

# CHAMBERSBURY NEWS

[WWW.CHAMBERSBURY.HERTS.SCH.UK](http://WWW.CHAMBERSBURY.HERTS.SCH.UK)



*Working together to become change makers*

28th February 2025

## Swimming

Before half term you received a letter about swimming lessons and I have been pleased to hear pupils, parents and staff excitedly chatting about how they are looking forward to this taking place. Often with school swimming lessons, questions are asked about whether pupils have to take part if they swim already outside of school - the answer comes from the statutory National Curriculum requirements which state that:

*'All schools must provide swimming instruction either in key stage 1 or key stage 2.*

*In particular, pupils should be taught to:*

*swim competently, confidently and proficiently over a distance of at least 25 metres*

*use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]*

*perform safe self-rescue in different water-based situations'*

If we were to think of it as another statutory subject such as maths, we wouldn't stop teaching our pupils maths because they are receiving tutoring outside of school, we would deepen and extend their knowledge; the same applies for swimming.

Please ensure you have paid your voluntary contribution to help cover the cost of swimming lessons — whilst we won't stop any pupil from swimming due to non-payment, it does impact what other opportunities, resources and level of staffing we are able to afford.

## P.A.T.CH

Parents And Teachers of CHambersbury



## Race Night

We are very much looking forward to seeing you all tonight at the Race Night, which not only will be full of fun and excitement but will also raise funds for the school. Events such as this take a significant amount of organisation from the amazing P.A.T.CH team and are put on to help bring our school community **together**, so if you can attend them please do so.

## P.A.T.CH Doughnut sale

On the last Friday of half term, our P.A.T.CH team held a doughnut sale and raised over £100 for the school! Without our team of P.A.T.CH volunteers we wouldn't be able to hold sales like this, if you would like to get involved in the future, please speak to Mrs Stevens.

## ATTENDANCE 2024-2025—WHOLE YEAR

Nur	Rec	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Whole
54.0%	92.6%	87.6%	93.9%	93.5%	93.9%	92.2%	88.3%	91.4%

## Open Reach

You will have seen that there have been some significant improvements to our school site over the half term break. Open Reach sent a team of volunteers to help us undertake a variety of work including:

Removal of rusted football goals.  
Removal of rotten raised flower beds and creation of a new wild flower area.  
Clearing outside the Year 5/6 breakout space.  
Painting the trim trail fence.  
Painting the outside classroom,  
Filling in the previous digging area holes in the field.  
Clearing the unpleasant, spikey bushes outside the classrooms.  
Installing fire assembly points.

This work has not gone unnoticed by the education community with the following comment being posted on our Facebook page. With such positivity around what we are doing at Chambersbury this year, it's hardly surprising everyone wants to be part of our journey!



Teach in Herts · [Follow](#)

What an incredible transformation! 🙌 A little teamwork goes a long way in making a big difference 🌱

In the summer term P.A.T.CH have arranged a weekend work party to further build upon this work, please look out for more information about this.

## Key Events

Friday 28th February — P.A.T.CH Race night

**Saturday 1st March — Swimming Pool installation**

Tuesday 4th March — EYFS Writing parent workshop

Thursday 6th March — World Book Day

Monday 10th March — Swimming lessons begin

**Thursday 13th March — Chambersbury celebrates British Science week**

**Wednesday 19th March — Parent taekwondo workshop**

Thursday 20th March — Year 1 & 2 Hudnall Park Trip

**Friday 21st March — Comic Relief/Red Nose Day (date correction)**

Monday 31st March — iRock Concert

Tuesday 1st April — Year 2, 3 & 4 production

Wednesday 2nd April — Year 2, 3 & 4 production

Friday 4th April — P.A.T.CH Creative Hair Day

Thursday 8th May — EYFS Maths parent workshop

**Monday 12th May– Thursday 15th May — Year 6 SATs**

## Forest School

Forest School started for our Year 6 class today. Forest School is fun and through fun and physical play, engages children, motivates them and keeps them fit and healthy. Forest School is challenging; the leader supports pupils to learn new skills, work co-operatively and take supported risks. Forest School increases self-esteem; it is child-led, pupils make their own choices, are encouraged to persevere (which develops their resilience) and to solve problems by themselves (which increases independence). Forest School is mindful and spiritual; pupils are given the time and space to explore their feelings and relationships.

