

# Broxbourne CE Primary School Newsletter

## HEADTEACHER UPDATE

It was wonderful to attend our EDI Forum again last Wednesday and to spend time discussing how we ensure every member of our school community has the opportunity to shine and enjoy a rich, full educational experience. Please do read the reflections from those who attended below, and we would love to welcome even more parents to the forum next term and grow our numbers.

Well done to our netballers and footballers who represented the school so positively at Friday's rearranged district tournaments. Our netball teams finished 2nd and 3rd, and our football teams 4th and 8th. Thank you to Miss Hawthorne, Mrs Davidson, Mrs Alcock, Mr Wilson and Mr Hancock for supporting the children and making these opportunities possible.

Our school value of service is being wonderfully lived out across the school. Year 5 are raising funds for The British Red Cross through origami workshops (details were sent on Friday). Please send in 50p on your child's year group day for them to take part (Today – Y2, Tuesday Y3, Wednesday Y4, Thursday Y5 and Friday Y6).

Some Year 3 children also begin 'Art Leaf Club' for our Year 1's next Tuesday lunchtime. Inspired by their art work with Miss Sibthorpe and the artist Andy Goldsworthy, they will create natural art using leaves and sticks over the next four weeks.

Our House archery competition will run on Tuesday, Wednesday and Thursday break times across the next four weeks, with Year 3 this week, Year 4 next, Year 5 in the penultimate week of the half term and Year 6 in the final week. Our House Captains and Sports Ambassadors will be running these competitions.

Year 6 have an exciting opportunity this Thursday as they visit the Houses of Parliament, learning about democracy and how our country is governed at a particularly interesting moment in time.

Looking ahead, our next 'Broxbourne Goes to Church' service will take place on Sunday 1st February at 11.00am. Our choir will be

***Dream, Believe and Achieve with God***

Tel: 01992 462419 website: [www.broxbourne-pri.herts.sch.uk](http://www.broxbourne-pri.herts.sch.uk)  
Fax: 01992 462419 email: [office@broxbourne-pri.herts.sch.uk](mailto:office@broxbourne-pri.herts.sch.uk)



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singing, and an update on recent school happenings will feature. Please do attend with your child – it would be lovely to worship together and celebrate the unity of our church and school community.

*“May the God of hope fill you with all joy and peace as you trust in him.”*

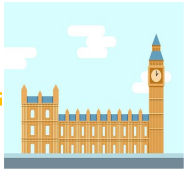
Romans 15:13

Wishing you all a wonderful week ahead.

Best wishes Paul Miller

## Y6 TRIP TO HOUSES OF PARLIAMENT

Thursday, 22nd January.





## REFLECTIONS FROM OUR EDI FORUM

We were pleased to host another successful EDI forum last week. We would like to thank all parents who attended and shared their views. Below are some examples of the positive feedback we received from parents.

I attended the EDI forum today, and I felt it was the best one yet. To me, it showed that we are all willing to listen and to learn together, to make our school a community where everyone has equal value. It demonstrated to me how seriously the school takes any form of discrimination and their desire to make every child feel important. I'm looking forward to seeing the things we discussed implemented and, looking further into the future, how impactful the group will be in making the school environment a more loving and nurturing place for all our children.

I attended this week's EDI forum and once again left feeling encouraged, challenged, and comforted in the knowledge that the school isn't committed to championing and celebrating diversity in word only, but also in action.

We discussed the training courses teachers are encouraged to attend, as well as the anti-racist initiatives that the school has signed up to. We also had the opportunity to provide feedback on measures the school has implemented, like the recent EDI statement, and discussed changes that have been made to school policies, for example, in response to parent feedback at previous forums.

Whilst race is an extremely important element of the EDI forum, it is by no means the only element; I've been attending these forums at the school for a couple of years now, in which time I have learnt an immense amount from parents of children with a variety of physical disabilities, parents of children with neurodivergent conditions, parents from different socioeconomic backgrounds, and those who attend simply because they want to learn.

It is an incredible community and from my experience of other primary school settings, I know it is not the norm.

