



NEWSLETTER – 20th January 2023

VALUE: COURAGE

Focus: Stepping out of your comfort zone

‘Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go.’ Joshua 1.9



Sapphire Class – Bread Tasting



Sapphire Class Science

FROM THE HEADTEACHER

This has been a pretty standard week in school. I have been able to get around each of the classes at different times to see some of the learning. The focus in the two Key Stage 2 classes is superb throughout the day and the younger ones are increasing their ability to stay on task.

I have picked out some of the highlights of this week's curriculum to share with you, focusing mainly on Sapphire class. Sapphire class have been testing and tasting bread. They tasted nan, ciabatta, fifty-fifty rye, breadsticks and soda bread. They evaluated taste, texture and appearance. Following this they will be designing, making and tasting their own bread. It will be very interesting to see what ideas they generate and how tasty their own bread is.

During their science lesson, Sapphire class have been testing the properties of materials to see which would make a good house for the 3 little pigs. They have considered which would be:

- strong
- waterproof
- wind resistant.

They will use this information in developing their knowledge of different materials, their properties and what they are used for.

Emerald class have started their history topic, Anglo Saxons. They have been learning about the settlements; thinking about the types of building, the jobs that people would have had, the resources that were available and how these would have affected the layout of the village. They have then drawn their own representations. (see pictures below)

New Sports Provider: The sports lessons with the new coach, Mr Biggs from GJW sports are going well and today I observed how active and enthusiastic the children were throughout the lesson. The level of activity helped them keep warm, despite the cold weather. Could I please take this opportunity to remind parents that as the children wear identical clothing for PE, names on sweatshirts and tracksuit tops is very important. We have a lot of them sitting in lost property and would love to see them reunited with their owners.



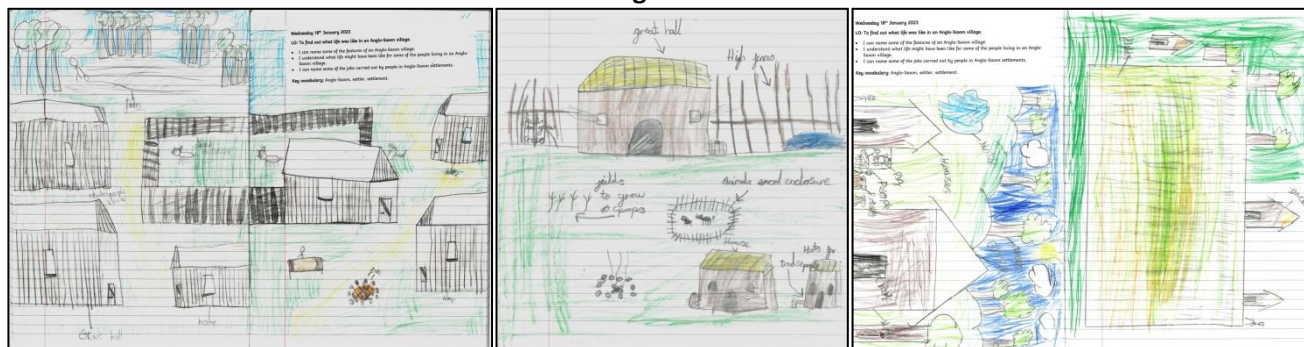
After School Clubs: Our after school clubs now have a much higher take up now and I am pleased to see greater numbers at the sports clubs and a good take up at the new Arts and Crafts Club. I know that childcare after school is very helpful for some parents and I also see the benefits to the children of being involved in different activities together.

End of the Day: I need to make a plea for parents to avoid arriving in the playground earlier than 3:00pm. Parents are arriving earlier and earlier at the end of the day and it is causing issues. We are not able to open the playground until 3:00 pm as until that time, children are still on the field or Games Area and to do so would create a safeguarding concern. This results in too many cars for the bays, so cars are then parked along the exit route. This causes problems with cars trying to pass each other and also adds to the potential risk of children crossing the road other than at the crossing in order to get to their parent's vehicle. I appreciate that parents do drive carefully, but it would be safer if we avoided lining the route in this way. Thank you for your understanding.

Have a lovely weekend.

