



Spring Term 2022 Newsletter 6



The value of the month is... Resilience

Having the motivation to keep going and not to give up.
When things get difficult – having the ability to bounce back.
Having the tenacity to accomplish our goals.

What's happening next week...



Monday 14th	Y4 Swimming Parents' Evening KS1 Author Workshop
Tuesday 15th	Parents' Evening
Wednesday 16th	Y5 & Y6 Assembly at 9.30am via Zoom KS2 Author Workshop
Thursday 17th	Y3 Gym
Friday 18th	Last day of term / Y5 & Y6 Worcester Warrior Trip

Parents' Evening

Don't forget, its Parents' Evening next week - Monday 14th February & Tuesday 15th February 2022.

Please note, teachers will need to adhere strictly to timings.

Log in details and passwords will be sent via Showbie next week.

Don't forget
Parents'
Evening!



Supporters Certificate



This is to certify that
Walford Nursery & Primary School
supports

Safer Internet Day 2022

ALL FUN AND GAMES ?

Exploring respect and
relationships online

8th February 2022

#SaferInternetDay

saferinternetday.org.uk



Paddle and Praise

If you have a pre-school child, then Paddle and Praise might be the group for you.

It is run on behalf of St. Michael's Church, Walford and St. Mary's Church, Ross on Wye and everyone is welcome. It is a great opportunity to meet other mothers, unwind and enjoy special time with your children.

The morning starts with actions and songs in a small, shallow indoor heated pool followed by refreshments, a Bible story, and a related creative activity.

It runs once a month on a Thursday morning from 9.30am until 11.30am and while there is no charge, any donation to our work in the church is always appreciated.

Dates for the spring and summer terms are as follows:

17th March, 7th April, 26th May, 23rd June and 14th July



Numbers are limited so please get in touch if you are interested in joining this group.

For more information, please contact Wendy Alston mandwalston@btinternet.com

E-Safety Competition

In celebration of Safer Internet Day, the children were set homework by our E-Safety Leaders, **Hayden (Y5), Freya (Y5), Mia (Y6) and Isaac (Y6)**, based on this year's theme:

'All fun and games? Exploring respect and relationships online'

Congratulations to our e-safety homework winners: Joseph (Y1), Lucia (Y2), Erica (Y3), Caitlyn (Y4), Iestyn (Y5) and Clayton (Y6)



Well done, everyone!

Dress to Express!

In celebration of **Children's Mental Health Week**, children came to school **Dressed to Express** today.



PIC•COLLAGE

Express Yourself



Express Yourself



PIC•COLLAGE

Express Yourself

Dress Up as Digits Day!



We were delighted to support the NSPCC by taking part in Number Day!

Everything the NSPCC does protects children today and prevents abuse tomorrow.

We raised a fantastic £218!



Let's Talk Children and Families Survey

As part of Herefordshire Council's children's services improvements programme they want to ensure Herefordshire is a great county for families to live and a place where our children and young people can get the best start in life to help them thrive.

To help them achieve this they have launched a Let's Talk Children and Families survey to capture the views of children, young people and their families living in our communities to make sure that their voices are heard.



Please take a few minutes to take part in the survey

<https://surveys.herefordshire.gov.uk/lets-talk-children-and-families/> and tell them what you think. Everyone who completes the survey will help them to understand what is working really well in Herefordshire and what would make our county an even better place to live.

The survey will close on Friday 4 March.

In addition to the survey, they will be running a series of free "Let's Talk, Children and Families" events during February Half Term and the details of these sessions will be added to the Talk Community webpage www.talkcommunitydirectory.org/ltef. You and your family can go along and join in the activities and share your thoughts and ideas with the team.

If you have any queries or would like the survey in an alternative format, including Easy Read, or language, please email the team at LetsTalk@herefordshire.gov.uk

The results of survey will be published in April 2022 on the [Let's Talk Children and Families](#) page on the Talk Community website.

