

# EAST HUNSBURY PRIMARY SCHOOL

## ***Newsletter***

**21st March 2025**

### MESSAGE FROM THE HEADTEACHER

Dear Families

It's been a great week here at EHPS and we are in the flows of completing our termly assessments which helps us to know what we need to focus on as teachers to get the best learning from your children for the final summer term. We will share with you any results via our normal termly report that will be sent out on 2nd April (the end of year summer final reports come out on WEDNESDAY 16th July).

Please know that you do not need to wait for a parents' evening or report to book a meeting with your child's class teacher about their progress.

#### **Assembly**

The week started with an assembly led by Mrs Roberts all about Neurodiversity. As an inclusive school, we feel it is important that our community understands what 'Neurodiversity' means. The theme of Neuro Diversity week this year is "celebrating our unique strengths and differences". We discussed our strengths and areas in which we need support, and some brilliant children shared very honestly the areas in which they need help and support. More information can be seen on Dojo. Diversity and Equality is incredibly important to us. You can find more information about how we embrace Equality and Diversity on our [website](#) and in our [policy](#). If you have any questions about this, please do not hesitate to contact a member of the Senior Leadership Team.



#### **Vicar Griff Assembly**

On Friday, we welcomed our friend Vicar Griff who taught the children all about the Easter Story. As always it was informative and a little bit silly!

#### **School of Life**

On Tuesday, a group of children took part in our intergenerational community project 'School of Life' where they went to play games with the local seniors of East Hunsbury. It is a joy to take part in such events and see generations enjoy each others' company. We love being part of such a brilliant community!



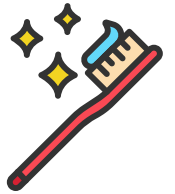
#### **Hazard Alley**

On Thursday, our Year 4 children went to Hazard Alley. Hazard Alley is an interactive and immersive children's safety learning centre. It is part of our PSHE curriculum and during the trip the children learnt all about how to stay safe in a range of different scenarios - a fantastic time was had by all.



## Pearly Whites in KS1

Also on Thursday, our KS1 children took part in a Dentist Workshop. Two lecturers and seven student nurses came from the University of Northampton to teach the children how, why and when to clean their teeth. They also learnt the names of their teeth and the importance of toothpaste. Some children dressed up in scrubs, gloves and aprons and everyone learnt about a healthy diet and sang a song. This was a very important session which the children really enjoyed, including receiving their very own toothbrush.



## Odd Socks and Mufti

Thank you to everyone who donated something chocolatey in readiness for our famous Easter Chocolate Hampers. And also, to everyone who put on a pair of odd socks to mark World Down syndrome Day which is all about embracing the concept of differences, celebrating that it's okay to stand out and be unique.



## Chatter Matters

Today saw another one of our Chatter Matters parent sessions, led brilliantly by Esther. Chatter Matters is for any families in our school with a child with SEND or a child who is on a pathway for diagnosis. It is an informal, friendly session offering families a chance to chat and share their experience or ask questions. If you would like to know more, please contact [Lucy Boswell](#).



## World Poetry Day

Today is world poetry day! It was established by UNESCO in 1999 to promote linguistic diversity and support endangered languages. UNESCO is the United Nations Educational, Scientific and Cultural Organization.

In classes today all children read and created the most brilliant poems, I wonder if your child could remember theirs from today.

Thank you everyone – have a super weekend and enjoy the increasing longer daytimes.

*Ms Pennington*





# SU NEWS - ORANGE CLASS

This term in Orange Class we are learning about Volcanoes and Earthquakes, Rocks, Soils and Fossils and we have a Dinosaur themed talk for writing text.

We have really enjoyed investigating different types of rock and how they are formed and we have even been palaeontologists, digging out using tools. We made our own earthquakes and saw how they turned into tsunamis.



## Hunsbury Hedgehogs

EHPS Forest school sessions for **toddlers and pre-school** children, 'Hunsbury Hedgehogs' are starting again on 22nd April. It will be a mix of muddy play, discovery, and nature exploration in our school woodland site.

Sessions will take place on Tuesday mornings from 10.45am - 11.45am, starting on Tuesday 22nd April 2025. A block of 5 sessions will cost £30 per child. Adults play for free with at least one fee paying hedgehog. The last session will be on 20th May. [Click this link](#) to book your place.







Lily (Yr 1) took her very first ballet exam this week! She was excited but a little scared but she took it all in her stride! She will find out her result in April/May. Well done Lily for living our school values of Work Hard and Believe.



**work  
Hard**

**Believe!**

# EHPS HOUSE POINTS TOTALISER

	 Whittlewood	 Harlestone	 Everdon	 Salcey
This week	172	222	231	192
Grand total	4338	3861	4318	4012

## MINDFUL MEDITATION

*Have a mindful bath. Take a time out, turn the lights down. Let the water flow over you and focus on the sensations and warmth your feel.*

PE kit must be  
PLAIN black if your  
child is not in our  
school PE kit from  
Jules at Home. No  
large stripes or ticks  
please.



