



Autumn Term 2021 Newsletter 11



The Value of the Month for November 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.

What's happening next week...



Monday 29 th	
Tuesday 30 th	
Wednesday 1 st	Children's Christmas Fayre
Thursday 2 nd	Y5 Gym
Friday 3 rd	KS1 Santa Safari Trip

Christmas Post Box

Our Post Box will be outside on the playground (weather permitting), every Monday & Tuesday from Monday 29th November, MORNINGS only. The cards will then be distributed to classes each Friday afternoon.

Please ensure that envelopes are clearly marked with children's full name and class in order for the cards to be delivered to the correct recipient.



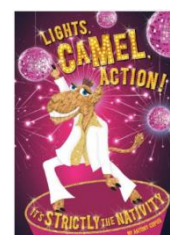
Christmas Performances

Providing there are no further changes to COVID restrictions, we plan to celebrate the following events together. Please click on the link below to confirm your attendance.

EYFS & KS1 Christmas Concert - Lights, Camel, Action!

Wednesday 15th December 2021 1.45pm

Thursday 16th December 2021 1.45pm



<https://forms.office.com/Pages/ResponsePage.aspx?id=AbH865fJwEC7tNzByg8w1oeFLRYW-MvFJtqvENeP8B2IUM001Q1hTNUIPSzQxOE1WS0JYTkNaS0pDUC4u>

Year 5 & Year 6 Carol Service – St Michael & All Angels Church, Walford.

Monday 13th December 2021 2.00pm

<https://forms.office.com/Pages/ResponsePage.aspx?id=AbH865fJwEC7tNzByg8w1oeFLRYW-MvFJtqvENeP8B2IUQUxQVVk4SlpaN1NFOUJDM1ICV0IDNko3Vi4u>

Please note, invitations are restricted to 2 tickets per family and we kindly ask that you only attend ONE performance.



Children's Christmas Fayre – Wednesday 1st December 2021

Our fantastic, festive Christmas Fayre will be held on Wednesday 1st December 2021 and we really need your support. This is a fabulous fund-raiser for the school, which provides wonderful benefits for the children throughout the whole year. One of our focuses this year will be to raise funds for our outdoor areas for remembrance, reflection and celebration.

In order to make this year's Fayre a success we rely heavily on donations. These are always very much appreciated and ensure that there are lots of goodies for the pupils to enjoy!

Any last minute donations can still be taken to the school office early next week.

Class R	Chocolate Tombola Prizes
Class 1	Toys for Toy Tombola
Class 2	Raffle Prizes – Small food items / unwanted gifts / toiletries / stationery
Class 3	Chocolate Tombola Prizes
Class 4	Toys for Toy Tombola
Class 5	Raffle Prizes – Small food items / unwanted gifts / toiletries / stationery
Class 6	Please bring in penny sweets / prizes for your games.



Unfortunately, due to current restrictions, parents are unable to attend this event.



You are invited to our
Advent Sunday
Christingle
at our family service

On Sunday 28 November
10.45 for 11am
@ Walford Church

Come and make and light
your Christingle—a sparkling
way to start Advent and the
countdown to Christmas!



IMPORTANT INFORMATION



Christmas Lunch



Please ensure that alongside paying for the Christmas Lunch Donation that you go and select your child's menu choices on ParentPay for **Friday 10th December**.

This is booked in the same way as any other lunch booking on ParentPay.

Paying for the donation alone will NOT book your child's meal.



to...

Eliza (Y3) who achieved 'Star of the Week' at Theatre Stars.

William (Y3) for taking part in his first tennis tournament last week.

Iestyn (Y5) who was the flag bearer for his cub pack at the Ross Remembrance Parade.

Honey (Y4) who achieved her Stage 2 Swimming Badge.

Neve (Y3) who achieved her Grade 8 Proficiency Award in Gymnastics.

Hayden (Y5) who achieved 'Star of the Week' at Riverside Farm for his cantering and jumping.

Amelia (Y5) who wrote the card for the HWFS Wreath that was laid at the Ross Remembrance Parade.

Matilda (Y6) who achieved her Grade 1 Proficiency Award in Gymnastics.



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

THANK YOU!

HUGE thanks to Mr Shelley of Haygrove Farm who kindly donated daffodil bulbs for every child to plant and take home.



Herefordshire Healthy Mums

**A free 12 week healthy lifestyle and
weight loss group for mums, with
babies and toddlers under 2**



Herefordshire Healthy Mums tell you everything you need to know to provide a healthy lifestyle for you and your family.

We do weight loss safely - no diet plan or strict eating regime. Instead, our team of experts will help you make small changes and turn them into healthy habits for life.

Sessions run in Children's Centres and other venues across Herefordshire.

Babies and toddlers welcome at every session.

Once you've had your 6 week postnatal check, join us to:

- Get healthy eating support and learn how to incorporate healthy changes into your family meal times
- Take part in safe, effective and fun physical activity
- Lose the baby weight and get all the support you need to maintain a healthy lifestyle for you and your family.

If you're unsure if this is right for you, please speak to your Health Visitor who can advise you.

Contact us on 01432 383567
healthymums@herefordshire.gov.uk



Balancing screen time



5 top tips to support children and young people

1

Lead by example

Just like anything, **children copy their parents' actions and behaviour**. If you set boundaries for your own screen, it will be easier for your kids to do the same.

2

Set boundaries WITH your kids

Get them involved in the process of setting age appropriate limits on how long they can spend online, at what times and on which platforms. Set up screen-free times or rooms where screens are out of sight and therefore more likely to be out of mind. Review these as they get older and give them the space to take greater responsibility for their screen use.



3

Ensure a healthy mix of screen activity

Make sure they have a good balance of screen activities that encourage creativity, learning & education, connecting with family & friends, as well as using devices for passively engaging with content.



4

Avoid using screen time as a reward

This will elevate the status of screen time above other activities and like using food as a reward **may encourage children to simply want more.**



5



Physical activity & sleep are really important

Make sure screens are not displacing these things by keeping screens out of bedrooms at bed time and that you are creating opportunities for your children to be active each day.

Creating a balanced digital diet

Like a healthy meal, a healthy digital diet can help children **to develop good online habits**. Use our **digital diet tips** to help children prioritise screen time activities in a balanced way.



Visit internetmatters.org/screentime for more advice



InternetMatters



internetmatters



@im_org

**internet
matters.org**



PLEASE JOIN US FOR

Wreath Making

MONDAY 6 DECEMBER 2021

OR

TUESDAY 7 DECEMBER 2021

7.00pm

WALFORD NURSERY & PRIMARY SCHOOL PTFA

BOOK IS ESSENTIAL

PLEASE EMAIL THE SCHOOL OFFICE

ADMIN@WALFORD.HEREFORD.SCH.UK

PRICE INCLUDES MULLED WINE & HOG ROAST

£25

New Ways November 2021

MONDAY



1 Make a list of new things you want to do this month

TUESDAY



2 Respond to a difficult situation in a different way

WEDNESDAY

3 Get outside and observe the changes in nature around you

THURSDAY

4 Sign up to join a new course, activity or online community

FRIDAY

5 Change your normal routine today and notice how you feel

SATURDAY

6 Try out a new way of being physically active

SUNDAY



7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together