



Quality, excellence and passion

03.03.23

Dear Parents/Carers,

Whilst we have been back in school for just over a week and I have written to you in advance of this newsletter, I do hope that you had a wonderful half term and that you managed to get at least some rest with your family. The children are, as I have said previously, ready and raring to go as we progress across term 4.

The return to school has been unusual with the school routine being very different. I would like to reiterate my thanks to you all for your understanding and support in relation to the closure on Thursday 2nd March. We have a further Inset Day on Monday 6th March and look forward to seeing all pupils back in school on Tuesday 7th March.

World Book Day is, and always has been, one of the most wonderful days in school. Any excuse for dressing up is, in my opinion, fantastic! It was absolutely brilliant to see the children arrive in their costumes representing characters from their favourite book. Considerable effort went into putting these outfits together and I do thank you for all your support in doing so. We had a fabulous day in school celebrating everything we could in relation to reading. At the end of the day, the children came together as a school community to perform the poems they had been rehearsing. Performance is a skill which does not come naturally to all of us and certainly needs significant confidence. The staff team and I are so proud of the children and the effort they put into performing with such belief and resilience—they were certainly demonstrating our school values. I hope you enjoy the pictures that follow!

Our Heron Park community is hugely important. I was thrilled to welcome parent representatives to the recent coffee morning where I was able to outline arrangements for the relaunch of the Parents, Teachers, Friends Association (PTFA). As we know, fundraising for our school is vitally important. At the meeting, we explored the format of the PTFA. The PTFA raises extra funds through a wide range of fun and creative initiatives, events, and much, much more. Many inspirational and exciting ideas about future fundraising events populated our discussions. The development of the PTFA is hugely exciting. If you were unable to make the meeting, but would like more information please do contact the school office so that we can share the presentation/information with you. The PTFA Annual General Meeting (AGM) is going to take place on Thursday 23rd March. Again, coffee and cakes will be on offer. At this meeting we will elect the PTFA committee. Do come along if you feel that you are able to hand over some time (whatever that length of time might be) to support the school. Please note, that grandparents can also be part of the PTFA should they wish to join.

## Safeguarding



Should you ever have any concerns about a child and require advice, you are able to contact ChildLine or our school Senior Leadership Team/ some members of our Safeguarding Team: Mrs. Richardson, Mrs. Crees, Mrs. Williams or Mrs. Morgan. Keeping our children safe online is extremely important. Do have a look at the two recommended websites towards the end of this newsletter which are full of advice to support parents in helping protect children.

## Attendance



Attendance continues to be a focus for the school. At Heron Park we continue to have high expectations related to attendance. Our school target is over 95%. Consistent attendance enables pupils to have the best chance at realising success now and in their futures.

It is equally important that children are in school on time. Just 5 minutes late each day equates to 3 days lost learning across a year.

I do thank you for your commitment in ensuring that the children are in school each day and on time. Maintaining good attendance is very much about a partnership between home and school. Should you need any support in this area, please do contact our Attendance Officer, Mrs. S King.

British  
Science  
Week  
2023



Following on from World Book Day, we are looking forward to another themed event in a couple of weeks. During the week beginning the 13th March, we will be celebrating British Science Week 2023 with a number of activities and whole-school assemblies linked to the theme of 'Connections.' We are thoroughly looking forward to it.

# RED NOSE DAY 2023

The School Council has spoken to all pupils who have asked to support the Red Nose Day appeal on Friday 16th March 2023. The children have asked that they come to school with an item of red clothing. This could be a jumper, t-shirt or even just a hairband. Donations will be made via Parent Pay. The children found out that some of the fundraising will be sent to support children in Turkey and Syria who are recovering from the recent Earthquake. I agree that this is certainly a very worthwhile cause and I am extremely proud of the children for considering how they can support our global community.

I do hope that you have a wonderful weekend and you also enjoy all the events from school captured in this newsletter.



On the last Friday of term, I was honoured to be able to announce the children who were successful in their application to become Prefects. The children received their badges in assembly and have already been busy supporting younger children and being excellent role models around our school. Congratulations to each new member of our team.



We had a visit from Tony Blaker (one of Aurora's Trustees and Martha Burnige (our Academy CEO) at the end of last term. It was their privilege to award term 1 Prefects with their prefect ties to recognise their contributions in school across terms 1 to 3. I'd like to personally thank the children for all their hard work and for setting such an example in school.





