



## NEWSLETTER – 7<sup>th</sup> July 2023

### VALUE: Respect

Focus: Valuing special places

“In everything - in every circumstance – do to others as you would have them do to you.0  
(Matthew 7:12)

### FROM THE HEADTEACHER

As we come towards the end of term, our older pupils in Diamond Class, are very much in the limelight. On Wednesday, the whole class invited parents in for a presentation about their adventure week. A picture tells a thousand words and as the parents viewed pictures of the children taking part in all the great activities, the children eloquently added to the images as they shared their memories, thoughts and feelings.

Over the two performances with a combined audience of over ninety, every child spoke confidently and clearly. They gave the audience an insight into their perceptions, fears, anxieties and exhilarations as well as the special moments they shared with their friends during the four days of adventurous activities and one night together, away from their parents.

It was all thoroughly enjoyed, especially the times when the children's banter with their friends and more comical memories were shared. I guess many of us remember the fun we had at that age, particularly when doing something different and exciting.



In recent weeks, Year 6 have been engaged in an enterprise project. In small teams, they were given a small amount of cash and had to come up with a product or plan to make a profit. They explored items they could buy or make, used excel to model out their potential profit margins and ordered and made items for an after school fair. They came up with ideas such as tie-dyed socks (they dyed the socks themselves), stalls selling sweets, ice pops, cakes, bracelets and key rings and an angry birds knock the cans down game with prizes.

They were responsible for their own advertising and getting the other children in the school to attend. The after school fair went very well, was well attended and the children made a very healthy profit (about £200) that will be used for their end of term festivities and extra memorabilia. Well done!





Diamond Class have continued to focus their artwork on the Ancient Greece topic. For this task, the children had an option of two different techniques. One was a colour wash background in orange with black detail added once it had dried. The other was a wax resist technique with the background coloured using wax crayon, which was painted on using poster paint with washing up liquid added and then some of this top layer was scraped off to create the design.

**Emerald Class:** A couple of weeks ago Emerald class produced artwork based on the artist Frank Bowling (OBE). They have now used the same techniques to create a collaborative work of art that illustrates their science learning about the water cycle. and helps them to learn the key concepts and vocabulary.

Educational research indicates that reinforcing learning in a range of ways, visually and auditory; seeing key words written as well as having time to use them and discuss their meaning in context, makes learning more memorable and increases the likelihood of being able to recall it in the future.



**Sapphire Class** have recently completed a unit in music on the genre, rock music. They had listened to some rock music, identifying the main features. They practised finding the pulse of the music. They have now been working on a glockenspiel piece that they will be performing this afternoon for the music event.

**Ruby Class:** The children have been learning about maps. They looked at a few examples of different maps and talked about bird's eye view, symbols and the use of colour to indicate different features. They worked in pairs to create their own map and then use their BeeBots to programme it to different destinations.



**Summer Fair:** The 2023 Summer Fair at Spellbrook was a fantastic school community event. The excellent planning (getting some much appreciated sponsorship and donations), rallying the helpers and coming up with a good range of activities and stalls, meant there was lots to do, and everyone was busy and happy throughout. The bouncy slide and football were very popular. Thanks to the dads for giving up such a chunk of the day keeping the games going - they did look to be having fun too. The super raffle prizes and silent auction were a great success. Thank you to everyone who helped set this up and to all the store holders (including a great turn-out by Spellbrook staff) who helped the PTA make this a great day.

The day raised over £2000 profit and to add to that the PTA are expecting an additional £500 from the matched funding promised by volunteer's employers. What a fantastic achievement.





### Spellbrook Summer Fair 2023

Have a lovely weekend.

Jeremy Fisher

### MESSAGE FROM GREAT ST MARY'S CHURCH

#### *Father Simon writes:*



In this Sunday's passage from St Matthew's Gospel, we'll hear Jesus ask: 'But to what will I compare this generation? It is like children sitting in the marketplace and calling to one another, "We played the flute for you, and you did not dance; we wailed, and you did not mourn."'

Instead of seeking to be in harmony with Jesus and the music of heaven, the world, according to Jesus, seems to want him to dance to a different song.



