



Danbury Park Community Primary School

Be wise, be happy, belong !

Newsletter

Website: www.danburypark.essex.sch.uk

4th February 2022

Dear Parents and Carers,

Reading Awards

Congratulations to the following pupils who have passed their reading award this week:

Marshall H – Ruby Zachary H – Ruby Ronny A - Topaz Poppy E - Bronze

Reading certificates will be presented in class during the term.

Children's Mental Health and Well-being Week

7th – 13th February 2022

Children's Mental Health Week is next week (7-13th February) and mental wellbeing is, of course, something we at Danbury Park School are passionate about. On Monday we will hold a special assembly to build on the work we have already started using the Zones of Regulation to talk about how we feel. This gives us a common language and helps children when they are trying to articulate to adults and others how they are feeling at a particular moment and how this may affect their behaviour.

The ZONES of Regulation® Reproducible E The Zones of Regulation Visual

The ZONES of Regulation®

BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

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Not only do we have a team of trained well-being mentors in school working under Mrs Macey, our SENCO and Pastoral Lead, who are on hand to help children throughout the day, but we also work closely with a local charity bccs to support children and families where we feel that we need a greater level of expertise. Bccs has provided a leaflet for parents which is included at the end of this newsletter which families might find useful. They are also able to offer support, should families wish to approach them directly.

Next week in all classes we will be talking about how we deal with worries and the things we need from ourselves and from the adults around us. We will emphasise what the children can do, if they don't feel okay and who is there to help.

Talented Children



Congratulations to Elena M who received some exciting news over the weekend:

She found out that she has been selected for a place in the Essex County Gymnastic Squad for another year.

Well done Elena and we look forward to hearing about your competitions!

Safeguarding Safer Internet Day – Tuesday 8th February

We hope that some of you took the opportunity to join the free parent session last week with the 2 Johns. Next Tuesday is Internet Safety Day and again we will be taking the opportunity to re-inforce our online safety messages with the children.

The 2 Johns describe the online world as a train journey and they encourage parents to travel **WITH** their child as they explore and become familiar with digital world. We would endorse this approach. Parents often take away mobile phones, tablets and computers from their child when things go wrong and this often leads to children being afraid to seek help from adults when they need it most.

Top tips:

- Set up parental controls which you can then gradually remove;
- Set and stick to boundaries, such as times to go online;
- Take time to go online with your child to play games together;
- Explore the sites they use, particularly social media, and find out the dangers so you can warn them;
- Most importantly, learn with your child.

The 2 Johns have information on their website for those of you who may need guidance and it is well-worth reading. They also have a weekly blogs covering topical issues and deal with real and current situations:

<https://esafetytraining.org/resources/parents-carers-area/>

[EST Safety Facebook page.](#)

Let's work together to keep the children safe!

Parking

We are aware that the carpark at the front of the school is getting more and more congested. We would remind parents that Danbury Outdoors manage this area and they allow our parents and visitors to use the space. From **Tuesday 1st until 16th February** there will be fewer parking spaces as Danbury Outdoors are having extensive work to their main driveway down to the centre and need to use part of their separated parking area for heavy equipment.

Parents need to be aware of this to keep their young children safe and to prevent them wandering into the Danbury Outdoor side. This also means Danbury Outdoors may need to use part of the side that parents use for their own staff and visitors.

Please remember that it is vitally important that parents do not park on the tarmacked road down from Well Lane or along the entrance road as this causes obstructions and would not allow the emergency services easy access to the school. There are signs on the posts and drivers should obey these and not obstruct the free flow of traffic. Cars should only be parked in the main central area.

Danbury Library

Fleur Medcroft, our friendly village librarian, has asked us to pass on the following message:

Danbury Library are thrilled to be able to offer two poetry workshops with nationally and internationally published poet Linda Middleton.

On Saturday 26th March, Ms Middleton will run two workshops for children in school years 4 and 5. These workshops will include a poetry reading and group activities around verse and rhymes. There are 8 spaces on each workshop and we are delighted that the sessions are free, although as spaces are limited you do need to book.

