

Hudson Primary School & Family Wellbeing Centre

Weekly Newsletter for Families

Friday 25th September 2020



HUDSON SCHOOL NEWS - Headteacher; Niki Craddock

Autumn has most certainly arrived at Hudson, it is wet and blustery, crunchy leaves are adorning the paths and we are all beginning to think about autumn plans and events for our children. Such a difference to last week's blast of sun - I've had to get my winter coat out!

Today we have wrapped up warm and mostly arrived in denim or non-uniform to support our charity - Jeans for Genes. Many thanks for your kind £1 donations via ParentPay, this is a very worthy charity and our support will help greatly towards genetic research.

This week we tried our hardest to get some lovely return to school photographs taken, it was a difficult task and there were restrictions such as no sibling photos and the children had to stand rather than sit. It wasn't the easiest and we had many children absent, we have therefore asked the photography company to return in November.

This week Mrs McNally and I had the joy of interviewing our Year 6 for Head boy and Head girl positions in school. We were super impressed with the mature way they handled themselves - some of them via Facetime! It gives me great pride to announce that the positions for head boy and girl for 2020/21 were awarded today to Ronnie and Eva I know they will do an excellent job in representing the pupil voice of the school.

Last week I met with some of my PTFA committee to discuss our autumn plans for the children, I will be sending out a survey this term to see what events families would be comfortable with attending and also to see if there are any new ideas that can be managed under our new safety guidelines and curfews. However just to get you all prepared we do have an autumn event planned...

On the final day of school we are going to have a Friday Frenzy. This will be a spooktacular day of activity. Children can come to school dressed up if they like - this could be a superhero or a suitable age appropriate seasonal costume. They may bring in a decorated pumpkin to enter into our school competition which they can place around the perimeter of the playground for everyone to enjoy. There will be a free raffle in each classroom for a chocolate hamper to take home, additionally there will be autumnal themed activities in each class concluding with an age appropriate Halloween movie afternoon. The children will remain safely in their class bubbles and still enjoy the seasonal festivities. If the children then take their pumpkins home and leave them outside, families can go on a pumpkin hunt, maybe dressed up around our community instead of missing out on trick or treating.

PREPARE FOR THE WEEK AHEAD

Monday

- 1.30pm swimming for Oak Class

Tuesday

Wednesday

- Children to return school council application forms
- Full Governing Body Meeting

Thursday

Friday

- Non-Uniform Day - donate some chocolate for our autumn treat hampers
- 2.45pm Whole school virtual Celebration assembly with Mrs Craddock, school council awards.

CELEBRATORY NEWS - EVERYONE EXPERIENCES EXCELLENCE...

Friday brings us smiles, and celebrations. This week join our team in giving due praise and recognition to our shining stars of excellence and champions of behaviour.

The children who have stood out exceptionally well for demonstrating aspects from our behaviour charter our very own **Behaviour Charter Champions** are:

Little Acorns Classes (Mrs Kelly, Mrs Spafford & Team): Seren C and Heidi Mc

Maple Class (Mrs McIntyre, Miss Chapman & Team): Lily J

Yew Class (Miss Goodwin & Team): Tommy S

Sycamore Class (Mrs Whitelaw & Team): Scarlet B

Silver birch Class (Miss Morrissey & Team): Chloe J

Elder Class (Mr Roberts & Team): Molly M

Oak Class (Miss Marl and Mrs Evans & Team): Elle O

Chestnut Class (Mrs Macpherson & Team): Ben J

Beech Class (Mr Murphy & Team): Mason L

Rowan Class (Mrs McNally & Miss McCann): Beth L

We can also not forget to mention and give praise to those who have demonstrated **Excellence within their learning, our EEE winners!** Those who have truly excelled and impressed are:

Little Acorns Classes (Mrs Kelly, Mrs Spafford & Team): Joseph T and James L

Maple Class (Mrs McIntyre, Miss Chapman & Team): Scarlett K

Yew Class (Miss Goodwin & Team): Kieran S

Sycamore Class (Mrs Whitelaw & Team): Isaac I

Silver birch Class (Miss Morrissey & Team): Ryley W

Elder Class (Mr Roberts & Team): Blake L

Oak Class (Miss Marl and Mrs Evans & Team): Millie T

Chestnut Class (Mrs Macpherson & Team): Grace W

Beech Class (Mr Murphy & Team): Daniel M

Rowan Class (Mrs McNally & Miss McCann): Aws A-K

Be sure to ask your child to tell you all about the work they have displayed proudly in school and shared today.

Our Hudson Reading Challenge and EYFS Nursery Rhyme Certification really helps us to reward those children taking Literature seriously. This is a real challenge and we love to celebrate these achievements throughout the school year. We will be launching this very soon!

Our final reward is our **Kindness Cup**, and this week our ambassador of kindness goes to a fantastic family at our school in particular a dad - Mr Grindley Leo and Alannah's dad. Our school has a full team of trained first aiders, we believe keeping the children safe is our primary job. Mr Grindley very kindly sourced a defibrillator for our Early Years section of school from the Oliver King Foundation, and we warmly received this along with additional training on Wednesday after school. This was such a wonderful kind gesture, hopefully we never have to use it but the fact that it is there makes us feel all the more secure. Thank you so much!

