

F&B NEWSLETTER

Spring Term: Monday 30th January 2023

Front Page News

Dear Parents and Carers,

I hope this weeks newsletter finds you well. Please can I ask that if you are emailing in about your child being off sick, can this be sent to admin@fandb.herts.sch.uk and not to the class teachers. This just ensures all records are kept accurate. Thank you for your cooperation.

School Council Trip: We explored the Palace of Westminster, sitting in on debates in the House of Lords and the House of Parliament about equality and business. Hearing from a number of MPs and Lords including The Rt Hon Penny Mordaunt MP. We were moments too late to have seen HRH King Charles. We also had a wonderful workshop where we debated fairness and the ideals of democracy. The session leader was very impressed with our pupils intrinsic sense of fairness and how to create a democracy. Thank you to our Reedings Junior School counterparts for helping make the trip a great success. (Please see photos from the day on page 4)

Holiday Clubs:

- This February Half term we are able to announce we are hosting two clubs. A Multi-Activity Holiday Camp by our fabulous sports company. Please see the flyer later on in this newsletter for more information. **Simply click the link [here](#) to view the camp. If searching by the QR code below and enter your postcode, it will pop up with Fawbert and Barnard, then click view camps and scroll to the bottom to book the Multi-Activity Holiday camp. £24 per day: 9am to 3:30pm**
- The second club is an exciting Art and Crafts Club! This is being run on Monday and Friday of half term only. Please see the poster further down on how to book. £25 per day 9am to 3pm

Montessori:

Each week we will be sharing an element of our Integrated Montessori approach and how it is used in the school. This approach is part of our daily practice and routines and we wanted to share this with you. This may include training we deliver, equipment / resources used or an oversight of particular elements of the approach as a whole.

Ethos:

The Montessori ethos incorporates a number of fundamental beliefs—that children are all unique individuals, that they all have immense potential, that they want to learn and be 'busy' and that they are capable of much more than we can sometimes believe.

Montessori practitioners seeks to guide rather than control. Our role is not to impart knowledge but to provide opportunities to learn and an environment in which this is most easily achieved. During our ChIL (Child Initiated Learning) time is when this really comes into fruition at F&B. This is a chance for children to have uninterrupted periods of discovery and learning both inside / outside.



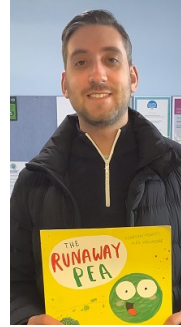
EYFS: Each week we will be sharing a new Montessori skill, used by the children in the classroom. This week's skill is from Sensorial. The Pink Tower, Brown Stair and Red Rods develops the child's visual perception. The children learn to discriminate by size, ordering from smallest to biggest. Each material looks and feels the same, therefore drawing the child's attention to the changing dimension only.

Year 1: We have been using the Montessori teen hangers to develop our understanding of teen numbers and how they are made up of one ten and ones. We linked this to 'Think 10' and some more.

Secret Reader

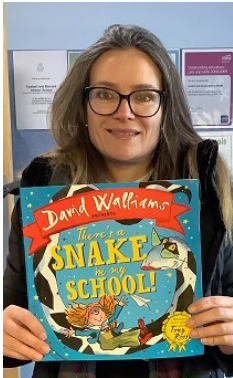


"I loved reading today. It was great to see all of their excited faces and to hear the giggles as I was reading. A great start to 2023"



"I had a very special time reading with the very loud Willow class. I wish I could do it every week!"

Gianni C



"What a lovely experience! Hope to be back with another book soon!"

Maya D



Today was my second time reading for Apple class and I loved it even more than the first time!

Samantha A



"My daughter didn't approve of my book choice the first time around – so glad I got a second chance. I got a hug at the end so maybe I did better this time. Absolutely loved it"

Emma V



"So much fun introducing the children to my favourite childhood book. Loved it"

Elaine L



"It was lovely to read to Hazel class this afternoon. Tallulah was very surprised and all the children listened wonderfully. A lovely idea!"

Lottie G



"Reading to Maple again! What a treat! I hope they enjoyed 'Hairy Maclary and Zachary Quack' it's a family favourite for us!"

Vicki B



"Thank you Sapling class for making it such a jot to share 'Poo in the Zoo' with you this morning. A fantastic initiative – long may it continue!"

Jo C



"I loved reading to Oak Class and they seemed to love the book 'I need a new bum!' There were lots of laughs. Thank you for having me!"

Alice F

School Council Trip to the Palace of Westminster



Tables



We are excited to announce that we will be extending our TTRS across both Year 1 and Year 2 classes. This will allow the children the opportunity to not only practise their times tables but to also compete in Year group tournaments.

Mrs Brennan will be holding a lunchtime TTRS club on a Tuesday and this will begin on the 31st of January. Children from Year 1 and Year 2 will be given a rock star pass by their class teacher to, ensure all children have the opportunity to attend a session across the coming weeks.

Year 1 will receive an email regarding login details.