If you would like to reserve a space please could you email:

Danbury.library@essex.gov.uk

or you can come into Danbury library and book directly.

Please include the name and school year of the child/children and which session you would prefer them to attend. As every child will be 8 years old or above there is no requirement for a parent to stay.

The two sessions are:

Saturday 26th March 2-3pm

Saturday 26th March 3:30-4pm.

Once the library has heard from you, they will send confirmation and any consent forms or further details.

We really hope you can be part of this exciting opportunity.

School Lottery

The School Lottery has been running now for over two years and we would like to boost the number of supporters in order to keep the prize fund level up and to maximise the donations to school.

Total funds raised this academic year £411.60
Total funds raised since launch £2,451.20

The funds raised help us proceed with projects such as the EYFS outdoor area that otherwise we couldn't afford! We always have more that we want to do and now we would like to enhance our stocks of KS2 reading books and also Maths resources throughout the school.

Support our school and buy your chance to win here -

<https://www.yourschoollottery.co.uk/lottery/school/danbury-park-community-primary-school>



**Play Today
Win A Getaway**

Support Our Lottery This Term
WIN a Forest Staycation!

- Help give our fundraising a much needed boost
- Tickets cost just £1 a week
- Guaranteed cash prize winner every week
- Jackpot of £25,000!

Play Now! Go to:
YourSchoolLottery.co.uk/play
and search for: Danbury Park Communi

Supporters must be 18 years of age or older. See website for T&Cs. Closing dates: 26th February 2022

We would like to say a big thank you to those parents who over the years have donated their winnings back to the school. We are very grateful!

Notification and Reminders

Food and Drink in School – Please remember to check any food brought into school for nuts. We have children and staff with potentially fatal allergies so we are a nut free environment. With Natasha's Law now in force, we are having to tighten up on treats brought into school, so we are sorry but we cannot distribute treats brought into school to mark your child's birthday. Please save these for your child's party or celebration.

Please send your child in with suitable unbreakable water bottles. No glass bottles are permitted.

Pay 360 – Thank you to all the parents who have now joined the new online payments system. Our office staff are happy to support you if you are experiencing difficulties. Please note that we are aiming to be a cashless school by 21st February as part of *Our World, Our Future* project. By having the online system, staff need to make fewer journeys by car to the bank, thus reducing emissions and we are using less paper.

Free School Meals – Due to Covid-19 we understand that your circumstances may have changed or may change in the near future and you may now be eligible for free school meals. To check eligibility please contact Essex County Council on 0345 603 2200 or for more information and online application go to <https://www.gov.uk/apply-free-school-meals>

Letters/Parentmail sent out this week

 Appointment times for parent consultation meetings



Week 3

Owl's Barn School Meals

Week beginning 7th February 2022

Fresh bread and milk available daily

Monday	Homemade Tomato Pasta Bake or (V) Cheddar Whirl	French Bread Cucumber Sweetcorn	Key Stage 2 only Jacket Potato with a choice of filling	Jam Sponge and Custard Fresh Fruit Fruit Yoghurt
Tuesday	Minced Beef Wrap or (V) Vegan Mince Wrap	White/Wholegrain Rice Peas Green Salad	Jacket Potato with a choice of filling Cheese, Baked Beans, Tuna Mayo	Shortbread Fresh Fruit Fruit Yoghurt
Wednesday	Roast Turkey and Sage Onion Stuffing in Gravy or (V) Quorn Fillet in Gravy	Roasted Potatoes Carrots Green Beans	Key Stage 2 only Jacket Potato with a choice of filling	Strawberry Mousse Fresh Fruit Fruit Yoghurt
Thursday	Homemade Pork Meatballs in Tomato Sauce or (V) Vegan Meatballs in Tomato Sauce	White/Wholegrain Pasta Sweetcorn Green Salad	Jacket Potato with a choice of filling Cheese, Baked Beans, Tuna Mayo	Iced Chocolate Cake Fresh Fruit Fruit Yoghurt
Friday	Omega 3 Fish Fingers or (V) Cheese and Tomato Quiche	Chips Baked Beans Cucumber	Key Stage 2 only Jacket Potato with a choice of filling	Ice Cream Pot Fresh Fruit Fruit Yoghurt

