



Laying the foundations for a bright future

Website link: www.htpfederation.co.uk

A little note from Mrs FitzGerald...

Another eventful week here at Thurlow! We started the week with World Kindness Day, as part of anti-bullying week, focusing on respect, caring, inclusiveness, integrity, responsibility and courage. Lots of us participated in Kindness Bingo and have enjoyed being able to come to school in non-uniform today to raise money for Children in Need.

Both Hares Class and Year 2 in Bumblebees really enjoyed their informative workshops with the NSPCC who came to follow-up our 'Speak Out, Stay Safe' learning and brought their mascot, Buddy, along too!

In other news, following a suggestion made at our recent Parent Forum sessions I am going to be 'shining a light' on the different subjects we teach as part of the National Curriculum over the coming months. The intention is to provide parents and carers with insight into the knowledge and skills taught within subjects at school. This month it is PSHEE in the spotlight, I hope the information proves useful!

Another suggestion from Parent Forum was about signposting support for parents and carers so included in this newsletter you will find some links to resources I hope you will find useful from the Psychology in Schools Team at the Norfolk and Suffolk NHS Foundation Trust.

Have a lovely weekend everyone!

Warm regards, Mrs FitzGerald

THURLOW SCHOOL CHILDREN WANTED!

Cowlinge Parish Church is holding a 'Carol's by Candlelight' service this year and they would love to have some children from our school (and Wickhambrook) to join the service to sing the first verse of 'Away in a Manager' from the front of the church during the service.

The service is taking place on Sunday 17th December at 5pm. Children from all year groups are welcome. If your child would like to come and sing please contact Claire Harris, Rebecca and Verity's Mum.

~ PIANO / KEYBOARD LESSONS ~

We facilitate piano/keyboard lessons here at Thurlow with our piano teacher Mrs Billie Farr. These take place in the school day and are available to children who are 7 years and over. For further information please contact Billie directly at farrb756@gmail.com

A concession may be available for pupils who qualify for Pupil Premium funding, please speak to the School Office for information regarding this.

CURRICULUM SPOTLIGHT: PSHEE ~ Personal, Social, Health and Economic Education

Whilst PSHEE is typically considered a 'foundation' subject, with statutory and recommended elements, here at Thurlow we consider PSHEE to be as important as 'core' subjects like English, Maths and Science.

This is because PSHEE is the school subject through which our pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It is through the core themes of Health and Wellbeing, Relationships and Living in the Wider World, PSHEE supports our pupils to be healthy, safe and prepared to make the most of life and work.

We utilise the government recommended framework and resources from the PSHE Association, which is the national body for personal, social, health and economic education and enrich our curriculum further with learning and resources from The Children's Health Project. The latter has a holistic approach to physical and mental wellbeing, focusing on learning linked to mindset, nutrition, lifestyle and movement which is integrated into the programme the children follow.

We further enhance our customised PSHEE curriculum, incorporating additions linked to particular priorities, for example, the recently introduced the 'Zones of Regulation' to support our Federation priority for building our children's capacity to regulate their feelings, energy and sensory needs so they can be successful socially, whatever the demands of the situation.

We also make additions and adjustments in response to class and pupil needs, incorporate pertinent local and world events, as they occur and include supplementary enhancements, for example, parliamentary week so the children learn about, understand and experience democracy. We incorporate resources from the NSPCC, to support the children's understanding of personal safety and work with people like Annie and Sue from OM Health Consultancy to support the holistic elements of this subject area.

All these elements contribute to supporting and positively encouraging wellbeing so our pupils achieve their full potential personally and academically.

This subject supports the establishment of routines, helps found the sense of family, community and safety so children learn effectively. It is a subject in which relationships are formed and built upon, it is a space for dealing with worries and uncomfortable feelings.

We frequently use stories, pictures, puppets, scenarios and video clips as discussion stimuli to provide ways to explore sensitive issues in an objective way.

