even recreating his infamous *Strictly Come Dancing* "crab dance". And, to what end? Well, shortly after his challenge came to an emotional finish, he was told that he'd raised well over a £1million for the charity.



Such wonderful feats of endurance - mirrored, for instance, by Matt Baker's annual Rickshaw Relay which sees him riding for miles alongside inspiring young people, all of whom have been supported by *Children in Need* over the years - make big media impacts and encourage us to raise money too.

But, whilst incredible, what often moves me more to play my part - even if it's simply to make that all important donation from the comfort of my sofa - is still the stories of brave young people doing all they can to make the best of their situation in life.

Our Collective Worship theme this half-term is 'compassion'. We've been exploring what the word means, and what it means to act with compassion. We've discussed *Children in Need* and such entertaining moments as weatherman Owain Wyn Evans playing the drums alongside so many other fellow drummers to accompany the BBC News music (<https://www.youtube.com/watch?v=h7MDfQW8xo4>). But we've also noted what often draws people to give: namely compassion - that desire we get to help when we see others in difficulty or with no one to love or care for them.



Of course, it's often easier to help those we know than those we have no connection to - particularly if their life is very different from ours. That's why this week, inspired by Jesus' story of 'The Good Samaritan' (<https://www.youtube.com/watch?v=MLzdQtetdc>), we asked the question: who is my neighbour?



As yesterday's financial statement from the government only increases the pressure on low-income families, and many more people in this country find themselves having to turn to foodbanks to get by, this is a time not to deny our sense of compassion. Whether we know the person in need or not, I believe that, for those of us lucky enough to still be able to support others, now is the time for us to give what we can to help others do more than simply survive.

With Christ's compassion,

Fr Simon

BIRTHDAYS THIS WEEK



Sapphire
Arthur

Emerald
Elise



STARS OF THE WEEK

Ruby

- Ava for being helpful to others.

Sapphire

- Amelie for writing a superb biography of Mary Seacole.
- Arlo for excellent listening and joining in on the carpet.



Emerald

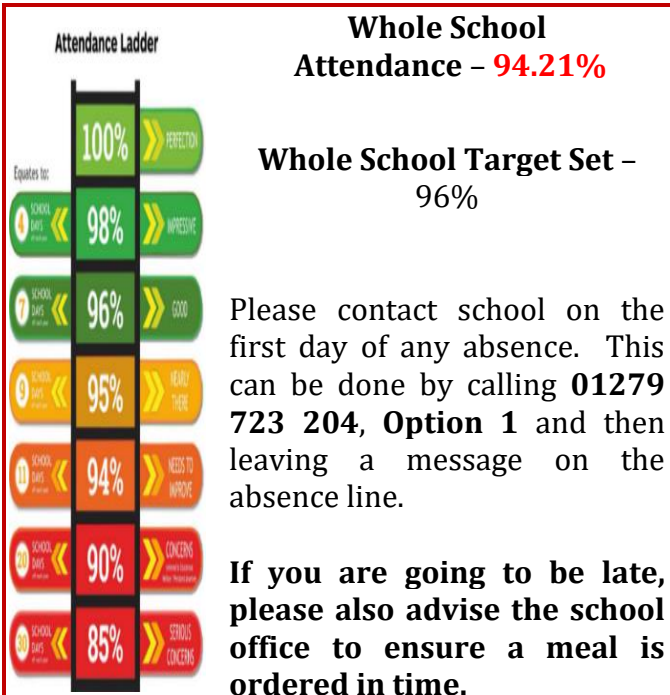
- Nikita for fantastic progress with reading and independent writing.
- Stanley T for working so hard in Maths and making great progress with his times tables.

Diamond

- Michal for superb creative ideas in English writing.
- Taliya for excellent focus in all her work.



ATTENDANCE THIS WEEK



NOTICES

- Diamond Class Music Morning** is on **Tuesday 22nd November at 9.00 am**. Diamond parents are invited to watch an open music lesson led by Mrs White. It will last for approximately 20-30 minutes.
- PTA Annual General Meeting** is on **Wednesday 23rd November from 7-8 pm** in school. All parents and carers are welcome to attend. Light refreshments served.
- Christmas Decorating Morning** is on **Thursday 1st December** as follows:
 Ruby/Sapphire – 9.00 – 10.45 am
 Emerald/Diamond – 1.30 – 3.00 pm
 Parents and carers are welcome to attend.
- Occasional Day** – school will be closed on **Friday 2nd December**. School resumes on **Monday 5th December**.
- Jack & the Beanstalk Pantomime** at **South Mill Arts** is on **Thursday 8th December**. Payment should be made in **Arbor** by clicking on **Trips** and selecting **Jack & the Beanstalk Panto 2022**. Payment is due on **Wednesday 30th November**.
- Christmas Crackers** – We'd like to say a huge thank you for all the donations of Christmas crackers. We now have enough crackers for the children's Christmas lunch on **Thursday 15th December**.

