

News and events from Northwold Primary School



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Week Beginning 29.04.2019

Day	Event
Monday	Year 5 Turkey Class Coffee Morning 9:00am
Tuesday	
Wednesday	
Thursday	
Friday	Year 5 Russia Class Coffee Morning 9:00am Reception Ireland Class Assembly 9:30am

### Bike Repairs and Plant Sale on Stoke Newington Common

Bikes are mended on a first come, first served basis. So it is advisable to get their early. We employ qualified and experienced bike mechanics and they will do what they can, but please note some repairs might be too complicated to undertake on the day.

## Plant Sale & Free Bike Repairs

**Sunday**  
**12<sup>th</sup> May**  
**1-4pm**



**Tea,**  
**Coffee**  
**& Cake**

**Stoke Newington Common N16**

@snugN16 Stoke Newington Common Users Group (SNUG) [snug.n16@gmail.com](mailto:snug.n16@gmail.com) [www.stokenewingtoncommon.co.uk](http://www.stokenewingtoncommon.co.uk)

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**Letter to Parents & Carers - Social Media**

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Director of Education,  
Head of Hackney Learning Trust:  
Annie Gammon

Dear Parents/Carers,

**Social Media, Sleep and Health**

You may be aware that there is much discussion about children and young people's use of social media and the negative impact it can have on their wellbeing, self-esteem and relationships.

We thought it would be useful to share the most up-to-date expert guidance, so that you are in a strong position to manage social media and screen use\* with your children. We hope this helps with that part of your parental/caring role which is about setting boundaries.



Many Hackney schools have access to a useful App that helps keep children safer both online and offline. Find out more [here: zurichsaferschools.co.uk/aboutus/](http://zurichsaferschools.co.uk/aboutus/)

**Part 1) Managing social media use and screen time**

**Talking helps:** Talk with children about using screens and what they are watching/sending. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use. Don't allow the sending or receiving of bullying language.

**Talk about sharing:** Talk about sharing photos and information online and how photos and words are sometimes manipulated. There can be unwanted explicit images which young people are under pressure to share. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!

**Age guidance:** The age limit companies set for having a social media account with Snapchat, Kik, Instagram, TikTok (formerly Musical.ly), Facebook, and YouTube is 13. For WhatsApp, it is 16. Children can easily access highly inappropriate material on YouTube unless 'Restricted Mode' controls are set.

**Use helpful phone features:** Some devices and platforms have special features – try using these features to keep track of how much time you and your children spend on screens or social media. For example, when Apple released iOS 12, they made a giant leap in supporting families with the release of their new Screen Time feature. With this you can set your limits and restrictions across all devices linked to your iCloud account, including family members. There are other Apps such as 'Ourpact' help parents to set limits on usage and access.

NSPCC has excellent resources for online safety here:  
<https://learning.nspcc.org.uk/media/1489/share-aware-parents-guide.pdf>

**We strongly recommend that families ensure children's phones are outside their bedrooms at bedtime and that parents set time limits for screen (including phones) time.**

## Part 2) Making sure your child/children take part in a range of healthy activities

**Exercise:** NHS guidance is that to maintain a basic level of health, children and young people aged 5 to 18 need to do at least 60 minutes of physical activity every day. Being active for at least 60 minutes a day is linked to better general health, stronger bones and muscles, and higher levels of self-esteem.

**Keep moving:** Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about and important for children to develop healthy habits which will stand them in good stead for the rest of their lives.

We recognise that some young people have conditions which mean exercise is difficult for them.

**Family time:** Different families have different routines and expectations around the time they spend together. We do know that family time is vitally important for all young people and encourage parents to plan time for face to face conversations, with adults giving their full attention to children. Screen-free mealtimes are one way of doing this but there are many other ways to connect and talk such as reading together at bedtime and finding activities which all the family can enjoy.

**Sleep matters:** Getting enough good quality sleep is very important, particularly for growing children and adolescents whose brains are dependent on sleep for normal development and learning. Sleep deprivation has been linked to increased risk factors for diseases.

### TOP TIPS:

- Leave phones and other screens outside the bedroom at bedtime. Use of any screen like a laptop, computer or phone an hour before going to bed has been shown to make sleep more difficult.
- Aim for regular routines around bedtime and waking up, which helps the body to develop a strong internal rhythm, promoting sound sleep.
- Ensure your child has been active during the day and has had time outside. Exposure to daylight supports good sleep.
- Ensure bedrooms are not too hot and have dimmed lights which helps to signal to the brain that it is time to sleep. Reading before bed is an excellent way for children to wind down.
- NHS guidance states that 5 year olds need 11 hours sleep on average, 9 year olds need 10 hours sleep and 14 year olds need 9 hours sleep.

**Safety when out and about:** Advise children to put their screens away while crossing the road, or doing an activity that needs their full attention.