In more general terms (and in no particular order) PSHEE supports learning under the following headings:

HEALTHY AND UNHEALTHY RELATIONSHIPS	What it means to be a friend, knowing our special people and what makes them special, knowing about how to give and receive permission to do things (consent), recognising positive and healthy relationships, knowing when people are being unkind or hurtful, challenging teasing and bullying, difference between off line and online relationships.
MONEY	Money, how to keep it safe, choices we have about how we spend money, how we can save money, knowing what the difference is between a want and a need, how we can use money to help others.

RIGHTS AND RESPONSIBILITIES	Exploring differences and similarities between people, belonging to different groups, recognising stereotypes, rules we have to follow and responsibilities we have.
TAKING CARE OF OUR HEALTH	Taking care of our bodies and our minds, smoking and alcohol, how medicines and drugs can help us, healthy food choices, physical exercise, sleep and rest, taking care of our skin and teeth, germs and diseases.
KEEPING SAFE	Online safety, first aid, recognising risks in situations, ways of taking care of ourselves, road/travel safety, knowing whom to go to when we are worried or afraid.
COMMUNICATING WITH OTHERS ONLINE	How the media can affect how we feel about ourselves and our bodies, influence of social media on friendships and relationships, attitudes and decisions, recognising the difference between things that are private and things that are public.
HURTFUL BEHAVIOUR AND ANTI-BULLYING	Knowing how to solve disagreements in a kind way, recognising that friends can put us under pressure, recognising all types of bullying and hurtful behaviour including online, knowing whom to go to when we need help with relationships both in and out of school.
VALUING DIFFERENCES AND SIMILARITIES	Celebrating how we are the same and the ways in which we are different, developing mutual respect for people who are different to us, recognising what makes people special to us and to others.
GROWING AND CHANGING	Growing older, changing emotions and feelings, changes in our bodies, taking care of our bodies and protecting them, differences and similarities between boys and girls, acceptable and unacceptable physical contact, how babies are made, different kinds of friendships and relationships, managing change e.g. to new school/leaving school.
FAMILY LIFE	People who care for us, ways family and friends care for each other, how families are different, what to do if worried about something in our family, managing relationships positively in times of change.

This subject area also encompasses the statutory requirements for Relationships, Health and Sex Education. This is a curriculum area we will cover separately. More information on this particular part of the curriculum can be found in our Relationships, Health and Sex Education Policy, which can be found on our website: [HTPF RHSE POLICY 2023 2024.pdf](#)

Another suggestion from Parent Forum was about signposting support for parents and so I wanted to share some links to resources parents can access that have been put together by the Psychology in Schools Team at the Norfolk and Suffolk NHS Foundation Trust.

The Psychology in Schools Team run a program of parent workshops throughout the year to provide up to date advice and guidance on how parents and carers can support their children and young people. The workshops are free, run on Zoom and last about 60 minutes.

Here are some which are coming up in the next couple of months:

Supporting our Young People with Anxiety

This workshop is for parents of school aged children to help them understand anxiety better. The session covers: what is anxiety, why anxiety, how it effects the brain, how it effects the body, how it impacts on what we do and don't do and how parents can support their children/adolescents who might be struggling with anxiety. Tuesday 21st November 13:00 PM - [BOOK HERE](#)

Supporting our Young People with Low Mood

This workshop will help you to have a better understanding of why our young people are more vulnerable to low mood once they reach adolescence, the warning signs and some evidence based strategies to best support your young person. Tuesday 21st November 18:00 PM - [BOOK HERE](#)

Supporting our Young People with Challenging Behaviours

In this workshop we will explore child behaviour that parents or teachers find challenging to manage, such as: hyperactivity, difficulties with attention, aggression, difficulties with friendships and relationships and irritability. We will cover practical strategies to help manage these behaviours positively. This workshop may be helpful for parents who have concerns around possible ADHD in their young person. Tuesday 12th December 13:00 PM - [BOOK HERE](#)

Supporting our Young People Manage Big Feelings

As our children grow, they experience many changes in themselves and the world around them. During this time, our children will feel a variety of feelings which they do not know how to manage. This workshop is aimed at parents of young people aged up to 11 as we breakdown what leads our children to have these feelings and ways in which we can support them to manage if they become overwhelming. Tuesday 12th December 17:00 PM - [BOOK HERE](#)

