



Autumn Term 2022

Newsletter 3



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.

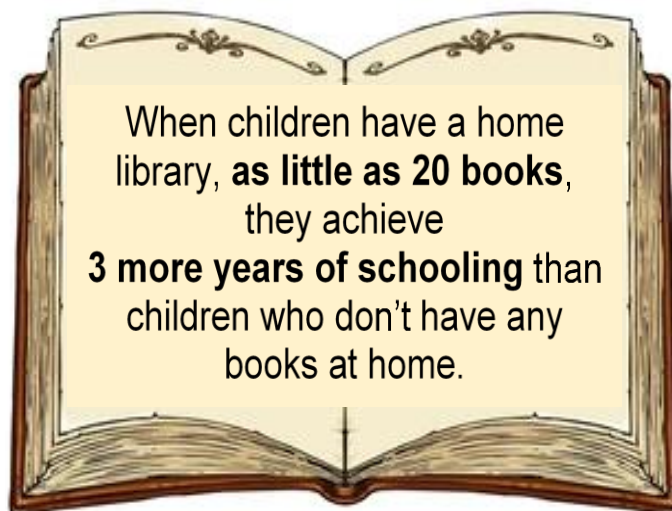
What's happening next week...



Monday 3 rd	School Photographs
Tuesday 4 th	Swimming - Y4 Dance – Y2, Y3, Y4, Y6
Wednesday 5 th	Yoga – N, YR, Y1, Y3, Y5
Thursday 6 th	Y6 Gym
Friday 7 th	PTFA Meeting 2.30pm



Did you know?



Attendance Matters



Every School Day Counts



Every Minute Counts

LATENESS = LOST LEARNING

(Figures below are calculated over a school year)

5 Minutes late each day	3 days lost!
10 Minutes late each day	6.5 days lost!
15 Minutes late each day	10 days lost!
20 Minutes late each day	13 days lost!
30 Minutes late each day	19 days lost!

Be at the
classroom on
time and ready to
learn!

Sumdog.com Herefordshire Maths Contest

Calling all children in Class 1 – Class 6!

Sumdog's England Summer Maths Contest is here!

It started on Friday 30th September at 8.00am, and finishes at 8.00pm on Thursday, 6th October 2022.

Sign in to sumdog.com to play the games and join the contest.

Here are some things to keep in mind during the contest:

- Children can play at any time.
- For the score to count, the Herefordshire Maths Contest activity must be showing in the green panel on the left of the student's screen when they click to start each game.
- The children's scores are based on the number of correct answers.
- A class's score is the average of the scores from all children from that class who take part.
- To appear on the Leaderboard, at least 5 children from a class need to play.
- As some children have limited computer access, every student is limited to 1000 contest questions. However, their free logins let them keep playing other activities afterwards.

We hope you all enjoy using Sumdog!



EC Drummond Farm Visit

This week, Class 5 had a wonderful morning at EC Drummond Farm learning about the journey that our food takes from field to fork - from the moment it's planted in the ground right through to the distribution in our supermarkets. They enjoyed an exciting tractor ride, explored the strawberry tunnels and enjoyed tasting a few too!

Thank you so much, EC Drummond!



School Photographer



The photographer will be in school on **Monday, 3rd October**. If you would like 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.



to...

Joseph (Y1) who achieved the Super Star Player Award at a recent football match for Weston Youth!

Summer (Y1) who achieved her Level 1 Swimming Badge!

Christopher (Y3) who has received his yellow and white stripe belt at Karate last week!

Jack (Y5) and his older brother who raised money for Dementia UK last week with a cake sale and Tennis-a-thon raising over £500!

Iestyn (Y6) who was awarded his brassard at Sea Cadets!

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



University of Bristol - Art of Science Competition

In July 2022, Walford took part in a national competition, creating a piece of artwork to represent 'Symmetry in Nature'.

We are thrilled to congratulate the following winners in the 4 - 7 age group:

1st place winner: Ollie B (Y2)

2nd place: Jack (Y1)

3rd place: Ophelia (Y3)



Congratulations to our recent leavers' were also worthy winners in the 8 - 11 age group:

1st place winner: Isla M

2nd place: Arrianne

3rd place: Ottilia

In addition, we were excited to learn that Walford pupils were overall competition winners for Key Stage and Key Stage 2!

Didn't we do well! Great work, everyone!

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.



**OPEN
EVENING**

Calling Year 5 & Year 6 parents / carers...