Balancing screen time

internet
matters.org



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

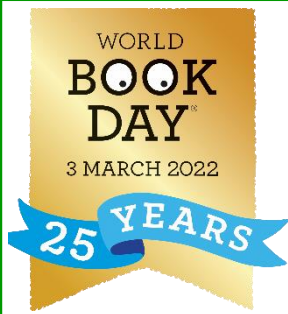
InternetMatters internetmatters @im_org

internet
matters.org

Garage Band Workshops

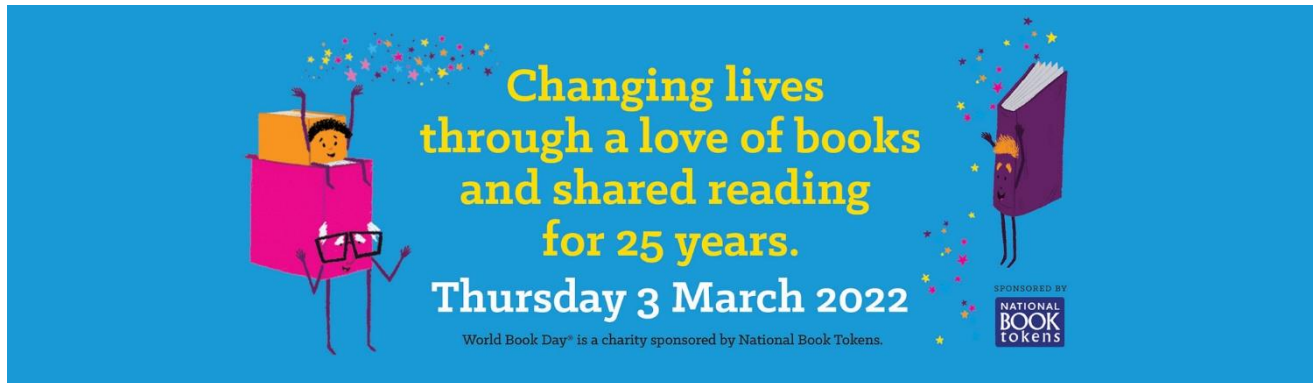
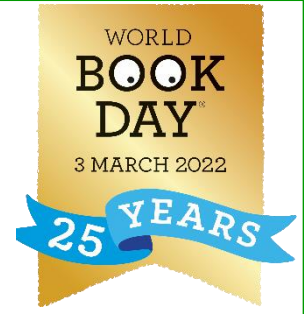
Year 5 and 6 have really enjoyed working with David Kirtlan, an Apple specialist on creating music using the iPads. They have been able to work collaboratively to perform their own songs using a range of musical instruments in the GarageBand app. They will look forward to sharing their performances with you in the near future.





World Book Day

Thursday 3rd March 2022



This year is the 25th World Book Day and children at Walford Nursery & Primary School will come together once again to share the joy of reading for pleasure. **Children are invited to share books and dress up as their favourite characters!**

Every child will receive a £1 World Book Day book token, which can be exchanged for a FREE book until Sunday 27 March 2022. You can help your child choose their £1 book by showing them the exciting 'Look Insides' at worldbookday.com/books.

Author Workshops

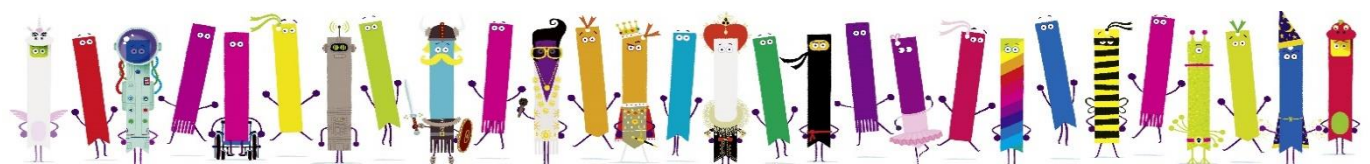
We are very excited to be hosting Stephen Pass, author of the children's book 'Madge the Mermaid' which is about a mermaid created from recycled materials. He will Zoom into classrooms throughout the school during the week commencing 14th February. Signed copies of Stephen's books will be available to purchase for £7 after his workshops.