Also, here are some workshops that have already happened and again you can click on these links to watch them:

- [Supporting young people with anxiety](#)
- [Supporting your child to manage their big feelings \(suitable for children aged 0 to 11 years\)](#)
- [Parenting the Anxious Adolescent - Part one and two](#)
- [Building Confidence and Managing Anxiety in Your Child \(Under 12s\)](#) - Part one and two
- [Tools to manage uncertainty and building resilience in young people](#)
- [Supporting young people with low mood](#) - refreshed in May 2023
- [Supporting our children and adolescents with sleep](#)
- [Supporting your child to regulate their emotions](#)
- [Supporting young people with challenging behaviour](#)
- [Building Resilience - managing the next steps](#) (part 1 and 2)

To book / access the links please hold down the 'control' button and click on the session you want.

FORTHCOMING EVENTS

Others will follow but I know lots of you will want to get these onto the calendar as soon as possible. The team and I are continuing to add to our schedule with special days, visitors and trips, including some additional 'share' opportunities - we will keep you posted!

AUTUMN TERM 2023

Thursday 23rd November - Oak Class Visit to West Stow

Our trip to the Anglo-Saxon village to enhance the children's learning for their 'Invasion' theme re-scheduled following the stormy weather and associated flooding.

Friday 24th November - Butterflies Class Family Celebration Presentation at 9am

Parents of children in Butterflies Class only are invited.

Wednesday 29th November - CHRISTINGLE SERVICE at our church, St Peters, Little Thurlow, at 2.15pm with monetary donations collected at the church in support of The Children's Society

Monday 4th December - Bumblebees Class Visit to the Wonder Dome

To enhance their 'Moon Zoom' theme the children are visiting a mobile planetarium to experience an immersive day of space-themed activities.

Thursday 7th December - AM & PM Performances of our Reception & Key Stage 1 Nativity

Performances will be 9.30am and 2pm with 2 tickets per family allocated for each performance and donations welcomed (at the end) in support of our music performance license costs

Thursday 14th December - Christmas Jumper Day & our Christmas Lunch Day at school

Tuesday 19th December - Carols on the Playground at 2.30pm

Join us on the playground (weather permitting) for carols, old and new!

Wednesday 20th December - 'WELL DRESSED WEDNESDAY'

End of term parties & party clothes!

Wednesday 20th December - LAST DAY OF THE AUTUMN TERM

~ REMINDER: SUPERVISION OF CHILDREN ~

We wanted to share this helpful guide produced by the NSPCC containing advice and tips for parents and carers with regards children staying home alone or going out alone:

<https://learning.nspcc.org.uk/media/3271/home-or-out-alone-guide.pdf>

chilly (and wet!!) Please can you ensure your child has a suitable coat with them as well as their jumpers / cardigans and their sensible shoes?

AS BEFORE – REMINDER: SICKNESS AND SCHOOL ATTENDANCE

It is that time of year again when various infections and viruses associated with the time of year start to make their presence felt and pupils are, on occasion too unwell to attend school.

When deciding whether or not your child is too ill to attend school. Ask yourself:

- Is your child well enough to carry out the activities of the school day? If not, keep your child at home & consult your GP as appropriate.
- Does your child have a condition that could be passed on to other children or school staff? If so, keep your child at home.
- Would you take a day off work if you had this condition? If so, keep your child at home.

Common Conditions

Most illnesses can be classified as one of a few minor health conditions. Whether or not you send your child to school will depend on how severe you judge the illness to be. This guidance can help you to make that judgement. If you are concerned about your child's health, consult a health professional.

Cough & Cold

A child with a minor cough or cold may attend school. If a raised temperature, shivers or drowsiness accompanies the cold, the child should stay off school & return to school 24 hours **after** they are feeling better. If your child has a more severe & long-lasting cough, consult your GP, who can provide guidance on whether the child should stay off school.

Raised temperature

If your child has a raised temperature, they should not attend school. They can return 24 hours **after** they are feeling better.

