



## HOWBRIDGE CHURCH OF ENGLAND JUNIOR SCHOOL

### Head's Half Termly Headlines!

#### Howbridge does the 3Rs!

This term we have been thinking about Wisdom as one of our core values. We have talked a lot about making wise choices in school and beyond. As part of that focus, we have developed our own version of the 3Rs:

**Respect**

**Responsibility**

**Right choices**

We have tried to link every word and action to these three things – having respect for ourselves, each other and property; demonstrating responsibility by being honest when we've done something wrong (and putting it right) and looking after people and things. Lastly, we've talked about right choices (the wise choice) in every situation. Please talk to your child about the 3Rs as we will carry on using them and everyone needs to remember them!

#### Key Information

##### Uniform

Please remember:

- Long hair needs to be fully tied back (not partly up and partly down)
- PE kits need to be as close to the Howbridge kit as possible this term
- From September, we are expecting everyone to be able to return to full uniform and PE kit, as per the policy. Do bear this in mind when purchasing clothes over the next few months.

##### COVID Measures

As you should be aware, we have kept our school safety measures in place for parents, staff and pupils despite the easing of restrictions outside of school. This is in line with Public Health and Essex County Council Guidance and is largely to ensure that schools are able to stay open as much as possible.

Therefore, **please do wear face coverings** when on the patio or if you need to speak to the school office.

**Please also remember to send your child to school with a FILLED, NAMED WATER BOTTLE each day.**



## Church School Section...

### Exciting RE Curriculum

Ms Kelsey has been working hard on the new RE curriculum and the teachers have started sharing some of this with the children. The new curriculum is designed to give our children opportunities to hold balanced and informed conversations about religion and philosophy.

The new curriculum asks 'big' questions and will really get us all thinking! The children will enjoy debate and discussion as well as learning factual information about a range of faiths and worldviews.

### Wisdom

**This half term we have been exploring wisdom as a school.**

#### Serenity Prayer

God, grant me the serenity  
to accept the things I  
cannot change, the courage  
to change the things I can  
and the wisdom to know  
the difference.

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### Good Mistakes!

<https://www.youtube.com/watch?v=QHZbIHwAfIM>

Watch this short film to learn more about good mistakes and having a growth mindset.

### Staffing Update

**This term we have said goodbye to Mrs White in the office.**

Mrs White has not been well and has decided to leave Howbridge. We know you will wish her all the best for a speedy recovery and for the future.

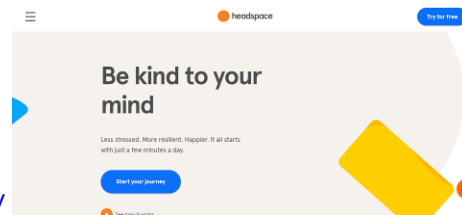
**Congratulations** to Mrs Sexton for being appointed as a full-time teacher (already in 4H) and Miss Parslow who joins the teaching team in September. Both Mrs Sexton and Miss Parslow are experienced teachers and replace the staff who left for Deputy Headships last December.

## Digital Wellbeing Support



<https://dreamykid.com/>

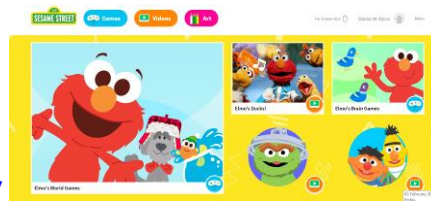
This APP and website focuses on meditation and breathing and has 'sleep stories'.



<https://www.headspace.com/>

There are some free resources on here as well as a subscription option. This website is aimed at adults. There is a version aimed at children, again with meditation activities.

<https://www.headspace.com/meditation/kids>



<https://www.sesamestreet.org/>

Lots of fun and educational activities and resources on this website. Aimed at younger children e.g. Early Years.



<https://mindfulpowersforkids.com/>

This APP is aimed at primary pupils. It builds social-emotional learning through play. This was highly recommended.



