



Autumn Term 2021 Newsletter 1



The Value of the Month for September is to understand our Rights & Responsibilities

Rights and responsibilities help to make communities better...
it means being dependable, making good choices, and taking accountability for your actions.



On behalf of the staff and governors here at Walford Nursery & Primary School, may we take this opportunity to welcome you all back to an exciting new school year!

This term, we are delighted to extend a very warm welcome to Taylor (Y6), Clementine (Y5), Oliver (Y3) and Shriya (Y2) who have joined our Walford family and also to our wonderful new starters in Reception Class...

Harlan, Liam, Beatrice, William, Florence.S, Kingsley, Sebastian, Elliot, Mya, Imogen, Brooke, Walter, Florence.P, Jack, Nancy, Mason, Juniper, Caleb, Freya, Sienna, Mia, Archy, Esme, Harlie-Ann, Harriet, Flossie, Finley, Harry, Sophia & Lily.

In addition, we are delighted to welcome Miss Davies who has joined our wonderful school!



SCHOOL DAY

Staggered Drop 'n' Go and Pick Up Times



	Drop Off	Pick Up
Siblings in School	8.30am	2.50pm
Rest of School	8.40am	3.00pm

For your information, the school will continue with the following staggered timetable for drop off and pick up:

We politely ask that you are prompt and make every effort to avoid being late.

Morning registration takes place at 8.50am. Any late arrivals should report to the school office to sign in.

Please note: If your child(ren) are going to be collected by someone other than a parent or carer, you must inform the class teacher and/or the school office beforehand.

What's happening next week...



Monday 13 th	
Tuesday 14 th	Y5 / Y6 RAF STEM Day
Wednesday 15 th	
Thursday 16 th	Y6 Gym
Friday 17 th	



Reminders

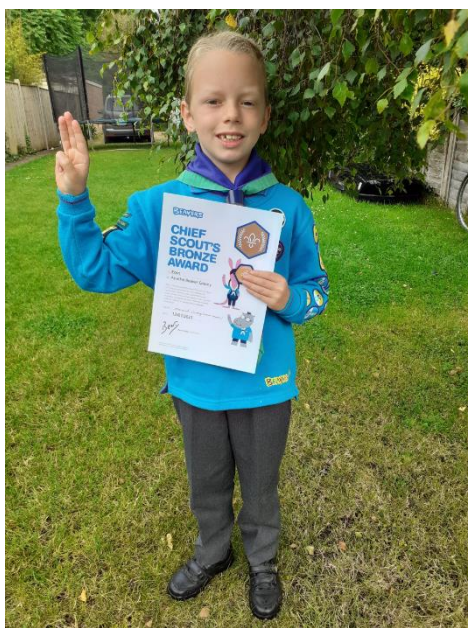
- Please return all completed Data Collection sheets & Annual Consent forms to your Class Teacher by **Monday, 13th September.**
- After School Clubs will be running as usual from Monday, 13th September. Please ensure that all club bookings are made via ParentPay with at least 24 hours notice.
- If you are a new Reception class parent and need any further help or guidance with ParentPay, please contact the school office.



to...

Eoin (Y4) has received his Chief Scout Bronze Award from Beaver Scouts. He has now moved up to Cub Scouts and is working towards his silver award.

Well done, Eoin! We are all very proud of you!



Walford Loves Reading

Did you know?

If you read just one book a day to your child, they will have had 1825 books read to them by their fifth birthday!

Every Minute Counts

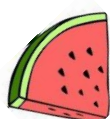
Child 'A' reads 1 minute each day	Child 'B' reads 5 minutes each day	Child 'C' reads 20 minutes each day
180 minutes in a school year	900 minutes in a school year	3,600 minutes in a school year
8,000 words	282,000 words	1,800,000 words



Healthy Snacks

Please encourage your child to bring a healthy snack for break times, such as a piece of fruit or a cereal bar. They may also bring a small, refillable **water** bottle for the classroom which should be labelled with their name (alternatively, there are cups available for children to use). Children may bring a soft drink (not fizzy) to have at break times/lunch times. Please see some healthy snack suggestions below:

- All fruit including dried fruit
- Salads e.g. cucumber, carrot sticks etc.
- No salt pretzels/plain popcorn
- Sunflower seeds/butter beans
- Crackers/crispbreads/breadsticks
- Cheese/Babybels
- No sugar fruit bars
- 2 x Rich Tea/Digestive biscuits
- Hot cross bun
- Cocktail sausages (no dip)



Cold Weather

Now that the colder days are setting in, please ensure that your child brings into school their green jumper/cardigan and a suitable coat. All items of clothing should be clearly labelled with their name.