## Football

Huge congratulations to the Chambersbury Mixed Football team for completing their final match of the league this week. The school football team has shown incredible determination and effort, pushing their limits with every game and practice. They have grown so much as a team over the last term and a half and have shown amazing hard work and perseverance. Thank you to the parents who have supported the children to attend the matches and a huge thank you to Beau's Dad for stepping in, not only to referee all our home matches but also away games.

## Parent Taekwondo Workshop

We have arranged yet another opportunity for parents to come in and see what is on offer for pupils at Chambersbury!

On Wednesday 19th March, straight after drop off, parents are invited in to attend a Taekwondo workshop; this session is being led by Total TKD who run our Taekwondo club. This is a FREE session for parents to attend, just turn up in appropriate clothing and be ready to have fun!

I hope to see as many parents as possible taking up this opportunity.

## Cleaning Vacancy

I am sure you will all agree that our cleaning team do a fantastic job of ensuring our school is kept hygienic and clean; I would like to personally thank them for the work they do everyday.

We are now looking to hire another member of staff to join our cleaning team, if you or someone you know might be interested in this role an advert for the job can be found here:

[https://www.teachinherts.com/find-a-job/view\\_cleaner\\_102062.htm](https://www.teachinherts.com/find-a-job/view_cleaner_102062.htm)

## Dacorum Education Support Centre Training

This week staff received training from our friends at Dacorum Education Support Centre — this training focused on looking at what pupils need and also what staff need in order for everyone in school to be able to thrive. One of my biggest take aways from this session was the need for staff to feel supported; support from parents is such a vital part in enabling our staff to be able to do their jobs. Support from parents can come in a variety of ways such as reading with your child every night, teaching them respect, giving them experiences to develop their knowledge of the world, ensuring children go to bed at a sensible time and are prepared for school each and everyday. Thank you to all of the parents and community that are supporting us each and everyday.

## A Message from our Charity Reps

Our Charity Reps have been busy planning our next charity event — Red Nose day. After much research into the options and costs involved we have decided to allow pupils to have their noses painted red on Friday 21st March. Our Charity Reps will set up nose painting stations on the playground so that as pupils arrive at school they can have their nose painted. The paints we will be using are fragrance, palm oil and gluten free, vegan and not tested on animals.

## Food Hygiene

This week our kitchen was inspected by the food standards agency, and they awarded us the highest rating possible for food hygiene — 5 Stars. We are really pleased that the hard work our kitchen team do has been recognised.



## TOTAL TKD

TaeKwon-Do classes for children coming to your Childs school for all year groups!





Confidence

Focus

Discipline

Respect

Self-Control

**Where: Chambersbury Primary School**

**When: Wednesday before school 8-8.45**

**Cost: £7.50 per session**

**Limited availability**

Full DBS

Fully Insured

First aid trained

Childcare Certified

Qualified Instructor

Contact Chanelle to book your Childs space;

[chanelle\\_55@hotmail.co.uk](mailto:chanelle_55@hotmail.co.uk)

07912349533



Chorleywoodtaekwondo

## FOOD HYGIENE RATING

0

1

2

3

4

5

**VERY GOOD**



13TH MARCH 2025

CHAMBERSBURY BRITISH  
SCIENCE DAY

**WE NEED  
YOUR HELP!**

Could you please donate any large  
plastic bottles and gravel.  
Can all donations be provided by  
7th March 2025 .

**Thank you!**



# WORLD BOOK DAY



★ Join us for a literary lunch to celebrate the many amazing authors from around the globe!



@hclcatering

www.hcl.co.uk

\*Menus are subject to change due to supplier stock availability.



# WORLD BOOK DAY



## MAIN MENU

Bookworm  
Beef Bolognese Spaghetti  
or  
Storytime Sweet  
Potato Slice (v)

## SERVED WITH

Paperback Potatoes  
Page-Turning Peas  
Chapter Carrots

## DESSERT

Reader's Rice Crispy Squares  
or  
The Tale of the  
Tangy Lemon Drizzle Cake



@hclcatering

[www.hcl.co.uk](http://www.hcl.co.uk)

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Hertfordshire  
Family Centre  
Service



## School Nursing

Winter 2025

# Public Health Nursing 5-19 Team Newsletter

### Welcome!

#### How to contact us:

School Nursing Duty line :0300 123  
7572  
(Mon-Fri 9am-5pm)

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



Please see below a link to our  
workshop, with lots of advice and  
support on your child's emotional  
health, returning to school,  
and more.

