



Witham St Hughs Academy  
A L.E.A.D. Academy

# Witham News

*Edition Seven*  
17th March 2023



## Headteacher Comments

Welcome to our March newsletter and I hope that you are all keeping well.

As the term races towards Easter, there have been so many amazing opportunities this term. We have celebrated a love of reading on World Book Day with our very own Masked Reader. Y3 have had a brilliant Stone Age experience day whilst our Y6 children have been to PGL on an adventure week. Our Forces children have also taken part in a STEM day run by RAF Waddington whilst some children have also been involved in developing our wildlife area through a project called Wild in the Woods.

Sport continues to develop and this term we have a cross-country team, a girls and boys football team and a netball squad. All are taking part in either a league or having friendlies. Being active is such an integral element of ensuring children understand healthy lifestyles and we are excited that our sporting offer continues to grow.

Parents' Evening is coming up on Tuesday 21st March and Thursday 23rd March so please remember to make an appointment. All of our children have worked so hard this term and shown resilience, ambition and enjoyment towards all of their learning. Our children are so proud of their learning and it will be great for them to share this with you.

As always, if you do have any questions then please come and speak to your class teacher or alternatively contact the school office.

Kind regards,

Richard Stock

*Headteacher, Witham St Hughs Academy*

## Office Opening Hours

**Monday — Thursday**

8.15am—4.15pm

**Friday**

8.15am—4.00pm

## PE kit

Just a reminder that children should have both their indoor and outdoor PE kits in school every day.

During the winter months especially it is better if the children can wear trainers when outside.

Thank you.





## School drop off and pick up

Thank you to everyone for ensuring that our slightly altered start and end times to the school day have worked so well this term.

Just a reminder that we close the gates at **9.00am** in the morning to ensure that lessons start promptly and we have maximum teaching time.

After school, the collection window is also reducing very slightly and the children should be collected between **3.25pm—3.35pm**.

Thank you.

## Wildlife Project



This term, we have started to develop our outdoor wildlife area and some children have been busy working with Wild in the Woods on a Friday morning.

As part of this project, we are also looking for **some adult volunteers** to help clear some of the overgrown areas so that we can shape and design the area even further.

**On Wednesday 29th March**, a small group of staff will be spending the morning between 9.00am—12.00pm clearing the area. If you wanted to join them and help—even if just for an hour—this would be brilliant! Please let the office know if you think you can spare some time so we know numbers.

In the middle of the area is a small pond as well and this especially is in need of some love and attention. If you know of anyone who may be able to help with this then it would be appreciated if you could let us know as we seem to be having difficulties finding someone who can help us.

Thank you so much everyone.

## Healthy Snacks Reminder

All children in reception and KS1 receive a piece of fruit each day.

All children are welcome to bring a healthy snack of their own to eat at playtime. We have noticed a variety of snacks being brought in and not all of these meet our healthy schools policy.

To support the messaging at school around healthy eating, snacks being brought in should be healthy for example:

- A piece of fruit or vegetable such as: box of raisins, apple, orange, cucumber sticks, carrot sticks pear, banana, grapes (these must be cut lengthwise), pear
- Yoghurt (Frube)
- Cereal bar (not containing chocolate)
- Fruit rolls
- Mini malt loaf or fruit bake bar
- Fruit flakes
- Veggie Straws
- Bread sticks
- Fruit smoothie

This list is not exhaustive however should be used as a guide when choosing break time snacks. Staff will monitor snacks being taken out to break time to ensure they follow our healthy schools policy.

### **Please also note:**

-Due to allergies in school, please do not bring anything **containing nuts**

-**No** chocolate or energy drinks

-Only water in drinks bottles (**no** squash)



## School Values

Just a reminder of our school values. These form the heart of our school ethos and we promote them each day.

Our KS1 children will be bringing stickers home if they show our values and our KS2 children earn citizenship points for showing them. So many children have managed to achieve so many values already, and truly deserved.

It has been brilliant this term to see so many children start to earn their silver citizenship badges and I know they all wear their badges with pride.

