



Holywell Primary School

Tolpits Lane, Watford, Herts, WD18 6LL
Tel: 01923 225188 email: admin@holywell.herts.sch.uk
Headteacher: Mr Coert van Straaten MA, Ed, Dip Edu, NPQH
we are a learning community with the spirit to succeed

30th September 2022

Dear Parents/Carers

Read, Write, Inc Parents Session

We had our second of three sessions for parents yesterday where Mrs Lazar introduced the new phonics scheme we are using in school. There will be another session next Thursday at 2:45 and would like to invite you to attend.

This Year's Head Boy and Girl

This week, pupils in Year 6 made presentations to express their interest in becoming Head Boy and Girl and their deputies.

Thank you to all the children who made their presentations and I would like to congratulate our pupil leadership team of

Head Boy: Samuel
Head Girl: Maddison
Deputy Head Boy: JJ
Deputy Head Girl: Elif

A copy of their presentations are below.

School Uniform

The school has a uniform policy that we expect all pupils to adhere to. At the moment pupils can attend school in their PE kits on the days that they have PE but we ask that the children attend school in either black or blue tracksuit bottoms as set out in the policy or alternatively we ask that you purchase the school branded tracksuit bottoms from www.essentialschoolwear.com. Thank you for your support in this matter.

Reception 2023

The Admission process for Reception 2023 will be opening on Tuesday 1st November.

We will be holding an Open Morning on Thursday 3rd November at 9:15 and Thursday 1st December at 2:30. If you would like to come to either of these sessions, please contact the School Office.



Rabbi Zvi's Visit to Year 5

On Thursday 29th September, Year 5 were visited by the extremely knowledgeable and engaging Rabbi Zvi, religious leader of Berkshire's Synagogue. He joined us for the whole afternoon, teaching us many things linked to the Jewish religion. We learnt how many of our names link to the Hebrew language and he shared many stories and teachings from Judaism.

Particular highlights from our afternoon were seeing the Torah scroll, exploring similarities between the Arabic and Hebrew language and also trying some of the food and drink from Passover. We learnt so much and feel full of knowledge about Judaism- our RE religion of focus this year.



Black History Month

Black History Month is celebrated each year in the month of October. This year, pupils had a visit from the Bigfoot Theatre Company and took part in assemblies and workshops learning about Black history.

It is important for pupils to grow their knowledge, understanding and tolerance of other cultures and background as we live in a multicultural society.

LINKED UNCRC ARTICLES

The activities in this pack about Black History Month link with many articles of the CRC but two particular rights stand out when we explore this theme.

Article 2 (non-discrimination)

The Convention applies to every child without discrimination, whatever their ethnicity, gender, religion, language, abilities or any other status, whatever they think or say, whatever their family background.

Article 30 (children from minority or indigenous groups)

Every child has the right to learn and use the language, customs and religion of their family, whether or not these are shared by the majority of the people in the country where they live.

2

NO DISCRIMINATION

30

MINORITY CULTURE, LANGUAGE AND RELIGION

RIGHTS RESPECTING SCHOOLS

unicef UNITED KINGDOM

Yours faithfully

Mr C van Straaten

Our New Head Boy and Girl

To Mr van Straaten, Staff and all Students



Hello, my name is Samuel and I am writing to tell you why you should vote me to be the Schools Head Boy.

Firstly, I would like you to know that if you choose me I will not take it as a joke. I will do everything in my power to help improve the school. You should vote for me because I am kind, mature and follow all the 6 R's.

I am the best because I know my way around the school and enjoy talking to new people. I think that this is a must have to lead school tours. As I said before I like talking to new people making me a great person to help new students feel welcome at Holywell. Last year I was in the school council and helped the school achieve RRSA gold award and I have lots of experience with conducting presentations.

If I am chosen I will do my best to make us children be allowed to play football. Another thing I really want to do is make a volleyball club but for that to happen you must vote for me.

Yours sincerely

Samuel



Dear Mr van Straaten

Hello, my name is Maddison Baxter and I'm writing this letter to apply for head girl of year 6 Elm class offering to be a great role model for all pupils at Holywell primary school. When applying for head girl, I understand that with a huge role comes lots of hard work and I'm up for the challenge, this may include @leading tours of the school for staff applying for posts', which I believe I have lots of experience and knowledge from being at the school for 7 years talking and meeting lots of different teachers. I

am always polite to each and everyone I meet including younger peers and all staff. As my mum always says its kind to be kind.

