

"I AM THE WAY, THE TRUTH AND THE LIFE." JOHN 14: 6

Weekly Newsletter



Around the school!

Welcome back to the last half-term of this academic year! I hope you all had a wonderful half-term break and enjoyed the weather. Whilst we have seen some rain this week, I understand temperatures are set to climb again. Please do make sure children have hats and water bottles with them every day. Please also make sure sun cream is applied before school. Once again, this half term looks to be jam-packed with Sports Day, Transition Day, trips, the summer disco and Leavers' celebrations so please make sure you check updates each week. Coming soon, we have our community fundraiser for the reopening of the swimming pool in Buntingford (more information will be shared next week) as well as celebrating our marvellous men for Father's Day.

Mrs. Woods

PTFFA NEWS!

We're thrilled to announce that our school has officially been adopted by Grange Paddocks Leisure Centre Bishops Stortford as part of the exciting Adopt a School programme with Everyone Active!

This fantastic partnership is all about supporting the health, wellbeing, and fitness of our school community and creating amazing opportunities for local families to get active together.

What opportunities will be available?

As part of this partnership, pupils, families, and staff will be able to enjoy a range of incredible benefits, including:

- * FREE swimming for school pupils aged 10 and under
- * FREE junior gym and swimming for pupils aged 11-15
- * FREE membership for parents and guardians aged 16+
- * FREE membership for school employees aged 16+

More exciting details, including how to access these offers, will be shared at the end of June — watch this space!

Sharing Assemblies - Summer Term

NEXT WEEK:

Wednesday 10th June: Year 2 @2.45pm

Coming soon!

Wednesday 17th June: Year 1 @2.45pm

Wednesday 24th June: EYFS @2.45pm

Next week at a glance MONDAY 8TH JUNE - FRIDAY 12TH JUNE 2026

MONDAY: WORSHIP FOCUS: KINDNESS

END OF YEAR CLASS AND LEAVERS PHOTOS

MINI-MAKERS LUNCHTIME CLUB - REC

BROWNIES LUNCHTIME CLUB - REGISTERED BROWNIES ONLY

HOCKEY LUNCHTIME CLUB - ALL

HOMEWORK CLUB 3.30-4.30PM

NINJA WARRIOR 3.30-4.30PM (REC TO Y4)

BOARD GAMES CLUB: 3.30-4.30PM

TUESDAY: EYFS SCHOOL TRIP

TIGER CHEER LUNCHTIME CLUBS

MULTI-SPORTS LUNCH CLUB - ALL

MULTI-SKILLS 3.30-4.30PM (REC TO Y4)

WEDNESDAY: MINI-MAKERS LUNCHTIME CLUB - Y1-4

TAG RUGBY LUNCH CLUB - ALL

Y2 SHARING ASSEMBLY - 2.45PM

GYMNASTICS 3.30-4.30PM (Y1 TO Y4)

YOGA: 3.30-4.30PM

THURSDAY: ATHLETICS LUNCH CLUB - ALL

TENNIS 3.30-4.30PM (REC TO Y4)

FRIDAY: FUNKY FRIDAY - LUNCHTIME DISCO



Extra-Curricular Clubs

Superstar Sports now run all extra-curricular sport activities. Club details and booking links for the term can be found here or see QR code at the end of the update.

Monday Ninja Warrior: (Reception to Year 4) <https://www.superstarsport.co.uk/locations/head-office/?type=sports>

Tuesday Multi-sports (Reception to Year 4) <https://www.superstarsport.co.uk/locations/head-office/?type=sports>

Wednesday Gymnastics (Year 1 to Year 4) <https://www.superstarsport.co.uk/locations/head-office/?type=sports>

Thursday Tennis (Reception to Year 4) <https://www.superstarsport.co.uk/locations/head-office/?type=sports>

Homework Club runs every Monday. Please email the office to let us know if your child wishes to attend.

Mini-Makers information has been emailed home.

Please find links to clubs run by Tiger Cheer

Reception, yr1 and yr 2:

<https://forms.gle/QSKf582BG15SZQ2q9>

Yr3 and 4:

<https://forms.gle/ovdgsDrfhAAuRj4FA>



Dates for the Summer term:

Monday 8th June: Class Photos/Year 4 Photos

Tuesday 9th June: EYFS trip

Friday 19th June: Non-uniform Day - fundraiser for Freman Swimming Pool

Friday 19th June: Marvellous Men's Day

Friday 26th June: Year 1 trip

Thursday 9th July: Transition Day - all children to new schools and year groups

Friday 10th July: Sports Day and Open Morning - school closes at 12.30pm

Wednesday 15th July: Year 4 Leavers' Service at St. Mary's Church - 5pm

Thursday 16th July: Year 4 Fundraiser for World Land Trust 3pm to 4.30pm - parent/carer help welcomed!