I would encourage other parents to join these forums, as there is no requirement to be from a particular ethnicity or have experience of a specific disability, rather it's about sharing, learning, and helping to make Broxbourne C of E a more equitable community for all.

It was a pleasure to be involved in the EDI forum on Wednesday. It really is a genuine space to come together as a school to raise and discuss a range of issues which affect our children and community. At its heart is a true drive to make sure that every child feels that they belong in the school. All the contributions from other parents really made me feel that my own points were valid and respected, but also made me aware of issues we could all help with that I had never thought of before. I would invite any member of our school community to add their voice to the next meeting - it was such a positive feeling to leave the meeting with ways we could all help our children to thrive.

On Wednesday, I attended the EDI forum and found it to be a really positive and thoughtful discussion. It felt like a safe and respectful space where we could openly share views and reflect on how the school supports equality, diversity and inclusion for all children. It was encouraging to see the school's commitment to listening and learning, and to have honest conversations about what is working well and where we can continue to grow.

It would be great to see even more parents and carers from across the school community join future forums, so a wider range of voices and experiences can be heard.



### INTER PRIMARY CUP SUCCESS

Congratulations to our netball and football teams who represented the school brilliantly at the Inter Primary Cup today. The children showed fantastic teamwork, determination and sportsmanship throughout the competition, and we are very proud of their efforts. Well done to everyone involved!





## **ORIGAMI LUNCHTIME WORKSHOPS**

Next week, Year 5 will be running an origami workshop in the ICT Suite every lunchtime from 12.30pm to 1.00pm.

Children who would like to take part are very welcome. To participate, children will need to bring 50p on their year group's allocated day.

We look forward to seeing lots of creative designs and thank Year 5 for organising this activity.

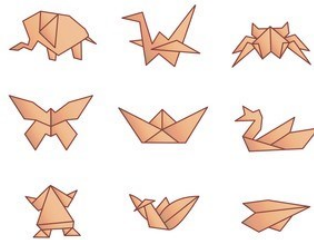
*Monday—Year 2*

*Tuesday—Year 3*

*Wednesday—Year 4*

*Thursday—Year 5*

*Friday—Year 6*



## **BIRTHDAY BOOK THANK YOU**

Eleanor—EY2—Kicking a Ball



**REMINDER:** Birthday books should be new and age appropriate for the year your child is currently in.

We hope you had a lovely day!

If you wish to donate a birthday book, please send in via your child and we will put in the library for everyone to enjoy. Thank you.



## BEEZEE FAMILIES OPPORTUNITY

Beezee Families is a FREE heathy lifestyle programme that nutritionists deliver across Hertfordshire. The 12-week programme supports families to build healthy habits around food, physical activity, and how to have fun while doing so!

Spots are filling up fast for January so make sure to sign up soon! If you can't wait to get started on your healthy lifestyle journey, you can learn at your own pace over on our Academy. [Visit our website for more details](#)

Please do let us know if you sign up and take part. We would love to hear how you found the programme and if you would recommend this to others.

**Beezee FAMILIES**  
Our FREE 12 week in-person and online programmes start on w/c 19/01/26 in person 12/01/26 online

Monday	Tuesday	Wednesday	Thursday
BOREHAMWOOD Aberford Park Community Centre, WD6 1PN 4.30 - 6.30pm	WATFORD Holywell Community Centre Chaffinch Lane, WD18 9GD 5.30 - 7.30pm	STEVENAGE Oval Community Centre S01 5RD 5.30 - 7.30pm	WALTHAM CROSS St Joseph's Church 204 High Street, EN8 7DP 4.30 - 6.30pm
** NO SESSION **	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5J5 5.00 - 7.00pm	HATFIELD Birchwood Avenue Primary School, AL10 0PS 5.00 - 7.00pm	** NO SESSION **
ONLINE (10 weeks) (ages 5 - 8) 5.30 - 6.30pm (ages 9 - 12) 6.30 - 7.30pm	ONLINE (10 weeks) (ages 5 - 8) 5.30 - 6.30pm (ages 9 - 12) 6.30 - 7.30pm	ONLINE (10 weeks) (ages 9 - 12) 5.30 - 6.30pm	** NO SESSION **

Sign up today!  
@BeezeeFamilies @BeezeeFamilies  
01707 248 640  
Hertfordshire

**Changing habits keep you healthy...all year long!**  
Our free Beezee Families programme is here to help you feel healthier and happier as a family.