Jeremy Fisher

Emerald Class: Anglo-Saxon Settlements



Diamond Class: Non chronological report for English - Polar Bears and a history knowledge page on the Industrial Revolution.

Welcome to the polar region!

Polar bears live in a dangerous and extremely harsh weather and conditions. Temperatures in the Arctic can drop way below freezing - minus 40°C. The population in polar bears is not as much as you would expect there are only 15,000 polar bears left in the world. Polar bear populations are decreasing rapidly. There are 13 species of polar bear.

It's dark out!

Polar bears can look cute and cuddly but sometimes they can be a little bit NAUGHTY! because not very many polar bears need food but if they can't find any things to eat they can be a bit grumpy. They can also be a bit grumpy because they are hungry but they can't find any food. They are very unhappy and they are very grumpy. They are very grumpy because they are hungry but they can't find any food. They are very grumpy because they are hungry but they can't find any food.

Did you know polar bears have 42 teeth?

Did you know the latin name for polar bears is Ursus maritimus?

Did you know polar bears have 10cm of blubber?

Did you know polar bears mostly live alone?

Did you know polar bears live for 20-30 years?

Did you know polar bear cubs stay in the snow dens for 4-5 months?

It's black or bold white?

Polar bears skin is actually black but the reason you can't see it is because of the polar bear's thick coating of translucent fur. Polar bears fur only looks white because the reflection the sun has on it. Fur that makes it look white like snow which helps them blend into their environment to hide from predators.

Mass Hibernation

Female polar bears give birth to their cubs in snowy dens. Where they stay for 4-5 months where their mothers teach them everything they need to know about hunting and surviving in the wild. Sometimes polar bears leave early if their mothers think they have learned all!

Keepin' it COOOOL

Now your lesson is stocked up on polar bear facts so here to finish the lesson. You are ready to go to the next lesson. You are ready to go to the next lesson. You are ready to go to the next lesson.

Thursday 10th January 2023

GO to find how the Industrial Revolution and the lives of the Victorian Era impacted modern Britain and the rest of the world.

- I can explain that people moved from the country to the cities during this time
- I can describe some of the technological advances made
- I know that the Industrial Revolution began in approximately 1760

Key words: factories, technology, urban, cities, industry, innovation, machinery

The Industrial Revolution

The Industrial Revolution commenced approximately 1760. It started with the biggest engines ever. This was during the Victorian era.

As you would probably already know the Industrial Revolution was mainly about jobs. Many so much more. They used only water for power. It was open air and they were making things. It was not water. Oil and natural gas were made to help heating and electricity. They were made for industry but very bad for the environment.

Terrible Technology

These machines that the Victorians used were extremely dangerous and unsafe. Although it provided wool, cotton, clothing and many other things they had made. They were too much for it was risky to work on them. Again, it was easier to travel and more efficient to create things.

Work

You might think this might be alright but you would be wrong! Children at a young age were made to work. This was because in the 18th century people were poor and they needed to work. They were made to work in the factories. They were made to work in the factories. They were made to work in the factories.

Terrible Transport

Transport was difficult because the roads were so bad. They were made of dirt and they were very bumpy. They were made of dirt and they were very bumpy. They were made of dirt and they were very bumpy.

The Mill

Transport was difficult because the roads were so bad. They were made of dirt and they were very bumpy. They were made of dirt and they were very bumpy. They were made of dirt and they were very bumpy.

It began in Britain! The first modern factory was a water-powered cotton spinning mill!

MESSAGE FROM GREAT ST MARY'S CHURCH

Father Simon writes:

A Pause for Thought: Life after Delivery

In a mother's womb there were twins. One asked the other, "Do you believe in life after delivery?" The other replied, "Why, of course. There has to be something after delivery. Maybe we're here to prepare ourselves for what we will be later."



"Nonsense" said the first twin. "There's no such thing as life after delivery. What kind of life would that be?" The second said, "I don't know. But surely there'll be more light than here. Maybe we'll be able to use our arms and legs in some way and eat from our mouths. And maybe we'll have other senses that we can't even understand now!"



