

Westfield Primary Head's Newsletter– June 2023



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A **very warm** welcome back to you all after our half term break! Please remember children need to come to school with sun tan lotion on, hats and water bottles in this warm weather!

While May was a short time in terms of days in school (due to the half term holiday and Bank Holidays) it was still packed with exciting extra-curricular opportunities for the children. Some of these events included:

- ♦ Class assemblies shared with parents and carers
- ♦ Year 6 party to finish off their SATs week
- ♦ Our Red, White & Blue themed day for the King's Coronation, including workshops and themed lunch
- ♦ Year 1 trip to Windsor Castle
- ♦ Year 3 trip to Hampton Court
- ♦ Our whole school Creative Curriculum week, including workshops and dress up day
- ♦ Year 4 Romans themed day

We also had a visit from our local MP, Jonathan Lord to discuss the many challenges schools currently face:

"I was very pleased to visit Westfield Primary and meet with Headteacher, Mrs Hing, Deputy Headteacher Mrs McPhee to discuss the excellent work of Westfield School teachers, pupils and staff. As a part of the discussion, we discussed the challenges facing the profession and I will be meeting with Education Ministers to ensure that our terrific local teachers concerns are heard at the highest level of Government," reported Jonathan Lord after his visit to Westfield attended by both the EEEA Academy Chair of the Trust Board and Chair of Westfield's Local Advisory Committee.



This is the final half term of this academic year and there are still some key dates for you to make a note of, for example Year group Sports Days, 'Meet the Teacher' events and so on. Please make a careful note of these dates so that you don't miss out. These are listed on the back page.

Please be aware that **tomorrow Tuesday 6th June** and **Monday 12th June** are mufti days for contributions for the Summer Fair (Chocolate/sweets donations on the 6th and bottles on the 12th please).

In this newsletter you will also find a table detailing where teachers will be from September.

At the end of this term, we are saying farewell to Mrs Laura Lewis, Mrs Olcay Tokunaga and Mrs Ambra Blackwell and we are welcoming Miss Hareeka Malhotra, Miss Ellie Townson and Mrs Sarah Dearden. We wish our leavers every success and happiness in their new ventures and we extend a very warm welcome to our new staff. We also wish a hearty congratulations to Mrs Katherine Pear who will be having a baby at the beginning of the Autumn term.



Well-being and Mental Health at Westfield.

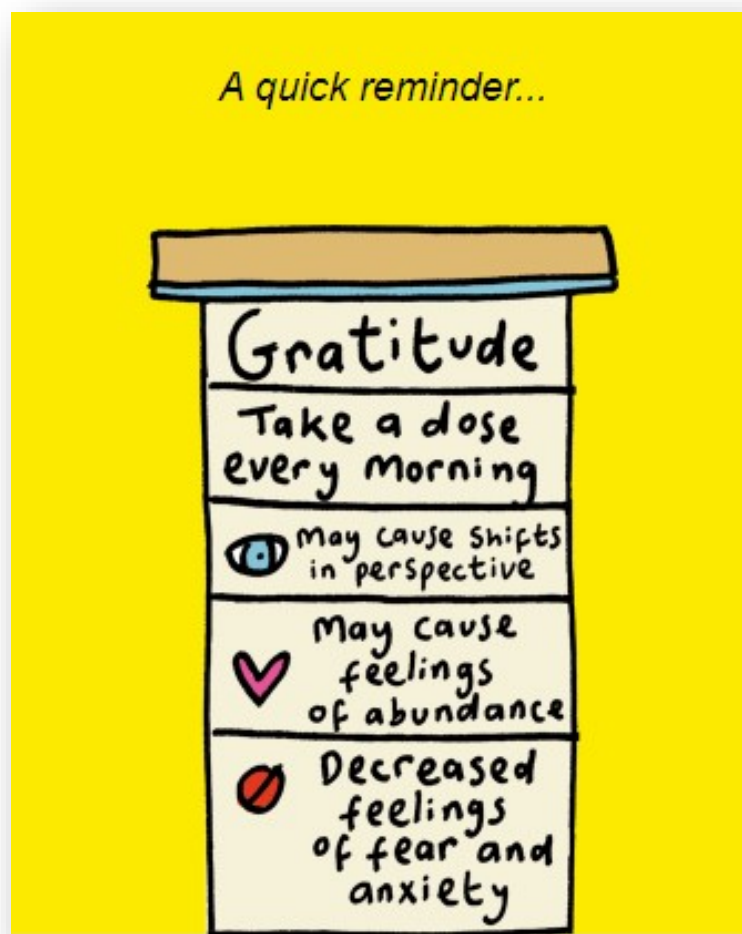
This month we have two pages dedicated to wellbeing and mental health! Please look at the next page for information and tips on coping with anxiety. There are also useful links below from Place 2 Be:

6 ways to cope if you're feeling anxious, information can be found [Here](#).
Place2Be's Principal Educational Psychologist, Dr Julia Clements, shares some tips on how children and young people (and even adults) can cope in moments of feeling anxious.

Parenting Smart—tips can be found [here](#).

We hope you enjoyed last month's Happiness Calendar, Meaningful May. This month the theme is: Joyful June. The daily actions encourage us all to look for what is good. The calendar can be found [HERE](#).

Today's action is to 'Think of three things you're grateful for and write them down'. Looking for the good and recognising (regularly) the things we are grateful for is proven to really help our wellbeing. We call it an 'attitude for gratitude' and doing it often, daily if we can, is hugely beneficial! As the handy picture below demonstrates! Try to make it a regular habit this month.



Well-being and Mental Health at Westfield.

Coping with anxiety



Feeling anxious can happen when we feel nervous, frightened, or uneasy about something such as starting a new school, waiting for exam results or friendship issues.

It's perfectly normal to feel this way from time to time, as it's our body's natural response to a situation we are not comfortable with. But sometimes our anxiety gets the better of us and it can start getting in the way of the things we enjoy.

We've shared some advice below.



Name it to tame it

It can be useful to know how anxiety shows up for you. It might be, for example, that you get butterflies in your stomach, or feel sweaty or tongue-tied. In these moments, it can be useful to say (aloud or in your head) 'oh, hello anxiety, you're here to let me know you think something might threaten me – thank you'.



Remind yourself of when you've overcome anxiety in the past

Think back to a time when you've felt anxious about something, but eventually overcame these feelings. For example, if you're feeling anxious about returning to school after the weekend, think back to a time you overcame these feelings by going to school. It can sometimes help by saying something like "thanks anxiety, but I've got this!"



Tell a friend or a grown up

Think about whether you can tell a friend, or a grown up at home or school. Everyone experiences anxiety from time to time and people are there to help you, so it's important to reach out and connect with others. It could be good to share things that help you to feel less anxious – and even to practise some of them together.



Keep a diary

If you're feeling anxious, it can sometimes be helpful to write some of your feelings down in a diary or on your phone. Make notes of things that you find helpful, or things that seem to make you feel worse.



Get active

When we feel anxious, our bodies get ready to cope with something that may threaten us. This is called the 'fight or flight' response. Our hearts beat faster, we sweat more, and our muscles become tense. To release these feelings, it often helps to do something active. You may want to go for a walk, play football with friends, or go swimming.



Practise strategies that work well for you

Try different strategies that may help you to manage your anxiety. Finding and practising what works best for you can help reduce your anxiety quicker.

If you have tried these tips and still feel overwhelmed by your anxiety, then it is important to tell your parent or carer and to ask whether you need to get a GP appointment.

If you're feeling overwhelmed and need to talk:



Text CONNECT to 85258
for free to speak to Shout



Call 0800 1111 to speak
to Childline, or visit
[childline.org.uk](https://www.childline.org.uk) for their
free online chat



Visit [place2be.org.uk/help](https://www.place2be.org.uk/help)
for more advice

Classes for September Looking Ahead To Next Year

<u>Year Group</u>	<u>Class</u>	<u>Teacher</u>
Reception	Bumblebees	Mrs Catherine Thomas
Reception	Butterflies	Mrs Hayley Collins
1	Beetles	Mrs Eloise Carey
1	Ladybirds	Mrs Sarah Dearden
2	Caterpillars	Mrs Andrea Banks
2	Dragonflies	Mr Kurt Clarke
3	Owls	Miss Hareeka Malhotra
3	Robins	Mrs Claire Lee
4	Kingfishers	Miss Ellie Townson
4	Woodpeckers	Miss Hannah Mulvihill
5	Penguins	Miss Lucy Hillier
5	Puffins	Miss Kate Beattie
6	Falcons	Mrs Marie McAteer
6	Hawks	Mrs Jo Phillips

Teachers will be informing their classes as to which class they will be moving to next year.