**Top Tips to brave those winter mornings**  
Keep hydrated: This is a sure-fire way to get our bodies fired up in the mornings. A fresh it needs to start the day.  
Breakfast: There is a reason it holds the title as the most important meal of the day! Leave the house empty, it's important to have the energy they need.  
Sleep: It's important no matter your age to get enough sleep and sticking to regular sleep patterns can help support this.

**Healthy lunch boxes**  
Keeping school lunch boxes interesting can be a challenge at the best of times so we appreciate how hard it is to make sure they are kept healthy too.  
But healthy doesn't have to be a chore, it can actually make life much easier!  
Fruit is a great way to give little ones a boost of energy and if bought in packs will generally last the whole week and keep costs down too. A satsuma, banana or small handful of grapes will add a tasty (and vibrant) addition to their lunch boxes.

**Fresh air fix**  
It's tough during the colder months to find ways to get our much-needed Vitamin D. Fresh air is a great way to improve both our physical and mental well-being and even short bursts of outdoor time can make a big difference.  
Try swapping the car or bus for a short walk from time to time or get the little ones wrapped up and outside for a quick play in the park.

Want more healthy lifestyle support?  
Check out our website to find out how we can help your family.  
Scan here or Click the link  
Hertfordshire  
W1.MARSH@HRTS.CO.UK

## HOUSE POINT LEADERS

This week's winners are.....

Blue Badgers

**REMINDER:** The House that wins the House Cup for the greatest number of weeks each term will enjoy a non-uniform day in the final week of term. The children should wear an item of clothing in their house colour!

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

# What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

## WHAT ARE THE RISKS?

### SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

### ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

### CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

### REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

### EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

### PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

## Advice for Parents & Educators

### SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

### ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

### MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

### PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

## Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.





## HABS COFFEE MORNING – FRIDAY 23RD JANUARY

HABS will be hosting a coffee morning at Wormley Primary School on Friday 23rd January, from 9:30am to 11:30am.

This informal event offers parents the opportunity to meet the HABS team, talk through any challenges they may be facing, share what's on their mind, and receive advice and support in a welcoming setting. Whether you have a specific concern or would simply like to find out more about the support available, everyone is welcome to attend.

Please see the attached poster and link for further details about the coffee morning.

[https://form.jotform.com/252801585508056?](https://form.jotform.com/252801585508056?fbclid=PAAdGRleAPQRhleHRuA2FibQIxMQBzcnRjBmFwcF9pZA8xMjQwMjQ1NzQyODc0MTQAAaeUzI9tDZOHP49oD1Tq6FpJ6nM2gNhQnjtelkuVtZjrlQm1xPePSJAZj-clog_aem_sfXMvvO9ViHjs5E-cVaw0g)

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**H·A·B·S**  
STRENGTH IN MIND  
THERAPEUTIC SERVICES

### Coffee & Connection

Talk | Listen | Support

Feeling overwhelmed?  
Worried About Your Child's Wellbeing?  
Struggling With Emotions or Family Life?  
**You're NOT alone.**

Join us in a relaxed, welcoming space to talk, share and get expert support.

We Offer a Safe, Welcoming Space where you can:

- Talk through challenges.
- Share what's on your mind.
- Get guidance from qualified professionals.

**Support Available From:**  
Family Support Workers | Child & Adult Counsellors | Psychotherapists

**Date:** 23<sup>rd</sup> January  
**Time:** 9.30-11.30  
**Location:** Wormley Primary School, EN10 6QA

Follow us on social media | Learn more here

**Hope Achieve Believe Succeed**

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