

EAST HUNSBURY PRIMARY SCHOOL

Newsletter

31st January 2025

MESSAGE FROM THE HEADTEACHER

Dear Families

We have reached the end of January and the staff and myself have been amazed by how well the children continue to work and learn. They have started the new year so brilliantly and the work they are producing is excellent. Here's to some lighter evenings and warmer weather in the weeks and months to follow.

Assembly

The week started with our assembly led by myself and we focussed on our values of Work Hard and Believe.

We watched [this video](#) of Heather Dornidens and discussed the commentators' words such as 'unbelievable' and how she had to both work hard and believe in herself to finish her 600m race – even after she fell.

Year 6 SATs' information evening

On Tuesday, our Year 6 team held an information session for parents about the Year 6 Standardised Assessment Tests (SATs). This was a very important meeting in order to help you and your child prepare for the national tests. If you were unable to make it, please contact your child's class teacher to obtain the information you missed. Please note that SATs week is Monday 12th May 2025 and all children must be in school this week.

History Alive

On Wednesday, Year 3 jetted off to The Natural History Museum in Oxford as part of their history and science learning. The children loved touring the museum and had a great time taking part in the 'Rock-Stars' interactive workshop which really supported their science learning.



Walk in Wednesday

This week, we held our termly Walk in Wednesday – thank you to everyone who was able to attend. This week's focus was on reading and it was wonderful to see our children sharing books with their families, friends and staff. Our next Walk in Wednesday is on 12th March.



If you haven't thought about magazine subscriptions for your children, please consider them. Here our Year 6s are enjoying catching up on what's been happening in the world around them with magazines This Week - out every week, and Science & Nature - out every month. It prompted lots of discussion, and the children even had fun completing the puzzles inside. These magazines are available for all of our children to access and read in the library.



Governor visit

The week has finished with another visit from our Governors. This time they came into school to monitor and evaluate maths and they spoke to many children across the school about their maths learning. Once again, they were very impressed with what they saw including the behaviour of the children.

Is your child getting enough sleep?

We are noticing that some children are starting the day tired – please can you make sure that your child/ren go to sleep at a sensible time so that they are ready to learn and focus first thing in the morning. If you need any support with supporting your child and their sleep pattern please speak to Karen Keay keayk@easthunsburyprimary.org or Lindsey York yorkl@easthunsburyprimary.org

Please see below the recommended sleep time for children

Your child's age	Recommended sleep time in 24 hours
Children 1 to 2 years	11 to 14 hours including naps
Children 3 to 5 years	10 to 13 hours including naps
Children 6 to 12 years	9 to 12 hours
Teenagers 13 to 18 years	8 to 10 hours

Coming up next

Next week, is children's mental health week and we will be having an assembly all about eating healthily and what we can all do for our mental health. We also have our much-anticipated Smile Mile happening (please refer to previous letters) and FEHPS Bingo night on 7th February – who's coming?! There is a fantastic raffle!

That's it for this week. Thank you for your continued support which helps to make this school the brilliant school that it is!

One final thing... please remember to check lost property!

Have a super weekend.

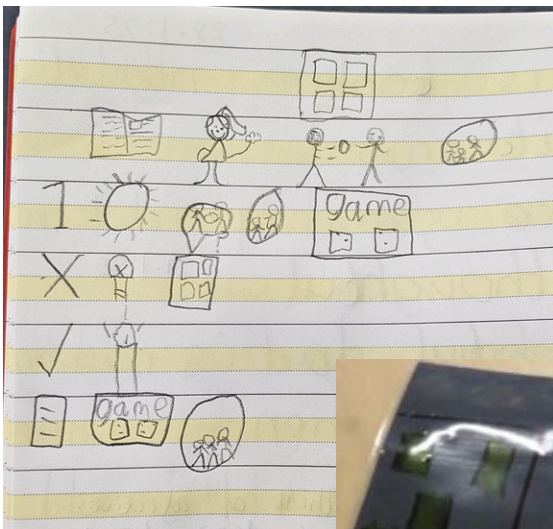
Ms Pennington

SU NEWS – YELLOW CLASS

This term in yellow class, we have been learning the story Blackout by John Rocco. In this story, a busy city stops when all the lights go out. We have each created our own house and together they look like a city! We have used torches in the houses to imitate the lights turning on and off. We have text mapped out the story, which has helped us perform it to each other.