<http://chillpanda.co.uk/>

Breathing techniques, measure heart rate & suggests activities based on pupil state of mind. This APP is being tested in the NHS.



<https://sleeptown.seekrtech.com/>

A free game that may help to develop healthy sleeping habits.

**Please note that I haven't used any of these resources, other than Headspace, before so do look into them before deciding whether to try them out with children.**

## PLEASE NOTE

### **If your child develops symptoms of COVID19 within 48 hours of being in school**

You must seek a test for your child and the household must isolate at home until the test result is returned. You should let your school know that this has occurred.

The quickest way to obtain a test is to book a test at your local testing centre via <https://www.gov.uk/get-coronavirus-test>. Please do not use postal tests unless absolutely necessary as these take longer.

If the test result is positive for COVID19, you must inform your school, who will identify if there are any other individuals within the school community who are impacted by this.

If the test result is negative, you should inform the school and you do not need to take any further action.

You should contact the school on [covidcontact@howbridgejunior.co.uk](mailto:covidcontact@howbridgejunior.co.uk) **between the hours of 9.00am and 4.00pm.**

**You must provide the following: name, date of symptoms starting.**

**If your child develops symptoms of COVID19 more than 48 hours after their last day in school**

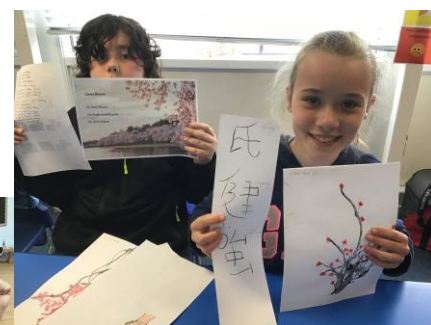
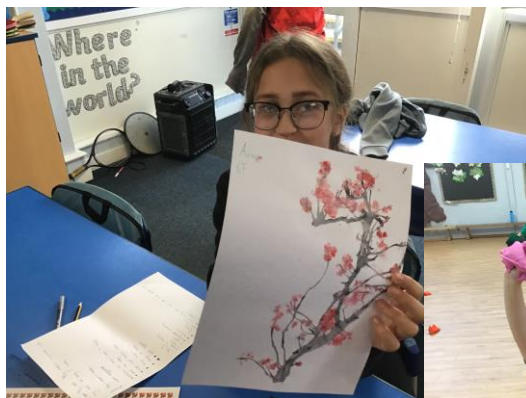
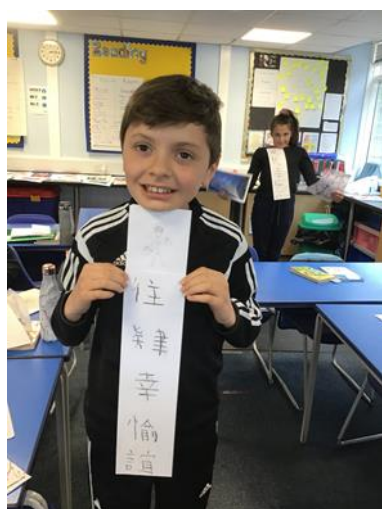
You must seek a test for your child and the household must isolate at home until the test result is returned.

If the test result is positive for COVID-19, having developed symptoms more than 48 hours since being in school, (Monday 31<sup>st</sup> May onwards) you must contact NHS Test and Trace and follow the advice given by them: [www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/](http://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/)

**You should contact the school if your child will be absent, in time for the first day of the new term. Please leave a message on the school absence line.**

### Exploring Cultures in the Curriculum

This week, Year 6 enjoyed a Japan Day as part of their geography topic. During the event, children experienced a range of Japanese-based activities ranging from calligraphy and manga art to tree blossom painting, haiku writing. There was even a Japanese PE lesson and an escape room, specially designed by Mrs Westney. Isabel, in year 6, said, "It was a fun day - I learnt a lot about the country and I was pleased with my art work."



Happy half term  
holiday everyone