# WORLD BOOK DAY



We love a dressing up event! World Book Day certainly generated a fantastic atmosphere in school. The poetry slam at the end of the school day was quite inspirational and showcased our children's excellent performance skills. Thank you to all the children, staff and all parents/carers in helping to make this event so memorable.



Changing lives through a love of books and reading.

At the end of last term, Mrs Morgan, Miss Tallett and Miss Orbell were able to present the reading awards to pupils who had entered the extremely popular reading raffle. It was certainly a wonderful surprise for the children who won.

The term 4 raffle is already open and we look forward to selecting more winners later this month.

# WORLD BOOK DAY

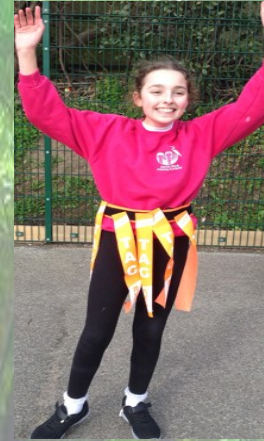
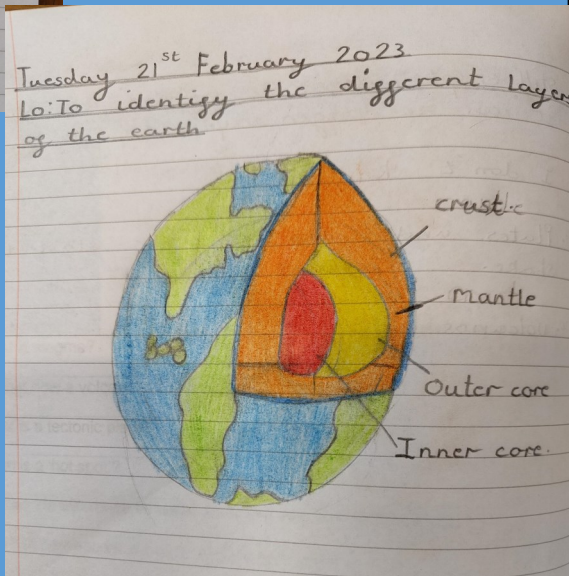
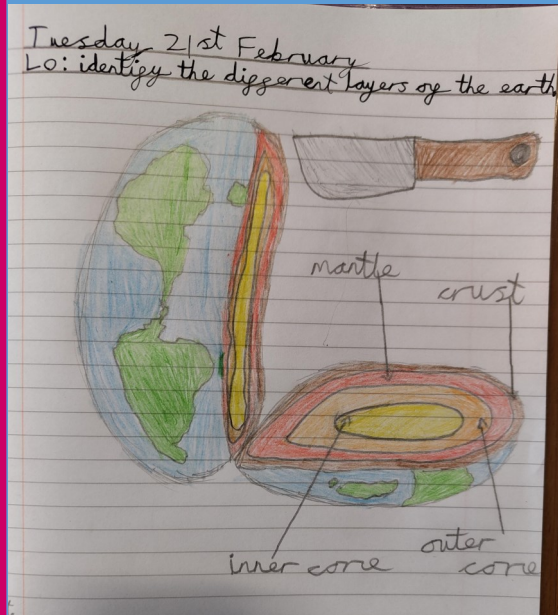


Changing lives through a love of books and reading.

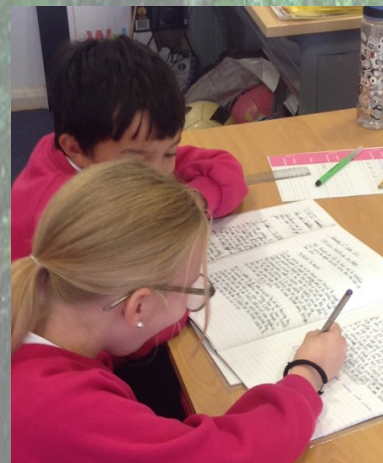
## Year 6

Year 6 pupils have been working hard to develop their understanding of the different layers of the Earth. I think you will agree that their illustrations are very informative.

I really enjoyed watching the children's poetry rap in the assembly this week. All pupils' rhythm and performance skills were very impressive indeed. Congratulations to all of the children.



Year 5 pupils have been very busy over the past two school weeks. They have developed their Tag Rugby skills enthusiastically in an extremely competitive and fun session. The children also explored the Southern Hemisphere, focusing on the location and the climate within the Amazon Rainforest. We can't wait to find out what they learn.