School Lunches - Costs for Spring Term 2022

1st Half Term: 4th January – 10th February 2022 = 28 days at £2.25 = **£63.00**

2nd Half Term: 22nd February – 1st April 2022 = 29 days at £2.25 = **£65.25**

Total for Spring Term £128.25

Please pay monies up to 1st April 2022 ONLY as the summer term falls within the new financial year. Thank you.

Please pay via the online payment system Pay 360 – Thank you

Please ensure that all dinners have been paid for the first half of the Spring term.

Meals should be paid for in advance and if possible for the whole half-term. You will only pay for those meals that your child has and any credits will be carried forward to the next term. Please note Key Stage 1 and EYFS are entitled to Universal Free School Meals.

Dates for the Diary Week beginning 7th February 2022

Mon 7th Feb

Tues 8th Feb

3.30pm - 6.00pm **Parents Consultations**

Weds 9th

2.45pm **Let's Present**

Thurs 10th

5.30pm - 8.00pm **Parents Consultations**

Fri 11th

School Closed for staff training

Full term dates for the academic years 2021-22 and 2022-23 are available on the school website.

Yours sincerely,

Carol Gooding
Headteacher



Lots of prizes to be won!

Essex **Library** Services
Read, learn, connect.

Winter Reading Challenge

Sign up to the Winter Reading Challenge and be entered into a prize draw to win one of these fantastic prizes!

- Explore Essex Explorer Passes, valid for one year.
- Sky Ropes Session for two, to be taken by 31 August 2022 (subject to availability). Min age of two for the junior course, min height of 1.22m for the main course.
- Essex Outdoors school holiday activity days, for one child aged 8-16, to be taken by 31 August 2022 (subject to availability).
- Wilderness Foundation activity afternoon, Chatham Green centre, for children aged 5-11 (and their parents and siblings) to be taken Saturday 26 April 2022.
- Signed books, from authors Emma Beswetherick, Catherine Emmett and Vassiliki Tzomaka.
- Love Essex goodie bags.

Full terms and conditions can be found on our website: libraries.essex.gov.uk

WILDERNESS | LOVE ESSEX | Explorer Essex | essex outdoors | Essex County Council



Essex **Library** Services

Children's Art Competition

Closing Date: Saturday 5 February 2022

- Have fun and create a piece of A4 winter themed artwork!
- Some great prizes to be won!
- Winners' artwork will be displayed in libraries and shared on social media!

Open to all children aged 4-11.
Visit libraries.essex.gov.uk or ask a member of staff for more information.

Essex County Council



Children's Mental Health Week 2022

As this is Children's Mental Health Week with the theme 'Growing Together', we have been helping your child to learn about the ways that they develop and grow emotionally. We thought about how a flower needs water in its watering can to grow and develop, and we went on to wonder with your child what they might need in their own metaphorical 'watering cans' to help them to grow up feeling more confident and resilient within themselves. This might be something you could think about with your child at home, what makes their watering can fill up, what empties it, and what can they, and the people around them do to help them to fill it up again?



Following on from this theme, we are finding that many of our schools are telling us that an increasing amount of children are becoming more anxious around separation, and are struggling to leave their parent or carer in the morning. This can be distressing and worrying for both the parent or carer and child. But why is this happening?