So, who calls the tune in your life? Even for the most devout person of faith, Christians believe there's an exchange going on in our hearts between the profoundest dimensions of our rawest selves - our id as Sigmund Freud described it - and the living Spirit of God. It's a tension beyond speech and sound. Indeed, what we confess to God and to one another can so often be in conflict with what our heart, in that moment, truly desires.

To become more fully in tune with God, we have to acknowledge this atonal sound which shapes our lives and, instead, find the tonal harmony of the Spirit, so letting God call the tune. Indeed, it's revealing to note that the spiritual seekers of our own generation often talk about wanting to live "in harmony with nature" or

"in harmony with things". I'm sure there was plenty of such talk at Glastonbury a couple of weekends ago. Harmony is a primal metaphor for aligning our existence with the source and sustainer of all that is, and it's a metaphor that works not just across the generations, but across the centuries. Harmony is the metaphor that freed the Church to accept music in worship all those centuries ago, and it's what our own spiritually hungry generation seeks.

But if the harmony of our lives is to be true and enduring, then we need to allow God to call the tune and to allow ourselves to attend fully and prayerfully to the Holy Spirit who, even now, is trying to sing aloud to us in our hearts. All we need to do is to listen and join in!

Yours (hopefully) in harmony with Christ,

*Fr Simon*



### BIRTHDAYS THIS WEEK



Emerald  
Nikita

Diamond  
Poppy-Sue



### STARS OF THE WEEK

#### Ruby

- ✚ Emilia for great support of the younger children in nursery.
- ✚ Esme for great working in paired activities.

#### Sapphire

- ✚ Caitlyn for impressive work in maths.
- Arthur for taking care to improve his presentation.

#### Emerald

- ✚ Flora for her fantastic behaviour for learning.
- ✚ Hudson for his great participation and hard work.

#### Diamond

- ✚ Taliya for great creativity in enterprise.
- John for a great increase in home reading.

### ATTENDANCE THIS WEEK

**Whole School**  
**Attendance – 94.37%**

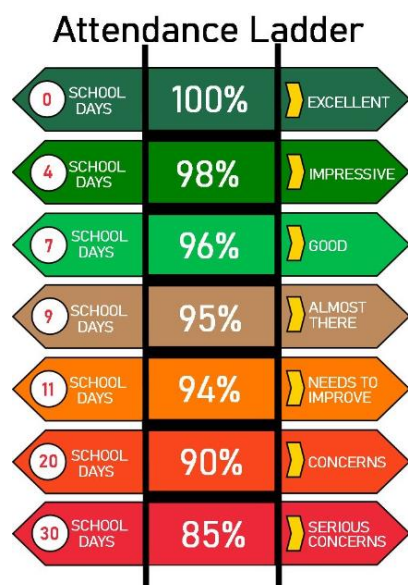
**Whole School Target Set – 96%**

### NOTICES

- ✚ **Rec, Year 1 & Year 2 Trip to Paradise Wildlife Park** is on **Monday 10<sup>th</sup> July**. Children will need to bring in a packed lunch if you have not already ordered one from school. Please send children in with a light coat in case it rains. End of day pick up will be at the normal time.

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.



✚ **Sports Day** is on **Wednesday 12<sup>th</sup> July**. The gates will be open from **12.35** for a **12.45 start until the end of the school day**. Children should come dressed in their **PE kit (red top & navy blue shorts)**.

✚ **Transition Day** on **Thursday 13<sup>th</sup> July**. The children will be visiting their new classes.

✚ **New Nursery/Reception Welcome Morning** on **Thursday 13<sup>th</sup> July**. We are looking forward to seeing our new nursery and reception children and their parents from **9.30 – 10.45 am**.

✚ **Bouncy Day** on **Monday 17<sup>th</sup> July** – Please provide consent for your child to attend via Arbor by clicking on **Trips < Bouncy Day 2023** and follow the prompts. Deadline to provide consent is **Tuesday 11<sup>th</sup> July**. Children should come to school dressed in their **PE kit**, with a hat, bottle of water and sun cream already applied.