Friday 17th July: School Disco

Tuesday 21st July: School closes at 1.15pm

Freman College presents

The Exhibition

BAKER STREET

2026

The Main Hall
Freman College
Bowling Green Lane
Buntingford

Monday 8th until
Thursday 11th June
3.30 - 6pm

An exhibition of A level Fine Art & Photography

INFORMATION AND ADVICE ABOUT EMOTIONALLY BASED SCHOOL NON-ATTENDANCE (EBSNA) FOR FAMILIES

EBSNA can affect children and young people of any school age. It can happen as a result of a wide range of different factors – home, wider family, community, school, friendships – often a combination of some or all of these.

WHY COULD MY CHILD BE ANXIOUS?

Anxieties can stem from a number of things such as:

- An unmet special educational need such as autism, ADHD, dyslexia or dyspraxia
- Friendship issues, not 'fitting in', or bullying
- Finding schoolwork confusing and overwhelming
- Separation anxiety
- Trauma
- Bereavement
- Low self-esteem
- The environment itself - especially for those who are autistic and/or neurodivergent



A child might become anxious about school at any stage. It can occur when children start school or transition into secondary school, or it might be related to puberty or hormonal changes. Read more on the [Local Offer website](#).

WHAT ARE THE WARNING SIGNS

- ? Can you spot patterns in your child's absence from school, e.g. certain days/activities?
- ? Does your child regularly say they don't want to go to school, or reluctant/delaying going to school?
- ? Does your child struggle with changes to environment, routine or stimulus?
- ? Are there physical symptoms on school days e.g. tummy aches, feeling sick, headaches?

(NB please always check with a GP to rule out any medical cause or illness).



WHAT TO DO

- 👍 Ask for a meeting with your child's school involving someone who knows your child e.g. class teacher, pastoral lead, SENCo. Be prepared by taking along any notes about the things your child finds difficult.
- 👍 Work together with school to build a child centred plan that understands the underlying problems which are making your child feel anxious about going to school. This could include adjustments to help your child access their education. There are tools which can help such as [Hertfordshire's EBSNA Framework](#).
- 👍 Include your child's voice in any plan as they are more likely to be able to stick to it. Check in after a while and review it with your school to see what is working well and what is not.
- 👍 Do advocate for your child's needs but also understand the limitations as to what your school might be able to do.
- 👍 If the agreed strategies are not working, speak again with your school to identify other services and professionals that might be able to support your child. The [Herts Hub](#) has a wealth of mental health signposting and ideas for early help.



STRATEGIES TO TRY AT HOME

- ✓ Develop a plan for the evenings, which can include calming activities before bedtime e.g. gentle music, bath, story or reading.
- ✓ Also plan for the morning, and where possible get things ready for the next day the night before (school bag, lunch box etc).
- ✓ Make a diary which includes your child's worries and also identifies positives and what works well.
- ✓ Respond with empathy whilst encouraging small, manageable steps.
- ✓ Visual timetables at home and school might also help.

REMEMBER...

- 👁️ With the right plan in place, being in school supports your child's academic progress, social development and mental wellbeing.
- 👁️ Small steps are often big wins.
- 👁️also ensure that you find ways to support your own wellbeing in the process.

EXCITING NEWS!

OUR SCHOOL HAS BEEN ADOPTED!



We're thrilled to announce that our school has officially been adopted by **Grange Paddocks Leisure Centre** as part of the exciting **Adopt a School** programme with **Everyone Active!**



This fantastic partnership is all about supporting the health, wellbeing, and fitness of our school community and creating amazing opportunities for local families to get active together.

**Stronger Together,
Healthier Communities**



WHAT IS ADOPT A SCHOOL?

Everyone Active's Adopt a School programme brings local schools and leisure centres together to encourage healthier lifestyles and make physical activity more accessible for everyone in the community.



WHAT OPPORTUNITIES WILL BE AVAILABLE?

As part of this partnership, pupils, families, and staff will be able to enjoy a range of incredible benefits, including:



FREE SWIMMING
for school pupils aged 10 and under



FREE JUNIOR GYM & SWIMMING
for pupils aged 11-15



FREE MEMBERSHIP
for parents and guardians aged 16+



FREE MEMBERSHIP
for school employees aged 16+



This is a wonderful opportunity to promote wellness, confidence, fitness, and family wellbeing both in and out of school.



