



PARKGATE INFANTS &
NURSERY SCHOOL

20th January 2023



Dear Parents/Carers,

I know that many of you will be concerned about possible disruption caused by the NEU teacher strikes that are currently timetabled to take place on the 1st February, 2nd March, 15th March and 16th March.

Whilst at this stage no teacher has notified me that they will be striking, please be reassured that we are currently working on our risk assessments and contingencies plans. These plans include ensuring that we maintain the teacher ratios required by law:

- Nursery the adult ratio is 1 adult to every 13 children, and one must be a teacher
- Reception, Year 1 and 2 this is 1 teacher to 30 children.

I will inform you as soon as I am able to if the whole or part of the school needs to close.

Have a lovely weekend,

Mr Pritchard

Deadline for Nursery Places

Please be aware that the deadline for making an application for a Nursery place for September 2023 is **9am Friday 24th February 2023**.

You will need to apply direct to Parkgate Infants & Nursery School using the application form on our website.

Caretaker Wanted!

We are looking for a new caretaker. Do you know someone who is interested in working 7-12 each morning?

The role includes opening the school in the morning, carrying out health and safety checks and general DIY jobs. If you know someone who would be interested then please contact the school office who will be happy to discuss the role with anyone who is interested.

We are also looking for a Wraparound Care Manager.

Both roles are advertised on www.teachinherts.com

Parents Evening

Parents evening will be held in school on the following dates:

Wed 8th Feb 3:30-6:00pm

Thu 9th Feb 5:00-8:00pm

Appointments for both evenings will go live on Monday 23rd January at 8:00am.

You will be able to make an appointment via Arbor.

If you are unable to log in to Arbor, please ask the school office to email you a new link.

Attendance

Well done to **Mole class** who had this weeks best attendance!



Badger Class	94.4%
Fox Class	95.9%
Rabbit Class	94.8%
Squirrel Class	95.6%
Mole Class	97.6%
Hedgehog Class	83.3%

WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ Dusted Chicken with Rice	Mediterranean Roll with Potato Wedges (ve)	Roast Chicken with Sage & Onion Stuffing with Roast Potatoes or Wholemeal Pasta	Cottage Pie with Diced Potatoes	Battered Fish with Oven Chips or Pasta
Italian Pasta Bake with Crusty Bread (ve)	Macaroni Cheese with Garlic Bread (v)	Sausages in Yorkshire Pudding with Roast Potatoes or Wholemeal Pasta (v)	Quorn Burger in a Bun with Diced Potatoes (v)	Cheese and Tomato Pizza with Oven Chips or Pasta (v)
Cheese Baguette	Egg Roll	Cheese Wrap	Ham Roll	Tuna Sandwich
Jacket Potato with Tuna	Jacket Potato with Cheese	Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato with Baked Beans
		Halal Roast Chicken with Sage & Onion Stuffing with Roast Potatoes or Wholemeal Pasta		

Stars of the Week



Badger— Dua
 Fox— Fianna
 Rabbit— Felix
 Squirrel—Zainab
 Mole— Sophie H.
 Hedgehog—Ammara

Well done to our Stars of the Week

Learning Awards



Badger—Eden
 Fox—Quinten
 Rabbit—Alice
 Squirrel—Vicky
 Mole—Simar
 Hedgehog—Hadiya

Well done!

DATES TO REMEMBER

Rabbit Library Visit	Wed 25 th January
Reception Library Visit (TBC)	Wed 1 st February
Reception Library Visit (TBC)	Wed 8 th February
Parents Evening	Wed 8 th February 3:30-6:00pm
Parents Evening	Thu 9 th February 5:00-8:00pm
Half Term	Mon 13 th —Fri 17 th February
Easter Bonnet Parade	Fri 31 st March
Term Ends	Fri 31 st March 1:00pm

This week in Rabbit class.....

This week in science we identified and labelled parts of the body. We also learnt the 5 senses and discussed what each one does.



This week in Parkgate Pirates.....

This week, we have been talking to the children about the winter season and specifically about robins as they are one of the few birds that sing in the winter. The children enjoyed reading the 'Robin's Winter Song' book, making their own bird masks and creating a winter landscape picture using a paper plate, coloured paper, glue stick, scissors and their fingers. We used these to decorate our Parkgate Pirates display board.



Competition: Design a t-shirt for Watford FC Women

We are excited to be celebrating Children's Mental Health Week 2023 which will take place from 6th-12th February 2023. This year's theme is Let's Connect!