There is excellent advice in the 5 to Thrive model for good wellbeing: <https://fivetothrive.net>

Some of the above may already be familiar to you and you may feel that you don't need to change any of your family's routines. However, if you do want to change routines it is usually

helpful to sit and talk that through with your family members so that everyone is clear: some prompts are available at: <https://www.childnet.com/blog/family-agreement>.

We hope you find this useful. Your child's school may also give additional advice around these issues which are so critical to children's health and happiness. We will be holding an open session for parents/carers with professionals offering advice on **Tuesday 11 June 2019, 6.30pm** at The Tomlinson Centre, Queensbridge Road, London E8 3ND.

Best wishes



Annie Gammon  
Director of Education / Head of Hackney  
Learning Trust

## Transfer of Northwold School 2019 – Provisional timeline

Event	Stakeholders	Date	Comments
Meetings with stakeholders	Governors/Trustees	27 <sup>th</sup> February 6pm	
	Parents/Trustees	6 <sup>th</sup> March 6pm tbc and 13 <sup>th</sup> March 9am tbc	
	Staff/Trustees	27 <sup>th</sup> February 4.15pm	
Affirming principles and brokerage documents	Trustees	w/b 11 <sup>th</sup> March	
Longlisting/interests	Trustees	w/b 11 <sup>th</sup> March to 18 <sup>th</sup> March	
Shortlisting	Trustees	1 <sup>st</sup> April	
Visits to shortlisted MAT primary school/Shortlisted MATS visits to Northwold	Trustees, Governors and Parents/Staff delegates	w/b 23 <sup>rd</sup> April	Parents and staff will be selected to be representative of the whole school community. There will be a core group who visit each MAT; it is possible others may join the group for one or more visits. The core group will have a form for feedback which will be sent to the trustees.
MAT interviews	Trustees	2 <sup>nd</sup> May 2019 11.00 a.m. to 4.00 p.m. – MAT interviews.	
Decision	Trustees/RSC group	w/b 6 <sup>th</sup> May	This will be a decision to have a preferred MAT. There then follows a period of doing due diligence – it is possible, though unlikely, that a hitch may occur which would mean the process would need to restart.
Communications/further information	Trustees/new MAT	w/b 20 <sup>th</sup> May	We would expect to communicate with parents and staff re the preferred MAT. It is likely that the preferred MAT would then take a lead in communications.

## Forest School

All children from **Nursery to Year 2** will participate in Forest School. Forest School is an inspirational process that offers learners regular opportunities to achieve and develop confidence and self-esteem through hands-on learning experiences in a woodland or natural environment. On your child's Forest School day, your child will come to school in their school P.E kit (NOT SCHOOL UNIFORM) and wear it for the whole day.

Pupils will be provided with a light rain jacket to be worn over their coats; however, you will need to purchase wellington boots. Also, please ensure that your child is warmly wrapped up, wearing warm coats, hats, gloves and thermal socks.

**The Forest School day for each year is as follows:**

Day	Year Group
Monday	Reception
Tuesday	Pakistan Year 1
Wednesday	Mexico Year 2

## Next Week's Menu:

### Week 3:

Monday	Veggie Sausage with Onion Gravy	Vegetable Pot Pie	Green Salad Tomato Slices Cucumber Slices
	Creamy Mash		
Tuesday	Battered Fish	Homemade Indian Omelette	Green Salad Tomato Slices Coleslaw
	Chips and Peas		
Wednesday	Cheese & Bean Stack	Mexican Penne Pasta	Green Salad Tomato Slices Salsa Guacamole
Thursday	Chickpea Curry with Rice	Spinach & Feta Filo Square	Green Salad Tomato Slices
Friday	Macaroni Cheese	Mixed Bean Burrito	Green Salad Tomato Slices Beetroot

**Remember if you do not like the food that is on offer we also do jacket potatoes with fillings every day!**

## School Uniform

Please make sure your child is wearing the correct school uniform:

### Years 1 - 6

- ✚ White school shirt with top button
- ✚ Red school jumper or cardigan\*
- ✚ Grey trousers or school pinafore
- ✚ School tie\*
- ✚ Grey socks
- ✚ Black school shoes (no boots)

### Early Years

- ✚ School red sweatshirt\*
- ✚ White polo top
- ✚ Black tracksuit bottoms – no logos
- ✚ Black trainers – no logos

\*These items can be bought from the school office.

## P.E. Kit

On P.E. days, your child will come to school in their P.E. kit (NOT SCHOOL UNIFORM) and wear it for the whole day. Your child needs to wear the school's P.E. kit:

- ✚ Black school hoodie\* (with your child's name in house colour)
- ✚ House colour t-shirt with your child's name\*
- ✚ Plain black jogging bottoms (Leggings, jogging bottoms in other colours or with logos are not acceptable)
- ✚ Black plimsolls or trainers (no logos)

\*These can be bought in the school office.

