

Henham and Ugley Primary and Nursery School

School Lane • Henham • Bishop's Stortford
Hertfordshire CM22 6BP
Tel: 01279 850213 • Fax 01279 850429

Headteacher: Mrs Kim Hall



21st January 2022

Dear parents/ carers,

Another week has drawn to an end and to finish this week, our year 5 and 6 hockey team played their first match against St Thomas Moore after school today.

I am so proud of the team, we didn't win but what a great show of determination and teamwork they demonstrated, really pulling together, especially in the second half maintaining the half time result of 5-0.

Well done to Abigail, Alina, Evie, Grace, Oscar L, Oscar P, Phoebe, Ruby, Toby, you did yourselves proud this afternoon.

House Points: Congratulations to the **PURPLE** Team who were our first placed winners again this week!

PURPLE	RED	BLUE	GREEN
40	30	20	10

PE Kit day: you have already received this information from the office today but just to make sure you see it, here are the days that the children need to come into in PE kit from Monday 24th January until the end of the spring term:

<u>Reception</u>	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
Tuesday	Tuesday	Wednesday	Monday	Monday	Monday	Monday
Thursday	Wednesday	Friday	Wednesday	Wednesday	Tuesday	Thursday
			Friday	Friday	Friday	

Phonics session with Miss Jeremy: Miss Jeremy is offering a Phonics workshop for parents to be held in the Year 2 classroom after school on **Thursday 3rd February**. This will hopefully be a quick and informative session on how we teach Phonics at Henham & Ugley. It will include: a brief recap on key terminology, strategies for supporting your child with Phonics at home and address any questions or queries you may wish to raise. As this will be held in school, we will ask parents to do a lateral flow test before attending and wear a face mask to the session. If you have any further questions regarding this workshop, please contact Miss Jeremy, e.jeremy@henhamugley.essex.sch.uk and she will be happy to help.

The Essex Child and Family Wellbeing service: are offering two free virtual workshops for parents/carers of primary aged children:

Help manage your child's anxiety

An anxiety workshop to learn how to best support your child's anxiety. Please be aware that you will need to attend both dates for the workshop; **Friday 28th January - 9:30-11:00am & Friday 4th February - 9:30-11:00am**



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The workshop will cover

- What is anxiety
- Physical symptoms of anxiety
- Causes of anxiety
- How to overcome anxiety
- Calming techniques

Sleep workshop - 4th February at 1pm-2.30pm:

The workshop will cover:

- Why sleep is important & how much do we need
- What is good sleep
- Understand possible causes of settling to sleep & night waking issues
- strategies to overcome sleep difficulties

ACL Family Learning: Please find attached a flyer for 24th January – 11th February for a range of online support.

Coming up next week:

Parent Reader Volunteer Session: This session has been arranged for next **Tuesday, 25th January at 2pm**. The training will cover various procedures including changing books, reading with children and how to work and support a small group of children (within the classroom).

Thank you to those of you that have contacted me already, it's not too late to join us. Just drop me an email if you would like to attend. If you don't already hold a DBS with us, we will arrange this.

As I end this week's newsletter, I would like to say huge thanks to Catherine, Katie, Marie and Nicki for their hard work clearing out the weeds and ivy around the school house and planting some new trees and hedges. Not an easy job with the ground so hard! Thank you so much ladies.

Have a lovely weekend everyone,

With best wishes,

Kim

Kim Hall
Headteacher