The first twin replied "That's absurd; what would we use our arms and legs for? And why would we want to eat through our mouths? Our umbilical cords supply us with all the nutrition we need. No - logic to me means that the notion of life after delivery has to be excluded. Besides, if there is life after delivery, why has no one ever come back from there? Delivery is the end of life, and in the after-delivery there's nothing but darkness and silence and oblivion. It takes us nowhere."

"Well, I don't know," said the second twin. "I just have this feeling that there's something more and we'll meet our creator and she'll take care of us."

"What?" replied the first twin. "Some mother figure? You actually believe in mother? That's laughable. If mother exists, then where is she now?"

"I think she's all around us," mused the second twin. "We're surrounded by her. We're of her. It's in her that we live. Without her this whole world of ours wouldn't and couldn't exist."

"Well, I don't see her," retorted the first twin, "so it's only logical that she doesn't exist."

"Hmmm... I don't know," replied the second twin. "Sometimes, when you're in silence and you focus and listen, I think you can perceive her presence, and you can hear her loving voice calling down from above. Why don't you have a listen too?"



~~~~~

Have a good weekend.

God bless you,

*Fr Simon*

## BIRTHDAYS THIS WEEK



Sapphire  
Lilly

Emerald  
Sienna T

Diamond  
Finley R

## STARS OF THE WEEK

### Ruby

- ✚ Emilia for her hard work during writing time.
- Sapphire
- ✚ Jessie for becoming more confident sharing her ideas with the class.
- ✚ Donnie for writing more independently.

### Emerald

- ✚ Louis for fantastic progress in his independent writing in English.
- ✚ Percy for his effort and focus in all subjects.

### Diamond

- ✚ Sam for responding to feedback and improving his work.
- ✚ Harry for working hard in all lessons.

## ATTENDANCE THIS WEEK

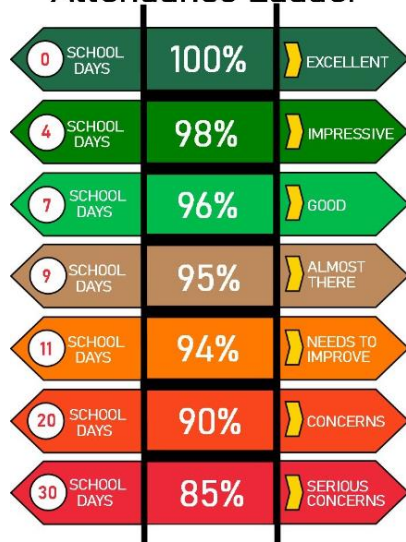
**Whole School**  
**Attendance – 94.3%**

**Whole School Target Set – 96%**

Please contact school every 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.**

### Attendance Ladder



## NOTICES

- ✚ **School Photos** – For any parents yet to purchase photos from last term, Pret-a-Portrait would like to extend the discount until **Tuesday 31<sup>st</sup> January!** Head to their website [www.pret-a-portrait.net](http://www.pret-a-portrait.net) and enter your sitting ID and the 25% discount will automatically be applied. If you've misplaced your sitting ID, please contact **Pret-a-Portrait** directly on 0800 021 7626 or [customerservice@pret-a-portrait.net](mailto:customerservice@pret-a-portrait.net)
- ✚ **Craft Club** – Due to popular demand, we are extending the club to include children from **Reception to Year 6**. The club runs on a **Wednesday** from **3.20 - 4.20pm** and costs **£5 per session**. Bookings to be done in Arbor.
- ✚ **Emerald Trip to West Stow Anglo-Saxon Village** is on **Tuesday 7<sup>th</sup> February**. Please see the email that was sent out for more information. If you require a school lunch for the trip, please email or ring the office by **Friday 3<sup>rd</sup> February**.
- ✚ **Diamond Trip to the Royal Gunpowder Mills** is on **Wednesday 22<sup>nd</sup> February**. Please see the email that was sent out for more information. If you require a school lunch for the trip, please email or ring the office by **Friday 10<sup>th</sup> February**.

## NEXT WEEK'S MENU

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

## DATES FOR YOUR DIARY

| Date                | Event                                         |
|---------------------|-----------------------------------------------|
| 07/02/23            | Emerald Trip to West Stow Anglo-Saxon Village |
| 10/02/23            | Year 6 TLM /Height & Weight                   |
