



# F&B NEWSLETTER

Spring Term: Monday 16th January 2023

## Front Page News

### NURSERY APPLICATIONS ARE OPEN NOW!

Dear Parents and Carers,

I hope this weeks newsletter finds you well.

I wanted to take a moment to share with you about the wonderful first week we had back at school. Despite the rainy weather, Year 2 went on a history walk and I must say, I was incredibly impressed by the children's interest and the questions they asked. Mr Rider was equally impressed: there was one question in particular had him stumped, but he has since found out that telephone booths and post boxes were originally painted green to blend into their surroundings, but were later painted red in 1884 to increase visibility. The children were attentive and well prepared for the trip.

The School Council members continued this engagement and enthusiasm at last Friday's presentation at the Town Hall where a plaque was presented from the Houses of Parliament.

In addition to the history walk, Year 1 hosted a fabulous tea party, which was enjoyed by all, particularly the Mayor of Sawbridgeworth.

The children have settled back into school splendidly, with excitement and wonder about the things they will be learning this term. Our after school clubs have taken off with great success! The pupils have thoroughly enjoyed the range of activities. We would like to say thank you to Mr Cook, who leads our clubs and provides additional sports lessons for the school. He has settled in well with the pupils thoroughly engaged in the sessions.

I would also like to thank all of the parents for their punctuality following the Christmas break. Our attendance has been over our minimum target as a school (96%) everyday so far. The termly attendance letters have now been sent out via email, with the majority of letters expressing our gratitude for the improvement in attendance. For those who are not quite there yet, please know that we are here to offer any support we can and may be reaching out to ensure we are doing all we can.

**Secret Reader:** If you wish to take part this term, be that your first go or returning for another read, please email [secretreader@fandb.hert.sch.uk](mailto:secretreader@fandb.hert.sch.uk) as soon as possible as dates are filling up fast!

**Spring PSHE Newsletter:** Please [click here](#) the link to read our termly PSHE newsletter by Mrs Potma

**Parent Workshops: Please respond to the one question form to help up choose more effective start times for our in person workshops. [Click Here](#)**

Thank you for your continued support of the school. Best wishes, keep safe and take care,

Mr L Wells, Headteacher

### Reading Corner 'Book Wish' List

*Thank you to those who have already bought a book or two from the list below! We are very grateful for these donations to help inspire and capture the imaginations of pupils through high quality texts.*

*We are excited to have planned the story books we will read to each class over the course of each year. However there are quite a few titles we don't yet have. We have an amazon wish list [here](#). If you would like to buy one as a donation to the school, would be so grateful and it will be put to very good use. We will of course add 'donated by the family of...' to each book. Thank you in advance! Mrs Brooker*

## Year 2 History Walk



## Year 1 Tea Party



# School Council—Palace of Westminster

History in the Making!

Our school councillors attended a presentation today. And represented the school fabulously.

When the Sawbridgeworth Memorial Hall was built just after the 2nd world war, a fragment of the House of Commons was donated and cemented into the wall of the foyer. The stone inlay was taken from the Palace of Westminster that had been damaged during the Blitz. The palace building had been hit on fourteen occasions, the worst being on the 10th May, 1941. This is the date engraved on the stone that rests in the Memorial Hall.

On that night, the skies were clear and the moonlight bright. Over the course of almost seven hours, 505 German bombers dropped more than 700 tons of high explosives and 86,000 incendiaries across London, resulting in the highest nightly casualty figure recorded. 1,364 people were killed and 1,616 were seriously wounded. Four people lost their lives in the Parliament building as several incendiary bombs fell upon the Palace of Westminster.

Each year, children from the Fawbert & Barnard Infants' School in Sawbridgeworth take part in a history walk. In conjunction with the local History Society, the walk includes a visit to the Memorial Hall. To further the children's interest, it was decided to approach the local MP to enquire whether it would be possible to acquire a piece of the House of Commons which was being restored. Julie Marson, MP responded by donating an encaustic tile taken from the Central Lobby Floor of the Palace of Westminster. The tile dates from the 1850s and would have been walked upon by some of our most renowned politicians.

The tile will be placed below the 1941 stone and was unveiled on Friday, 13th January 2023.