Coronation Day



Year 5 made their own guards, and they turned out brilliantly!



Creative Curriculum Week

Just before half term we took part in our Creative Curriculum Week. Our theme was 'Healthy Living'.

Each class took part in many different activities throughout the week including:

- ♦ Active wear dress up day
- ♦ Inflatable penalty shoot out
- ♦ Smoothie bikes
- ♦ Healthy Living Orienteering
- ♦ 52 Lives Online workshop
- ♦ Dance workshops
- ♦ Year 4 Sports morning at Ravenscote School
- ♦ and many more in class activities..



On Monday, Years 2, 3, 4 and 5 took part in a Smoothie Bikes workshop. All the children got to cycle the bikes which powered the smoothie blenders. We chose strawberry and banana or mango and pineapple smoothies. It was great to see our cycling power mixing the smoothies! We all enjoyed a delicious smoothie at the end!

Later in the week, Surrey Outdoor Learning came and ran an outside orienteering workshop. We used a map of the school grounds to find all the plaques to spell out an exercise. It was good fun!



In Year 6, they made their own healthy smoothies using the blenders in school. They very much enjoyed creating their own recipes.



Some classes designed their own healthy plate/ menus using magazines for pictures and ideas. Others compared regular chocolate to low sugar chocolate and decided which one tasted best.



The whole school took part in Dance Workshops on Thursday and Friday and loved creating their own dances!

We have had such an amazing week, learning more about keeping our minds and bodies healthy and looking after the environment we live in.

School drop off protocol and parking/road use considerations

Please use the Adult Education Centre car park for drop off and pick up. **PLEASE DO NOT PARK IN BONSEY LANE OR HOEBROOK CLOSE** as this causes a problem with the flow of traffic, and is dangerous for any child crossing the road. There are also parking enforcements in place and you may be ticketed. **Please park in the designated bays only. Parents need to drop and drive off to work in the mornings, and are being prevented from this by some inconsiderate parking.**

Please be aware that it is not an offence to park a vehicle on a grass verge unless **there are waiting restrictions (yellow lines) on the road, as these also apply to the verge**; therefore do not park on the grass verges near the school and by the garages as you may be ticketed.

Please ensure that you do not park in front of driveways or the kitchen gates, or stop on any zigzag lines. These need to be kept clear at all times for staff access and deliveries and in consideration of our neighbours.

Whilst we understand that Bonsey Lane does get very busy and everyone has somewhere to go, please be polite to all car users. Please **DO NOT** block the roads and car parks for other drivers.

Adult education will ask their car park attendants to monitor this and cars will be issued with a ticket if they park in this area.

Please do not smoke on the school premises or on the Adult Education premises. These are all no smoking zones.



Parental behaviour and language

Sadly it has been brought to our attention that there are a lot of issues within the Adult Education car park. Parents may be barred from using the car park if they are aggressive to adult education representatives or other members of the community. We do not own the car park and are given permission to use it so please be polite and use the car park appropriately.

Adult Education have emailed us regarding issues with their car park:

- **Please park within the marked bays. Cars should not be left blocking the entrance to the car park, or other vehicles**
- **If parking is not available on site, make alternative arrangements**
- **Litter should be removed from site, or placed in a bin**
- **We are a non-smoking/e-cigarette site**
- **Music should be turned down when on the premises. Music has been played at anti-social levels, disturbing our learners and exams**

Although most of our school community model an acceptable way to behave towards other car/road users sadly this is not always the case and we also continue to receive news from parents and neighbours describing how parents have spoken rudely and/or aggressively to them about parking, or just using offensive language in general conversation.

The parking situation is what it is at this school and we are very fortunate to have a large car park for our use at pick up and drop off (which many schools do not have). Why some parents feel the need to be verbally aggressive to others is very sad and to be abusive in front of children is also completely unacceptable. We teach the children how to be kind, and considerate about how to make situations better rather than worse, and to hear that parents are not modelling these same values is very disappointing. Can we please implore all parents to be considerate to each other; you are all trying to do your best to get your children to school. Please do not sit with car engines on, or have loud **music** playing.