## Year 4



Pupils in Year 4 have been exploring life in Viking times. Leila produced a lovely letter to 'Old Wrinkly' explaining an event from the time. It was certainly an exciting moment on the ship. Well done Leila.

In other news, pupils have been developing their understanding of wellbeing through a range of interactive games in their lessons.

## Year 3



Pupils in Year 3 have been extending their geographical knowledge into their writing sessions. Pupils created their own treasure map during our World Book Day event and went on to compose adventure stories. The action included in the stories certainly made them extremely exciting. Well done, Year 3.



*When I first got on the boat, I felt butterflies in my stomach but dad said that it was just my breakfast going down. I didn't believe him. Once we started sailing I didn't feel too well. I tried looking at the clear blue sky. Suddenly, the sky turned a dark grey and lighting struck. Waves raised like mountains as they splashed against the side of the boat. Surprisingly, all of the Vikings went to the side of the boat. First they turned a neon green colour. I thought to myself, I have to take control of the boat. Half of my mind was saying 'don't', the other half was saying, 'yes.' I chose 'yes' and started steering the boat. I did move. I would be able to do it. I steered the boat towards home....*

## Year 2



Understanding countries and continents around the world is the focus for pupils in Year 2 at the moment. It is fantastic to see the children using atlases effectively, developing their map reading skills. We all know these skills are important in school and in our future lives! Well done Year 2.



## Year 1



As well as completing some amazing reading this week (in rather wonderful costumes), the children have started their new science unit, 'Let's Make It Fly.' The children explored different structures that would fly this week. In their science lessons, they looked at the shapes that would best take flight and travel the furthest distance across the playground. The children made some predictions, tested them out and came up with some interesting conclusions. All our Year 1 children have certainly been working scientifically.



## Reception

Our pupils in Reception had the most marvellous time cooking pancakes last week. I hear that they were delicious. On my visit to reception last week, I came across a band of pirates! Safe to say they were very friendly pirates. It was fantastic to see the children creating treasure and exploring materials that would float and sink. The pirate ships the children created certainly withstood the floating test on water. Congratulations to all the children.



Our Nursery pupils have had the most wonderful time reading this week. They loved their dress-up event and sharing stories with one another. I had the pleasure of reading one of Julia Donaldson's stories to the children last week. What a delight it was to see the children's enthusiasm and excellent listening skills too. They helped me finish sentences throughout the text and asked really interesting questions about the characters in the story. Thank you to all the children.



# LOOKING AFTER YOUR MENTAL HEALTH IT'S OK NOT TO BE OK

Information and resources  
for children and young people

We will all experience times when we feel really big, intense feelings, like sadness, fear or worry. Having these feelings is not anything to be embarrassed about – it's completely normal. Talking to someone about how you're feeling can really help, and they will probably be able to tell you a time when they felt like that too, or even offer some ideas that may help.

Sometimes these feelings might continue to get bigger and start to impact on the way we think and feel (our mental health). They might also start to affect our daily life such as our sleep and concentration and things we enjoy doing. When this happens it's really important that we don't ignore it.

## 10 TIPS TO LOOK AFTER YOUR MENTAL WELLBEING

1. Be kind to yourself. It's ok not to feel quite like yourself
2. Talk to your family and friends, or someone at school if you have any worries. Keep in touch with other relatives with phone calls, WhatsApp or texts
3. It's okay to feel sad, stressed and angry during a crisis. Allow time for a mental health break and try to take part in something you enjoy
4. Eating regular meals is really important to help with your energy levels. Drink lots of water too to help keep the brain active
5. Eat lots of fruit and vegetables throughout the day
6. Get some fresh air. Walking to school is a really good way of exercising and meeting up with friends. If you can't do that, maybe get off the bus a stop earlier
7. Structure your day with things you can realistically achieve. Don't be over ambitious. Try to remind yourself to take each day at a time
8. Get into a regular bedtime routine aiming for 7-8 hours rest each night. Getting a good night's sleep is a really positive thing. Try to find relaxing activities as you prepare for bed (warm drink, bath, music)
9. If you're feeling stressed, think back to a time you have overcome stress before. What helped then? Can you use those things again?
10. Try not to watch too much negative TV. Watch funny programmes instead to make you laugh. It may help make you feel happier or distract you for a while