In art, we have looked at the difference between dark and light. We created magical art, with a moving torch to light up different areas. We have used light pastels and dark pastels next to each other, to really show the contrast.

Cat Day - Yellow class teacher





WE'RE RECRUITING FOR A

MAINSTREAM TEACHING ASSISTANT

8.30am - 12 noon
Monday - Friday

CLOSING DATE
TUESDAY 4TH FEBRUARY 9AM

APPLICATIONS CLOSE AT 9AM ON TUESDAY 4TH FEBRUARY

We're seeking a Teaching Assistant to work within our NEST provision supporting a small group of brilliant children with special educational needs.

For more information and to download an application pack, please [click here](#).

FEHPS Silent Auction

We have been donated a brand new copy of FC25 for PlayStation 5.



DO YOU WANT IT?

Make your bid on our online form.

T's and C's

**There is no minimum bid.*

**The highest bidder will need to pay within a week or it will go to the next highest bid.*

**Names will be drawn out of a hat in the event of a tied bid.*

**Bidding ends on at 9am on Friday 7th February.*



[Click here to register your bid](#)

BINGO NIGHT

£5 PER PLAYER - INCLUDES 1 BINGO BOOK (ADDITIONAL BOOKS CAN BE PURCHASED ON THE NIGHT)

Join us for a night of fun and games at the Annual Bingo Night! Our professional Bingo caller will guide you through multiple rounds of the classic game, and there will be plenty of opportunities to win big.

FRIDAY 7TH FEBRUARY 5:30 - 7:30 (FIRST GAME BEGINS @6PM) AT EHPS SCHOOL HALL

FOOD & DRINKS WILL BE AVAILABLE TO PURCHASE ON THE NIGHT

Please note: this is a family event, any children attending **MUST** be supervised by their parents - there will be no creche facilities available on the night

Tickets are available now and can only be purchased on Parentpay **NO TICKETS WILL BE AVAILABLE ON THE DOOR**

For further information contact FEHPS@hotmail.co.uk

EHPS - SMILE MILE EVENT



11 LAPS OF THE PLAYGROUND TO RAISE MONEY FOR THE PLAYGROUND.

PLEASE CHECK YOUR CLASS DOJO FOR INFORMATION ABOUT WHEN YOUR CHILD'S EVENT WILL BE.

£2 OR MORE 'SPONSORSHIP' IF YOUR CHILD WISHES TO EARN 2 HOUSE POINTS.

EVERY CHILD WHO COMPLETES THE SMILE MILE WILL EARN ANOTHER HOUSE POINT.