We have been shocked to hear that some Parents have been parking in Adult Educations disabled bays and also on the yellow lines either side of the disabled bays. This has been stopping people that use these bays getting in and out of their cars.

PLEASE DO NOT USE THESE BAYS UNLESS YOU HAVE A DISABLED BADGE YOURSELF.

Please don't park inconsiderately, don't berate other people and just be nice to each other.



Westfield Heroes

It's nice to be nice and if a member of Westfield staff made you smile then let us know and we will pass on your comments to them. It can be for absolutely anyone in school and for any reason - we'd just like to know! Maybe someone in the office was super helpful, someone made your child smile, your class teacher or LSA went the extra mile, or you were helped by a Well-Being Assistant or Nurture Lead, SENCO or Inclusion Leader, or you just want to say thankyou. Please click on the link and fill out the form it will take you to, then just add in the information about the Westfield Hero.

[Click](#) for the Westfield Hero form.



Blue Food Bags

If you would like a blue food bag you are welcome to come and collect one from outside the office.

However, we would kindly ask that you do not open the bags and remove items from them.

We put together the bags ourselves for our parents and spend a lot of time making sure that each bag has a variety of foods.

It is disappointing to hear that people are opening bags to remove their chosen foods and then re sealing the bags.

This means when people come to take one they are only getting limited items to take home.

These bags are for everyone and the bags are made up equally.

Please take a sealed bag and do not open others as these are for other people to take.



Application for leave of absence/exceptional circumstances

As parents, you have a legal responsibility to ensure your child's attendance at school. Holidays should be taken during the school holiday period. During the academic year pupils are at school for 190 days and at home for 175 days. Students are expected to attend 100% of the time.

Please fill in a request of absence form (available from the office or online) if you want to ask the Headteacher to authorise a leave of absence during term time. You must ask well in advance and you are strongly advised to request leave of absence before you confirm your arrangements.

New legislations (Education (Pupil Registration) (England) (Amendment) Regulations 2013) means that if an application is not "made in advance to the Head teacher by a parent with whom the pupil normally resides, and the Head teacher does not consider that leave of absence should be granted due to the relating to that application", then it will not be authorised. **We will therefore not authorise any holidays.**

If you take your child out of school without the approval of the school, you may be liable to receive a Penalty Notice from Surrey County Council for failing to ensure your child's regular school attendance.

Holidays in school time will not be authorised. *Guidelines from the local authority are that they may issue a Penalty Notice (with a fine) to each parent, when students are taken out of school during term for 5 days or more and if this absence is recorded as unauthorised by the school (e.g. a holiday).* **Please note it includes cumulative absence over a 3 month period (several unauthorised absences that total 5 days within a 3 month period).**

The amount payable on issue of a Penalty Notice is £60 per parent per child if paid within 21 days of receipt of the notice, rising to £120 if paid within 28 days. If the penalty notice remains unpaid after 28 days, the Local Authority will consider a prosecution in the Magistrates Court. Please note that penalty notices are issued per parent/carer per child so a family of two parents and two children will receive 4 penalty notices. **If the absence exceeds 20 days, your child's name will be removed from the school roll and you will have to reapply for a place on your return.**

The Headteacher will consider the reasons for the request carefully, taking into account the effect on the continuity of your child's learning and your child's overall attendance rate, and then may authorise up to five days of absence. The Headteacher will notify you, via the office, of the decision within five working days of receiving your written application.

Leave of absence, for exceptional circumstances, will not be granted if additional leave is taken as holiday either side of this time. Proof of flights or other documentation supporting the request must be produced if asked for.

Monthly Attendance Letters

Monthly letters are automatically produced and sent to all parents whose children are late 4 times or more in a month. Monthly letters will also be produced to all parents whose child has an attendance below 90%, and for those between 91-94%. These letters will continue to be sent until the attendance is above 90%. Please be aware that this may take quite a few months.

Surrey Inclusion Officer (previously Education Welfare Officer)

The Surrey CC Inclusion Officer (Mrs Beverly King) also comes in half termly and conducts register checks and she may contact parents if children are consistently late or there are concerns about attendance.

Year 4 Roman Day

Year 4 loved their Roman's day! So many of the children dressed up for the day- you all looked great!