No Nuts Policy

We have several children in school who suffer from a severe nut allergy and therefore have a 'No Nuts Policy'. We ask that you do not provide the following foods for your child:

- Fruit and cereal bars that contain nuts
- Chocolate bars/sweets that contain nuts
- Sesame seed rolls
- Nutella / Peanut butter
- Cakes made with nuts
- Any nuts



Clarinet, Flute & Saxophone Lessons

- Lessons take place during the school day
- Fully qualified teacher with over 20 years' experience
 - Individual or group lessons available
- Herefordshire Music Service Accredited Teacher
- From complete beginners to grade 8 and beyond
 - Advice on hiring or buying an instrument
 - Learn in a friendly, fun environment!



For more details contact Sarah on 07870 979632 or email sarahsclarinet@gmail.com



Special 90th Birthday Wishes

Today, children, staff and governors were delighted to send their very best wishes to Mrs Joyce Thomas MBE DL in celebration of her 90th birthday.

happy 90 birthday



School Photographer

The photographer will be in school on Monday, 4th October. If you would like your younger siblings to be photographed with their older brother or sister in school, please bring them along at 8.30am and take them directly to the school hall.

The photographer will start with 'out of school' siblings so that you can leave as soon as possible. Siblings within school will be photographed during the day. Please ensure that your child is wearing their green sweatshirt or cardigan.



Be part of something amazing.

1st Walford
Beavers, Cubs and Scouts Need You!

Put your skills to use and learn new ones. Give young people the skills they need to succeed in life and discover how being a part of the Scouting family can be as rewarding for you as it is for them.

We are in need of Leaders to support
Beavers, Cubs and Scouts

All relevant training offered by the Scout Association, on line and learning on the job - Together with full DBS

If you are interested then please, message our Facebook page @ScoutsRossonWye or call for a chat Kev Hatherill- District Commissioner 07936 611250

#SkillsForLife
scouts.org.uk/join



BACK TO SCHOOL

Online Safety Tips for Children

Wow, it's September already! The month when autumn officially starts and ... oh yeah, the beginning of a new school year. Every cloud has a silver lining though! Another term means new friends to make, different stuff to learn, fresh online trends to jump on and exciting new games to play on your phone, computer or console. We've compiled a list of our top tips to ensure that - whether you're going online to chat, research things or just have fun - you can do it safely.

Be cautious with your profile

Be careful not to give out too much info on your social media or gaming profiles. Details like your full name, address or school's name could all help strangers to actually find you offline. A trusted adult can help you make your profiles private - so only your family and actual friends can contact you.

Lock your devices

Taking your phone or tablet to school? Turn password protection on. It keeps your private info safe and stops anyone accessing your device without permission. Passwords should be memorable to you - but difficult for anyone else to guess. Get a trusted adult to write it down in case you forget it!

Be smart with screen time

Too much screen time, especially just before bed, can affect your quality of sleep. Losing sleep, or not sleeping well enough, messes with your concentration and energy levels. Try muting notifications so you don't get pinged late at night: you'll feel fresher and more focused the next day.

Know how to deal with bullies

Sadly there are people online who enjoy picking on other users. If you ever feel like you're being bullied online - by anyone, not just someone from school - talk to a trusted adult about it. Together, you can discuss possible steps, such as blocking or reporting the person who's targeting you.

Manage online relationships wisely

Most people in a relationship chat to their partner online. Just be mindful that once you send a pic or message (even if it's private), you no longer control who else might see it. Messaging someone you've never actually met - and who might not be who they say - is definitely best avoided.

React well to inappropriate content

When you're researching something online, there's always a chance of finding content that makes you feel uncomfortable or upset. If this happens, you can report it as inappropriate and (hopefully) get it taken down. Tell a trusted adult what happened: they'll help you decide what to do next.

Report offensive in-game chat

If you game online with your mates, you'll know things can get competitive and heated on the in-game chat. Playing against people you don't know (especially if they're older) raises the risk of offensive comments and even threats. Our advice? Find out how to block or mute those bad losers.

Learn to spot fake news

If you're looking into a topic for homework or a project, be careful not to get taken in by fake news: content that's deliberately created to mislead people. Check the story with credible sources, like the BBC or Sky News. Trust your instincts, too - if it seems too unbelievable to be true, it's probably fake.

Keep it 'real' with online friends

Everyone enjoys adding friends and followers on social media. It's important, though, that the people you interact with online really are your friends. If they're just random people you've connected with to increase your contacts, you don't know if they could be trolls or bullies (or worse).



IMPORTANT NOTICE

Reception admissions for 2022-2023

Do you have a child born between
1 September 2017 and 31 August 2018

If so you will need to apply for a school place
by 15 January 2022 (to commence September
2022)

Applications can be completed from
13 September 2021 online
(scan QR code)



Please note: a place at a nursery does not
guarantee a place at the associated primary
school, therefore you must still apply.

For further information please contact the school
admissions team on 01432 260926 / 261574 or
schooladmissions@herefordshire.gov.uk

Self-Care September 2021

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 Notice what you are feeling, without any judgment

18 Ask a trusted friend to tell you what strengths they see in you

19 No plans day. Make time to slow down and be kind to yourself

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Find a new way to use one of your strengths or talents

26 Avoid saying 'I should' and make time to do nothing

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together