



Micklem Primary School

School News

Friday 2nd February 2024

Reflection on our learning

Welcome February! January appeared to be a very long month, with the cold weather, rain, and illnesses. In spite of all of this, we saw classes having improved attendance two weeks ago and are hoping to see this continue as we move into the spring months. We are continuing to develop our offer throughout the school and our curriculum development is picking up speed and we are seeing really good progress and engagement in children's learning.

Reception had a fantastic week this week as they were visited by 'People that Help Us' they have had visits from the emergency services and had fantastic learning experiences while having an awful lot of fun!

We are currently in the process of redeveloping our behaviour policy and are keen to get some feedback from yourselves in regards to this. We have created a survey with some general questions around key areas of our behaviour policy that we are developing. Please take a few minutes to have your input on this.

<https://forms.gle/oQFEeK59mEFxzvVdA>

Have a great weekend and stay safe.

Be Kind. Show Respect. Aim High.

Mr. Swift

Magic Breakfast

Magic Breakfast has been up and running for two weeks now. We have had a range of bagels, toast and crumpets available. While crumpets were not as popular as we expected, toast and bagels have proved hugely popular! We are still in the early days of this partnership with Magic Breakfast and are keen to continue to develop the offer. Please complete this short survey to give us some general feedback regarding the provision. Thank you in advance for your support as we continue to look at ways to develop our offer and ensure that every child has the best possible experience in our school.

<https://forms.gle/N55mzeteHdGBSCyw5>

Attendance 22nd January - 2nd February 2024

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
94.7%	93.3%	94%	88.4%	96.7%	92.4%	95.7%	96.7%

Class above our 95% target

Congratulations to these children who have produced an excellent piece of learning over the last couple of weeks. It was brilliant in assembly to hear you telling me all about your learning and how hard you have been working. What a fantastic way to show how you are aiming high!

Learning of the Week 26th January and 2nd February						
R	1	2	3	4	5	6
Rosa Chloe	Cody Ayla	Luka Aaliyah	Emily-Rose Emily CM	Ameila Xiamara	Jimmy Emmanuel	Faith Anya
Charlie	Mya Logan	Liz Jason	Eliza	Luke Tasmia	Tafari Luka	Liana Oliver

Well done to the following children for aiming high with their reading and achieving their reading awards.

Bronze	Silver	Gold	Ruby
Melea, Liara, Harry H, Jessie, Aaliyah, Poppi, Eliza, Cillian, Bella, Charlie H, Seb, Andreja, Stefan, Codey, Isabella, Ollie, Skye	Emily C M, Emmanuel, Eli, Liz, Samuel, Iosif, Penny, Tasmia, Saule		Liana

No Outsiders

In our No Outsiders assemblies we have shared the story of two alligator siblings that were born looking completely different due to a rare genetic mutation. We talked about how all families are different and all of us are unique, but we belong in the Micklem family. We also looked at a community bus stop that has become a community hub and library. Local residents wanted everyone to feel like they belonged in their local community.



Visits

Year 3 went to JFK last week to compete in target games. They had a great time playing a variety of sports with their friends and children from other schools and managed to come in 1st Place with 3608 points!



Reception had some very important visitors this week, as they were visited by firefighters and paramedics. They were able to see their transport, safety gear and Equipment... and even got to hear the sirens!



What did your children find exciting in their recent learning?

Reception

We had two special visits this week from 'People who help us.' Firstly, the Fire Service came in to talk about keeping us safe in our community.

"I loved squirting the water out of the hose" - Mohammed

Then we had a visit from a St. John's Ambulance Paramedic.

"The moving bed was really cool" - Theodore

Year 1

'I have really enjoyed learning about our new book with squirrels in' - Maddox

'I have liked learning about friendships in RE' - Cody

'I enjoyed learning about the United Kingdom' - Emily

Year 2

I have enjoyed learning about division in Maths- Holly

I have enjoyed high mirrors and the low mirrors activity in PE this week- Krisiana

I have enjoyed making my clay pumpkin in Art- Liz

I have enjoyed reading our guided reading text about the first sunrise- Poppi

Year 3

We enjoyed learning about how Sonia Delaunay used her art style to develop fashion ideas. We even got to design our own ideas using her style - Penny, Emily, Stefan, Leo K, Sofia, Cillian, Rhiannon, Cam

We've enjoyed reading the book Ice Palace. We acted as villagers after evil Starjik stole the children.

Harry, Char, Ama, James, Cillian, Rhiannon, Eliza, Samuel and Saule

Year 4

I have really enjoyed reading our English book 'Podkin One Ear' this week. We have been writing a poem about the terrifying Gorm on their journey to attack innocent warrens.
Luke

We are doing Gymnastics for PE at the moment. This week we were learning to balance in poses with a partner for 8 seconds. My favourite pose was like a pyramid - Ava and I laid on our backs and had to balance our feet together in a pyramid shape using body tension!
Sophie

Year 5

I have been enjoying science recently especially the experiment to find out which material is the best thermal insulator! - Daria

I have been enjoying short division and feel more confident in this - Aria

I really liked guided reading this week 'Jack Frost's pocket' was a great poem - Jessica

Year 6

We have enjoyed choreographing dance routines in P.E that were inspired by Bollywood.