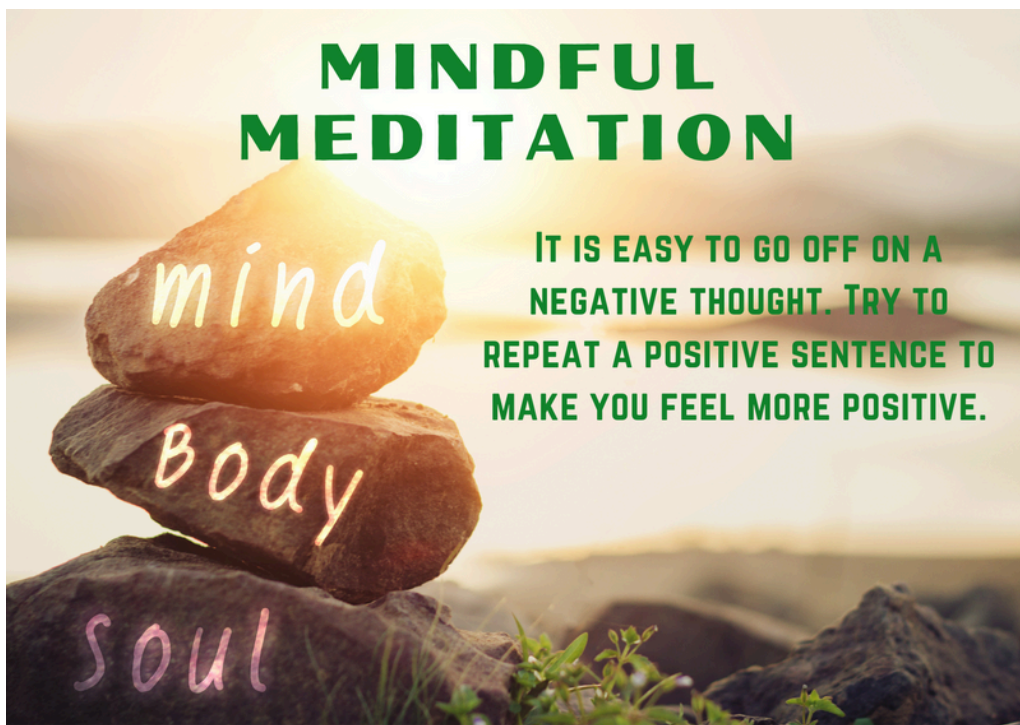
THE WINNING HOUSE OVERALL WILL BE AWARDED 100 POINTS!!!!

LET US SMILE AS WE WALK A MILE!!!!



EHPS HOUSE POINTS TOTALISER

	Whittlewood	Harlestone	Everdon	Salcey
This week	179	180	156	208
Grand total	2836	2486	2765	2579



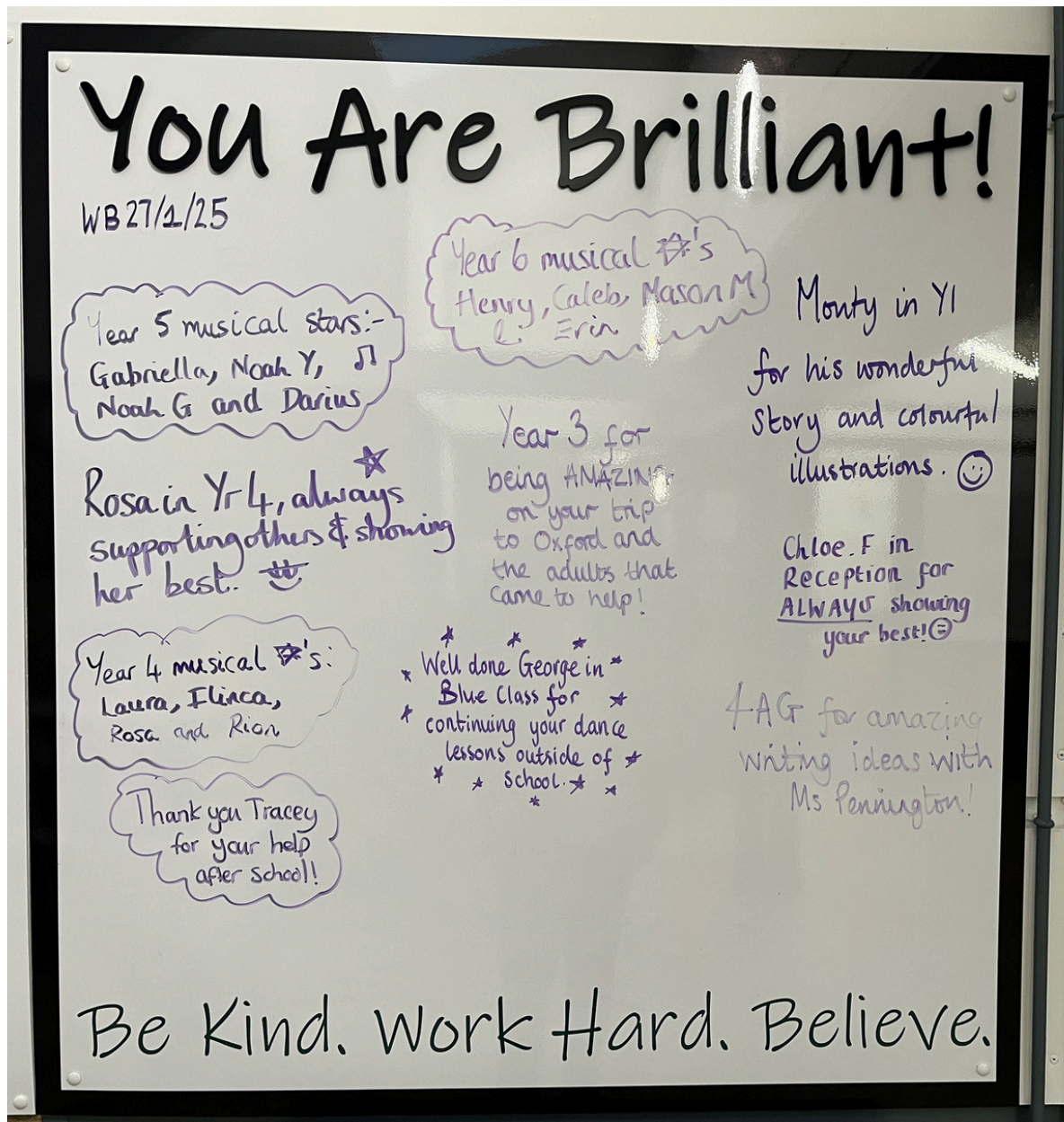
NO IDLING CAR ENGINES IN THE CAR PARK PLEASE



