

How Wood Newsletter 6 Summer 2

“Community - The sense of belonging and acceptance regardless of age, race, beliefs and personal background and as the ability of a group to welcome everyone’s creativity”

*M. Scott Peck
(American Psychiatrist)*

MATHS MORNING

Our Maths Morning last week was very well attended and the atmosphere in school was one of ‘buzzing interest’ from parents/carers, staff, governors and children! I know many parents took the opportunity to speak to our governors and I hope it was a useful morning.

Our governors also spent the whole day in school talking to our Curriculum Leads, looking at books, discussing learning with the children and considering the quality of education provision. Feedback from the governors has been very positive and I know that they all enjoyed spending time in school and meeting the children and staff team.

Parent View

Thank you to those parents & carers who have completed the Ofsted Parent View survey.

Here is the link for the survey

<https://parentview.ofsted.gov.uk/>

where you will also find a simple registration process.

SPORTS WEEK

Sports Day on Monday was fantastic! It felt particularly special welcoming back parents and carers for the first time in two years. The weather was kind to us and the children showed enthusiasm and skill in all the events. Determination were the winning House. Well done Determination!

It was lovely to be back at District Sports this week! The children, as always, were fantastic ambassadors for the school and they all were excellent participants. Jack Hine (Y3) won his race in the finals and is Y3 70m District Champion. Cayden (Y5) won his heat and came a very close 3rd in the final. The Year 3/4 girls won their heat and came very close 2nd in the relay final. Erin (Y4) came 2nd in the final and Harper (Y4) came 4th. Ben (Y4) also came 4th in the finals and Elizabeth (Y3) came 5th. Well done and congratulations to our Athletics Team.

FUN RUN

Thank you to those parents and children who took part in the St Albans fun run this year! The children all did incredibly well and loved receiving their medal and well-deserved ice-lolly at the end of the race! *Mrs Reed*



MENTAL HEALTH & WELLBEING

This morning, Mrs. Saunders (Mental Health & Wellbeing Lead) and Mrs. Oliver (Pastoral Support/Emotional Literacy Support) led an assembly about the importance of sleep. They shared with the children the important fact that primary aged children should have between 9 and 12 hours sleep each night. Below are the Top Tips discussed in assembly:

- Have a routine - same bedtime every night
- No screens between one to two hours before bed
- Keep your bedroom dark, cool & quiet
- Use a nightlight - red ones are the best
- Have a relaxing bath before bed
- Read a story or book before going to sleep
- Talk to your parents/carer if there is anything on your mind
- Avoid caffeinated or sugary drinks
- Avoid watching or playing anything that worries/scares you
- Use a worry box at bedtime
- Get lots of exercise and get lots of fresh air

APPRECIATION BOARD

We have decided to open up our appreciation messages to include parents & carers as well as the How Wood staff team.

*"Wow! What a sports day! It was absolutely brilliant. So well organised, activities to suit all children and due to your flexibility with nursery I could see both my children complete their first sports day. Thank you to **Mrs Barnes** for arranging this event (not an easy task!), **Carly/PTA** for running refreshments, all of How Wood staff supporting the smooth running of the event and the **KS2 helpers** that ran the activities. What a team!"* **Kelly Waterton**

*"We would like to send a message of appreciation to the **PTA** please! They've been doing such a fab job. Thanks"* **Rosie Joyce & Gemma Hope**

Please send your appreciation message to:
head@howwood.herts.sch.uk

DATES FOR YOUR DIARIES (NEW DATES IN RED)

Monday 27th June - Y2 Trip to South End
Thursday 30th June - Rabbi Adam visiting Year 2
Wednesday 6th July - EYFS Science Workshops
Thursday 7th July - Y1 to Windsor Castle
Thursday 14th July - Secondary Transfer Day & Transition Day @ How Wood
Friday 15th July - Reports to parents
Friday 15th July - Save the Date - Y3 Sleepover
Saturday 16th July - Summer Fayre 12pm to 3pm
Tuesday 19th July - Y5/6 Dress Rehearsal 9.30am
Wednesday 20th July - Y5/6 Evening Performance
Thursday 21st July - Year 6 Leavers' Event
Friday 22nd July - Y6 Leavers' Assembly 9am
Friday 22nd July - Special Recognition Assembly - 11.30am

Term Ends - Friday 22nd July at 1.30pm

PARENT ASSEMBLIES @9AM

Year 1 Parent Assembly - Friday 1st July
Year 2 Parent Assembly - Friday 8th July
Reception Parent Assembly - Wednesday 13th July
Nursery Parent Assembly - Friday 15th July



PRAISE POSTCARDS

Two children in Year 3 and one child in Year 6 have been noticed for being super helpful on the playground. Look out for

Praise Post Cards arriving next week

