



Newsletter 4

Newsletter Date
Friday 13th Nov 2020



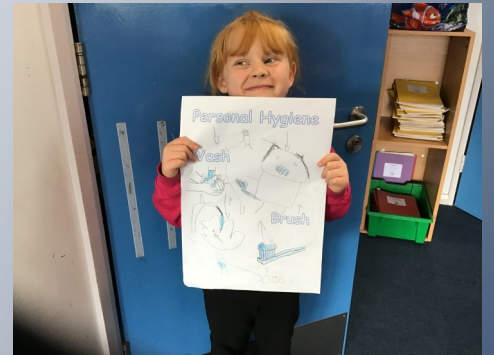
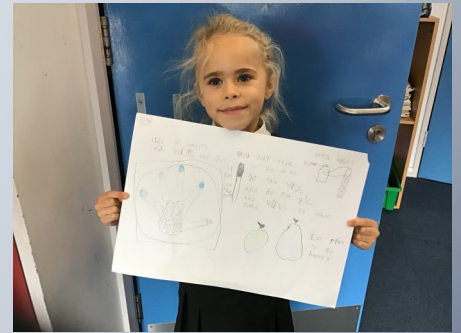
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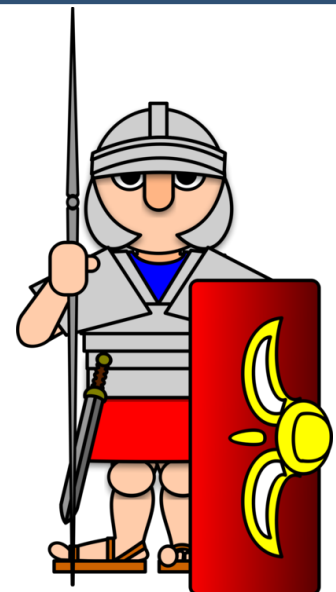
Ash Class made Poppies for Remembrance Day. They chose to display them on their class windows for all to see. Don't they look wonderful. Well done Ash class!



Maple Class made posters all to do with personal Hygiene. Brilliant work! Remember to do as Maple class say... wash your hands!



Hazel Class used their knowledge of Roman battle formations to re enact them during their 'express event'. The one shown is the "Repel Cavalry". They also enjoyed making Roman shields.





Thank you to all who
donated towards
Children in Need
We've raised £155 so far!

East Sussex
Parent
Carer
Forum



GUEST
SPEAKER

Dr Emily Lovegrove

Psychologist, lecturer, and author of 'Autism, Bullying and Me' will be joining us to talk about her work on autism and anti-bullying strategies, followed by a Q&A.

11am—12.30pm
Thursday 26th November
Via Zoom

To attend this FREE event, email info@espcf.org.uk



www.thebullyingdoctor.com

Reminder

WEAR A
MASK



when on
school grounds
Thank you

School photos came home this week. Orders must be placed or returned to school by Friday 20th November.

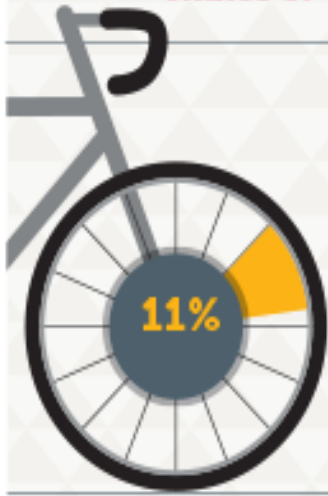
Diary Dates:

- Monday 16th to Thursday 19th November - Bikeability Level 2 for Y5 & 6
- Monday 30th November to Friday 4th December - Bike balance for Reception
- Wednesday 2nd December - School Nurses in to administer FLU spray
- Friday 4th December - Christmas lunch orders must be in by this date. Letter coming soon!
- Wednesday 16th December - Christmas lunch & Christmas Jumper Day
- Friday 18th December - Last day of term two. School finishes at 1:30pm for all children
- Monday 4th January - First day of term three
- Friday 5th February - INSET DAY
- Friday 12th February - Last day of term three
- Monday 22nd February - First day of term four
- Thursday 1st April - Last day of term four. School finishes at 1:30pm for all children
- Friday 2nd April - Bank Holiday
- Monday 19th April - First day of term five
- Monday 3rd May - Bank Holiday
- Friday 28th May - last day of term five
- Monday 7th June - First day of term six
- Friday 18th June - INSET DAY
- Friday 23rd July - Last day of term six. School finishes at 1:30pm for all children

Calendar dates are subject to change, we will endeavour to give parents/carers as much notice as possible.

Kids and Wheeled Sports Safety

Every hour, nearly 50 children visit emergency departments with an injury related to **bikes, scooters, skates or skateboards.**



Serious head injuries (concussions, internal injuries and fractures)

made up 11% of ED visits across the four wheeled sports.

Fractures to the shoulder, arm, elbow, wrist or hand were the most frequent diagnoses for hospital admissions.

19% of hospital admissions for **scooter injuries** to children in 2015 were because of a **head injury.**



Almost 40% of parents of children ages 5-14 years indicated that their **child did not always wear a helmet** when participating in one of the four wheeled sports.



Among parents who say they **always wear a helmet** when riding a bike, 86% say their child also does. However, among parents who say they **never wear a helmet**, only 38% say their child always does.



Reasons why parents report their **children do not always wear a helmet:**

47% Parents think area is safe/View child as experienced/Don't see helmets as necessary.

27% Child finds helmet uncomfortable.

24% Other kids don't wear one.

22% Child thinks helmets aren't cool.



Why no helmet?



Top Tips to Keep Kids Safe on Wheels

- All riders should wear a properly-fitted helmet. It is the best way to prevent head injuries and death.
- Ensuring correct fit of a helmet can increase comfort and use.
- Knee pads and elbow pads are recommended for scooters, skaters and skateboarders. Wrist guards are also recommended for skaters and skateboarders.

**SAFE
KIDS
WORLDWIDE.**



DID YOU KNOW?

Wearing a helmet can reduce bicycle-related head injuries by up to **85%**.

By your side,[®] **for bicycle safety.**



ALWAYS WEAR A BICYCLE HELMET with a safety approved label. Remember, different helmets are designed for different activities. Be sure to wear a helmet designed for use when riding a bicycle.



Check your bicycle for a good fit by standing over it. **THERE SHOULD BE 1-2 INCHES BETWEEN YOUR BODY AND THE TOP BAR.**

ALWAYS ride in the same direction as traffic. Follow all traffic signs to stay safe around cars. **STAY VISIBLE** to drivers by wearing bright, reflective clothing and by installing a reflector on your bicycle.



ALWAYS cross at a crosswalk and never between parked cars. **BEFORE** crossing:



Look **LEFT**



then **RIGHT**



then **LEFT** again