NEXT WEEK'S MENU

Day	Menu
Monday	<ul style="list-style-type: none"> ❖ BBQ Dusted Chicken (Red) ❖ Italian Pasta Bake (V) (Green) ❖ Jacket Potato (Yellow)
Tuesday	<ul style="list-style-type: none"> ❖ Mediterranean Roll with Potato Wedges (Red) ❖ Macaroni Cheese (V) (Green) ❖ Jacket Potato (Yellow)
Wednesday	<ul style="list-style-type: none"> ❖ Roast Chicken (Red) ❖ Sausages in Yorkshire Pudding (V) (Green) ❖ Jacket Potato (Yellow)
Thursday	<ul style="list-style-type: none"> ❖ Cottage Pie (Red) ❖ Quorn Burger in a Bun (V) (Green) ❖ Jacket Potato (Yellow)
Friday	<ul style="list-style-type: none"> ❖ Battered Fish (Red) ❖ Cheese & Tomato Pizza (V) (Green) ❖ Jacket Potato (Yellow)

DATES FOR YOUR DIARY

Date	Event
22/11/22	Diamond Class Music Morning
23/11/22	PTA Annual General Meeting (AGM)
29/11/22	Reception Open Morning – 9.30-11.00
01/12/22	Christmas Decorating Day Ruby/Sapphire – 9.00 – 10.45 am Emerald/Diamond – 1.30 – 3.00 pm
02/12/22	Occasional Day
08/12/22	Pantomime
12/12/22	Nativity - 1 st Performance
13/12/22	Nativity - 2 nd Performance
14/12/22	Emerald Class Last Swimming Lesson
15/12/22	Christmas Dinner
21/12/22	Christmas Service at Great St Mary's Church from 1.45 – 2.30 pm.
21/12/22	Last Day of Term
05/01/23	Inset 3
06/01/23	Inset 4
09/01/23	First Day Back
11/01/22	Sapphire Swimming Starts
13/02/23 – 17/02/23	Half Term
20/02/23	Inset 5
21/02/23	First Day Back
29/03/22	Sapphire Class Last Swimming Lesson
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





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?

**This month celebrating
the reign of King Jesus
Sunday 20th November**



Advent and Christmas at Great St Mary's

Sun 27th Nov 5pm - Advent Carol Service

A candlelit service of Advent hymns and readings
marking the beginning of our preparations for Christmas.

Saturdays in Advent 1-2.30pm - Advent Lunches

Join us in Church House from Sat 3rd to Sat 24th Dec
for homemade soup, cheese & fruit in aid of The Children's Society.

Sun 4th Dec 1-6pm - Sawbridgeworth Festival of Light

As the town switches on its Christmas lights,
pop into Great St Mary's to experience a candlelit oasis of beauty.

Sat 10th Dec 10am-12pm - Carol-singing with the choir

In Bell Street, in aid of The Friends of Great St Mary's.

Sat 10th Dec onwards - Decorate the Christmas Tree

Bring your own decoration or use ours, perhaps to remember loved ones.

Sun 11th Dec 3pm - Christingle Service

A fun all-age service with oranges, candles, and Christmas carols.

Sun 18th Dec 6pm - Christmas Carol Service

The traditional carol service followed by mulled wine and mince pies.

Sat 24th Dec 3pm - Crib Service

A shorter, fun, all-age service particularly suitable for young children.

Sat 24th Dec 11.30pm - Midnight Mass

The first eucharist of Christmas with traditional Christmas carols.

Sun 25th Dec 9.30am - Christmas Morning All-Age Eucharist

Dress as your favourite Bethlehem character for a scratch nativity!

If you are pregnant or a parent/carer of a child under 19, your local family centre would love to meet you

What does the Family Centre Service offer?

Hertfordshire's Family Centre Service brings together the family support service, health visiting and school nursing, to provide a joined up service for children, young people and their families from pregnancy through to when a child reaches 19, offering a range of activities and services to help them grow and develop.

Why should you sign up your family?