- Throughout the pandemic, children may have experienced more fear and anxiety in the household. They may have experienced their parents or carers not being okay and not being as robust as usual. This will in turn have had an effect on their sense of safety in the world and they may fear that they, and you, won't be okay when you are apart from each other.
- They may have even experienced the death of a loved one and because of this, there may be a fear that they will also lose you.
- There may be an underlying anxiety that once you leave them in the morning, that you won't think about them, and they will be forgotten.
- Sometimes, separation anxiety can be triggered by other stressful events, such as the loss of a beloved pet, divorce of parents, or moving home or school.
- Sometimes, parents themselves may be anxious about leaving their child, perhaps struggling with the feeling that they won't be okay without you. Try to remember to have faith in your parenting skills and that if you have provided your child with a good foundation, you will have given them enough to separate and become autonomous.

What to do if you feel your child is struggling to separate.

- When you bring your child to school, let them know that you will be thinking of them and holding them in mind throughout the day.
 - Let them take something of yours into school to 'look after' for you. They could keep it in their bag, but just to know it's there might offer them some comfort and a feeling of being close to you.
 - Talk about what you will do together later when school is finished.
 - Create goodbye rituals, for example three kisses and a cuddle. Don't extend your goodbyes as this prolongs the anxiety and worry.
 - Be consistent, try to do the same drop off with the same rituals at the same time each day. Routine can allow your child to build up trust in their independence.
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- Talk to your child in a warm, positive voice. Let them know what will happen when you are not there and remind them of all the fun things that they will do at school. Your positive tone will send reassuring messages to your child.
 - Find some books that talk about separation, with the message that you will see each other again soon. Aim to always return when you say you will.
 - Perhaps there is a beloved teddy or blanket of theirs, that they could take with them during separations, to help ease their anxiety.
 - Help your child to build up tolerance to being away from you, for example take them on a playdate whilst you sit in another room.

How to promote autonomy and resilience in your child.

Encouraging your child to develop a healthy sense of autonomy and resilience, will help them to eventually grow into a confident, independent adult. Parents who support the development of autonomy, are involved in their child's life, but at the same time are encouraging their independence and problem-solving skills. Here are some suggestions of ways to support your growing child's autonomy and independence.

- Give your children the security, space, and support to try out new things. Try to encourage your child to take their own initiative with tasks etc, rather than doing things for them. This will help them to build up trust in their own abilities.
- While parents may want their children to embrace the same values as they hold, or live in the same way that they do, it is important to recognise that they are unique individuals with their own thoughts and opinions.
- Any perceived 'failures' could also be reframed as 'life's lessons' or as new challenges to overcome.
- Give your child responsibilities for specific activities, for example, feeding the family pet or hoovering their bedroom. This is showing your child that you trust them, which in turn will enable them to have more trust in themselves and their own abilities.



Validating your child's feelings and viewpoints.

- Try to adopt a more collaborative parenting style. When we control too much, it is harder for children to develop greater autonomy and independence.
- Allow our children and adolescents to make their own choices.
- Whilst it is challenging to 'rescue' our children when they come across a challenge, it is better to perhaps think through ideas together, and maybe list possible solutions. Then offering guidance when required, but at the same time encouraging the young person to problem solve independently.

We hope that you have found this leaflet useful. If you would like more information about separation anxiety or how to encourage autonomy, please visit our website: www.bccs.org.uk

Follow us on social media for news, updates and professional advice:

Twitter & Instagram bccs charity Facebook bccscharity

Danbury Park Community Primary School

Dates for Spring Term 2022

Date	Time	Event
February		
8 th	3.30 - 6.00pm	Parent Consultations – all classes
10 th	5.30 – 8.00pm	Parent Consultations – all classes
11 th		School closed for staff training
14th – 18th		Half-term break
21 st		School closed for staff training
25 th	tbc	Class J Assembly
WB 28 th		Book Fortnight
March		
3 rd	7.00pm	Resources Committee Meeting
4 th	tbc	Class H Assembly
11 th	tbc	Class G Assembly
18 th	tbc	Class F Assembly
WB 21st		Assessment Week
		Display change
21 st	6.30pm 7.00pm	Pay Committee meeting Personnel Committee meeting
26 th		DPSA Easter Fayre
April		
1 st		Last day of term

Please remember all events are dependent on the COVID situation at the time.