I feel that I have confidently been able to add and subtract fractions with different denominators initially.
Frenki

As we are streamlining our email correspondence, any information with regards to external agencies can be found on our website under **Parents-Letters-External Communication**

PTA

The deadline for booking your child onto the Valentines Friendship Disco is Monday 12th February, to avoid disappointment, please remember to do this via School Shop on Arbor.

Upcoming Dates

Date	Event
W/C 05/02	Children's Mental Health Week
06/02	Safer Internet Day
09/02	'Express Yourself' Non-Uniform Day for Children's Mental Health Week
13/02	Year 1 Sports Trip
14/02	Nursery Open Morning
15/02	Valentine's Disco
16/02	Non-Uniform - 'Where what you love' Day - PTA Fundraising
16/02	Last Day of Half Term
W/C 19/02	Half Term Holiday
28/02	Parent's Evening
29/02	Parent's Evening
07/03	World Book Day
08/03	Mother's Day Gift Sale
W/C 11/03	Neuro-diversity Week
12/03	Nursery Open Morning
21/03	Bunny Bingo
28/03	Non-Uniform Day - PTA Fundraising

Micklem Reading News

Micklem Primary School

KEY STAGE 2 VISITING AUTHOR AND WRITING WORKSHOPS



THE WALKING WITH SERIES FOR 8-13 YEAR OLDS at £6.99



THE NAVAJO SPIRIT SERIES FOR OLDER READERS at £7.99



CANAL CAPER SERIES FOR 6-9 YEAR OLDS at £7.99

TRAWLER TALE SERIES FOR 6-9 YEAR OLDS at £5.99

(More detail at www.csclifford.co.uk)

On the 7th and 8th of February, we have arranged for KS1 and 2 to have a writing workshop experience with author C. S. Clifford. The children in all year groups will receive a writing challenge followed by class workshops linked to the visiting author's books.

Children may purchase a copy of one of C. S. Clifford's books on the day; alternatively, to secure a copy, they can order a copy in advance using the slip below. To pre-order, please look at the following website: www.csclifford.co.uk to decide which book you wish to purchase and complete the slip below. Slips must be returned by Monday 5th February.

At the end of the day, Steve Clifford will be available to sign any purchased books and meet parents and children.

We look forward to an exciting day
Kind regards,

Miss Noble

Deputy Headteacher


Children's Mental Health Week

Children's Mental Health Week (5th - 9th February) is a mental health awareness week that empowers, equips and gives a voice to all children and young people in the UK. The theme this year is '**My Voice Matters**'.






In anticipation of this, Karen Jeffreys from the Mental Health Support Team visited school and led our assembly this Tuesday. We thought about what we can do if we feel worried, such as taking five deep breaths, using the '5, 4, 3, 2, 1 grounding technique' or talking to someone. We shared some of the people we can talk to at home and at school. If you have any questions about your child's worries or behaviour, or are concerned about their mental health, Karen will be available for drop in sessions on parents' evening on Wednesday 28th February. You don't need an appointment - just come along and say hi!

Every day next week your child will spend some time playing games or completing activities linked to this year's theme of '**My Voice Matters**'. On the next few pages you will find ideas of how to carry on conversations about this at home, as well as information about free courses.



5 - 4 - 3 - 2 - 1 
GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

 5 things you can see	 4 things you can touch	
 3 things you can hear	 2 things you can smell	 1 thing you can taste



Express Yourself

On the theme of '**My Voice Matters**', Friday 9th February is a non-uniform day where children (and adults) can wear something that expresses themselves. This is to raise awareness of the week - no donations needed! There are some ideas to get you thinking on the next page.

Children's Mental Health Week

'Express Yourself'
Friday 9th February

LET YOUR IMAGINATIONS RUN WILD

We're all different – we all have different things that make us tick and that bring a smile to our face.

Express Yourself allows children and young people to celebrate what makes them unique with an incredibly fun dress-up day – this could be sharing their favourite hobby, such as skateboarding or dancing, or wearing their favourite colour or accessory. Or it could just be coming in as themselves.

Express Yourself is about letting children's voice shine through and empowering them to tell their own stories! If you need a little inspiration, here are some ideas on the right to get you started!

①
Let your inner disco diva shine on the dance floor

②
Let your personality shine through with your favourite colours

③
Embrace your creative side and unleash your artistic energy

④
Show off your team spirit with your favourite team's kit

⑤
Take the stage as the coolest rockstar in town

⑥
Come as you are and wear your comfiest clothes!