Remember to nominate your child for a shout out if they have done something amazing - then we can put them into our newsletter.

Always switch your engines off when in a parked car. Leaving your engine running when your vehicle is stationary is called idling. This creates air pollution by increasing the levels of exhaust fumes and harmful gases in the air. No one, especially children, should have to breathe in these fumes.

Who's been brilliant this week



IMPORTANT

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IMPORTANT



On **6th February**, there is some maintenance going on in our school kitchen so we will only be able to offer **COLD** options. **If you have already ordered a meal, please REBOOK a cold option as all previous orders have been cancelled.**

Warm Winter Coat



Is your child is in receipt of benefits-related Free School Meals? If so, you may be eligible for a £30 voucher from West Northants Council towards the purchase of a new coat. Applications will remain open until 28th February 2025 or until all available funding has been exhausted.

[Click here for more information and to apply](#)

LIMELIGHT THEATRE COMPANY

FEBRUARY HALF TERM WORKSHOPS

Our incredible half-term workshops are back and we are so excited to share them with you.

They will run from Monday 17th February to Friday 21st February.

Each day has a different theme and all activities on that day will be based around the theme.

Times are 8.30am - 4.30pm each day

Cost per day is £25 per child.

To book your child please send us a message on 07796672138 or limelighttheatre@aol.com
A £15 deposit per child per day is needed to secure their spot.

All workshops held at Limelight Theatre School NN5 7QA

Themes

Monday - Moana 1 & 2

Tuesday - Wicked

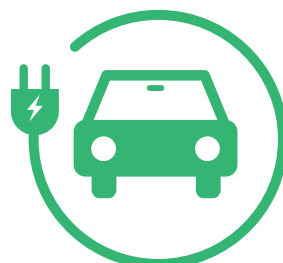
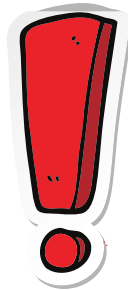
Wednesday - Pop star/Dance star

Thursday - Lion king/ Mufasa

Friday - Definitely Disney



BEWARE



Please ensure that you and your children always use the pedestrian walkways to access the school building. **Do not walk across the car park.** It might be quicker but it isn't safer.

