



# Weekly Newsletter

1 March 2024

*Making learning a lifelong adventure*

Our school value for this half-term is



Dear Parents/Carers

Welcome to Spring Term 2. As always, the children have settled back into school easily this week. Looking ahead, there seems to be a lot happening in school over the coming weeks and up to the Easter break, and many of these events involve no, or an element of variation to school uniform for some or all of the children. I guess this is what they mean by *mad March*!

On **World Book Day** next Thursday pupils are invited to dress as a favourite book character (no sportswear please!) or to wear suitable pyjamas to signify snuggling down with a good book.

On Friday next week (8 March) it is **International Women's Day** and we will be celebrating women's football by taking part in the 'Let Girls Play' campaign. This is a UEFA campaign that is being supported by the FA in England. We are inviting the girls to come into school in either their football kits or their own PE kits. There will be some additional activities throughout the day including a staff vs Year 6 girls football match at lunchtime and we are also delighted to have a Q & A session with professional footballer Hayley Ladd who plays for Manchester United and Wales. She has very kindly donated some signed football boots, which will be auctioned at the end of the week.

If you would like to own a piece of football memorabilia, please send your bid to [admin@highbeeches.herts.sch.uk](mailto:admin@highbeeches.herts.sch.uk) by Monday 11<sup>th</sup> March. Thank you for your support!

The following Friday (15 March) is the bi-annual Comic Relief Red Nose Day and pupils are invited to come in their mufti (non-uniform) and it is suggested they wear something red. No red face paint or hair dye though please), in exchange for a donation to comic relief, which should be paid via the Arbor school shop.

On Monday 18 March, children are invited to wear brightly coloured socks to celebrate neurodiversity and as part of the **Neurodiversity Celebration Week** and the term ends with the House Ambassadors' fundraiser for Herts Young Carers, when the children will be taking part in their sponsored **Bunny Hop Event**, when they will be sponsored to jog around our track. The children should wear PE kits for the day and bunny ears are apparently optional!

Do have a look at the diary of events overleaf for more details and that of various other events taking place in the coming weeks.

Yours faithfully

Jonathan Walker  
Headteacher



## FoHBS News

Please see separate flyer for this week's FoHBS News.



## Sports Desk

Congratulations to the Year 4 pupils who attended the *Rapid Fire Cricket* event at Roundwood Park School on Tuesday. Thank you to parents Mrs Whitehead and Mr Sidhu for being parent coaches who report below. The netball A Team also travelled to Roundwood (primary, this time) on Wednesday for their next league match. Team report below. Team photos for both events are on the front page.

*What an amazing team effort the kids showed today at the rapid cricket fire event. They were so motivated and enthusiastic it was a joy to help coach them. They ran so quickly, had quick reactions to fielding and worked well as a team.*

*The results were not in our favour, we came 5th out of 6 schools in our pool. We were robbed as we felt like we were the team to beat! Nevertheless, we all had a great time and the kids are buzzing!*

*Mrs Whitehead and Mr Sidhu*

On 28<sup>th</sup> of February, we played a netball match against Roundwood Primary School. The score was 4-2 to us. It was an excellent game and everyone played amazingly. Kiara received play of the match and the team was captained by Macy. The whole team worked really well together and were all incredible. The team remains unbeaten and this adds to our previous victories of 10-0 and 7-0.

*Macey*

## Headteacher Awards

Today we congratulated the following children for their achievements this week.

• <b>Reception Chestnut Class</b>	Emma	For trying hard and doing so well in phonics. Well done!
	Charlie	For trying hard and settling so well into Chestnut Class. Well done!
• <b>Reception Oak Class</b>	Eirinn	For trying hard with phonics and reading.
	Sienna	For making a book during child-initiated learning and writing a story.
• <b>Year 1 Cedar Class</b>	Ryan	For showing enthusiasm and effort towards his learning. Well done Ryan for working hard this week!
	Jasper	For trying hard in maths and carefully following the steps when looking at worded problems. Well done, Jasper!
• <b>Year 1 Elm Class</b>	Thomas	For great contributions to class discussions all week. We love your enthusiasm for learning!
	Emily	For careful presentation when writing different types of sentences. Well done!
• <b>Year 2 Hazel Class</b>	Eleanor	For her descriptive adjectives about the city in her creative writing on 'One stop on Market Street'.
	Ruba-Wali	For showing respect to adults and her friends through her listening skills and polite manners.
• <b>Year 2 Willow Class</b>	Shawn	For making a real effort to improve the presentation of his work.
	Logan	For showing more confidence and independence and producing some lovely writing.
• <b>Year 3 Birch Class</b>	Eddie	For working hard to improve his handwriting.
	Anaya	For writing an effective recount including adverbs of time.
• <b>Year 3 Redwood Class</b>	Christopher	For making excellent progress with his handwriting and presentation.
	Sienna	For working hard when learning about fractions of amounts and presenting her work beautifully.
• <b>Year 4 Maple Class</b>	George	For showing great accuracy when drawing a bar chart in Science.
	Theo	For showing resilience when working in a team in English
• <b>Year 4 Pine Class</b>	Charlie	For working hard in maths to master finding equivalent fractions.
	Robyn	For excellent work preparing her script for the class assembly.
• <b>Year 5 Ash Class</b>	Sophie	For her imaginative verse about the Rum Tum Tugger
	Elijah	For his growing independence in maths, particularly when calculating area
• <b>Year 5 Hawthorn Class</b>	Erin	For contributing confidently during class learning in Maths this week.
	Scarlett	For the pinpoint-accuracy of her answers in reading comprehension.
• <b>Year 6 Rowan Class</b>	Olivia	For your hard work and focus when writing an adventure narrative using accurate punctuation and a range of grammatical techniques.
	Arran	For accurate presentation when drawing angles this week.
• <b>Year 6 Sycamore Class</b>	Jack	For always taking care when presenting work across all areas of the curriculum.
	Kang	For sharing ideas and showing great enthusiasm for learning especially in our new unit in History.
• <b>PE Awards Infants</b>	Henry	For his excellent throwing and catching skills – showing good control and accuracy. Well done!
	Finn	For his excellent throwing and catching skills – showing good control and accuracy. Well done!
• <b>PE Awards Juniors</b>	Lauren	For her excellent batting work in cricket this week – showing good control and consistency. Well done!
	Luke	For his application and concentration in our first week of cricket this week. Well done!