No sweets or chocolate  
bars in lunchboxes please

! ATTENTION  
PLEASE !

Please do not let your children/toddlers play on the Forest School equipment or the all weather pitch before or after school.



Who's been brilliant this week?

# You Are Brilliant!

W/B 17/03/25

Noah - for your amazing solo demo.

Choir - for amazing singing at the NMPAT Sing

Yr 5 musical stars:-  
Melissa, Jessica,  
Alfie J & Isaiah

George in Blue class for trying and eating a whole piece of melon!

Year 4 Musical stars:-  
Charlie, Luisa, Zara  
& Henry S

Diane, Jo, Heather and Becky for being so helpful in my new role 😊

Reception musical stars:-  
Chloe F, Ellis  
Micah & Mia

Jules for always being willing to help!

Reception for being brilliant in P.E. + trying their best

Sarah-Leigh for your amazing work on our SU performance!

Y4 for an amazing trip to Hazard Alley! and all the adults who supported!

Sarah C you are simply amazing! Thank you for everything you do.  
Year 3 team and children

Be Kind. Work Hard. Believe.



# Attendance News

Whole school average attendance this week was

**96.15%**

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

	Weekly Attendance	Year Group	Weekly Attendance
Reception	95.87%	1	97.60%
2	92.95%	3	94.49%
4	98.03%	5	96.31%
6	96.33%		



## How to report your child's absence

Call: 01604 677971

Email: [absence@easthunsburyprimary.org](mailto:absence@easthunsburyprimary.org)

## Walk in Wednesday dates

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**

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# E-Safety & Wellbeing



## 10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage.

- THE FEEL-GOOD FACTOR**  
Gaming is so popular because at the base level it's a joyride for the player. Succeeding in any game or contest releases dopamine in our brains, the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as being as young players don't become reliant solely on playing video games to make themselves feel happy.
- ACHIEVEMENT & PRIDE**  
A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a game or conquering Everest and give us renewed optimism.
- SOCIAL SALVATION**  
Gaming can be an incredibly social activity. When playing online with trusted friends, when usually start out as chats. Sometimes about the game, but often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.
- TEAMWORK MAKES THE DREAM WORK**  
In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel less like they fail or let others down in a bit. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance, striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.
- REAL-WORLD RELATABILITY**  
Because many major releases are shooting or action games, when some people take 'gaming' they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.
- A DIGITAL COMFORT**  
Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.
- PROBLEM-SOLVING PRACTICE**  
It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds youngsters a great deal more that the most daunting obstacles can be faced and conquered.
- THE GREAT ESCAPISM**  
A certain amount of escapism is fabulous – allowing us to temporarily park some stress while experiencing a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?
- TRIED & TRUSTED**  
There can be reassurance in repeating tasks. It often promises a certain outcome, which is good when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfecting a move, can give a sense of control and familiarity. It's the knowing that the player using that ability makes you feel happy or confident.
- ENCOURAGING CREATIVITY**  
Creativeness is a huge part of many modern games. For example, players regularly dream up amazing structures or new ways to play, using their imagination to create something (whether digitally or physically) is massively beneficial for the brain, that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

## Positive Outcomes

- 1 Inspires creativity**
- 2 Promotes teamwork**
- 3 Encourages communication**
- 4 Fosters a sense of achievement**

[Click here for more information](#)

## Advice for parents

- 1 Explain how streaming works**
- 2 Don't log payment information**
- 3 Check out streaming platforms**
- 4 Set screen time limits**

[Click here for more information](#)

## What Parents & Educators Need to Know about STREAMERS

Live streaming has become a big part of the entertainment people consume, and what began as a series of gamers sharing their screens has grown into a huge industry packed with personalities – and potential risks for your children. With over 2.5 billion people watching Twitch, the most popular streaming service, at any one time, it's important to remain aware of the risks associated with streaming.

**WHAT ARE THE RISKS?**

- INAPPROPRIATE CONTENT**  
Some gaming streamers will stick to more family-friendly titles, but others will play more violent games that tend to be more popular. While gaming streamers' content is often different from what you see on TV, some streamers will often use language that is inappropriate for young people.
- NEGATIVE INFLUENCES**  
While things have improved, streamers are often paid by companies to promote products, and this isn't always stated explicitly. While it's unlikely these games will be harmful for your child, some streamers and influencers have engaged in dangerous stunts or used in-game items to promote real-world products.
- FINANCIAL HARM**  
Streamers will often have donation buttons on their screens for users to send money. While it's unlikely your child will be able to do this, some streamers can start as small amounts can quickly spiral out of control. Streamers are often, potentially leading to financial issues.
- UNREALISTIC EXPECTATIONS**  
Influencers often showcase how glamorous their lives are, making some seem like they're living the dream. However, it's important to remember that, in many ways, this is an act, and the very least, not content, Logan Paul, who has been criticised for a streamer and influencer, has a Patreon card worth \$5 million, but this is typical of anyone working in the industry.
- MISINFORMATION**  
Streamers are, in many ways, just like us – and they can get things wrong or read off an opinion without having thought about it. Some can simply say anything to get a rise out of viewers or to sway them to one side or the other.
- ADDICTION AND SCREEN TIME**  
If your child is watching a lot of a particular streamer, it can be a sign of addiction. Social life as playing too many video games.

