



## Diary Dates

School Day – 8:40am – 3:05pm	
16/05/23	KS2 LEA House Fun Swim 1.45-2.45pm
18/05/23	Year 7 Foundation Subject Parents Evening in person 5-7pm
19/05/23	KS3 LEA House Fun Swim 1.45-2.45pm
19/05/23	ESA School Disco
22/05/23	Year 5 Felixstowe trip
29/05-02/06/23	Half Term
08/06/23* <b>New Date</b>	Year 5 Foundation Subject Parents Evening in person 5-7pm
29/06/23	Year 6 Foundation Subject Parents Evening in person 5-7pm
03/07/23	Year 6 Felixstowe trip rescheduled
13/07/23	County Transition Day
21/07/23	End of Summer Term 1.20pm
01-04/09/23	INSET Days
05/09/23	Year 5 induction Day
06/09/23	Autumn Term Begins for all Years
18-20/09/23	Year 7 Essex Outdoors Bradwell – Educational Visit

## How to support yours, and your child's mental health?

We are looking forward to two full weeks at school. Despite the loveliness of a Bank Holiday, we have seen this week how unsettling the extra breaks have been for students, and we once again notice that our students are higher than high, or lower than low when change arrives in school. This is repeated across the country in schools. Students give a snap shot of the communities' mental health. Post pandemic and with such huge hikes in the cost of living, all public services have noticed a significant decline in the mental health of their own teams and the community they work in.

### How does this play out in school?

We will see more unregulated behaviour from our students, some parents are quicker to anger and will shoot aggressive and threatening emails and or phone calls. Our admin team will receive at least two of this type of anxiety related anger a day.

### How can we help?

There is no quick fix, but understanding stress, and anxiety, noticing the symptoms, and then sharing and building strategies to deal with them is vital to helping us all cope in a very difficult world.

### Would you like to attend a session to hear how the school supports your child, what mental health strategies we give them, and how this has not only helped our students but also ourselves?

We will be running two after school sessions from 5pm to 6pm, dates to be confirmed. We would like to know whether you would like these sessions in person or would prefer online. Online limits the numbers to 100. But we will listen to your voice. If you think you would like to attend a session and are willing to communicate which method in-face or online you would prefer, please complete the link <https://forms.office.com/e/tHHbMSrEZk> Mrs Gant will be leading these sessions.

### House Awards – Lea House

Fun Swim session have been booked for Lea House, winners of the hula hoop challenge. Please complete the form (link below) to give consent for your child to attend.

**KS2 (Yr. 5&6) – Tuesday 16<sup>th</sup> May 1.45-2.45pm**

<https://forms.office.com/e/01MKik5JZf>

**KS3 (Yr. 7&8) – Friday 19<sup>th</sup> May 1.45-2.45pm**

<https://forms.office.com/e/FyHYh7LaNp>

### **Year 5 trip to Felixstowe – 22<sup>nd</sup> of May**

We are currently looking for volunteers to help us with the trip to Felixstowe. Students will carry out fieldwork to see how well the beach is managed. They will also have time to enjoy crabbing, kite flying, sandcastles and the usual arcades and shops you would find at a British pier. Next week we will spend time preparing them for the trip. Please note they are able to take spending money of up to £15.00 for drinks, snacks the arcades and small gifts but they don't need this. They will need a pack lunch and snacks. If we are lucky enough to have good weather sun cream is essential and a hat! If you are willing to support please would you let us know by emailing [admin@edwinstree.herts.sch.uk](mailto:admin@edwinstree.herts.sch.uk) Thankyou

### **Year 6 SATs**

Dear Year 6, I wanted to write to say how proud we are of your courage, commitment and general attitude to the SATs exams, whatever your results we are so pleased that you can all say, hand on heart you gave it your best effort. The most important thing to take away from the SATs exams, is that when you were faced with challenge you stepped up and did your best. This attitude will prepare you for the important GCSE that happen when you are 16.

For now, we just wanted to let you know we couldn't be prouder of you. Rest up this weekend, we look forward to seeing you at the disco next week to celebrate.

### **Year 7 Foundation evening – 18<sup>th</sup> of May**

The foundation evening is an opportunity for parents to come to school with their child to review their foundation books, those other than the Core (English, Maths and Science) and to meet the teacher. You can attend any time from 5-7pm. Please come to reception and follow the signs to guide you to where to find the teachers involved. Unfortunately, Ms Theroulde our French Lead is unable to attend the event. She will be offering an online consultation and

we will have a sign-up sheet for those parents who would like to participate.

### **Year 7 Essex Outdoors Bradwell – Educational Visit**

Please note that we are now at full capacity and therefore unable to accommodate any further booking requests. Those students who are not attending will participate in learning in school and we will provide a local trip during that week. All students not attending are expected to be in school.