When it comes to making new students feel welcome at our school you can rely on me I have may friends here and I know exactly how to make people feel included as most my teachers can tell you I am often given responsibilities at new students comfortable as well as given tasks and jobs around the school because they know they can trust me.

When I started this school in nursery, I was a shy and quite little girl and Holywell and all the teachers here have given me the confidence to be outspoken, speak in front of the school, have lead roles when it comes to assemblies and have given me lots of opportunities in different sport events.

I am a kind-hearted person with a positive attitude to learning. I offer advice, support and encouragement to all my friends and classmates. Sport is my passion and I like to be included in any sports I can in school and always cheer others on to try their best and join in. I believe being into sports makes me a great leader giving me the experience to become the best head girl for Year 6 Elm.

I really do hope you choose me because I know you would be making the right choice for our school. Thank You for your time. I hope you enjoyed my letter.

Our New Deputy Head Boy and Girl



Dear pupils of Holywell Primary School and Mr van Straaten,

Hello, my name is Jaiyeoni Moran, but most people know me as JJ. The reason I am writing this letter is to explain why I would like to be the head boy of Holywell Primary School.

My first point is that I personally think I am not a disrespectful child. I will also make sure that the six R's are always followed. Secondly, I joined Holywell when I was in reception, so I feel like I know a lot about the school. The third point I have to say is that I am a friendly and social person, and I shall try to get everyone to do the same and make many friends. To add on, I will always be open to answer any question that I am asked, and I'll also help you if you are feeling sad. As my fourth point my older sister Omi was head girl during her time here, so she can help me to become the best head boy I can be.

Please vote for me so I can help Holywell become a better place for the students and teachers.

Yours faithfully

JJ



Dear Pupils of Holywell

My name is Elif, and I would dearly love to be in the role as head girl. The main reason I would like to become head girl is so that I'll get to help around, and make Holywell primary school a better community. This demonstrates that I will certainly be the right candidate, because I am a fun leader and will do whatever it takes to try my best ability. I have taken notice that over the last four years at Holywell school I have learnt many things including responsibility, commitment and dedication.

I will be respectful to everyone around the school no matter what. To add on to this, I will plan to give classes new equipment at break times such as basketballs, footballs, tennis rackets and many more. Also, I would be honoured to help out visitors in the school by showing them around the school buildings. I believe that enjoyment is a key element in the experience of school, so we should all learn how to have fun whilst still learning.

To sum up all the reasons that I have stated so far, I would like to finish off by explaining why you should vote for me. Please know that I will be making a few changes in Holywell for example, I could try to get us a new football pitch or perhaps make new sports clubs at lunch, however this is unless I become head girl. I think it would be amazing and I would truly be delighted if you would consider me at head girl, thank you very much.



Star & Charter Certificates – 30th September 2022		
	Star Learner of the Week	Charter Certificate
EYFS	Layla	Zahran
Y1 Sycamore	Amelia	Anaya
Y2 Hawthorn	Felix	Salma
Y3 Rowan	Medeea	Liya
Y3 Mulberry	Jordan	Matthew
Y4 Cedar	Sathuja	Lily-Rae
Y5 Chestnut	Zain	Sehasna
Y5 Elder	Samanta	Stefi
Y6 Elm	Benita	Methuli

<p align="center">WHOLE SCHOOL ATTENDANCE FROM SEPTEMBER 2022</p> <p align="center">91%</p>

Week Commencing 19 September - 23 September 2022

Attendance by Class			
Nursery			
Reception	97%		
Y1 Sycamore	94%	Y4 Cedar	94%
Y2 Hawthorn	98%	Y5 Chesnut	91%
Y3 Rowan	92%	Y5 Elder	93%
Y3 Mulberry	94%	Y6 Elm	91%

Attendance	
<i>Best Classes in the whole school for attendance</i>	
Key Stage 1	Y2 Hawthorn
Key Stage 2	Y3 Mulberry & Y4 Cedar



Hertfordshire
Family Centre
Service

School Nursing


Hertfordshire Community
NHS Trust

Autumn 2022

Public Health Nursing 5-19 Team Newsletter

Welcome back!

Hope you all had a relaxing summer break! We are looking forward to supporting lots of children and young people throughout the new school term.

Please see below our Workshop link, with lots of advice and support on your child's emotional health, returning to school, and more.