Here is a link to the first chapter of Stephen's book: <http://www.madgethemermaid.co.uk>

In the meantime...

Visit worldbookday.com for lots of ideas and activities to enjoy all year round. Here are a few of our favourites:

- Children can meet the creative minds behind this year's £1/€1.50 books at the [World Book Day digital events](#) and [Author & Illustrator Academy](#).
- Find competitions, book recommendations, free audiobooks and more in the [World Book Day Family Hub](#).
- Check out the World Book Day Book Club and more on the World Book Day YouTube channel: youtube.com/WorldBookDayUK
- Help your child discover more great reads with the ultimate list of [Reading Recommendations](#) at worldbookday.com/reading-recommendations



NHS



Are you pregnant or have children under the age of 4?

You could get help to buy:

- Plain cow's milk
 - Fresh, frozen or tinned fruit and vegetables
 - Fresh, dried, and tinned pulses
 - Infant formula milk
- You can also get free Healthy Start vitamins.

www.healthystart.nhs.uk
 @NHSHealthyStart

NHS



Get your free Healthy Start vitamins here

Use your Healthy Start prepaid card to collect:

- Healthy Start vitamins
- Vitamin drops for babies and young children suitable from birth to 4 years old

www.healthystart.nhs.uk
 @NHSHealthyStart

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Cluster Netball Match

Congratulations to our Year 6 Netball Team who represented the school in a match against Gorsley Goffs Primary School earlier this week, winning 11-5. We were thrilled to be back on the court and able to take part in these inter-school games once again.

Well done to both teams for displaying fantastic sportsmanship!



So Proud...

This week, we were delighted to receive impressive feedback about Walford children who have recently attended The Art Studio in Ross-on-Wye. These children demonstrated good manners and kindness throughout the creative workshop and are clearly a credit to their families and the whole school. Well done, all!



CHECK IN WITH YOUR FRIENDS

If one of your friends doesn't seem OK, checking in on them can make a huge difference. One in every five children struggles with their mental health, so let's make sure we support each other through any difficult times.

**BE A GOOD
LISTENER**

**ASK HOW
YOU CAN
HELP**

**SHOW
EMPATHY**

**SEND A
NICE
MESSAGE**

BE KIND

★ **BE
SUPPORTIVE** ★

**IF YOU ARE WORRIED ABOUT A FRIEND
TELL A
TRUSTED
ADULT**

I SAW THIS AND
THOUGHT OF YOU!

WANTED TO LET YOU
KNOW I'M THINKING
OF YOU!

I'M HERE WHEN YOU
NEED ME.

MISSED YOU AT
SCHOOL TODAY.
EVERYTHING OK?