We have connected with Watford FC who are offering an exciting competition. They have asked children to design a t-shirt supporting Children's mental week using this year's theme as inspiration. The winning design will be printed and worn by **Watford FC Women** at their home game against Ipswich Town Women during their pre match warm up on **Sunday 5th February**. Along with this, the designer of the winning entry will be invited to the game to see their t-shirt design in action.

When designing your t-shirt be sure to use all the space provided, make it eye-catching – we want to be able to see it from every seat in the stadium! Include your name, school and year group along with your entry.

You can print out the template (attached to the email already sent) and get designing. If you would like to enter, your template must be returned to your class teacher or the office by Wednesday 25th January.



Super Star Sport

SPRING AFTER SCHOOL CLUBS



Looking forward to welcoming your children back for our next Spring Term!! We have our popular Football Club, Fun Factory & Dodgeball, also our New Gymnastics! Don't miss out!



11 WEEK SUPER PROGRAM



TUESDAY- FUNTASTIC FOOTBALL (Reception, Year1&2)

START DATE: 10 JANUARY 2023 – END DATE: 28 MARCH 2023th
TIMES 3PM – 4PM

JUST £55 FOR OUR 11 WEEK SUPER STAR SPORT PROGRAM.



WEDNESDAY – FUN FACTORY (Reception, Year 1&2)

START DATE: 11 JANUARY 2023 – END DATE: 29 MARCH 2023th
TIMES 3PM – 4PM

JUST £55 FOR OUR 11 WEEK SUPER STAR SPORT PROGRAM.



THURSDAY- DODGETBALL (Reception, Year 1&2)

START DATE: 12 JANUARY 2023 – END DATE: 30 MARCH 2023th
TIMES 3PM – 4PM

JUST £55 FOR OUR 11 WEEK SUPER STAR SPORT PROGRAM.



FRIDAY-GYMNASTICS (Reception, Year 1&2)

START DATE: 13th JANUARY 2023 – END DATE: 24th MARCH 2023
TIMES 3PM – 4PM

JUST £50 FOR OUR 10 WEEK SUPER STAR SPORT PROGRAM.

For any additional information, please email us at
operations@superstarsportnwl.com where Junior would be happy to answer
any questions you may have!

All of our clubs are COVID secure and we have risk assessments and procedures in place to ensure the upmost safety for the children. Our enhanced DBS checked, first aid trained coaches are fully qualified and will ensure the children are having a great time within the fun sports clubs.

HOW DO I BOOK???

Step 1: Enter the site www.superstarsportnwl.com

Step 2: Click 'BOOK NOW' on the home page

After clicking book now, you will be directed to another page on the site .

Step 3: Select your school/nursery location

Step 4: Select the block of sessions you would like to book your child onto and click 'info and booking'

Step 5: Once here please find the 'book this class'

www.superstarsportnwl.com

Step 6: Time to sign up your child!!!! (If you have not created a profile with us, there is a short profile creation process)

Step 7: Your child attends their Super Star Sport club!!!



Please see below for our fun and engaging program
week by week

Fun Factory Club

- ★ Week 1: Games rules
- ★ Week 2: Round Robin
- ★ Week 3: Card Games
- ★ Week 4: Board Games
- ★ Week 5: Pick a Friend
- ★ Week 6: Survival Mode
- ★ Week 7: Beat the Clock
- ★ Week 8: Charades
- ★ Week 9: Team building
- ★ Week 10: Create your own game
- ★ Week 11: Free Play



For more information, get in touch with us at:
www.superstarsportnwl.com

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- ★ Week 1: Games rules
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- ★ Week 6: Survival Mode
- ★ Week 7: Beat the Clock
- ★ Week 8: Charades
- ★ Week 9: Team building
- ★ Week 10: Create your own game
- ★ Week 11: Free Play



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Please see below for our fun and engaging program
week by week

Dodgeball Club

- ★ Week 1: Dodgeball Introduction
- ★ Week 2: Balancing
- ★ Week 3: Agility & Movement
- ★ Week 4: Dodging
- ★ Week 5: Ball Blocking
- ★ Week 6: Target practice
- ★ Week 7: Ball catching
- ★ Week 8: Dodgeball Round Robin
- ★ Week 9: 1v1 & 2v2
- ★ Week 10: Dodgeball Tournaments
- ★ Week 11: Dodgeball Tournaments



For more information, get in touch with us at:
www.superstarsportnwl.com

Please see below for our fun and engaging program
week by week

Gymnastics Club

- ★ Week 1: Gymnastics Introduction
- ★ Week 2: Balance
- ★ Week 3: Core Body Skills
- ★ Week 4: Body Co-ordination
- ★ Week 5: Jumps & Lunges
- ★ Week 6: Rolls & Tumbles
- ★ Week 7: Footwork
- ★ Week 8: Apparatus Skills
- ★ Week 9: Gymnastics Games
- ★ Week 10: Create routine
- ★ Week 11: Show your routines



For more information, get in touch with us at:
www.superstarsportnwl.com

MISSED FLU VACCINATION

Dear Parent or Guardian,

Following simple steps can help protect children, minimise the spread of illness in education and childcare settings and protect wider communities.