PREMIER HOLIDAY CAMPS



INSPIRING
ACTIVITY

YOUR NEAREST MULTI-ACTIVITY CAMP

Venue: Fawbert and Barnard Infants' School - CM21 9AT

Dates: 13th - 17th February 2023

Times: 9.00am - 3.30pm

Price: £24.00 per day (10% sibling discount offered)

Ages: 5 - 12 (4 year olds can attend 9am-1pm)

Additional info: For any further information please contact us on 07803 725992

PLEASE BRING

- A packed lunch
- Plenty of water
- Suitable clothing
- Loads of energy!

Mix it up this half-term with our multi-activity holiday camps!

These camps are a perfect blend of activities for all ages, combining different sports with a variety of team games.

Every day is different, with a mix of fun activities that children may not have tried before – from roller skating to fencing, lacrosse to cheer.

Book now for a half-term full of fun!



SCAN HERE FOR
MORE INFORMATION

or visit premier-education.com/holiday-camps



Based on over 15,000 reviews



TREAT YOUR FRIENDS
TO 20% OFF... AND GET
20% OFF TOO!

*Ts&Cs apply. Refer a friend discount on new bookings only.



Based on over 15,000 reviews



Public Health Nursing 5-19 Team Newsletter

Welcome!

As a new term begins, the school nursing team continues to support children in Hertfordshire Schools.

Ways to contact us:

0300 123 7572 (Mon-Fri 9am-5pm)

Our referral website, which also has information about our service:

<http://ow.ly/eeWe50KI1gW>

Please see below our Workshop link, with lots of advice and support on your child's emotional health, returning to school, and more.

<http://ow.ly/Qn9G50KI17f>



www.healthforkids.co.uk

A fun and interactive website for children to access health information, with also information for parents available.

Who we are?

Hi I am Chloe, a Public Health Staff Nurse who works in the school nursing team.

My role is to support children and young people with their emotional health and wellbeing, conducting the Lancaster model questionnaire in school and supporting other professionals with public health advice.

Being a qualified paediatric nurse, I have experience in a variety of settings, which can help to offer advice and support to children, young people and their families.



Keeping your child safe online

Talking with your child is the greatest tool keeping them safe online. Talking regularly and making a part of daily conversation, like you would about their day at school, will help your child feel relaxed when having these conversations about staying safe online. This will encourage your child to come and speak to you if they have any problems online.

Parental controls

Parental controls allow you to block or filter upsetting or inappropriate content that your child may access. Parental controls work across devices, Wi-Fi, and individual apps.

Parental controls can help you to:

- Plan what time of day your child can go online and how long for.
- Block apps and websites that may have inappropriate content depending on your child's age.
- Manage the content different family members can see if using a shared device.

For further support please see NSPCC website for guidance on how to apply parental support:

www.nspcc.org.uk/keeping-children-safe/online-safety

Relaxation Exercise

Visualisation is a great technique to make your child feel calm and relaxed.

Imagining they are some where else, like the beach or a theme park, may help distract their thoughts and calm down quicker.



Top Tip

Practicing calming techniques when children are in a good place and not feeling stressed, will help them to use techniques more effectively in situations when they really need them.

Top tips for dental health

You can make sure your child's teeth are healthy by:

- Brushing their teeth for at least two minutes, twice a day using toothpaste (using a timer is helpful for this).
- Using toothpaste with fluoride provides further protection to teeth.
- Making sure they brush every bit of each tooth, front, back, top and bottom.
- Visiting your dentist at least 6 months/once a year.

If you do not have a dentist for your child, you can visit the NHS website or contact 111 to find one nearby.



Eye Development

With our Healthy Child & Young Person Assistants (HCYPA) visiting schools to complete the vision and hearing screening on reception aged children, we wanted to share some tips that may help with promoting healthy eye development.

- It is recommended that children should spend at least 2 hours outside every day, all year round, for exposure to natural light.
- Screen time should be limited to 30 minutes at time.
- Too much screen time can cause eye fatigue, blurry vision and dry eyes.



If your child is referred to eye clinic following screening, please ensure you attend to have your child's eye health followed up and offered the correct treatment if needed.

For any questions regarding your child's vision or hearing screening, please contact:

0300 123 7572



Hertfordshire
**Family Centre
Service**



Want to know more about the Public Health School Nursing team in Hertfordshire?

Check out our platforms:



<https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx#>

www.hct.nhs.uk/our-services/school-nursing



07480 635 050

Confidential text message service ran by the school nursing team for 11-19 year olds. Text in any health and wellbeing concerns



@hct_schoolnursing

@teenhealth.hct



@HCT_SchoolNurse



🔍 Hct SchoolNursing



www.healthforkids.co.uk/hertfordshire



www.healthforteens.co.uk/hertfordshire



School nursing duty number

0300 123 7572

9am – 5pm Monday to Friday
(excluding bank holidays)



Art Club

A jam packed day
of fun and crafts

Monday 13th February

Friday 17th February

9am-3pm



Krafts ★ Kidz

At Fawbert and Barnard School

£25.00 a day

To book please contact

fayemorganwren@virginmedia.com

Dates for Next Term

January 2023	
Spring Term 1	
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 note 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
Half term 13th to 17th February 2023	
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

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 or phone: 07549006777

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							
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January 2023							February 2023							March 2023							April 2023							
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May 2023							June 2023							July 2023							August 2023							
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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.

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



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

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