| 13/02/23 – 17/02/23 | Half Term                                     |
| 20/02/23            | Inset 5                                       |
| 21/02/23            | First Day Back                                |
| 22/02/23            | Diamond Trip to Royal Gunpowder Mills         |
| 01/03/23            | Secondary School Allocation Day               |
| 08/03/23            | Diamond & Emerald Trip – Faith Tour           |
| 29/03/22            | Sapphire Class Last Swimming Lesson           |
| 31/03/23            | Last Day of Term                              |
| 17/04/23            | First Day Back                                |
| 01/05/23            | Early May Bank Holiday                        |
| 08/05/23            | Coronation Bank Holiday                       |
| 18/05/23            | Year 6 Crucial Crew                           |
| 22/05/23            | Class Photos                                  |
| 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)



## Confidence Building Fun

Try a Free Drama Class

— It's a joy to see our son's confidence grow each week.

Beth Johnson



## 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](http://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](http://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



## SPORTS & ACTIVITY CAMP

### SPECIAL EVENTS:

TUESDAY: BIKE/SCOOTER SKILLS

WEDNESDAY: BOUNCY CASTLES

FOODIE FRIDAY: CUPCAKE BAKING

MONDAY 13TH - FRIDAY 17TH FEBRUARY  
YEARS 1-7

## FOOTBALL CAMP

SKILLS + DRILLS, ATTACKING, DEFENDING,  
SHOOTING, FREE KICKS, TACTICS + TEAM PLAY,  
MINI TOURNAMENT

TUESDAY 14TH - THURSDAY 16TH FEBRUARY  
YEARS 1-7

## MINI CAMP

SCAVENGER HUNT, ARTS + CRAFTS, MULTI-SKILLS  
ACTIVITIES, BUG HOTEL, SALT-DOUGH

MONDAY 13TH, TUESDAY 14TH, FRIDAY 17TH FEBRUARY  
RECEPTION, YEAR 1, YEAR 2

### TO MAKE A BOOKING PLEASE VISIT:

<https://form.jotform.com/230092753155049>

REEDONS JUNIOR SCHOOL, BULLFIELDS,  
SAWBRIDGEWORTH, HERTS, CM21 9DD

£22 PER DAY

<https://form.jotform.com/230092753155049>

# FUN CLUB

At Spellbrook C of E Primary School



**Football - Tuesday**

Reception - Year 6



**Dodgeball - Thursday**

Reception - Year 6



After school 15:20-16:20

Skills, Match Play, Balance, Coordination, Fitness  
Sending, Receiving, Tactics, Teamwork  
Learn through play, keep active, have fun!

To make a booking please email: [enquiries@gjwsports.co.uk](mailto:enquiries@gjwsports.co.uk) £7.50 per session

## BREAKFAST CLUB

8am - 8.40am everyday  
cooked breakfast  
served at 8am



£4.50 per  
session  
payable  
via arbor

NB late  
arrivals will  
not be  
catered for  
cooked  
breakfast

Please book 24  
hours ahead to  
ensure  
availability



## CRAFT CLUB

NOW AVAILABLE FROM  
RECEPTION TO YEAR 6

STARTS WED 18TH JAN  
WITH MISS PROW  
IN THE LIBRARY

£5 PER SESSION

PAYABLE VIA ARBOR





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[www.channel4.com/4viewers/takepart/the-dog-house](http://www.channel4.com/4viewers/takepart/the-dog-house)



**Could you  
adopt a dog  
like me?**

**APPLY NOW**

[www.channel4.com/4viewers/takepart/the-dog-house](http://www.channel4.com/4viewers/takepart/the-dog-house)

SAWBRIDGEWORTH EVANGELICAL  
CONGREGATIONAL CHURCH CM21 9EH

*Make Lunch*

Come and join us for fun, games, crafts and a  
hot lunch!

We are here to support families needing a helping hand throughout the school holidays.



SCAN ME

Wednesday 15th February 2023  
11:30 - 13:00

To book your place, scan the QR code or:  
email: [makelunch@secchurch.org.uk](mailto:makelunch@secchurch.org.uk) or phone: 07549006777

### Support for Parents/Carers caring for a loved one with an Eating Disorder

#### **Skills for Parent & Carers of Children with Eating Disorders**

First Steps ED are offering 4 week 'Skills for Carers' workshops, they are full of practical tips, scenarios and case studies.