Flu and coronavirus (COVID-19) are currently circulating at high levels and are likely to continue to increase in coming weeks. High numbers of scarlet fever, which is caused by group A streptococcus, also continue to be reported.

Remember that flu vaccination is still available for all eligible groups and is the best protection against the virus. We have seen good uptake in older age groups but vaccination among young children remains low. Flu can be very unpleasant and, in some cases, can lead to more serious illness. Getting your child vaccinated protects them and others they come into contact with, and it's still not too late.

If your child has still not received their Flu Vaccination please contact the team to book them into a local clinic. [01462 427008](tel:01462427008)

PLEASE NOTE WE DO HAVE A FLU VACCINE WHICH DOES NOT CONTAIN
PORCINE. PLEASE CONTACT THE TEAM FOR MORE INFORMATION

Yours Faithfully,

Your School Immunisation Team.



Hertfordshire
Family Centre
Service

NHS
Hertfordshire Community
NHS Trust
Winter 2022

School Nursing

Public Health Nursing 5-19 Team Newsletter

Welcome!

As a new term begins, the school nursing team continues to support children in Hertfordshire Schools.

Ways to contact us:

0300 123 7572 (Mon-Fri 9am-5pm)

Our referral website, which also has information about our service:

<http://ow.ly/eeWe50K11gW>

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/Qn9G50K117f>



www.healthforkids.co.uk

A fun and interactive website for children to access health information, with also information for parents available.

Who we are?

Hi I am Chloe, a Public Health Staff Nurse who works in the school nursing team.

My role is to support children and young people with their emotional health and wellbeing, conducting the Lancaster model questionnaire in school and supporting other professionals with public health advice.

Being a qualified paediatric nurse, I have experience in a variety of settings, which can help to offer advice and support to children, young people and their families.



Keeping your child safe online

Talking with your child is the greatest tool keeping them safe online. Talking regularly and making a part of daily conversation, like you would about their day at school, will help your child feel relaxed when having these conversations about staying safe online. This will encourage your child to come and speak to you if they have any problems online.

Parental controls

Parental controls allow you to block or filter upsetting or inappropriate content that your child may access. Parental controls work across devices, Wi-Fi, and individual apps.

Parental controls can help you to:

- Plan what time of day your child can go online and how long for.
 - Block apps and websites that may have inappropriate content depending on your child's age.
 - Manage the content different family members can see if using a shared device.
- For further support please see NSPCC website for guidance on how to apply parental support:

www.nspcc.org.uk/keeping-children-safe/online-safety

Relaxation Exercise

Visualisation is a great technique to make your child feel calm and relaxed.

Imagining they are some where else, like the beach or a theme park, may help distract their thoughts and calm down quicker.



Top Tip

Practicing calming techniques when children are in a good place and not feeling stressed, will help them to use techniques more effectively in situations when they really need them.

Top tips for dental health

You can make sure your child's teeth are healthy by:

- Brushing their teeth for at least two minutes, twice a day using toothpaste (using a timer is helpful for this).
- Using toothpaste with fluoride provides further protection to teeth.
- Making sure they brush every bit of each tooth, front, back, top and bottom.
- Visiting your dentist at least 6 months/once a year.

If you do not have a dentist for your child, you can visit the NHS website or contact 111 to find one nearby.



Eye Development

With our Healthy Child & Young Person Assistants (HCYPA) visiting schools to complete the vision and hearing screening on reception aged children, we wanted to share some tips that may help with promoting healthy eye development.

- It is recommended that children should spend at least 2 hours outside every day, all year round, for exposure to natural light.
- Screen time should be limited to 30 minutes at time.
- Too much screen time can cause eye fatigue, blurry vision and dry eyes.



If your child is referred to eye clinic following screening, please ensure you attend to have your child's eye health followed up and offered the correct treatment if needed.

For any questions regarding your child's vision or hearing screening, please contact:

0300 123 7572



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#>

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)