SAFETY NOTICES

Please be aware that the parking outside of school is limited, but we need to be considerate of the neighbours and not park over driveways or on grass verges.

This can be extremely hazardous and you could be fined, it is also causing the residents great stress!

We are a community school that thrives on building respectful relationships with our community.

In the Maghull Community pages of social media the school is being badly advertised for careless community parking, please help to eradicate this.



Excellence

Everyone Experiences

NEWS FROM THE SCHOOL OFFICE -

Flu letters - Rec - Yr6 Please could any outstanding letters be returned by Monday.

Free School Meals (plus possibly other support) /**Pupil Premium** -Your child may be able to get free school meals if you get any of the following: Please check it out even if your child is in reception, yr1 and yr2 and receiving UFSM Contact 0151 934 3456 or check the Governments website. Call me for advice or any queries

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

NEWS FROM THE PTFA - Last year, we had a chocolate donation day, which was a huge success and allowed us to make up some fabulous chocolate hamper prizes and provided prizes for our chocolate tombola at the Christmas Fair which was one of our biggest fundraisers! Well, our **chocolate donation day** is back and is **next Friday, 2 October**. Mrs Craddock has agreed that this will be a non-uniform day for the return of a chocolate donation, or £1 via parent pay, which will enable us to this year make up some lovely treats and prizes for the children at Halloween. Donations such as this are easy and may seem small but they make a huge impact across the school, so thank you in advance.

HOME LEARNING NEWS

Today the children will be bringing home Learning Journey projects for you to all try out at home. From Year 1 and upwards there will also be knowledge map that summarises all of the key information the children will need throughout the journey.

Here is a bit of background to the learning that will be going on this term...

Little Acorns and Yew Class: Why do you love me so much?

Guess how much I love you... What is special about me? How do we show that we care?

In this project, we'll learn about love, families and how people are the same and different.

First, we'll talk to a parent with a baby and ask lots of questions. We'll pose for photographs and recognise ourselves, our names and our friends from a photograph display. Mirror, mirror on the wall...

We'll look at our reflections and talk about what we can see. In our cosy home corner, we'll care for dolls and teddies. We'll enjoy sharing books about love, feelings and families. Outside, we'll practise following instructions and think about how our brilliant bodies move. We'll create 'All about me' scrapbooks full of lovely writing and photographs. Using our mathematical skills, we'll measure and compare our hands, feet and heights. We'll count candles and think about why we celebrate birthdays.

Getting creative, we'll make amazing artwork of people we love.

At the end of the project, we'll invite you to make shared clay handprints. We'll make delicious foods to share and draw pictures of ourselves with our families.

Maple Class - Reception: Do you want to be friends?

Friends are the family you choose! Do you want to be friends?

Would you like to play with me?

It's time to find out more about friendship, being kind and working together.

This half term, we'll take a walk around our school to find out about the adults who work there and their workspaces, taking photos as we go. Back in the classroom, we'll upload and print our photos to compile a 'Who's who?' display of school staff. Working together, we'll create friendship scenarios using Jelly



Babies at the 'Jelly Babies playground', and we'll create a 'Class jobs board', allocating responsibilities amongst ourselves. We'll talk about friendship, being kind and helpful, loneliness, enemies, and the things we like. What is our most cherished possession? In our literacy lessons we'll discover new words to describe ourselves, and write sentences to compare and contrast each other. In our mathematics lessons, we'll share objects out fairly, and compare hand and foot sizes with our friends. Getting creative, we'll use a gathering drum to tap out rhythms together, and paint our palms to make beautiful patterns to cut out and hang on a class friendship tree. At the end of the project, we'll write a thank you letter to someone who helps us at home. We'll also make and bake salt dough hearts to present to a loved one.

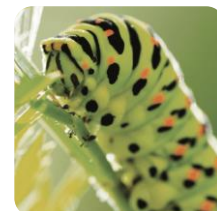
Sycamore Class - Year 1:

In the Childhood project, your child will learn words and phrases related to the passage of time. They will explore artefacts to help them to understand childhood in the past and how childhood has changed over time. They will explore the six stages of life and explore timelines and family trees. Everyday life in the 1950s will be explored, including shopping, transport, family life and childhood. They will also learn about the significance of Queen Elizabeth II's coronation in 1953 by studying photographs and online sources. The children will use maps to explore how places have changed over time and highlight any similarities or differences between childhood today and childhood in the 1950s. At the end of the project, they will create knowledge organisers for children who are about to study the topic of childhood.



Silver birch Class - Year 2:

Grab your coat and pooter - we're going out and about on a minibeast hunt. Sweep your nets in ponds and lift up logs to see who's home. Then set up a minibeast laboratory and observe their every move. Add notes and labels and ask research questions, just like a real entomologist. Learn about bees and worms and butterflies too. Can you make a food chain to show who eats who? Carry out investigations to find out more, like how far a snail travels in a day and how a spider catches its prey. Then animate to show how your favourite bug transforms from one form to another, perhaps a caterpillar to a butterfly or a maggot to a fly. On your belly, legs at the ready, it's time to wriggle and crawl.



