

Broxbourne CE Primary School Newsletter



Spring Term Issue 4

31st January 2025



HEADTEACHER UPDATE

I hope this message finds you well! I am excited to share that next week we will be celebrating Mental Health Awareness Week, an important initiative that we believe will benefit our children and community. Throughout the week, we will be hosting a variety of engaging activities designed to support and promote mental well-being amongst our children.

I would like to extend a warm invitation to our Broxbourne Goes to Church Service this Sunday at 11:00am at St Augustine's Church. The school choir will be singing, and we will also provide a brief update on school happenings including some recent photographs of our school in action. It promises to be a special gathering, and I hope you can join us.

In addition to our Sunday service, I am pleased to announce that the choir will also be visiting Broxbourne Nursing Home next week to perform. This is a wonderful opportunity for our children to connect with the local community and bring some joy and happiness to the residents.

I would also like to remind you about the EDI Forum taking place next Wednesday at 9:00am. This is a great chance for us to discuss equality, diversity, and inclusion within our school, and your input is invaluable.

On the sporting front, we have an exciting week ahead as well! On Wednesday, our Year 3/4 and 5/6 indoor athletics teams will have a practice session at The Broxbourne School. Weather permitting, we are also thrilled to announce our first ever lacrosse match against Wormley, which should be a fantastic new experience for our children.

As we head into the weekend, I hope you have the chance to relax and enjoy some quality time with family. For those of you who are rugby enthusiasts, I wish you a thrilling start to the Six Nations!

Best wishes,
Paul Miller

Dream, Believe and Achieve with God

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REMINDER: BROXBOURNE GOES TO CHURCH

We invite all families to worship with us and hear our wonderful choir on Sunday 2nd February at 11.00am at St Augustine's Church.



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!

THE BRIAN PICKARD 200 CLUB

In January two draws take place, the usual monthly draw with a prize of £15 and the annual school birthday draw with a prize of £80. This month's winner of £15 is no. 182 Mrs Stonehouse—parent of the school. The birthday prize winner is no. 31 Mrs Horrigan—parent of the school. Many congratulations to you both!

The next draw takes place on Monday, 10th February. New members are always welcome - call into the office for an application form.



CHURCH FARM, ARDELEY

A Free Range Experience



Camping at Church Farm

At Church Farm Ardeley we have very large camping fields which offer a wonderful opportunity for larger groups of families to book school class camping trips as well as individual family stays.

Accommodation includes the hire of bell tents and cabins (with or without 'glamping' options), as well as multiple woods and fields to pitch your own tents. All large groups are allocated roped private areas so that they can all camp together.

We offer a variety of options to enhance your stay: camp fire packs, BBQ hire, straw bales, and delicious food that can be ordered in advance from our website or purchased from our on-site farm shop. There is also a pub and restaurant (The Jolly Waggoner) as well as our café for the all-important teas, coffees and bacon rolls.

Camping at the farm also includes free farm passes (usually £6.95pp per day) for the duration of your stay. Get to know the animals, explore our woodland play area, follow the farm trail, and find out about growing and horticulture in our polytunnels and kitchen garden. And there are plenty of beautiful family walks in the peaceful, rolling Hertfordshire countryside.

Additional bookable activities include Egg Collecting, Goat Walking, Fairy Trail, Animal Feeding and (from Feb-April) Lamb Bottle Feeding.



Tel: 01438 861 447 Email: info@churchfarmardeley.co.uk
www.churchfarmardeley.co.uk

SPORTSHALL ATHLETICS PRACTISE

The Broxbourne School

Wednesday, 5th February

HOME LACROSSE MATCH

Broxbourne vs Wormley!

Thursday, 6th February



NEXT WEEK IS CHILDREN'S MENTAL HEALTH WEEK.

At Broxbourne, we know how important it is to be mentally - as well as physically - healthy. Everyone has mental health and it is important that it is understood that this can vary based on all manner of reasons and circumstances; emotional wellbeing is not just binary between 'happy' and 'sad'.

We work hard to ensure our children are secure, happy and able to face challenges. We want to equip them with strategies to celebrate good mental health and address when they may be struggling. It is important for children to be able to recognise emotions; accept them and understand how to react to these feelings. This is work we do all year long.

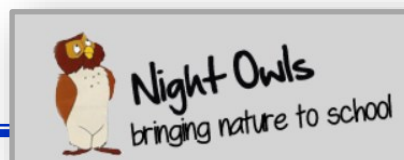
Our Christian value this half term has been 'happiness' and during worship times, we have discussed how we can help others feel happy; recognising the good we have in our lives and feeling content.

During the next week, our children will take part in a number of activities designed either to encourage positive wellbeing- such as our Owl visit and mindfulness sessions - or to understand emotions and feelings.



NIGHT OWLS VISIT

Tuesday, 4th February



EY2 VISIT TO CHURCH

EY2 went to St Augustine's church this week as part of their RE learning about welcoming children into the family of God. We have all looked at our Christening and Baptism photos earlier this term and talked about this special occasion for us and our families.

Today we took a Dolly to church with us and Reverend David showed us how he would Baptise a child. We even gave her a name! As we were at church, we explored the different parts of the church and recorded our findings. We looked for church pews, the alter, the stained glass windows, the cross, the pulpit and the font.

The children were exceptionally well behaved, a real credit to the school. Thank you St. Augustine's Church for a great educational visit.



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.

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 sharing 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 enhance 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 alongside them, so they can see and experience 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.



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, an organisation that supports schools in improving their mental health provision.





Take Five Workshop! **ONLY £5!**

This amazing one-off workshop is designed for primary-aged children who can play five notes or more on any instrument. Led by one of our experienced workshop leaders, children will learn a selection of fun and suitable repertoire in a supportive environment, culminating in a short performance for parents and guardians at the end of the session.



Friday 14th March, 2025
5.00pm - 6.00pm
East Herts Music Centre, based in The Broxbourne School, Badgers Walk, Broxbourne, EN10 7FY
£5 per child

01992 556698 | www.hertsmusicservice.org.uk/HMSEastHerts

Hertfordshire Music Service | Supported using public funding by Department for Education | ARTS COUNCIL ENGLAND

Essex Fire Museum Open Days



Tuesday 18 and Sunday 23 February 2025
10:30AM To 4:00PM
Fire Station, Hogg Lane, Grays RM17 5QS
Book Now 
Museum@essex-fire.gov.uk



BIRTHDAY BOOK THANK YOU

Scarlett—Year 3—The Last Bear

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.