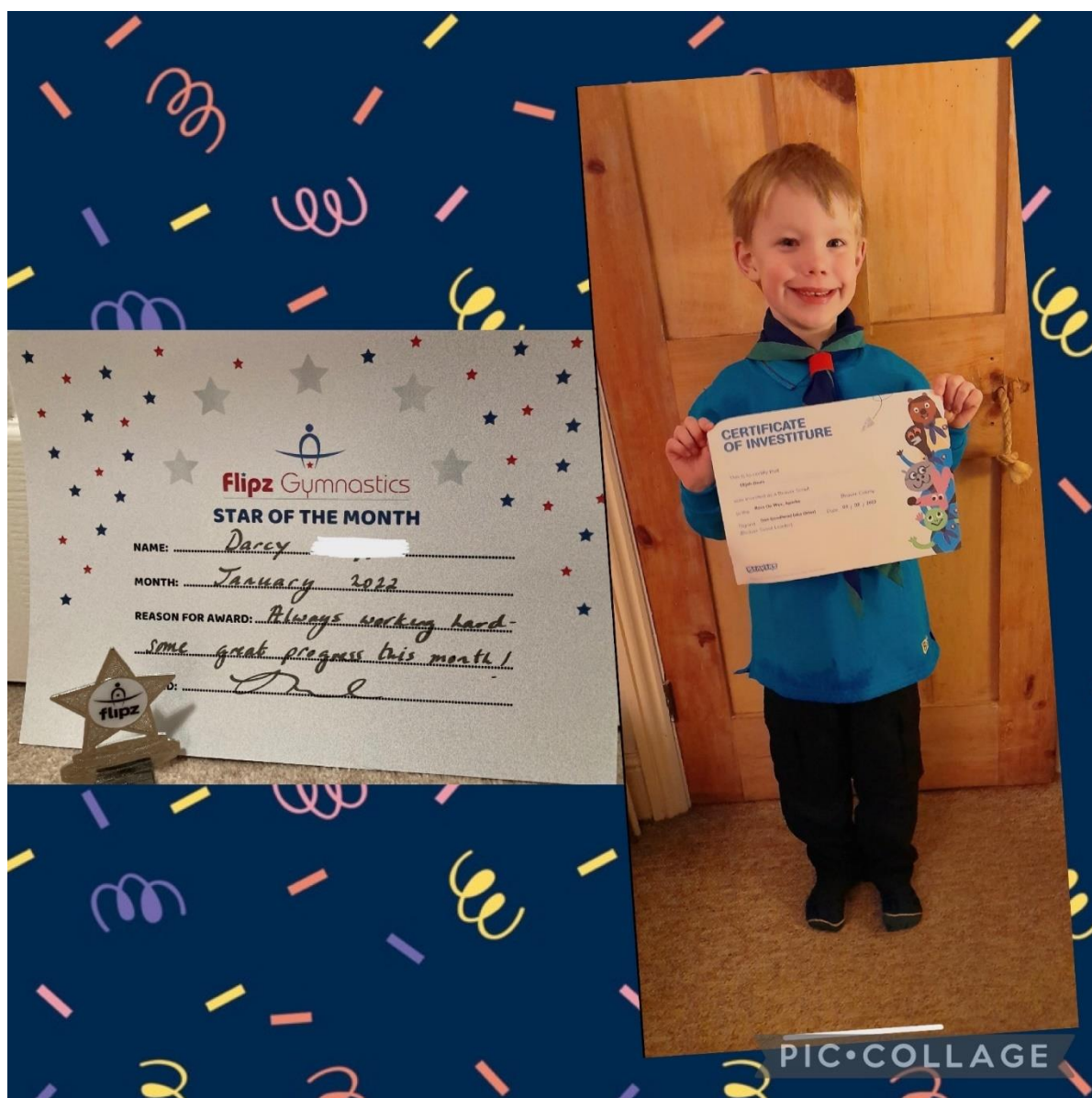




to...

Elijah (Y1) who received his membership, faith and cooking badge at his Beaver Investiture at St Mary's Church last week.

Darcy (Y5) who received Star of the Month at Flipz Gymnastics for always working hard and making great progress.



Well done Elijah & Darcy! We are all very proud of you.

WALFORD NURSERY AND PRIMARY SCHOOL PTFA

Challenge 2022!

Walford Nursery and Primary School PTFA
challenge you to raise £20.22 in 2022!

All funds raised will go towards purchasing new musical
instruments for the Music curriculum.

Some ideas for fundraising include:



You can fundraise as an individual or as a family.
How you fundraise is completely up to you!

We ask that all children return their sponsorship money and
completed sponsor forms by Tuesday 1st March 2022

Don't forget to share pictures of your activities via our Twitter account
@WalfordSchool or email them to us at admin@walford.hereford.sch.uk - we would
love to see what you have been up to!

Parentkind
Member Association

Friendly February 2022

MONDAY



TUESDAY

1 Send a message to let someone know you're thinking of them

WEDNESDAY

2 Ask a friend how they have been feeling recently

THURSDAY

3 Do an act of kindness to make life easier for someone

FRIDAY

4 Organise a virtual 'tea break' with a colleague or friend

SATURDAY

5 Make time to have a friendly chat with a neighbour

SUNDAY

6 Get back in touch with an old friend you've not seen for a while



7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together