### Advice for Parents & Educators

- EXPLAIN HOW STREAMING WORKS**  
For a younger streamer, being a streamer or influencer seems aspirational, but it involves a lot of work and a good degree of good fortune. Streamers are often managed and unable to speak freely due to sponsors, and influencers are just that – influencing young minds, for better or for worse.
- DO NOT LOG PAYMENT INFORMATION**  
Streamers can reward donations with additional content, an 'emote' (a small icon) and more. If you're unsure about who or what your child is watching, consider checking in regularly to ensure your child isn't watching anything they shouldn't be.
- CHECK OUT STREAMING PLATFORMS**  
While Twitch was the de facto streaming service for years, YouTube has gained popularity too. There are also Kick and Bumble, which have grown in popularity with users for big-name streamers – despite many being flagged by moderators.
- SET SCREEN TIME LIMITS**  
You can set conservative limits for mobile apps on iOS and Google, but with other platforms like a PC it may be more difficult to keep track. Consider checking in regularly to ensure your child isn't watching anything they shouldn't be.

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

BE KIND

WORK HARD

BELIEVE

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# DATES FOR YOUR DIARY

Date	Activity	Time
<b>MARCH</b>		
25.03.25	Yr 5 to Stratford	All day
28.03.25	Year 1 Class Assembly	9.30am-10.30am
29.03.25	Easter Cafe	11.00am-1.00pm
31.03.25	Yr 1 Muddy Education	All day
<b>APRIL</b>		
01.04.25	School of Life - East Hunsbury Library	10.00am - 11.30am
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
07.04 - 21.04.25	Easter Holiday	
22.04 & 23.04.25	Earth Days	All Day
<b>MAY</b>		
02.05.25	Yr & Green Class to Hunsbury Library	1.45 - 2.45pm
07.05.25	Walk In Wednesday Reading	8.30am - 9.00am
09.05.25	Yr 2 & Green Class to Hunsbury Library	1.45pm - 2.45pm
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
26 - 30.05.25	May Half term	
<b>JUNE</b>		
02.06.25	Training Day	
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)	11.00 - 1.30pm
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
23.07 - 29.08.25	Summer Holiday	
01 & 02.09.25	Training Days	



# Mindful March 2025

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

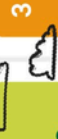
FRIDAY

1

Set an intention to live with awareness and kindness

2

Notice three things you find beautiful in the outside world



3

Start today by appreciating your body and that you're alive

4

Notice how you speak to yourself and choose to use kind words

5

Bring to mind people you care about and send love to them

6

If you find yourself rushing, make an effort to slow down

7

Take three calm breaths at regular intervals during your day

8

Eat mindfully. Appreciate the taste, texture and smell of your food

9

Take a full breath in and out before you reply to others

10

Get outside and notice how the weather feels on your face

11

Stay fully present while drinking your cup of tea or coffee

12

Listen deeply to someone and really hear what they are saying

13

Pause to watch the sky or clouds for a few minutes today

14

Find ways to enjoy any chores or tasks that you do

15

Stop. Breathe. Notice. Repeat regularly

16

Get really absorbed with an interesting or creative activity

17

Look around and spot three things you find unusual or pleasant

18

Have a 'no plans' day and notice how that feels

19

Cultivate a feeling of loving-kindness towards others today

20

Focus on what makes you and others happy today

21

Listen to a piece of music without doing anything else

22

Notice something that is going well, even if today feels difficult

23

Tune into your feelings, without judging or trying to change them

24

Appreciate your hands and all the things they enable you to do

25

Focus your attention on the good things you take for granted

26

Choose to spend less time looking at screens today

27

Appreciate nature around you, wherever you are

28

Notice when you're tired and take a break as soon as possible

29

Choose a different route today and see what you notice

30

Mentally scan your body and notice what it is feeling

31

Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together



# Families, Fun & Fellowship

St Benedict's church (NN4 9UG)

Sunday 23<sup>rd</sup> March

3.30 – 5.00 pm

**CARING  
FOR ALL**

Explore more through  
activities and play about

For all the family

## Family Fun, Family Day

We are holding an event to have fun, make  
things, and celebrate those who care for us.

Crafts, story and food, for families with primary  
aged children plus brothers and sisters.

Tea, coffee and cake for adults.

Children must be accompanied by an adult.

[www.stbenedictschurchnorthampton](http://www.stbenedictschurchnorthampton)