Looking before your cross the road is becoming ever more important as more and more electric cars use our car park. **Their engines are almost silent and we are seeing more children walking out in front of them because they aren't looking first.**

Attendance News

Whole school average attendance this week was

95.56%

We are aiming to be at **96% + every week.**

	Weekly Attendance	Year Group	Weekly Attendance
Reception	95.27%	1	95.83%
2	93.91%	3	96.55%
4	94.64%	5	97.00%
6	95.69%		



How to report your child's absence

Call: 01604 677971 Email: absence@easthunsburyprimary.org

Walk in Wednesday dates

12.03.25	Walk in Wednesday 4 - Easter Crafts	08:30-9:00	Classroom
07.05.25	Walk in Wednesday 5 - Reading	08:30-9:00	Classroom
18.06.25	Walk in Wednesday 6 - Science	08:30-9:00	Classroom

BE KIND

WORK HARD

BELIEVE

#weareEastHunsburyPrimarySchool #wearebrilliant



E-Safety & Wellbeing



10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by showing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and improve emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions - and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions. As writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this separately to them so they can see and separate their feelings so they can use and separate a how to do it effectively.

7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy - encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

10 Top Tips



Name the emotion



Encourage journaling



Mindfulness activities



Use storytelling

[Click here for more information](#)

What are the risks?



Potential addiction



Mental health concerns



Sensory overload



Physical consequences

[Click here for more information](#)

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

Persuasive design refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make people feel more addictive and harder to walk away from. Some people may begin to feel anxious or irritable without access to their devices or favourite apps. For example, it can also affect your sleep. Feeling exhausted, as if they spend most of their time on social media - they may start to find it difficult to talk to other people in real life.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or an endless stream of new information and images can be overwhelming and cause stress. Part of this way social media isn't easily accessible is that it's always on hand. It can become too much for young people to handle, resulting in anxiety, stress and causing them to feel stressed, overwhelmed and frustrated.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The content we see (many of them) of real people's lives and the posts can create unrealistic expectations or feelings of jealousy and self-doubt. Young people can get a distorted view of the world that they receive from being so constantly online.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' help improve a game's gaming experience, most of the time they're not needed. Young people in particular, excited by the chance of winning items, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means less time moving around and getting exercise. Having a bad posture can lead to physical health issues. Prolonged exposure to screens can lead to eye fatigue and discomfort, especially if working in the dark. Excessive phone use while sleeping can affect sleep and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends - or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and fun!) for everyone.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key to overcoming it - and compulsive scrolling is no different. If anything (read more in this guide) reveals how it's affecting your child, encourage them to take a break from their device when they spend online. Get them to think about how often they scroll through social media (aimless or habitually) open it up whenever they have a spare moment.

TURN OFF NOTIFICATIONS

Stop your child's response of the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these notifications can be distracting and catch our attention and lure us back to our device. Switching them off - or even disabling any particularly intrusive ones - can help prevent your child from being pulled back into the online world.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity - or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

[VISIT OUR WEBSITE FOR MORE ONLINE SAFETY INFORMATION](#)

BE KIND

WORK HARD

BELIEVE

#weareEastHunsburyPrimarySchool #wearebrilliant

DATES FOR YOUR DIARY

Date	Activity	Time
FEBRUARY		
03.02 - 07.02.25	Childrens' Mental Health Week	
07.02.25	FEHPS Family Bingo Night	5.30pm - 7.30pm
11.02.25	Yr 6 to The Deco	All day
11 & 12.02.25	Year 6 Parents' Evening	3.50pm - 6.30pm
14.02.25	Year 3 & Purple Class Assembly	9.30 - 10.30am
MARCH		
5 & 6.03.25	Mainstream Parents' Evening (not Yr 6)	3.50pm - 6.30pm
05.03.25	SU Parents' Evening	3.50pm - 6.50pm
05.03 - 07.03.25	Bookfair	After school
12.03.25	Walk In Wednesday Easter Crafts	8.30am - 9.00am
17.03 - 21.03.25	Neurodiversity Week	
20.03.25	Yr 4 to Hazard Alley	All day
21.03.25	Chocolate Mufti	All day
21.03.25	Odd Socks Day for World Downs Syndrome Day	
28.03.25	Year 1 Class Assembly	9.30am-10.30am
29.03.25	Easter Cafe	11.00am-1.00pm