MORE EXCITING DETAILS, INCLUDING HOW TO ACCESS THESE OFFERS, WILL BE SHARED AT THE END OF JUNE – **WATCH THIS SPACE!**

GRANGE PADDOCKS
LEISURE CENTRE

everyone
ACTIVE



SUMMER ACTIVITY CAMP



Roger de Clare First School

Station Road
Ware, SG11 1TF

Full Day: **£24.00**

Full Week: **£95**

Half Day : **£16.00**

09:00am - 3:30pm

ACTIVITIES

Football, Basketball, Soft Archery,
Ninja Warrior, Water Activities, Team
Challenges, Rounders, PLUS LOADS
MORE!

DATES:

Week 1: August 4th - 7th

Week 2: August 10th - 14th

Week 3: August 17th - 21st

Week 4: August 24th - 28th

SCAN HERE



To book:

Visit www.superstarsport.co.uk
Go to "Book Now" & select your club!





WASPS
OUT OF
SCHOOL CLUB

AUGUST PLAY SCHEME



FUN FRIENDS MEMORIES!



- ★ Monday 10th to Thursday 13th August
- ★ Monday 17th to Thursday 20th August
- ★ Monday 24th to Thursday 27th August

LEARN PLAY GROW!

at Standon and Puckeridge Community Centre



OPEN 8AM TO 6PM



ONLY £33
PER CHILD FOR A FULL DAY
DISCOUNT FOR SIBLINGS



Film Time



Painting



3D Modelling



Clay Modelling



Loom Bands



Dream Catchers



Talent Show



Scratch Art



Scavenger Hunt



Sports Activities



Park Visit



Competitions



Build Dens



Marble Painting



Hama Beads



Make Shrinkies



Make Playdough and Slime



Water Play



PJ Day



Teddy Bears Picnic



Fruit Kebabs



Fridge Magnets

CHOOSE PLAY ENJOY!

Let your child choose which activities they would like to join us for and book via <https://waspsclub.magicbooking.co.uk/>

SPACES ARE LIMITED - BOOK TODAY!

GOD'S PEOPLE AND THE TEMPLE OF THE RISING SON



HOLIDAY BIBLE CLUB 2026

Monday 24th to Thursday 27th August

10-3pm Daily

St. Mary's Church, Standon (SG11 1LA)



Get your fedoras ready for an adventurous week exploring the stories of all the places God's People have believed He lived... from temples in the desert to deep in our hearts.

Art & Craft • Sports • Challenges
Games • Songs • Stories • Prizes

Please bring a packed lunch!

Free to attend • Pre-Registration Essential

Open to School Year R to 6



Book Online via QR code or at
<https://buytickets.at/dauntless/2074303>





RIB VALLEY
PARTNERSHIP

Areas that we can offer signposting information on:

- Managing finances
- Housing
- Domestic Abuse
- EBSNA (emotional based school non-attendance)
- SEND
- Routines and boundaries
- Sleep
- Toileting
- Challenging Behaviour
- Relationship difficulties
- Supporting siblings
- Child & adult mental health and emotional well-being
- Child & adult physical health
- And more!



Free,
Confidential
Information,
Advice and
Guidance for
families

Contact
us

Partnership Schools:

Anstey First, Ardeley St Lawrence Primary,
Edwinstree Middle, Freman College,
Hormead First & Nursery,
Jenyns First School and Nursery,
Layston First, Millfield First & Nursery,
Ralph Sadleir School, Roger de Clare First
and Nursery, St Thomas of Canterbury
Primary

Rib Valley Partnership,
c/o Hobbs Hill Wood School,
Hemel Hempstead,
Hertfordshire,
HP3 8ER

01442 401222 ext 8

ribvalley@hobbshillwood.herts.sch.uk

Term Time only

Could you be a young carer?

If you help look after a friend or family member who needs extra support - you may be a young carer and there's **one easy place to get help.**

WELCOME

- Be part of a young carers community
- Friendly welcome from the young carers team

Support for the whole family

Friendly chats to consider everyone's needs

Check ins to make sure you're doing ok

Help as you grow up and move into new stages of life

A new young carers webpage

- Clear information on what help you can get
- Links to opportunities, activities & wellbeing support
- Designed by young carers for young carers



Get involved

- Conference designed by young carers, workshops, fun sessions, meeting others
- Opportunities to have your say
- Work with SEND Youth Councils

Additional support

- Support in your school / college
- Meet other young carers
- If you're eligible for free school meals, you can get discounts with a **Herts Card**
- Free activity camps in school holidays - **HAPpy Camps**

"I worry about Mum when I am not at home"

How to get support

- Ask an adult in your family to help you get in touch
- Speak to your teacher or a trusted member of staff
- Visit the website or call 01992 658469



www.hertfordshire.gov.uk/youngcarers