This series is designed to help carers develop self-reflective, care-giving skills to role model confidence, compassion and courage. The aim is to offer attendees the knowledge and ability to be an important part of supporting a loved one.

Sessions are delivered online (via Zoom) over 4 weeks and following the first session, the team will close the group to ensure that the parents and carers in attendance can develop a positive peer group through the entire four-week programme.

These courses are Free of Charge.

To self-refer, visit

<https://form.jotform.com/220964041104343> or  
contact [info@firststepsed.co.uk](mailto:info@firststepsed.co.uk) for more information



<https://forms.gle/q1Tm5Xg8eTq8VBFh6>





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

### WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW GROUPS STARTING NEAR YOU IN JANUARY. CLICK BELOW TO SIGN UP FOR YOUR FAMILY'S FREE PLACE!\*

CLICK HERE OR SCAN THE QR CODE WITH YOUR SMARTPHONE CAMERA TO SIGN UP FOR YOUR FAMILY'S FREE PLACE



| Monday                                                                    | Tuesday                                                                | Wednesday                                                               | Thursday                                                                           |
|---------------------------------------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| <b>BOREHAMWOOD</b><br>Allum Hall<br>W06 3PJ<br>17:00 - 19:00              | <b>STEVENAGE</b><br>Barnwell Middle School<br>SG2 9XT<br>17:30 - 19:00 | <b>HODDESDON</b><br>St. Cuthbert's Church<br>EN11 0PU<br>17:30 - 19:30  | <b>HEMEL HEMPSTEAD</b><br>Hobletts Manor Junior School<br>HP2 5JS<br>17:30 - 19:30 |
| <b>WELWYN GARDEN CITY</b><br>Ridgeway Academy<br>AL7 2AF<br>17:00 - 19:00 | <b>WATFORD</b><br>St Meryl Primary<br>WD19 5BT<br>17:00 - 19:00        | <b>WALTHAM CROSS</b><br>Hurst Drive Primary<br>EN8 8DU<br>17:30 - 19:30 | <b>LETCHEWORTH</b><br>Jackmans Community Centre<br>SG6 2NL<br>17:30 - 19:30        |

\*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.

## HAPPY VEGAN-UARY!

The New Year is a great time to switch it up and try something different. Why not give these Crispy Cauliflower Nuggets a go as a healthy alternative to traditional chicken nuggets or turkey dinosaurs- oh, and did we mention they're vegan?!



### CRISPY CAULIFLOWER NUGGETS

#### Ingredients:

- 450g cauliflower florets (one medium head)
- 4 tablespoons vegan mayonnaise (or regular/light mayo- it just won't be vegan then!)
- 60g breadcrumbs
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground paprika
- Salt & pepper to taste
- 2 tablespoon ketchup
- 2 tablespoon vegan mayonnaise
- 1 tablespoon sriracha (optional)

#### What to do:

1. Preheat oven to 200°C. Line baking sheet with parchment paper or foil and set aside.
2. In a large bowl, toss the cauliflower florets with the mayonnaise until completely coated and set aside.
3. In a small bowl, combine breadcrumbs, onion powder, garlic powder, paprika and mix well.
4. Coat the cauliflower florets in the breadcrumb mixture and place on a baking sheet.
5. Bake for 30 minutes, turning halfway.
6. For the dipping sauce, combine ketchup, mayonnaise and sriracha in a small bowl.
7. Serve with a side of your favourite veggies and enjoy!

#### TOP TIP

Feel free to swap out the spices for whatever you already have in the cupboard or a different combo you might like!



[beezeebodies.com](https://beezeebodies.com)

BeeZee Families

01707 248648



<https://beezeebodies.com/>

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\*up to 90 days before your booking begins, subject to availability

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Ofsted

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