We took part in many different activities throughout the day such as;

- ♦ Making roman clay coins
- ♦ Using stick and stones to create Roman tracking signs in the wildlife garden
- ♦ Creating our own Roman tile mosaics
- ♦ Learning about Roman gladiators and making our own
- ♦ Using the Now Press Play headphones to listen to a story set in the Roman times
- ♦ Reading horrible histories
- ♦ Learning more about Roman Numerals



We really enjoyed taking part in all these activities and learning more about the Romans.

Attendance Award for May

The best attendance this month is

Beetles class with 98%

Well Done.



NHS 75th birthday is on 5 July 2023!

It is a big occasion, and The NHS want to celebrate it.

To join them on the celebrations please gather with your family, friends, community, school, gym, workplace, leisure centre, sports club, etc., create a **75 challenge** and fundraise for Ashford and St. Peter's Hospitals' Charity.

As a Charity, they support and fund their staff wellbeing, training, new equipment, arts and facilities beyond NHS capacity. If you're willing to help them in any way, please do contact them on asp-tr.fundraising@nhs.net or 01932 726585 / 07825680120.

To donate or create your fundraising page, please go to <https://asphfundraising.givenow.help>

NHS 75
1948 2023

HAPPY BIRTHDAY NHS

75th birthday on 5 July, 2023

To celebrate, you can help Ashford and St. Peter's Hospital's Charity, fundraising with a **#75challengesforNHS**

HERE ARE SOME SUGGESTIONS:

- 75 SIT UPS A DAY FOR A MONTH
- READ 75 MINUTES A DAY FOR A MONTH
- WALK OR RUN 75 MILES IN A MONTH
- WALK 7500 STEPS A DAY FOR A MONTH
- BAKE 75 CUPCAKES IN JULY
- DO A 75 MINUTES DANCE MARATHON
- SCORE AND RECORD 75 FOOTBALL GOALS
- DO 75 LUNCH WALKS
- TAKE 75 SELFIES WITH FRIENDS
- DO YOUR OWN 75 CHALLENGE AND FUNDRAISE FOR YOUR LOCAL HOSPITAL

Tag us on your 75 challenges

Instagram Facebook Twitter

@asphcharity

FIND OUT MORE ABOUT DONATIONS & FUNDRAISING HERE

Ashford and St. Peter's Hospitals' **CHARITY**
Charity No. 1058567

asp-tr.fundraising@nhs.net
01932 726585 / 07825680120

WESTFIELD PRIMARY DATES FOR YOUR DIARY

Whilst we endeavour to keep the school dates fixed, we sometimes need to change these and ask for your support with amendments.

Monday	5th June	Children return to school
Mon-Fri	5th-9th June	Bikeability for year 6
Monday	12th June	Mufti day—bring a bottle for summer fayre tombola
Tuesday	13th June	Years 3 & 5 Sports day 9-11am
Tuesday	13th June	Years 2 & 4 Sports day 1-3pm
Wednesday	14th June	Year 6 Sports day 9-11am
Thursday	15th June	Year R & 1 Sports day 9-11am
Thursday	15th June	Sumer fayre 2.30-4.15pm
Wed-Fri	21-23 June	Year 6 Residential Trip
Friday	23rd June	10am Kingfishers class assembly
Tuesday	27th June	Move up day for children
Tuesday	27th June	Parents of children in Year 1 & 2 in SEPT to meet new teachers in hall 3.15-3.45pm
Wednesday	28th June	Parents of children in Year 3 & 4 in SEPT to meet new teachers in hall 3.15-3.45pm
Thursday	29th June	Parents of children in Year 5 & 6 in SEPT to meet new teachers in hall 3.15-3.45pm
Friday	30th June	10am Owls class assembly
Thursday	6th July	Year 6 Summer production 2pm
Friday	7th July	10am Woodpeckers class assembly
Friday	7th July	Year 6 Summer production 2pm
Thursday	13th July	Year 6 Leavers BBQ 4-5.30pm. Please note that children go home as normal at the end of the day, and return at 4pm for the BBQ.
Thursday	20th July	Year 6 Leavers assembly and graduation 10.30am
Thursday	20th July	Year 6 finish at 11.45am
Thursday	20th July	Years R-5 finish at 1.20pm
Monday	4th September	Children return to school