

### Happy New Year!

Welcome back! I hope you all had a lovely Christmas and New Year. I would like to take the opportunity to thank you, from myself and from all the staff, for the cards and Christmas gifts. We do what we do because we want to give every child in our care the best possible education and care, but (like everyone) we appreciate it when others recognise efforts and thank us. It is lovely to know that we make a difference.

**Welcome to our new families** who have joined us since Christmas: we hope you have been made to feel welcome and that you enjoy being part of the Heyford Park Free School community.

### Focus of the week:

This week we discussed health, both the health of our minds and the health of our bodies. We talked about the choices that we could make in order to help us stay healthy, and discussed some things that are important for both physical and mental health, such as sleep. Health and healthy choices will be something that we will revisit throughout the term, and I will tell you in each newsletter what our focus for the following week will be so that you can have conversations with your children. Several children have spoken to me this week about their choices – for example, Sean S in Year 2 has been very proud of eating all his food at lunchtime, including all the vegetables and Evie, also in Year 2, has told me about making healthy choices in her food at home. Many classes linked this to New Year's resolutions.

Next week we will be talking about sleep, how much we need, why it's important and what it does for our bodies and our minds. One area that seems to be in the spotlight at the moment is the use of tablets and other mobile devices for children. You might be interested to read <https://www.nhs.uk/news/pregnancy-and-child/smartphones-and-tablets-disrupt-childrens-sleep/> and you might like to look at this website too: <http://www.sleepforkids.org/>

### Achiever of the week:

Minibeasts: Harrison S  
Minibeasts: Julia M  
Tigers: Jason O  
Zebras: Molly T  
Penguins: Josh W  
Giraffes: Liam B  
Lions: Alayna B  
Meerkats: Tegan B  
Eagles: Nicholas F

### Value of the week:

Minibeasts: Brooke S  
Minibeasts: Emily T  
Tigers: Megan P  
Zebras: Lola L  
Penguins: Freddie J  
Giraffes: Artjoms M  
Lions: Jayden Stear  
Meerkats: Valentin D  
Eagles: Ruby W

### Please Help!!!

We really value support from parents. We have had several helpers this week for trips, reading, driving to athletics, lunchtime support...

We would really welcome some more regular support for all year groups: if you have a spare hour or two that you could commit to on a regular basis we would love to hear from you. Please email me directly saying which day(s) and times you would be available and what or who you

would like to support (the wider the options you give us the better!) Please send me an email to [rhughes@heyfordparkfreeschool.org](mailto:rhughes@heyfordparkfreeschool.org), preferably by Wednesday at 4pm.

Thank you in advance – your support would be so valuable to us.

### Calling all Year 2 parents....

At the end of Year 2 some of you will be aware that children take part in SATs (standardised assessment tests) which are published and controlled by the Government and which have to be administered in particular ways. SATs are also sat at the end of Year 6, and these are much more formal than those in Year 2.

We would like to give you the chance to find out more about these assessments, and are therefore putting on a SATs information evening, aimed at Year 2 parents. This will be on Thursday 25<sup>th</sup> January at 6.30pm. Miss Brock, Miss Ward and I will be able to explain more about the SATs and about how we administer them in Year 2 and how you can support at home. We hope that most families take this opportunity to come and find out more about it.

### Attendance update from Mrs Dallas:

At the end of last term Primary attendance was 97%. Well done to everyone as we came across a lot of sickness towards the end of the year. Let's hope we are not hit by as much sickness this term, however, please be reminded that if your child has a tummy upset or is sick please ensure they do not come to school for 48 hours since the last bout - this ensures we keep other children and staff free of the same tummy bugs and viruses.

### Message for Giraffes, Lions and Meerkats (Year 3 and 4)

Thank you so much for all of the donations of boxes and materials to help us with our Titanic art project. The children are so excited and have really enjoyed the start of the unit. Children in Lions, Giraffes and Meerkats (Miss Curtis, Miss Chalmers and Mrs Dallas' class) will be spending next Wednesday (17<sup>th</sup> January) creating our Titanic model so there is still time to bring in any shoeboxes or junk modelling resources.

As we will be spending the day painting, gluing and creating we would like children to wear non-uniform on Wednesday: please make sure that they wear clothes that you don't mind them getting a little dirty. If you wish for extra protection, you could provide an apron for your child.

### Cycle Training for Year 5:

We have a very exciting opportunity for eight children from Year 5 to take part in Cycle Training for six afternoon sessions between February half term and Easter. These will take place every Tuesday, starting on Tuesday 20<sup>th</sup> February (the first day back after half term) to Tuesday 27<sup>th</sup> March from 1.45-3.15pm. This has been organised in partnership with the Oxford County Council Fire and Rescue Service, and all sessions will be run by external trainers. It will finish with a test.

If your child is in Year 5 and is interested in taking part in this, he/she would need:

- their own roadworthy bike and bike helmet
- a bike lock so the bike can be stored safely during the rest of the day (if you are buying one you might want to get one with a code rather than a key if you think your child is more likely to remember a number rather than keep hold of a key!)

They must also be able to be able to ride competently. This means, for example:

- they can ride in a straight line and control the bike round corners
- they can take one hand off the handlebars and keep control of the bike

- they can look behind them and still cycle in a straight line

There will be some homework to be done as part of the course, and there will be both a theory and a practical test.

If you would like your child to take part, and feel that they fulfil all of these criteria, please email me directly ([rhughes@heyfordparkfreeschool.org](mailto:rhughes@heyfordparkfreeschool.org)) putting "cycle training" in the subject bar:

Please email me by Wednesday 17<sup>th</sup> January.