**John Kyrle High School
Thursday 20th October
6.00pm – 8.30pm**

10 tips for parents and carers

HOW TO BE GREEN WITH YOUR TECH

Right now, humans aren't living sustainably: we're taking too many resources and not leaving the world in a fit state for future generations. Old tech products are a clear example: if we throw them away, the poisonous lead and mercury inside can get into the food chain through the soil. Recycling tech, though, has its own issues: It's often exported to countries where the law doesn't protect people from hazards. Whole villages (including children) sort through discarded devices to remove useful parts and substances like gold, silver and copper – often putting their health at risk. Finding ways to re-use tech is the greenest option.

So what can we do with those cupboards and drawers full of old phones and unwanted computers?

Reuse, recycle, donate or sell them!

1 DONATE THEM TO CHARITY

There are lots of charities that redistribute unwanted tech to worthy causes, either in the UK or in developing nations. If your old products are still working, this is a great option – as it means that new products don't have to be made. Search online for your nearest place that does this.

2) REMEMBER THE BATTERIES

Almost all batteries can be recycled – even the little ‘button’ ones from smaller gadgets. You could choose a box at home or school to keep used batteries in, and then take them to a designated place that collects them. Be very careful, though – button cells can be deadly if eaten by small children or pets.

3 USE YOUR ONLINE SAFETY KNOWLEDGE

If you're recycling, selling or repurposing any of your devices, make sure that all your personal data, private photos and so on have been deleted before the tech leaves your hands or is connected online.

4 REUSE THEM

Old smartphones can be used as webcams, security cameras, baby monitors or pet cams: there are apps that will configure them to do this. You can also turn an outdated phone into a TV remote control, an alarm clock that wakes you up with your favourite track, or a media centre you can take to places where you wouldn't risk your new phone.

5 TURN IT INTO SOMETHING NEW

Smartphones are more powerful than most older computers. If you have an unwanted android phone, it's quite easy to create a new computer - you could use an old TV as a monitor, meaning you just need a mouse and keyboard. There are also small devices you can buy which let you do the same with iPhones.

6 RETURN THEM

Return devices to the manufacturer or retailer you bought them from. Some manufacturers take responsibility for their products and accept them back, to refurbish and redistribute. If they don't, you could contact them and ask why: the more consumer pressure there is on shops and manufacturers, the more likely they are to act in a greener way.

7 SUPPORT SCIENCE

Let your old devices help modern research. Scientists currently investigating topics like far-off star systems, cancer treatment and earthquakes need enormous computing power. If your unwanted device is WiFi enabled, for example, you can connect it to a network so that it can boost scientists' research.

8 SELL THEM

This is also a green option as it means that fewer devices have to be produced. On top of that, you could also donate some of the money you make to an environmental charity.

9) RESEARCH DISPOSAL METHODS

If your device is beyond repair and no one wants it, get rid of it safely through a specialist tech disposal company. Check that your device won't be shipped off to another country for processing.

10) KEEP THINKING

There's no such thing as 'too many' ways to help our planet! If you come up with a better idea than ours, contact National Online Safety and tell us.

Meet Our Expert

Neil Atkin teaches scientific literacy through his non-profit organisation, Rubbish Science, which engages people in working together to find more sustainable and creatively uses waste to help address real-life problems. There are a range of environmental activities you may like to try on their website: www.rubbishscience.com.



Online Hosted in the Internet: www.ccs.cmu.edu/edu/402/2004/lectures/10/lec10.html and www.ccs.cmu.edu/edu/402/2004/lectures/10/lec10.html



**National
Online
Safety®**

#WakeUpWednesday

Important notice

Reception admissions for 2023-2024

**Do you have a child born between
1 September 2018 and 31 August 2019?**

If so you will need to
apply for a school place
by **15 January 2023**
(to commence
September 2023)



Applications can be completed from
19 September 2022 online at:

www.herefordshire.gov.uk/reception-class-admissions



**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 2022

MONDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

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

19 Notice what you are feeling, without any judgement

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

TUESDAY



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

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

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

WEDNESDAY



7 Give yourself permission to say 'no'

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

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

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

THURSDAY

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

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

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

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

29 Write down three things you appreciate about yourself

FRIDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

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

SATURDAY

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

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

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

24 Accept yourself and remember that you are worthy of love

SUNDAY

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

11 Make time to do something you really enjoy

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

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



ACTION FOR HAPPINESS

Happier · Kinder · Together