## Book Bags

Our KS1 children are brilliant at bringing in their book bags and this is great to see. However, if they have too many key rings on them they get tangled in the book bag boxes.

To help us with this, please can you just ensure that they only have one key ring on them.

Thank you.

## Main Market Lounge Entrance

As you are aware, dogs are not allowed onto the school premises. More recently, we have noticed that at the end of the day there appear to be more dogs being tied up at the Market Lounge entrance.

This is an extremely busy time of the school day and as so many children and parents use this entrance it would be appreciated if you could consider whether bringing your dog to this entrance is essential.



## Reading and Homework

As you all know, we really value our positive relationships with parents and want to ensure that engagement between home and school remains strong.

It is vitally important that children should try and read every week and promote an awareness of why it is important that we read at home.

Please can you also ensure that where possible homework is completed and children practise their spellings. As we have a spelling quiz each week, it is always in the children's interests to help them know the importance of practising. The rationale is that if they practise then their spellings will improve. This is absolutely true!

Thank you for your support with this and for supporting your child at home.

## Parental Conduct

Please be reminded that our teaching team work tirelessly everyday to ensure that your children have a positive and enjoyable day.

If you do need to speak to any of our teaching team either before or at the end of the day, please ensure this is done politely and reasonably. They always have the children's interests at the heart of everything they do and therefore expect to be spoken to with respect. Thank you.



## **Diary dates**

### **March 2023**

*Friday 17th March*

***Red Nose Day***

*Tuesday 21st March  
Thursday 23rd March*

***Parents' Evening between 4.00pm—7.00pm***

*Monday 27th March  
Tuesday 28th March*

***Y3/4 production at 2.00pm and 6.00pm  
Y3/4 production at 2.00pm***

*Friday 31st March*

***Term four ends at 2.00pm***

### **April 2023**

*Tuesday 18th April*

***Term five starts***

### **May 2023**

*Monday 1st May*

***Bank Holiday***

*Monday 8th May*

***Bank Holiday***

*Tuesday 9th May -  
Friday 12th May*

***Y6 SATS week begins***

*Monday 16th May*

***Y2 SATS week begins***

*Friday 26th May*

***Term five ends***



Welcome to the Witham Well-Being update. As we start the new term we will hopefully see some more signs of spring arriving in the next few weeks. Here is a lovely resource for something to do each day throughout March. Why not try a few?

**Mindful March**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 Have a 'no plans' day and notice how that feels	
7 Take three calm breaths at regular intervals during your day	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today
14 Find ways to enjoy any chores or tasks that you do	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Appreciate nature around you, wherever you are	20 Focus on what makes you and others happy today <small>dayofhappiness.net</small>
21 Listen to a piece of music without doing anything else	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Cultivate a feeling of loving-kindness towards others today
28 Notice when you're tired and take a break as soon as possible	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life			

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**

**Pastoral Support**

Ms Ford continues to support those children who may need additional support. She has dedicated time during the school day to talk to children about their feelings. These sessions take place in the nurture room on an individual or small group basis. There are a range of groups which Ms Ford regularly leads including :

\* Young Carers \* Bereavement \* Separated families \* Emotions and Feelings

Please do let us know if you would like more information about these groups.

**Who to contact?**

Remember that we are always here to support you and Michelle Dexter our distinct groups leader contacts many parents regularly to make sure everything is going well. Her email address is [michelle.dexter@withamsthughs.org](mailto:michelle.dexter@withamsthughs.org)

If you think that you need further support then do not hesitate to contact school on: 01522 869590 or [enquiries@withamsthughs.org](mailto:enquiries@withamsthughs.org)

**Useful Numbers**

Child Line: 0800 1111

Young Carers Helpline: 01522 553 275

Samaritans: 01522 528 282

Family Services: 0800 195 1635

Women's Aid: 0808 2000 247

**Attendance**

Part of Mrs Dexter's role is continuing to monitor attendance at the academy. She will regularly contact families where children's attendance has dropped below 90% with a welfare check and to offer support if required.