### **Athletics: a report from Mrs Dallas**

On Wednesday afternoon Mrs Evans and I took a squad of 16 children from Year 5 and Year 4 to an athletics tournament with 7 local schools at the Bicester Leisure centre. It was tough competition as the children they were competing against were in Years 5 & 6. The Heyford team were good competition and held their own, competing in events such as triple jump, standing vertical jumps, javelin and a variety of relay races. It was an exciting afternoon where one of the highlights was Jorge Haynes and Jayden Dempster competing in a 2-person relay and coming in second - it was a tough six lap race! The team spirit was high with team-mates congratulating one another and cheering on other teams. A certificate was to be given for the team mate who showed the most sportsmanship - Mrs Dallas could not decide as the whole team showed great teamwork and cheered enthusiastically for one another so the certificate was given to the whole squad and celebrated at this week's celebration assembly. We are very proud of the athletics squad who showcased our school brilliantly! Thank you to the parents who helped transport the children.

### **Swimming:**

Thank you to those of you in KS2 who have filled in the forms about swimming. If you haven't yet done so, there is still time: please send them back to your child's class teacher as soon as possible. If any parents of children in KS2 haven't received a letter, please ask the class teacher or email me, to answer the following questions:

Can your child swim 25m (1 length) on their back?

Can your child swim 25m (1 length) on their front?

If your child can swim these distances or more, do you think that swimming with school is still valuable?

Those distances have been chosen to fit in with the National Curriculum.

Thank you for your help. Your responses will help us to decide whether to take all the KS2 cohort swimming this year, particular year groups or specific children.

### **Residential information sessions:**

We are booking for children in Year 4 and Year 5 to go on residential trips and will be holding information sessions on Wednesday 17<sup>th</sup> January at 2.30pm and 6pm so that parents can find out more. I know that this is quite short notice, and apologise for that: if you can't make it, we will send out information following on from the sessions.

### **Reading Eggs:**

We have chosen some children to pilot a project called "Reading Eggs", a computer-based (PC/laptop/tablet/mobile) reading programme which is designed to boost both enjoyment and progress in reading. Those children chosen will receive a letter and log-in details next week.

### Curriculum Overviews:

Attached to this letter you will find the curriculum overviews for the term for each class. These will also be available on the website under the "Primary" tab.

### Homework:

Attached to this letter you will find the pic 'n' mix homework for all classes from Year 1 upwards: optional additional homework for Years 1, 2, 3 and 4 and compulsory (1 piece a fortnight) for Year 5. These will also be available on the website under the "Primary" tab. Just to remind you, the classes are as follows:

Reception (both classes)	Minibeasts	Mrs Walker & Miss Larsen
Year 1s	Tigers	Mr Mac
Year 1s and Year 2s	Zebras	Miss Ward
Year 2s	Penguins	Miss Brock
Year 3s	Giraffes	Miss Chalmers
Year 3s and Year 4s	Lions	Miss Curtis
Year 4s	Meerkats	Mrs Dallas
Year 5s	Eagles	Mrs Evans

### Nursery Update:

The children this week have been exploring the story of the gingerbread man. Not only have they been listening, recalling and performing the story in a variety of ways; but they have also been experimenting with different ways of getting the gingerbread man safely across the river without using the fox, using shapes to recreate him as well as creating their own versions of the gingerbread man using different artistic techniques and tools.





### Notes and reminders from Mrs Walker for Reception families:

If your child has borrowed clothes from us, please could you make sure that they are returned? We have hardly anything left in our clothes boxes. Donations of outgrown socks, pants, tracksuit bottoms or leggings are all useful if families have any to spare.

Please ensure reading books, reading record books and learning pots are stored inside book bags each day. There are a few children who do regularly are without these in their bags when we attempt to read with them. To encourage good habits, children are reading independently for 5 minutes each morning and so they now need their books with them at all times.

Please remember to submit evidence for 2simple evidence from home. This week we have been focusing especially on technology, electricity etc. Please collect evidence in particular of children using technology at home and spotting electrical items or those powered by batteries. Please remember we cannot use photographs without an included written explanation. We still have a few families that have not contributed evidence from home. This is a really important aspect in building the picture of the whole child. Many children demonstrate very different behaviours and learning between home and school. Please see Mrs Walker if you are having difficulties adding to the profiles.

Thank you.

### Dates for your diary:

Monday 15<sup>th</sup> January – Lions on a trip to Greatworth Farm

Wednesday 17<sup>th</sup> January – Eagles on a trip to Greatworth Farm

Thursday 25<sup>th</sup> January – 6.30pm – information evening for Year 2 parents about the SATs assessments

Thursday 1<sup>st</sup> February – Disco: more information to come from Friends

Monday 5<sup>th</sup> – Friday 9<sup>th</sup> February – Arts Week – more information to follow

Friday 9<sup>th</sup> February – last day of the half term

Tuesday 20<sup>th</sup> February – Back after half term

Tuesday 20<sup>th</sup> February – Giraffes on a trip to Greatworth Farm

Tuesday 20<sup>th</sup> February – first session of Cycle Training for selected Year 5s

Thursday 22<sup>nd</sup> February – Lions on a trip to Greatworth Farm

Tuesday 27<sup>th</sup> February – Meerkats on a trip to Greatworth Farm

Thursday 1<sup>st</sup> March – Eagles on a trip to Greatworth Farm

Tuesday 27<sup>th</sup> February, Wednesday 28<sup>th</sup> February and Thursday 1<sup>st</sup> March – Parents' Evenings for Primary parents: more details to follow later in the term.

*Have a lovely weekend! Mrs Hughes*