# Parent & Carer Support TALKING ASD & ADHD Workshops Spring Term 2024



Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

← Eventbrite Page

## ANXIETY and STRESS



- The difference between stress and anxiety.
- Understanding anxiety related conditions amongst young people with ASD and/or ADHD.
- How to spot the non-verbal signs of stress.
- Common triggers amongst neurodiverse children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early signs of mental health problems.

**Tuesday 12<sup>th</sup> March 9.30-11.15am**

**Workshop SL641 Pre-book via Eventbrite:**

<https://www.eventbrite.co.uk/e/talking-asd-adhd-stress-anxiety-641-for-parentscarers-in-herts-registration-834845624737>

**Wednesday 6<sup>th</sup> March 7.30-9.15pm**

**Workshop SL640 Pre-book via Eventbrite:**

<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-stress-640-for-parentscarers-in-herts-registration-830105085657>

## RESPONDING to ANGER



- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

**Monday 4<sup>th</sup> March 9.30-11.15am**

**Workshop SL639 Pre-book via Eventbrite:**

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-639-for-parentscarers-in-herts-registration-82902484627>

**Wednesday 13<sup>th</sup> March 7.30-9.15pm**

**Workshop SL642 Pre-book via Eventbrite:**

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-642-for-parentscarers-in-herts-registration-830098606277>

## SCHOOL AVOIDANCE



- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child.
- How to work with your school in your child's best interests.

**Tuesday 26<sup>th</sup> March 9.30-11.15am**

**Workshop SL644 Pre-book via Eventbrite:**

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance644-for-parentscarers-in-herts-registration-835261949977>

## COPING with CHANGE



- How children feel and behave when experiencing change or transition.
- Preparing children for changes such as starting a new school.
- Supporting children during and after change, helping them to manage their emotions using effective stress reducing strategies.
- How children learn from new experiences and what to expect.

**Monday 18<sup>th</sup> March 9.30-11.15am**

**Workshop SL643 Pre-book via Eventbrite:**

<https://www.eventbrite.co.uk/e/talking-asd-adhd-coping-with-change643-for-parentscarers-in-herts-registration-835253344237>

Follow on:



Contact via:

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

Funded by Hertfordshire County Council's Targeted Parenting Fund



## Further Information and Reminders

### Attendance

Congratulations to Oak and Hawthorn classes who have the best attendance this week, with 100% and 99.6% respectively.

## Diary Dates

*Amendments and additions to previously published events shown in purple*

Thursday 7 March 2024	<i>World Book Day – Optional dress as a book character or in Pyjamas!</i>
Friday 8 March 2024	<i>International Women's Day Girls invited to wear PE or football kits for the day..!</i>
11-15 March 2024	<i>British Science Week</i>
14 March 2024, 9am	<i>Year 4 Maple class assembly</i>
14 March 2024, 2:30pm	<i>Year 4 Pine class assembly</i>
15 March 2024	<i>Mufti Day for Comic Relief – Red Nose Day</i>
Monday 18 March 2024	<i>Mid-year reports to parents Wear bright socks to schools to celebrate neurodiversity...!</i>
18 to 22 March	<i>Neurodiversity Celebration Week</i>
19 and 21 March 2024	<i>Reception to Y5 Parent Consultations</i>
21 March 2024, 9am	<i>Year 3 Birch class assembly</i>
21 March 2024, 2:30pm	<i>Year 3 Redwood class assembly</i>
22 March 2024	<i>FoHBS discos</i>
26 March 2024, 6pm	<i>Y5 Choir in Harpenden Schools' Spring Music Festival at the EMC</i>
27 March 2024, 1.15pm	<i>KS2 Speakers Cup Final (finalists' parents invited)</i>
27 March 2024, 6.00pm	<i>Spring Music Evening</i>
28 March 2024, 9.00am	<i>K1 Speakers Cup Final (finalists' parents invited)</i>
28 March 2024	<i>House Ambassadors' Sponsored Bunny Hop Events for Herts young Carers Wear PE kits for the day. Bunny ears are optional!</i>
28 March 2024, 2pm	<i>School closes for Easter holiday</i>
Sunday 7 July 2024	<i>FOHBS Summer Fair – date change due to clash with SJL Festival on Field</i>