### **Food and Nutrition:**

**Year 5:** What a fantastic product to start off with. Well done to everyone - the cheese straws have been fabulous!

**5C** please bring in your design sheets - we will work on them in class - no ingredients needed next week.

**Year 6:**

**6D** please bring in ingredients for you Layered Pasta Salad.

**Year 7:** Paul Hollywood would have been wowed by some of the bread rolls made recently - well done all.

**7D** you will be making bread on Monday.

**Year 8:** Stir fry has been talk of the town!

**8C** and **8A** you will be cooking on Monday.

Please ensure your container is suitable for the dish you are making. Please remember that you need to have the correct shoes on in order to cook to keep yourself safe. A reminder that nail polish/false nails are not permitted in the Food Room - this will result in a no cook lesson. Mrs van Wyk

**Gardening Club:** *Thank you again for your generosity!* The plants, seedlings and plug plants have all been planted and are enjoying the gentle rain outside. The pupils have been busy weeding, repotted seedlings and have taken cuttings from our herb plants too. The fabulous soil and compost which was donated this week has been put to use in our new big bed - we will be planting out our tomato seedlings that are in the 'greenhouse' in the next week or so. Mrs van Wyk

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As a community we support one another to flourish and live life in all its fullness.*

## **Relationships and Sex Education (RSE) Plan 2023**

All year groups will soon be starting some RSE lessons in PSHE. We purposely adapt these lessons as best as we can to meet the needs of our students as well as meeting government requirements. We take a great deal of advice from the PSHE Association, who are the national body for PSHE education.

This year we have decided to primarily base our RSE lessons on those supplied by the PSHE Association with a few additions and changes. This helps to ensure that lessons are appropriate and cover the necessary content.

The following topics show our planned lessons. If you have any questions or concerns about the curriculum in the first instance please email [admin@edwinstree.herts.sch.uk](mailto:admin@edwinstree.herts.sch.uk)

### **Year 5**

Time to Change  
Menstruation and Wet Dreams  
Personal hygiene  
Emotions and feeling  
FGM KS2  
Boys Talk/Girls Talk on puberty

### **Year 6**

Puberty recap  
Puberty: Change and becoming independent  
Positive, healthy relationships  
How a baby is made  
Consent

### **Year 7**

Puberty and emotional changes  
Menstrual wellbeing  
Healthy and unhealthy relationships  
Managing conflict  
Introduction to consent  
Body image  
FGM KS3

### **Year 8**

Relationship values  
Influences on Relationship Expectations  
Sexual Orientation and Gender Identity  
Consent – avoiding assumptions  
Sexting  
Pornography, Sexting and the Law  
Contraception/STI's

Any questions or concerns about these lessons, please contact [admin@edwinstree.herts.sch.uk](mailto:admin@edwinstree.herts.sch.uk)

### ***Should we be teaching FGM at such a young age?***

This is a question that some parents have asked us and we have thought long and hard about. This is an important and very sensitive topic and we have looked at the PSHE Association guidance and they are clear that this fits into the Health and Wellbeing section of the curriculum in years 5 and 7 as the younger of these ages can be when this practise occurs and when children have made disclosures to either the school or other pupils. These lessons will be taught with particular sensitivity and in an age-appropriate manner.

Any questions or concerns about these lessons, please contact [admin@edwinstree.herts.sch.uk](mailto:admin@edwinstree.herts.sch.uk)

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**Would you like to join the advice session from the NSPCC on how to keep your child safe on line?**

The NSPCC will be hosting a parent session on Thursday 18<sup>th</sup> of May at 4.30pm at Edwinstree School. This is intended for parents of children of any year group (first, middle and upper school) *This takes place at the start of our Year 7 Parent Evening.* This session will only run if we have sufficient numbers, please ensure you signup using this form: <https://forms.office.com/e/N5bJrp2B80>

**Topics to be covered are:**

- **Internet Safety**
- **Parental controls**
- **Online bullying**
- **Online pornography**
- **Social Media**



**ESA Summer Term Disco for all students**

The ESA disco will take place on Friday 19<sup>th</sup> of May 6-8pm. £5 per child includes unlimited drinks and a snack.

If your child would like to participate in the End of SAT's disco and the start of Summer celebration please complete the form via this link

<https://forms.office.com/e/x73ChNJhvX>

Payment will be via School Gateway and will open next week. Parent volunteers are needed to help on the evening. Please email us if you can help in anyway. [EdwinstreeSchoolAssociation@outlook.com](mailto:EdwinstreeSchoolAssociation@outlook.com)

**Photography competition**

Please see attached poster. 1st prize is "Jump the Dinner Queue" passes for winner and 3 friends for 2 weeks!!

**Year 7 Families**

Please come and see us in the school hall during parents evening on Thursday 18<sup>th</sup> May. We would love to hear your views and ideas on how we can improve the ESA along with the opportunity to buy pre-loved uniform, coats and clothes.

*Enjoy your weekend*

*Mrs J Gant – Headteacher*

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