✚ **Outstanding Payments** – could we kindly ask parents to settle any outstanding payments for school dinners, trips and clubs via Arbor by **Friday 14<sup>th</sup> July** please. Outstanding payments will show up in **red** in Arbor. Please ensure your child's dinner account is in credit for the start of the new term.

### NEXT WEEK'S MENU

Day	Menu
Monday	<ul style="list-style-type: none"> <li>❖ Pork Sausage with BBQ Sauce (Red)</li> <li>❖ Cheese &amp; Sweet Potato Slice (V) (Green)</li> <li>❖ Jacket Potato (Yellow)</li> <li>❖ Cheese Roll (Blue)</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>❖ Veggie 'Meatball' Sub (Ve) (Red)</li> <li>❖ Roasted Tomato Pasta (Ve) (Green)</li> <li>❖ Jacket Potato (Yellow)</li> <li>❖ Cheese Roll (Blue)</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>❖ Roast Chicken (Red)</li> <li>❖ Creamy Quorn Pie (V) (Green)</li> <li>❖ Jacket Potato (Yellow)</li> <li>❖ Cheese Roll (Blue)</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>❖ Mild Chili Con Carne (Red)</li> <li>❖ Quorn Burger in a Bun (V) (Green)</li> <li>❖ Jacket Potato (Yellow)</li> </ul>

### DATES FOR YOUR DIARY

Date	Event
10/07/23	Rec, Y1 & Y2 Trip to Paradise Wildlife Park
10/07/23	Teddy Bear's Picnic - Nursery
12/07/23	Diamond Class Last Swimming Lesson
12/07/23	Sports Day
13/07/23	Transition Day
13/07/23	New Nursery/Reception Welcome Morning – 9.30 – 10.45 am
14/07/23	Sports Day (Reserve)
17/07/23	Bouncy Day
20/07/23	Leavers Service at Great St Mary's
21/07/23	Last Day of Term
01/09/23	Inset 1
04/09/23	Inset 2
05/09/23	First Day Back
13/09/23	Emerald Class Swimming Starts
23/10/23 – 27/10/23	Half Term
01/12/23	Occasional Day – School Closed
13/12/23	Emerald Class Last Swimming Lesson
20/12/23	Last Day of Autumn Term 23



	❖ Cheese Roll (Blue)	04/01/24	Inset 3
Friday	❖ Fish Fillet Fingers (Red)	05/01/24	Inset 4
	❖ Cheese & Tomato Pizza (V) (Green)	08/01/24	First Day Back
	❖ Jacket Potato (Yellow)	19/02/24 – 23/02/24	Half Term
	❖ Cheese Roll (Blue)	26/02/24	First Day Back
		28/03/24	Last Day of Spring Term
		15/04/24	First Day Back
		06/05/24	Early May Bank Holiday
		27/05/24 – 31/05/24	Half Term
		03/06/24	Inset 5
		23/07/24	Last Day of Summer Term
<p>Contact: <a href="mailto:admin@spellbrook.herts.sch.uk">admin@spellbrook.herts.sch.uk</a></p> <p>Website: <a href="http://www.spellbrook.herts.sch.uk">www.spellbrook.herts.sch.uk</a></p>			





## Well Bean Gardening

Learning through growing  
Growing through learning

### Get growing with our After-School Gardening Club

Wednesdays from 3.20pm-4.30pm



- Spellbrook's Gardening Club meets on Wednesdays and is open to Years 3, 4, 5 & 6. Limited spaces available
- £30.00 for five sessions to July 5  
June 7 - July 5
- All equipment supplied but pupils must bring appropriate clothing as we will be outside in all weathers
- This half-term we'll be:
  - Working to improve the school gardens
  - Taking part in the RHS Campaign for School Gardening Award Scheme - LEVEL 4

If you would like your child to attend, please return the slip below to the school office before Wednesday June 7 and make a payment of £30 in cash/a cheque made payable to: WENDY GORDON or with a BACS payment to: Wendy Gordon/27441520/07-04-36 (Use your name as reference)

I would like my child to attend Spellbrook's After-School Gardening Club on Wednesdays:

Child's name: ..... Year group: .....