History in the making. The wording on the plaque will read:  
Original 1850s Encaustic Floor Tile  
Designed by Pugin and fired by Minton of Stoke-on-Trent  
Removed as part of restoration work to the Palace of Westminster  
Central Lobby floor



# Mental Health

Dear parents,

This year's Children's Mental Health Week starts on Monday 6<sup>th</sup> of February and the theme is: **Let's Connect!**

The teachers will host a range of activities linked to mental health for the children in class and Mr Wells' will introduce the term 'mental health' and explain it in an age appropriate way during his Monday assembly.

We would like to get all our F&B families thinking about mental health too and would like to challenge you and your child(ren) to create a happiness box.

## What is a happiness box?

If you scrutinise the international literature around Mental Health, two simple questions emerge from the evidence base: What makes us happy? What makes us sad? When you feel sad, it is often doing something that makes you happy that takes away that sadness. For some children it can be cognitively challenging; they may not actually recognise the emotion they are experiencing or that they know they are upset, that things are not right. We often talk about our inner strength. When times are difficult for us, we pull on that inner strength. That is an abstract concept that the young child, or the child with special educational needs, may find difficult to comprehend. The Happiness Box is a visible and tangible way of creating, before the child's eyes, what inner strength may actually look like; it enables them to practise and rehearse strategies that help them cope with their emotions, resolve inner conflict, and bring them to a calm emotional state. In the box, they can see and physically touch the items, which helps bring them in a calm self-soothe state of mind. Initially it will be with the support of their teacher, or supporting adult, who prompts them to use something in the happiness box. What might be in a Happiness Box? The joy of a Happiness Box is that it can be totally personalised to the child; they put in the box things that make them happy. It might be a piece of music; it might be soft toy, a book, or a blanket that brings comfort. A Happiness Box can be as large or small, as round or square, as you want it to be.



**Step 1** Shoeboxes are good because they have a lid. The lid makes it special because you can't see what's inside, until the need to open it. It's also private, unless you want to share. The objects inside instantly remind you of 'happy' times, which help calm.

**Step 2** Ownership of the box is pivotal. The undecorated box is fine, but decorating it is a positive start of the relationship with the box. Decoration ideas include painting or covering with paper/drawings/stickers .

**Step 3** Let the choice of objects be theirs. What makes you happy does not mean it will make them happy. Objects can range from: toy/material/family/ scarf/putty/photos - pet/favourite person/home /themselves/holiday/mirror/Hairbrush/sensory object/mindfulness activities - colouring/postcards to colour & send/bubbles/card game/reminder notes - who or where to go to when feeling wobbly/book/ notes on how well they are doing.

**Step 4** The box is ready to use. Introduce the box when you think it is a positive time to be received. Teach when to use the box, talk about times when feeling wobbly or wanting to screech/scream/run! Ensure the box is always accessible.

**Step 5** 'Happiness' is a lovely term for a child/young person or student to understand, however, there is a deeper message you want them to learn. It is a box which helps them to feel calm, helps them to self-regulate and build their emotional resilience.

A Happiness Box has endless possibilities. It's a low/no cost intervention, designed to be age-appropriate, personalised and deeply meaningful. We hope that you have endless fun in constructing Happiness Boxes and that they make a real contribution to promoting children's positive mental health.

Kind regards,

Mrs Potma

PSHE subject lead and mental health team member

## Panto at F&B



Dick  
Whittington  
came to  
F&B.

We  
danced  
and  
cheered!



Pupils  
helped  
save the  
day!