**The P.E. day for each year group is as follows:**

Day	Year Group
Wednesday	Reception
	Year 2
	Year 4
Thursday	Nursery
	Year 1
	Year 5
Friday	Year 3
	Year 6

## Term Dates for 2018-19

The Education (School Day and School Year) Regulations (1999) require all maintained schools to open for teaching for 190 days a year, offering 380 sessions. The tables below set out dates for 195 days. Pupils are to be released for a further 5 days for the purpose of teachers' staff development (INSET). These days can be taken as inset days or equivalent twilight sessions

Academies, free schools and voluntary-aided schools are able to set their own dates but have been asked to set the same or similar dates in the interest of parents who may have children at different schools

## Term Dates 2018/2019

Spring Term 2019			
First Day	Half-Term	Finish	Number of Days
Monday, 7 <sup>th</sup> January 2019	Monday, 18 <sup>th</sup> – Friday, 22 <sup>nd</sup> February 2019	Friday, 5 <sup>th</sup> April 2019	60 days (30 days first half-term, 30 days second half-term)

Summer 2019			
First Day	Half-Term	Finish	Number of Days
Tuesday, 23 <sup>rd</sup> April 2019	Monday, 27 <sup>th</sup> – Friday, 31 <sup>st</sup> May 2019	Friday, 19 <sup>th</sup> July 2019	60 days (23 days first half-term, 37 days second half-term)

## Cake Sales!

A cake sale is a fun and delicious way of raising money for the school, so throughout the year we will be kindly asking for baked donations! It is a great opportunity to show off your baking skills, as well as having fun and engaging with the children.

Please find below dates for the cake sale days:

## Summer Term 2019

Year Group	Date
Year 6	Friday, 17 <sup>th</sup> May 2019
Nursery	Friday, 14 <sup>th</sup> June 2019

## Class Coffee Mornings

There is a class coffee morning every Monday and Friday at 9:00 am in the canteen. A full timetable is published below. It is a great chance for parents to meet the class teacher and one another. We look forward to seeing you there.

## Summer Term 2019

Week Beginning	Class	
	Monday	Friday
29.04.19	Turkey	Russia
06.05.19	Nigeria	Spain
20.05.19	Ghana	Bangladesh
27.05.19	Jamaica	Brazil
Half Term		
10.06.19	Poland	Barbados
17.06.19	Somalia	Ireland
24.06.19	Mexico	Pakistan

## Class Assemblies

Each class will do ONE assembly per year. It will be on a Friday. The assembly will start at 9:30 am and last up to half an hour. Below is the timetable for the whole year, so you can put the dates and time in your diaries. It really makes a big difference for children to see their family in the audience; we hope you can make the time for them.

## Summer Term 2019

Week Beginning	Class
29.04.19	Ireland
13.05.19	Pakistan
Half Term	
10.06.19	China – 14.06.19
17.06.19	India – 20.06.19

## School Uniform Price List

Item	Size	Price
<b>School Uniform</b>		
Performer V-Neck school logo LB	26 – 30	£14.50
Performer V-Neck school logo LB	32 – 34	£15.50
Girl's Cardigan school logo LB	26 – 30	£15.50
Girl's Cardigan school logo LB	32 – 34	£16.50
Innovation Sweatshirt school logo LB	24 – 30	£7.50
<b>P.E Kit</b>		
Child P.E T-Shirt School logo & Monogram LB	5/6 years – 14/15 years	£5.00
Child Hoodie Monogram LB	Small Youth – Extra Large Youth	£10.50
Adult Hoodie Monogram LB	Small Adult – Large Adult	£13.50
Child Zip Front Hoodie Monogram LB	Small Youth – Extra Large Youth	£12.50
Child Forest School Fleece School logo & Monogram LB	5/6 years – 13 years	£11.00
<b>School Bags</b>		
Book Bag	One Size	TBC
Backpack	Small	£8.50
Backpack	Large	£10.50
<b>Monogram</b>		
Various colours	1 cm H Under School logo	£1.75

## Golden Child of the Week!

Class	Child's Name
Mexico	Esther Grace Imbotto Nzau
Pakistan	India-Marie Vigouroux
Ireland	Ismail Mulla
Somalia	Orion Marius Rivas
Bangladesh	Panna Singh
Ghana	Flynn Holliday
Barbados	Shakayla Brown-Furtado
Poland	Giovanni Ogunewu
Nigeria	Ilyas Benhaddouch Lamnouar
Spain	Caleb Falleur
Brazil	Emmanuel Garcia-Galvis
Jamaica	Callum Mulhall
Turkey	Tayjah Rani
Russia	Mehmet Ozsayan
China	Jackson Ojo
India	Abdulmaleek Akinniyyi