Your name: ..... Phone number: .....

Email: .....

Any allergies or medical issues that we need to be aware of\*: .....

\*Your child's safety is a priority, but we can only put measures into place if you let us know.

Well Bean Gardening has a Facebook page (please check it out and like) and every week an update of what we get up to at the club will be posted.

If you **DO NOT** want photos of your child to be used on Facebook please tick the box: (Please note that children are never named)

☐

Payment of £30 has been made via Cash/Cheque/Bacs with the reference name of: .....

Email: [wendy@wellbeangardening.com](mailto:wendy@wellbeangardening.com)  
Mobile: 07817 528652

[facebook.com/wellbeangardening](https://facebook.com/wellbeangardening)  
[www.wellbeangardening.com](http://www.wellbeangardening.com)

GJWSports  
Promoting healthy & active lifestyles

### GJW Sports Afterschool Clubs

#### Spellbrook C of E Primary School

Dear Parents,

21.05.23

Mr Dave Biggs will continue to deliver after school clubs, which will begin on Tuesday 6th June.

Please visit [www.gjwsports.co.uk](http://www.gjwsports.co.uk) to make a registration.

#### Tuesday

Football

#### Thursday

Capture the flag

Clubs will start at 15:20 with a collection time of 16:20.

Capture the flag is a running focused activity that improves pupils, tactics, teamwork, endurance and communication skills.

To complete the registration, please use the payment details below.

#### **NatWest Business Account**

Gershon Williams- GJW SPORTS

Sort code – 557049

Account Number – 83780637

Reference – SurnameSBS

We will continue to offer a trial option for pupils who have yet to attend our after school clubs. The session price will be £7.50.

Should you have any further queries please email: [enquires@gjwsports.co.uk](mailto:enquires@gjwsports.co.uk)

Best wishes,

Mr Gershon Jack Williams  
GJWSports LIMITED  
07519 722135  
[www.gjwsports.co.uk](http://www.gjwsports.co.uk)

## 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

Every Monday

## LAST SESSION 17TH JULY

PAYABLE  
VIA  
ARBOR

# £5

WITH  
MISS  
LUCAS



*All from the town are welcome to*  
***A Civic Service***

to celebrate the work of  
**The Mayor of Sawbridgeworth -  
Councillor Ruth Buckmaster -  
and The Town Council of Sawbridgeworth**



**Sunday 9<sup>th</sup> July 2023  
3pm**



**THE GARDENS OF  
EASTON LODGE**

**16 July 2023: Open Day**

**A day to remember  
the Gardens In  
World War I and II**

- Special exhibition from the Trust's archivists
- Military vehicles and history stalls
- Vintage cars
- Songs from Perfect Vintage
- Children's activities



**Stalls**

- plants
- plant supports
- jams
- crafts



Hot bacon, cheese or hummus rolls & a wide  
selection of homemade cakes, hot & cold  
drinks

**Gardens open 11.00am to 5pm**

Advance tickets through [www.eastonlodge.co.uk](http://www.eastonlodge.co.uk) or Trybooking.com  
or tickets available on the Gate from 12.00

Gardens of Easton Lodge Preservation Trust: Registered Charity 1101442

<http://www.eastonlodge.co.uk/>

# HOLIDAY CAMPS

24th July - 31st August

**Sports & Activity Camp  
Football Camp  
Mini Camp**



Ages 4-12

To make a booking please visit: [gjwsports.co.uk](http://gjwsports.co.uk)  
9am-3pm, £22 per day

Reedings Junior School, Bullfields, Sawbridgeworth, HERTS, CM21 9DD

**Ofsted**  
Registered

**B Discover Bucks**  
Museum  
& Roald Dahl Children's Gallery

## MECHANICS ALIVE!!

A humorous, hands-on exhibition  
combining art, science and engineering  
to delight visitors of all ages!