Rash

Rashes can be the first sign of many infectious illnesses such as chickenpox & measles. Children with these conditions should not attend school. If your child has a rash, check with your GP before sending them to school.

Headache

A child with a minor headache doesn't usually need to be kept off school. If the headache is more severe or accompanied by other symptoms such as raised temperature or drowsiness, then keep the child off school & consult your GP.

Vomiting & Diarrhoea

Children with these conditions should be kept off school. They can return 48 hours **after** their symptoms disappear. Most cases of vomiting or diarrhoea get better without treatment, but if symptoms persist, consult your GP.

Sore throat

A sore throat alone doesn't have to keep a child from school. If it's accompanied by a raised temperature, the child should stay at home.

If your child is sick or has diarrhoea at school, we will ask you or your emergency contact to take your child home. They should not return for 48 hours. We appreciate that this is inconvenient in many cases, and you may not believe your child is ill, but you will appreciate that we do this in all cases and it should reduce the risk of infection for all children in school.

Thank you for your understanding with this.

Further guidance about whether your child should attend school can be found on the NHS website [Is My Child Too Ill For School](#) and [Should I Keep My Child Off School Guidance](#) as well as the [UK Health Security website](#)

HUNDON AND THURLOW PRIMARY FEDERATION

Laying the foundations for a bright future

Thurlow Church of England (VC) Primary School



Parents and Carers of 3 and 4 year old children, have you applied for a full-time school place for your child?

If you have a child born between **1st September 2019** and **31st August 2020** you must apply for a place by midnight on Monday **15th January 2024**.

Applications should be made online at www.suffolk.gov.uk/admissions

Choosing the right primary school for your child is one of the most important decisions you will have to make. Anyone who is interested in finding out more about our school and what learning is like as part of a village community, in light of Reception admissions for September 2024 or otherwise, please visit our school website:

<https://www.htpfederation.co.uk/index.php/thurlow>

Explore our website, visit our class pages and contact our School Office via email at admin@thurlowschool.co.uk or by telephone on 01440 783281 so we can contact you with further details as soon as we can.

NB: You must make an application for a full-time place even if your child is already attending a nursery class in an infant or primary school or a Children's Centre next to a school site. Please note that a place for your child at your catchment school is not guaranteed.

Christmas Tree Switch On & Fireworks

Saturday 2 December



12.00pm – 4.30pm

Charity & trade stalls, vintage steam rally attractions, street performers and more!
Queen Street/High Street & Market Square

From 4.30pm (approx)

Christmas Lights Switch-on with performances and the star of 2023 HAC pantomime **Scott Wright** (Coronation Street) **Market Square**

5.30pm

FREE fireworks display Recreation Ground

Plus, don't miss!

The Makers Market

Santa's Grotto in Queen Square

Walking Nativity at Haverhill Methodist Church, 12pm

The Get Suffolk Reading Town Trail

PLUS have your photo taken with Santa's Sleigh & Reindeer!

Various times & locations

Thanks to Haverhill and District Family History Group for the vintage images. The organisers reserve the right to change the programme at late notice.



HAVERRHILL
TOWN COUNCIL



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@haverhilltowncouncil



Festive Fun Run – Sunday, 10 December

Grab your tinsel and jolliest attire and participate in the St Nio's Festive Fun Run on Sunday, 10 December, at Gulford School.

Run, jog or walk 2.5k or 5k and make a difference to the lives of those in need while enjoying a fun and festive atmosphere with family and friends.

You'll receive a Santa hat and bespoke medal, and a chance to enjoy the Christmas village, with hot drinks and festive treats available to buy.

Visit our website to sign up, or email events@stnh.org.uk with any enquiries.




At St Nicholas Hospice Care, we rely on the community to raise vital funds to continue caring for patients and their families.

£10 could help pay for a nutritious meal for a patient on our ward.

£25 could help purchase art therapy materials for children receiving specialist bereavement support.

£50 could help people to receive Hospice care at home by ensuring our Community Nurses have a full tank of petrol.



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St Nicholas
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