## Dates for Next Term

<b>January 2023</b>	
<b>Spring Term 1</b>	
INSET Day – 05/01/23	
09/01/2023	PTA – Tickets for Film Night Go on Sale. Film Night is 27/01/2023
09/01/2023	Fawbert and Barnard Nursery Tour (1) @ 09:30
10/01/2023	Local History Walk Year 2
10/01/2023	Year 1 Tea Party – Mayor Visiting
12/01/2023	Fawbert and Barnard Nursery Tour (2) @ 09:30
13/01/2023	PTA – Dress Down Tombola
15/01/2023	Application Deadline for Reception 2023 and Year 3 (including Readings)
16/01/2023	Nursery Application Window Opens – Via Link on our website
17/01/2023	Fawbert and Barnard Nursery Tour (3) @ 09:30
18/01/2023	Fawbert and Barnard Nursery Tour (4) @ 09:30
19/01/2023	School Census Day! Dinner time Raffle two per year group – includes those who have pack lunch!
23/01/2023	Special PE event Launch Assembly – sponsorship letter going home
26/01/2023	Fawbert and Barnard Nursery Tour (5) @ 09:30
26/01/2023	Trip: School Councillors Fawbert and Barnard with Readings to The Houses of Parliament
27/01/2023	PTA: Film Night! (Please not Football that evening has been cancelled)
06/02/2023	PE Special Event and Guest
06/02/2023	Parent Workshop: Inclusion – details to follow.
06/02/2023	PTA - Start of the Silver Coin Challenge – Ending: 28/02/2023
06/02/2023	Year R End of Topic – please look out for more information in your year group newsletters
07/02/2023	Year 1 End of Topic – please look out for more information in your year group newsletters
08/02/2023	Year N End of Topic – please look out for more information in your year group newsletters
09/02/2023	Year 2 End of Topic – please look out for more information in your year group newsletters
<b>Half term 13<sup>th</sup> to 17<sup>th</sup> February 2023</b>	
23/02/2022	PTA: Bags2School – drop off.
28/02/2023	PTA: Silver Bottle Challenge Ends
09/03/2023	PTA: Dress Down for Jazzy Jars
10/03/2023	Nursery Application Closes
13/03/2023	Rock Steady Concert
20/03/2023	Nursery Allocation Day
20/03/2023	Parent workshop: Inclusion
21/03/2023	Parents Evening – more details to follow – book via Arbor
23/03/2023	Parents Evening – more details to follow – book via Arbor
27/03/2023	PTA: Break the Rules Day



# MOVIE & Prosecco NIGHT

FRIDAY 3RD FEBRUARY

TICKETS  
£11 PP



**AFTER  
PARTY**

WITH DJ TO THE  
CELEBS

**DJ ROB!!**

**PROSECCO BAR**

ALSO SERVING SOME WINE & SOFT DRINKS  
FOR ANYTHING ELSE BYO £15 CORKAGE WILL BE CHARGED

TICKETS AVAILABLE FROM [WWW.SMHT.ORG.UK](http://WWW.SMHT.ORG.UK)

THIS EVENT IS ORGANISED BY THE VOLUNTEERS OF SMHT AS A FUNDRAISER FOR THE  
SAWBRIDGEWORTH MEMORIAL HALL & SAWBRIDGEWORTH PTA'S

THE FOREBURY, SAWBRIDGEWORTH, CM21 9AX

# Term Dates 2022/2023

[Please click the link here: to find this years academic dates](#)

Additional Bank Holiday 8th May 2023—Coronation of King Charles III



## Fawbert and Barnard Infants School Academic Year 2022-2023

September 2022							October 2022							November 2022							December 2022							
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
			1	2	3	4						1	2		1	2	3	4	5	6				1	2	3	4	
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11	
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18	
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26	27	28	29	30			24	25	26	27	28	29	30	28	29	30				26	27	28	29	30	31			
							31																					
January 2023							February 2023							March 2023							April 2023							
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
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9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19	10	11	12	13	14	15	16	
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23	24	25	26	27	28	29	27	28						27	28	29	30	31			24	25	26	27	28	29	30	
May 2023							June 2023							July 2023							August 2023							
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
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29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	28	29	30	31				
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School days	School holidays	INSET Day/Occasional day	Bank Holiday	Weekend
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In addition, schools allocate five non-pupil days out of the school days indicated, or the equivalent in disaggregated twilight sessions.

<b>Autumn Term:</b>	Monday 5 <sup>th</sup> September 2022 – Wednesday 21 <sup>st</sup> December 2022 <b>Monday 19<sup>th</sup> September- Bank Holiday for the State Funeral of HM Queen Elizabeth II</b> Half Term 24 <sup>th</sup> October – 28 <sup>th</sup> October
<b>Spring Term:</b>	Friday 6 <sup>th</sup> January 2023 – Friday 31 <sup>st</sup> March 2023 Half Term 13 <sup>th</sup> February – 17 <sup>th</sup> February
<b>Summer Term:</b>	Tuesday 18 <sup>th</sup> April 2023 – Friday 21 <sup>st</sup> July 2023 Half Term 29 <sup>th</sup> – 2 <sup>nd</sup> June