



F&B NEWSLETTER

Autumn Term: Monday 9th October 2023

This week is **3** of the dinner menu

Dear parents,

On Tuesday 10 October it is World Mental Health Day. We can all struggle with how we're feeling, but sometimes things get tough, and it can be difficult to cope. For so many young people, when this happens, they don't know what to do or where to go. At F&B, we want to give our students the correct tools for coping with mental health struggles so throughout the week beginning with the 9th of October, all teachers will have daily talks with the class about mental health, adults who can listen to us or help us. In addition, the children will take part in a daily activity that can help boost mental health, from dancing to a cheerful song to doodling, telling funny jokes and more. You can find a booklet [here](#) with lots of ideas for self-care.

For further mental health support this can be a helpful website: <https://www.youngminds.org.uk/> and don't forget our own school Pastoral Offer has lots of information: [here](#)

Kind regards,

The F&B Well-being team.

Musical Talent

Do you or someone you know play an instrument? Are they willing to come into school to perform to help expose our pupils to a magically musical world? Please contact the school office if you are willing.

STOP means STOP campaign

Your lollipop man or woman will be wearing a bright 'stop means stop' tabard this October. The 'stop means stop' campaign is run to highlight the ongoing danger the school crossing patrols face every day when cars do not stop, even when they have stepped into the road.



Outdoor Learning Training

Watch out: learning beyond the classroom is about!

Forest School is a child-centred learning process, providing learner inspired, hands-on experiences in the natural environment. It's creative and can increase a child's confidence as they problem-solve and learn to manage risks.

Coming soon: Year 1 and 2 will be having a designated play time in the Conservation area after half term.

Finally: teachers are intending to incorporate learning beyond the classroom into all subjects across the term, to present different challenges but to also challenges the pupils to apply their knowledge in a different context to see to what extent they have mastered it.

As we look towards launching a Outdoor Learning Club, initially open to Year 2, the staff are continuing their own development to ensure we are fully equipped to provide a rich and exciting outdoor learning curriculum. Please use Arbor to book on to the club. Children are gradually introduced to bush craft skills such as setting up shelters, safely building fires, using tools and also gardening, nature exploration, natural arts & crafts and outdoor cooking. The club's aims are: to nurture a sense of fun, to raise self-esteem, to improve independence, to encourage team work, to develop a deeper understanding of our natural world. More information is available on Arbor.



Dexter the Bear

Toby was very excited that Dexter came to stay with us for the weekend. Toby loved showing Dexter all of his dinosaurs.

On Saturday, Dexter enjoyed a trip to the cinema where he ate lots of popcorn. He also helped Toby build a house out of LEGO.

On Sunday, Dexter enjoyed a walk along the river to feed the ducks, followed by a family meal to celebrate Toby's Great Nan's birthday.

Dexter and Toby had a roarsome weekend!



Year 2 Visit to Great St Mary's Church

Last Monday 2nd October Year 2 visited Great St Mary's Church as part of their Religious Education & Worldviews Learning.

Father Simon talked to the children about the history of St Mary's (including the fact that Anne Boleyn, one of Henry VIII's wives, used to visit the church) and everything the church does as part of our wider community.

The children then took part in a Treasure Hunt round the church, learning about key signs and symbols from the Christian Religion.

We were fortunate to also have the opportunity to watch Father Simon play the Organ!

It is wonderful to have this new link with Great St Mary's— which is on our very doorstep!

A huge thank you to the parent helpers who joined us for the session.

Thank you for all of the donations as part of our Harvest Festival Appeal.

Here is a photo of the produce, which will be donated to the Harlow Foodbank, after we took it to Great St Mary's. Thank you so much for your generosity.



Trips and Extra-Curricular Activities 2023—2024

Trips and Enrichment Opportunities:

We have a number of wonderful trips, visitors, special events planned across the year. Some will be familiar to you because they continue to provide excellent learning opportunities but other will be new. This is to allow our curriculum to evolve and develop along with our pupils. We will always be mindful of cost to ensure all pupils have the opportunity to attend. We will be using Arbor for payments of trips. As always, we ask all families to pay for the trips but if there are ever any challenges around this, to contact the school.

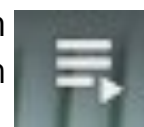
Club	Year Group (s)	Dates/Times	To book please contact
French	R, Year 1 & 2	Tuesdays, 15:15 to 16:00	rachelpovey560@btinternet.com
French	R, Year 1 & 2	Thursdays 15:15 to 16:00	rachelpovey560@btinternet.com
Spanish	R and Year 1	Monday 15:15 to 16:00	sylviadiazmar@gmail.com
Spanish	Year 2	Monday 08:00 to 08:45	sylviadiazmar@gmail.com
Choir	Year 2 (Currently)	Thursday 08:15 to 08:45	Bookable via ARBOR
Gardening	All years	Monday Lunch Times	Self selected: Free choice during Lunch time
Happy Hearts	Year 1 and 2	Lunch Times	Self selected: Free choice during Lunch time
Numbots Times Tables Rock Stars	R, Year 1 and 2	Lunch Times	Self selected: Free choice during Lunch time
Football	R and Year 1	Monday 15:15 to 16:15	By clicking the link: www.premier-education.com
Tennis	R, Year 1 and 2	Tuesday 15:15 to 16:15	By clicking the link: www.premier-education.com
Multi-Sports	R, Year 1 and 2	Wednesday 15:15 to 16:15	By clicking the link: www.premier-education.com
Gymnastics	R, Year 1 and 2	Thursday 15:15 to 16:15	By clicking the link: www.premier-education.com
Football	Year 1 and 2	Friday 15:15 to 16: 15	By clicking the link: www.premier-education.com