<http://ow.ly/Qn9G50KI17f>

A fun and interactive website for  
children to access health  
information, and includes  
information for parents as well.

[www.healthforkids.co.uk](http://www.healthforkids.co.uk)



### Chat Health Parent Line

The School Nursing Team have  
launched a **Chat Health Parent  
Line** that parents can text for  
advice and support with their  
child's health and wellbeing.

Parents message your school  
nurse on:

**07312263002**

Or scan the  
QR code to  
start a chat:



We looking forward to hearing from  
you!

Chat Health Parent Line will run  
between 9am-5pm, Monday -  
Friday, excluding bank holidays.

### Eye Development

Our Healthy Child & Young Person  
Assistants are visiting schools to  
complete vision and hearing  
screenings with children in  
reception. We wanted to share 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 the eye  
clinic following screening, please  
ensure that you attend the follow up  
appointment to allow any required  
treatment.



### Relaxation Strategy

[www.healthforkids.co.uk](http://www.healthforkids.co.uk) has some  
brilliant strategies to help aid  
relaxation.

**How to relax**  
Simple breathing exercises for all the  
family to try

**Exercise One: The Mountain**

1. Image a mountain. You can close  
your eyes if you want to
2. Imagine you are walking up this  
mountain. As you walk up, breathe in  
to the count of 5
3. Imagine you are now at the top of  
the mountain. Hold this breathe to  
the count of 5
4. Imagine you are walking down the  
other side of the mountain. Slowly  
breathe out to the count of 5
5. Repeat steps one to four until you start to feel  
more relaxed

### Support with toilet training



If you need support with getting  
your child dry, please see useful  
information below.

#### **The Children's Bladder and Bowel charity (ERIC)**

<https://eric.org.uk>

#### **Bladder and Bowel UK**

[https://www.bbuk.org.uk/children-  
young-people/](https://www.bbuk.org.uk/children-young-people/)

### Referral process

The school nursing  
service can offer  
advice and support  
with low level emo-  
tional health and  
well-being including:



- Low self esteem
- Worries and feelings
- Sexual health
- Sleep
- Healthy lifestyle
- Wetting/Soiling/Constipation

Our referral form can be found  
here:



# ORAL HEALTH FOR CHILDREN

## WHAT IS TOOTH DECAY?

The hard outer surface of a tooth is broken down or damaged by bacteria and acid making holes in the teeth, called cavities. It can cause pain and infections, and cause problems with eating, speaking, playing, learning, smiling and socialising. Tooth decay occurs when foods and drinks with sugars and starches are left on the teeth.

- Tooth decay is the most common reason for hospital admission in children aged 6-10
- Children with poor oral health have an increased risk of damage to adult teeth



There were 26,000 hospital admissions for children needing dental extraction in 2014 - 2015 (study carried out every 10 years)

## REDUCE THE RISK OF TOOTH DECAY

- Take your child to the dentist when their first milk teeth appear
- Brush teeth twice a day with fluoride toothpaste - no rinsing
- Support children under 7 with brushing
- Children should see a dentist yearly at least
- Children should have fluoride varnish at each visit (which is free)

## WHERE TO ACCESS A DENTIST

Scan the QR code or search "Find a dentist" for the NHS website.



Dental care is free for children and young people aged 0-19 years old.

## TOP TIPS ✨

- Brush teeth in the morning and at bedtime for 2 minutes with fluoride toothpaste
- Use a pea-sized amount of toothpaste
- Spit out after brushing and don't rinse, otherwise the fluoride won't work as well
- Fizzy drinks, fruit juices and sugary snacks should be limited to mealtimes

## HOW TO MAKE IT FUN

- Everyone can brush their teeth together - why not try a staring contest?
- Brushing to the beat - why not brush to your favourite song?
- Go electric?
- Use a timer - see who gets to two minutes without stopping