**22 JULY - 2 SEPTEMBER 2023**  
Discover Bucks Museum, Aylesbury HP20 2QP  
For opening times and ticket prices visit:  
[discoverbucksmuseum.org](http://discoverbucksmuseum.org)

**CABARET  
MECHANICAL  
THEATRE**

**ARTS COUNCIL  
ENGLAND**

**SCIENCE  
PROJECTS**

Mechanics Alive! Produced and toured by Cabaret Mechanical Theatre and Science Projects



# REPAIR

**Toaster blown? Lamp not turning on? Don't bin it!**

Find out if our repairers can fix it at Repair Cafe. You can bring:

- **Electrical items** - e.g. toasters, kettles, vacuum cleaners
- **Computers and laptops** - software repairs
- **Sewing repairs** - e.g. trousers, coats, bags
- **General items** - e.g. ornaments, jewellery or small furniture

Book your place at [repaircafesawbo.eventbrite.co.uk](https://repaircafesawbo.eventbrite.co.uk)

Some walk-in appointments may be available, but cannot be guaranteed

# CAFE

TOSS IT? NO WAY!

**WHEN:** Saturday 22 July, 2 to 5pm

**WHERE:** Bullfields Centre, Cutforth Road, Sawbridgeworth, CM21 9EA

**COST:** Repairs are free but please give a donation towards costs

Supported by Sustainable Sawbridgeworth

Tea, coffee and homemade cake will be on sale



[facebook.com/repaircafesawbridgeworth](https://facebook.com/repaircafesawbridgeworth)



[repaircafesawbo@gmail.com](mailto:repaircafesawbo@gmail.com)



**Sponsored Bike 'n Hike**  
BEDS AND HERTS HISTORIC CHURCHES TRUST

# Bike 'n Hike

**Saturday 9 September 2023**

**9am to 5pm**



For more information please contact:

**Ron Sambridge**  
**01279 507623**



- Have fun visiting over 600 churches and chapels
- Raise funds for your local church or chapel
- Help save other churches in Beds and Herts



BEDS & HERTS  
Historic Churches Trust

Bike 'n Hike in association with the national *Ride + Stride*  
and with acknowledgements to **THE WIXAMTREE TRUST**  
[www.b-n-h.co.uk](http://www.b-n-h.co.uk) BHHCT Registered Charity No. 1005697



**Hello, Parents & Guardians!**

We are BeeZee Bodies, and we work with Hertfordshire Council to provide FREE (and FUN!) healthy lifestyle support for families.\*

We run [BeeZee Families](#) courses after school across Hertfordshire, and have new groups beginning W/C 18th September 2023 for 12 weeks across 8 locations including:

Hertford, Waltham Cross, Borehamwood, Watford,  
Hemel, St Albans, Stevenage and Welwyn

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



\*To be eligible for this awesome free service, your family must live/go to a school in Hertfordshire and include one child who is above their ideal healthy weight.



**July is... About preparing for the Summer Holidays!**

With temperatures reaching up to 30°C in parts of the country, it is important to remain hydrated with water. Try and keep your fluid intake high and reduce the amount of fizzy, energy and caffeinated drinks as these can cause dehydration.



## BUILD A HEALTHY PICNIC

### CHOOSE YOUR CARBOHYDRATES

Bread - Tortilla wraps - Chapattis - Flatbreads  
- Pitta - Manesh/Lavash/Khobez - Pasta - Rice  
- Yams/potato salad - Cassava - Naan

### PICK YOUR PROTEINS

Leftover protein from dinner (e.g. meat, lentils, tofu or paneer) - Eggs - Tuna - Tinned beans or low sugar/salt baked beans - Cheese - Prawns

### SELECT A SNACK

Cheese slices - Yogurt (try low fat and low sugar options) - Popcorn - Pita/carrots/cucumber with hummus - Grapes - Pepper slices - Raisins - Mix and match these to get all those nutrients in!

### PACK SOME PLANTS

Frozen/tinned fruit and veg (just as nutritious as fresh!) - Adding sweetcorn to tuna - Bean salad - Prepare and chill a salad with lettuce, spinach and/or watercress



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

BeeZee Families

01707 248648