F&B Curriculum

To find out more about what you child will be learning next year: [please click here and scroll down to the bottom to see the topic web for each term. It will share the key learning, skills and vocabulary.](#)

To enhance any learning and discussions at home about your child's learning you can have access to all key vocabulary flash cards that directly link to the learning by clicking on any [subject page](#) on the website and selecting the Vocabulary Cards page (found at the side on a website or at the bottom on the page from a mobile phone)

Over the last year we have organised a number of [parent workshops](#) all of which can be found [here](#). To choose a video you just need to click on the symbol with three lines and a triangle. Please see image bottom right hand side as an example.



Term Dates 2023/2024

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



Fawbert and Barnard Infants School Academic Year 2023-2024

September 2023							October 2023							November 2023							December 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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							30	31																				
January 2024							February 2024							March 2024							April 2024							
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8	9	10	11	12	13	14	5	6	7	8	9	10	11	4	5	6	7	8	9	10	8	9	10	11	12	13	14	
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29	30	31					26	27	28	29				25	26	27	28	29	30	31	29	30						
May 2024							June 2024							July 2024							August 2024							
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27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				26	27	28	29	30	31			

School days	School holidays	5 INSET Days/ 1 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 4 September 2023 – Wednesday 20 December 2023 <i>Half Term 23 October – 27 October</i> <i>School Occasional Day 01/12/2023</i>
Spring Term:	Thursday 4 January 2024 – Thursday 28 March 2024 <i>Half Term 19 February - 23 February</i>
Summer Term:	Monday 15 April 2024 – Tuesday 23 July 2024 <i>Half Term 27 May – 31 May</i> <i>May Bank Holiday - 6 May</i>



Join us for an evening of menopause awareness on **Tuesday 10th October 6.30-8pm.**

Menopause affects everyone: we will all know someone close to us who will go through it, even if it's not something we're going to go through ourselves. Whilst the majority of women start to experience symptoms from around the age of 45, this can happen sooner, so knowing what to expect now can really help prepare for menopause and reduce any concerns you may have about it.

Sarah Evans, former parent and governor, has set up Fuerte Consulting with the aim of increasing menopause awareness for women and encouraging employers to offer more training and support to menopausal women in the workplace. Having already offered training to staff on menopause awareness, Sarah has offered to run a session to raise funds for the PTA and share the training with parents/ carers and friends of the school.

The session will run for around 1.5 hours and will cover:

- What is the menopause/ peri-menopause
- What are the symptoms
- Treatments
- How to have discussions with your GP

There will be the opportunity to ask questions and share experiences, but no pressure to do so!

Tickets cost £3 per person and funds raised will go towards the PTA.



[FOR TICKETS CLICK HERE](#)



[You can purchase your tickets for this event on](#)

[Arbor](#)

[\(under school shop tab\)](#)

**COFFEE
BOX**

BABY MEET UP

0 - 12 MONTHS



EVERY WEDNESDAY 9 - 10.30 am

BOOK NOW TO GET 20% OFF ANY HOT DRINK AND SLICE OF CAKE

EXPECTANT MUMMIES WELCOME

School's out!

★ Our 5-star kids Holiday Camps are in! ★

Dear Parents/Guardians,

Premier Education are very excited to announce we will be offering a Holiday Camp on-site at Fawbert & Barnard Infants' School during October half term. Our aim is to offer a convenient and affordable service to parents where children can have fun and feel safe in familiar surroundings. We hope our experience and extensive offering of activities will ensure there is something for every child to enjoy.

Please see further details below:

Venue: **Fawbert & Barnard Infants' School, Sawbridgeworth, CM21 9AT**

Dates: **25th – 27th October 2023**

Time: **9:00am – 3.30pm**

Ages: **4 - 12**

Price: **£20.79 until 16th October | £25.99 per day from 17th October**

ALL WEEK BOOKINGS - If you book all 3 days over October half term, you'll will receive **10% OFF** your booking total. This will be automatically applied.

October camp will feature Spooky Sports Challenges, Trick or Treat, Creepy Crafts, plus much more!

To book please visit www.premier-education.com, book a course and use the postcode **CM21 9AT**. Please note that we are now only able to accept online bookings. Spaces are limited, so please ensure you book quickly to avoid disappointment!

Please email aemmerson@premier-education.com with any questions or requests.

Many Thanks - Premier Education





Jam Childcare October Holiday Camp at F&B

Tuesday 24th -
Thursday 26th October

Full Day 8am-6pm - £45
School Day 9am-3pm - £30
20% Sibling Discount

★ Please email us at
admin@jamchildcare.co.uk
to book your sessions

For Children in Reception to Year 6