<http://ow.ly/Qn9G50KI17f>

Ways to contact us:

Our school nurse duty number is:
0300 123 7572 (Mon-Fri 9am-5pm)

Our referral website, which also has information about our service:
<http://ow.ly/eeWe50KI1gW>

Chat health confidential text messaging service for 11-19 year olds:
07480 635050



Who we are

Hello, I'm Emily – a Healthy Child & Young person assistant. I support children who attend school in Hertfordshire to help their health and wellbeing.

I carry out hearing and vision screening for children in Reception and measure their height and weight for the National Child Measurement Programme (NCMP).

I also carry out height and weight for all children who are in Year 6 which works alongside the School Nurses when they complete The Lancaster Model Questionnaire.

Topic of the Term: Sleep

Sleep is especially important and helps development. Lack of sleep can lead to reduced concentration, increased behaviour difficulties and irritability.

Did you know that primary school aged children should be getting on average 10-11 hours sleep at night and Young people need around 8.5-9 hours sleep at night?

Tips for a good night's sleep:

- Plenty of fresh air and exercise during the day
- Avoid electronics and devices at least one hour before bed
- A relaxing activity before bed, such as reading and listening to calming music
- Have a good routine at bedtime and keep regular sleep and wake times

Have a look at our websites for more great advice:

www.healthforkids.co.uk
www.healthforteens.co.uk



Relaxation exercise

Try out this 5,4,3,2,1 exercise to help aid relaxation during a difficult situation:

Exercise Five: 5,4,3,2,1

Work through the five senses to calm you in difficult or stressful situations

5 Look

What five things can you see? Say them out loud, for example, 'I see a phone, 'I can see a pen'

4 Listen

What four things can you hear? It could be birds singing outside or your parents talking

3 Feel

Pay attention to your body and think about three things you can touch or feel. For example, 'I can feel a cold drink in my water bottle'

2 Smell

What two things can you smell? This could be your dinner cooking in the kitchen or freshly cut grass outside

1 Taste

What one thing can you taste, or would love to taste right now? It could be something you're eating now or your favourite food

Take a deep breath

Notice what is around you right now and how different it is from the difficult or stressful situation

The Lancaster Model Questionnaire

This term, our school nurses will be in schools delivering an online health questionnaire, called the Lancaster Model (TLM), to identify health needs of children, in line with national guidelines (The Healthy Child Programme). The questionnaire is designed for children to complete in Year 6 and enables us to capture and address the health needs of children as they grow.

The questionnaire will be completed by your child in school and asks questions that can impact on their health such as lifestyle and emotional wellbeing.

Members of the school nursing team will be present when the children complete the questionnaire so that we can support any children that may need assistance, or to offer support afterwards.

Letters to parents will be sent out via school in due course, and parents are able to withdraw consent if required.

There is further information about the Lancaster Model here:

<https://www.thelancastermodel.co.uk/>



The Lancaster Model

School entrance Screening & National Child Measurement Programme

All children in Reception have their height and weight measured and their vision and hearing checked.

Any results which may have an effect on your child's education (hearing or vision) will be shared with their class teacher.



Children may need to be referred on to specialist services for follow up.

Children have their height and weight measurement in Year 6, as part of the National Child Measurement Program (NCMP).



Hertfordshire
Family Centre
Service



Want to know more about the Public Health School Nursing team in Hertfordshire?

Check out our platforms:



[https://www.hertsfamilycentres.org/info-and-advice/
parents-and-mums-to-be/school-nurses.aspx#](https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx#)

www.hct.nhs.uk/our-services/school-nursing



07480 635 050

Confidential text message service ran by the school nursing team
for 11-19 year olds. Text in any health and wellbeing concerns



@hct_schoolnursing

@teenhealth.hct



@HCT_SchoolNurse



🔍Hct SchoolNursing



www.healthforkids.co.uk/hertfordshire



www.healthforteens.co.uk/hertfordshire



School nursing duty number

0300 123 7572

9am – 5pm Monday to Friday
(excluding bank holidays)



TITAN TAEKWONDO

Gain discipline. Get strong. Be more confident. Make friends.
BECOME A CHAMPION

Olympic style taekwondo with
an elite sports pathway

Monday 17.30pm
Monday 18.30pm
Sunday 16.00pm
Sunday 17.00pm



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Watford
WD17 2PS

Titantaekwondo.com
07775427470