Elder and Oak Class - Years 3 and 4: Tribal Tales

Take a moment to step outside and stand quietly and still. Turn off all your technology and try to forget the modern world. Imagine this place 5000 years ago. What would you have seen? Head back to prehistoric times to gather berries and hunt down dinner. Unearth ancient objects and visit astonishing mystical monuments that reveal the secrets of an ancient time. Learn how the people of Britain developed over thousands of years, from the Stone Age to the Roman invasion. Work as a tribe to build a seasonal monument to celebrate the coming of spring. Then sit quietly and reflect, waiting for the sunrise. What tribal tales will you have to tell?




Chestnut and Beech Class: Pharaohs

Let's travel back 5000 years, to the dusty realms of ancient Egypt. Cruise along the Nile, entering a world of mysteries and curses, mummies and kings. Find out about life on the river's fertile banks, discovering Egypt and its fascinating culture. Unravel the secrets of ancient tombs, using historical sources and ancient artefacts. Find out about powerful pharaohs and grandiose gods. Make yourself a nemes and you'll really look the part. Become an apprentice and work for Ramose, the chief embalmer at the Beautiful House. Help him prepare a body for its journey into the afterlife. Now open the doorway to ancient Egypt. Who knows what treasures you will find?



Rowan Class - Year 6: A child's War

A siren sounds, a building crumbles, a Spitfire zooms overhead. Take cover. It's 1939 and Britain is at war. Deep down in the Anderson shelter, learn why nations are fighting and why child evacuees must make the long journey from their homes and families into unknown territory. Read the diary of Anne Frank, written whilst hiding from the terrifying stormtroopers in a secret annexe, and try to empathise with her joys and fears. Make do and mend. Cook up a family meal from meagre rations. Delve deep into a bygone era, when loose lips sunk ships. And, as peace is declared, let's get ready to celebrate. Mr Churchill says 'It's an unconditional surrender.'

If your child has:
a high temperature
a new, continuous cough, or
a loss of, or change in, sense of
smell or taste

This could be a sign of
coronavirus

[Book a test](#)

If your child has:
a runny nose, is sneezing or
feeling unwell
But they don't have:
a high temperature
a new, continuous cough, or
a loss of, or change in,
sense of smell or taste

These are
**not normally symptoms of
coronavirus**

Seek advice from a pharmacy, dial
111 or see your GP

Have a brilliant weekend,
Best wishes, Niki Craddock and Team



SCHOOL EVENTS 2020-2021 - AUTUMN TERM

Week	Date of event	Event title and details
28 th September	Friday 2 nd October	Non-uniform event chocolate donation It is time to get saving towards our fantastic PTFA events. Any sensible non-uniform can be worn in exchange for £1 or chocolate.
5 th October	Monday 5 th October	National Poetry day - performance poetry assembly A chance to see the children perform as a whole school, their love of literacy, poetry, rhythm and rhyme and also of course performing!
5 th October	Wednesday 7 th October	Settling in meeting with Teachers After School A session with your class teacher via Zoom to see your child's new learning environment, find out what the year has in store and ask any settling in questions you may have.
5 th October	Friday 9 th October	Hello Yellow Event Supporting world mental health day - Young minds event £1 to charity, wear something yellow
19 th October	Monday 19 th October	Harvest donations in - tins and jars please! Harvest has arrived again, at Hudson we like to support those in our locality not as fortunate. All donations will go to our very own Foodbank sources.
19 th October	Friday 23 rd October	2pm Harvest festival service - EYFS/Key Stage 1 lead Listen to our Harvest celebration, readings, songs and stories.
19 th October	Friday 23 rd October	Autumn celebration A festive movie, some goodies, maybe a costume for this day too. But definitely lots of treats and prizes. Decorate a pumpkin for our school competition and be in with a chance to win a chocolate filled class hamper from our PTFA.
Current planned Half Term: Monday 26th October return Monday 2nd November		



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47%

of parents
said they thought their
children spent too much
time in front of screens



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



What parents need to know about SCREEN ADDICTION

SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction.

IT CAN CAUSE SLEEP DEPRIVATION

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

CONFIDENCE, SUPPORT & ACCEPTANCE

The Children's Commissioner report 'Life in Likes' explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.




Top Tips for Parents

LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focused the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

ENCOURAGE ALTERNATIVE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realize they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

STATISTICS

- 53%** of children aged 3-4 go online for nearly 8hrs a week
- 79%** of children aged 5-7 go online for nearly 9hrs a week
- 94%** of children aged 8-11 go online for nearly 13.5hrs a week
- 99%** of children aged 12-15 go online for nearly 21hrs a week





National Online Safety

A whole school community approach to online safety

www.nationalonlinesafety.com

Email us at help@nationalonlinesafety.com or call us on 0800 368 8061









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