## SELF-HELP TOOLS AND RESOURCES

### WEBSITES

- [e-wellbeing.co.uk](http://e-wellbeing.co.uk): a digital service for young people in Sussex
- [sussexcamhs.nhs.uk](http://sussexcamhs.nhs.uk): mental health and emotional wellbeing information
- [nhs.uk/every-mind-matters](http://nhs.uk/every-mind-matters): tools to manage and improve mental health
- [youngminds.org.uk/find-help](http://youngminds.org.uk/find-help): UK's mental health charity for children and young people
- [themix.org.uk](http://themix.org.uk): an online service and telephone helpline for young people
- [mindedforfamilies.org.uk/young-people](http://mindedforfamilies.org.uk/young-people): a free mental health learning resource
- [lifesigns.org.uk](http://lifesigns.org.uk): information about self-injury and a network for support
- [riseabove.org.uk/topic/my-mind](http://riseabove.org.uk/topic/my-mind): helpful tips for building confidence and managing anxiety
- [harmless.org.uk](http://harmless.org.uk): support for issues related to self-harm and suicide

### YOUTUBE CHANNELS

- Our Mental Health Space, Sussex CAMHS YouTube channel: [bit.ly/3zTIpoe](https://bit.ly/3zTIpoe)
- YoungMinds YouTube channel: [youtube.com/user/youngmindscharity](https://youtube.com/user/youngmindscharity)

### FREE APPS



MindShift



Well Mind



MoodTools – Depression Aid



In Hand

### SCHOOL NURSES

The school nursing teams are made up of registered nurses and other health care support workers. They can provide you with information and support for your physical and mental health, including emotional resilience and wellbeing.

## IF YOU FEEL LIKE YOU'RE IN CRISIS AND HAVING THOUGHTS OF CAUSING HARM TO YOURSELF OR SOMEONE ELSE, STOP, TAKE A BREATH AND FOLLOW THESE STEPS:

1. Talk to someone.
2. Go to [sussexcamhs.nhs.uk/help-im-in-crisis](http://sussexcamhs.nhs.uk/help-im-in-crisis)
3. Let someone know you do not feel safe or are struggling (a parent/carer, teacher or professional)

#### 4. Call or text a helpline:

- **Samaritans:**  
Tel: 116 123  
(24 hours a day 7 days a week)
- **Childline:**  
Tel: 0800 1111  
(24 hours a day, 7 days a week)
- **Sussex Mental Healthline:**  
Tel: 0800 0309 500  
(24 hours a day, 7 days a week)
- **SHOUT:**  
Text: SHOUT to 85258  
(24 hours a day, 7 days a week)

These helplines are free to contact and are available 24 hours a day, 7 days a week. You can phone as many times as you like. It might take a few tries before you can speak. They will understand.

If you don't feel able to speak to anyone, try accessing help, support or advice from these websites:

- [papyrus-uk.org](http://papyrus-uk.org): the national charity dedicated to the prevention of young suicide.
- [thecalmzone.net](http://thecalmzone.net): The Campaign Against Living Miserably, raising awareness to help prevent suicide.

Or these free apps:



Stay Alive



Calm Harm



distrACT

5. Follow your care and safety plan if you have one.

6. Contact the **YoungMinds crisis messenger**:

Text YM to 85258

(free from most mobile providers)

This service provides free, 24/7 crisis support across the UK. They will listen to you and help you think through how you're feeling, and will aim to help you take the next steps towards feeling better.

If you have made an attempt on your life or self-harmed and need urgent medical attention:

1. Call 999
2. If you are with someone, let them know what you have done. If you are on your own, get to a safe place and call someone (a parent/carer or professional helpline).

- **Samaritans:** Tel: 116 123
- **Childline:** Tel: 0800 1111
- **Sussex Mental Healthline:**  
Tel: 0800 0309 500

These helplines are free to call, and are available 24 hours a day, 7 days a week.

# Diary Dates:

## Term 4

Monday 6th March- INSET DAY

Monday 27th March—Book Club in all week

Friday 31st March - Last Day of Term

Monday 3rd - Friday 14th April - EASTER HOLIDAY

## Term 5

Thursday 25th May - Last Day of Term

Friday 26th May - INSET DAY

## Term 6

Monday 5th June - First Day of Term

Wednesday 14th - 16th June - Year 5 Residential trip.

Friday 30th June - INSET DAY

Monday 3rd July - INSET DAY

Friday 21st July - Last Day of Term

Calendar dates are subject to change, we will endeavour to give parents/carers as much notice as possible. Please note that where we have added INSET DAYS, we have given parents long weekends, to allow you to have a break away without taking time off during term time