- By signing up with a family centre you and your child/children can have fun, meet new people and learn together through activities.
- If you need help and support, the family centre will try and give you what you need.
- To give you the opportunity to be involved in all aspects of the family centre and help shape the services on offer.

For more information and to sign up visit

www.hertsfamilycentres.org



Hertfordshire
Family Centre
Service



Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE course
starting
January 2023

A FREE course for Mums,
Dads, Step-Parents and
Carers



Online Tuesday mornings
9.45am - 11.45am

10, 17, 24, 31 Jan & 7 Feb 2023
Sessions will run on Zoom

Are you looking for some strategies and new ideas
to help improve family life? This course can help
you to

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life

Places are funded by HCC for families in Hertfordshire and there are eligibility criteria.

For eligibility and to book your FREE place please:

Email: enquiries@familiesfeelsafe.co.uk

Tel: 07748 332606

Please quote course number OLS/01



Please like us on Facebook for further
updates @familiesfeelsafe



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeelsafe.co.uk E-mail: enquiries@familiesfeelsafe.co.uk

Next Thing Education Camps Presents

XMAS TECH CAMP

Ages 5-11

Light Up Cards

Rocking Robots

Pixel Programming

3D Festive Decorations

Christmas Minecraft

Festive Film Making

Comet Crackers

Windhill21 School
Windhill, Bishop's Stortford
CM23 2NE

22nd - 23rd December 2022
28th - 30th December 2022
3rd January 2023

FIND YOUR NEAREST CAMP ON OUR WEBSITE:
www.nextthing.education

Next Thing Education Camps Presents

What's on?

We have brought the Christmas cheer to our holiday camps, with fun educational and festive activities focusing on STEM subjects, your child will be building lifelong skills and having a wonderful Christmas time!

Rocking Robots

Santa's Circuits

Snowy Science

EE Engineering

Christmas Creations

Example weekly theme only, please see website for your camp specific activities

What to bring to camp?

Packed Lunch and Snacks
Please ensure that your child brings in a water bottle for the day

Water Bottle
Please ensure that your child brings in a water bottle for the day

Medication
Please ensure any medication your child needs is handed to the camp leader in the morning

Weather Appropriate Clothing
We try to get outside all forenoon so please ensure your child brings warm clothes

How to book

STEP 1
SCAN THE QR CODE

STEP 2
FIND YOUR NEAREST CAMP

STEP 3
GET £3 OFF IF YOU BOOK BY 5 DECEMBER WITH CODE BELOW

www.nextthing.education
T: 01442 873150 E: info@nextthing.education

YOU'VE GOT PARENT MAIL

beeZee bodies

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 IN JANUARY.

GET ON THE WAITING LIST!

Just go to beezeebodies.com/families (or scan the QR code!) to find out more.

SCAN ME WITH YOUR SMARTPHONE CAMERA!

WHAT YOU'LL NEED:

- 2 sweet potatoes (cooked, peeled and mashed)
- 2 tbsp maple syrup
- 240g plain flour
- 2tsp baking powder
- 1/4 tsp bicarbonate of soda
- Pinch of salt
- 50g soft brown sugar
- 4 tsp cinnamon
- 1 tbsp vegetable or olive oil
- 50g icing sugar
- 1-2tsp water

LET'S MAKE SWEET POTATO CINNAMON SWIRLS!

WHAT TO DO:

1. Bake the sweet potatoes in the oven for one hour at 180C, or until soft.
2. Allow the potatoes to cool and then peel the skin off
3. Mash the potatoes and stir through the maple syrup
4. Mix the flour, baking powder, bicarbonate of soda and salt together.
5. Add in the flour mix to the mashed potato a little bit at a time, stirring until it becomes a ball. You might need to use your hands to bring it all together to form a dough.
6. Allow the dough to rest for at least 30 minutes
7. Using a rolling pin or your hands, roll out the dough onto a floured surface to make a rectangle. It should be the thickness of a £1 coin
8. Lightly brush the surface with the oil
9. Mix the sugar and cinnamon together and sprinkle across the surface
10. Using a pizza cutter or a knife, cut 3cm strips and then roll them to make a spiral
11. Put all the rolls next to each other in an oven dish and bake for 30 minutes
12. Meanwhile, mix icing sugar together with a little bit of water to make a thick paste.
13. Drizzle over the buns once they're cooled
14. Enjoy!

Bf BeeZee Families

beezeebodies.com

01707 248648

Hertfordshire