APRIL

02.04.25	Autism Awareness Day - Wear Blue (No Charge)	All Day
02.04.25	SU Show	10.00am-11.00am
03.04.25	iRock Concert	2.45 - 3.15pm
22.04 & 23.04.25	Earth Days	All Day

MAY

07.05.25	Walk In Wednesday Reading	8.30am - 9.00am
12 - 15.05.25	Yr 6 SATS	Mornings
15.05.25	Endangered Species Census Day	
22.05.25	Year 4 Spring Assembly	9.15am - 10.00am
22.05.25	Reception Sports Day	10.15am - 11.45am
22.05.25	Year 6 Sports Day	1.30pm - 3.00pm
23.05.25	Year 5 and Yellow Class Assembly	9.30am - 10.30am

JUNE

02.06 - 13.06.25	Yr 4 Multiplication Check	
w/c 09.06.25	Yr 1 Phonics Check	
11.06.25	SU Sports Morning	9.30 - 11.30am
11.06.25	Yr 6 Steam UoN	
16.06.25	Class photographs	All day

18.06.25	Walk In Wednesday Science	8.30am - 9.00am
25.06.25	Yr 4 to National Gallery	All day
26.06.25	Sports Day Year 1	9.30 - 11am
26.06.25	Sports Day Year 2	1.30 - 3pm
27.06.25	Sports Day Year 3	9.30 - 11.00am
27.06.25	Sports Day Year 4	1.30 - 3.00pm
28.06.25	Whole School Summer Fayre (Country dancing & Maypole by Years 2, 5, Purple & Yellow)	10.00 - 1.00pm
30.06 - 03.07.25	Yr 5 Bikeability	
30.06 - 04.07.25	Careers & Aspirations Week	
JULY		
04.07.25	Reception & Blue Class Assembly	9.30 - 10.30am
04.07.25	Brilliance Exhibition	TBC
08.07.25	Music Gala	5.30pm - 7.00pm
09 - 11.07.25	Yr 3 Residential Everdon	
10.07.25	Sports Day Year 5	9.30 - 11.00am

15.07.25	Yr 6 Leavers' Performance	6.00pm - 7.30pm
16.07.25	Yr 6 Leavers' Performance for toddlers to attend	5.00pm - 6.30pm
17.07.25	SU Yr 6 Leavers' Assembly	9.30am-10.30am
21.07.25	Year 6 Leavers' Party	7.00pm - 9.00pm
22.07.25	Mainstream Yr 6 Leavers' Assembly	10.00 - 11.00am



FEBRUARY HOLIDAY CAMPS 2025

@ CAROLINE CHISHOLM SCHOOL

CHILDREN FROM ALL SCHOOLS ARE WELCOME

CAMPS AVAILABLE:

BOOK NOW

FOOTBALL, GYMNASTICS & DANCE

BOOK NOW AT WWW.FREESTYLEGROUP.CO.UK

From £25 PER DAY

Registration: 8:45am-9:00am

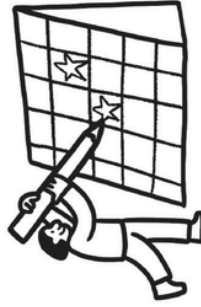
Dismissal: 4:00pm

Half days available via email

Happier January 2025



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



1 Find three things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help brighten their day

4 Write a list of things you feel grateful for and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



Happier · Kinder · Together

ACTION FOR HAPPINESS