⑦
Bring the cool energy of the skate park to the playground

⑧
Share what makes you... you and celebrate what sets you apart.



Children's Mental Health Week

My VOICE MATTERS

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1** We don't need to have 'one-off' conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2** I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3** Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4** Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5** Don't compare my experiences to your own when you were a child.
- 6** Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7** Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8** If you are open with me about your feelings, this can help me to be more open about mine.
- 9** Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10** Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

Children's Mental Health Week

**My VOICE
MATTERS**



CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?

WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?

Children's Mental Health Week

This course is open to families in Dacorum to help you support your child with their anxieties and is FULLY FUNDED by DSPL8. Register your attendance, via this link [Zoom Webinar Registration](#)



Anxiety Unravelled

Supporting my child with Anxiety

Feb 28th, March 6th & March 13th 2024 at 8-9PM

Highlights

- ✓ Three, 1hr sessions
- ✓ Live or on-demand
- ✓ Lifetime access

A three-session online course for parents

The world around us can generate plenty of uncertainty and affect the way we go about our daily lives.

You may be more worried than usual or perhaps you are in the midst of a growing cycle of worry and concern that you'd like to unravel. **You are not on your own.**



"Learning about the strategies to help us deal with anxiety was particularly useful and I am using these to help manage my own anxiety as well as my son's."

Join us for a series of three 60-minute sessions to explore anxiety. The sessions will provide a space to think about your own responses and provide practical tips and advice that you can use at home to help your children develop their resilience to anxiety.

[Click here to register](#)

[Find out more](#) →

Children's Mental Health Week

FULLY FUNDED course on 15th February at Hobbs Hill Wood Primary School, Hemel Hempstead.

MENTAL HEALTH FIRST AID TRAINING

**1 DAY CHAMPION COURSE
FOR PARENTS & CARERS OF
8 TO 18-YEAR-OLDS
FREE TRAINING
09:30AM - 16:00PM**



WHAT YOU WILL LEARN

- AN UNDERSTANDING OF COMMON MENTAL HEALTH ISSUES AND HOW THEY CAN AFFECT YOUNG PEOPLE
- ABILITY TO SPOT SIGNS OF MENTAL ILL HEALTH IN YOUNG PEOPLE AND GUIDE THEM TO A PLACE OF SUPPORT
- KNOWLEDGE AND CONFIDENCE TO ADVOCATE FOR MENTAL HEALTH AWARENESS
- SKILLS TO SUPPORT POSITIVE WELLBEING

COURSE STRUCTURE

SESSION 1- ABOUT, WHAT IS MENTAL HEALTH AND MENTAL ILL HEALTH, STIGMA AND DISCRIMINATION, DEPRESSION AND SUICIDE.
SESSION 2 MENTAL HEALTH CONDITIONS: ANXIETY, SELF-HARM, EATING DISORDERS, PSYCHOSIS, RECOVERY, RESILIENCE

For further information please contact:
hweicbhv.schoolsmh@nhs.net

SEND and Family Support Information

DSPL8 Parent/ Carer Newsletter and Dacorum SEND Courses, Support & Information for Families



The latest 'DSPL8 Parent/Carer Newsletters' & 'Dacorum Parent/ Carers courses and support: Spring 2024' are available to download from DSPL8's website via the following link: <https://dacorumdspl.org.uk/online-resources-for-parents-and-carers/>

Their most recent newsletter includes:

- * Anxiety Unravelling Course by Bounce Forward: 28.02.2024-13.03.2024
- * ADD-vance mini-consultations for parents/ carers of children with Autism or ADHD: 06.02.24, 29.02.24, 20.03.24
- * Spring Term 2024 DSPL8 Parent/Carer Course Brochure

SPACE
Autism | ADHD
Neurodiverse Conditions

Community Events and Activities for Neurodiverse Children and Young People

FIND OUT MORE AND BOOK HERE

spaceherts.eventbrite.co.uk

Building confidence
Making friends
Developing skills
Promoting self-esteem
Having FUN
Being themselves

Exclusive and Inclusive.

SPACE is also an SBLD (Short Break Local Offer) provider.
www.spaceherts.org.uk

ADD-vance
The ADHD and Autism Trust

FREE ONLINE SPRING 2024 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by HCC	Audience	Day	Date	Time	Location
Identifying ADHD and/or Autism	Parents/Carers	Mon	01.1.24	10:00 - 11:30	Online
Understanding ADHD	Parents/Carers	Wed	16.1.24	19:00 - 20:30	Online
Understanding Autism	Parents/Carers	Thu	11.1.24	10:00 - 11:30	Online
Understanding ASD	Parents/Carers	Mon	15.1.24	19:00 - 20:30	Online
Understanding Autism in Girls	Parents/Carers	Wed	17.1.24	19:00 - 11:00	Online
Understanding ADHD in Girls	Parents/Carers	Thu	18.1.24	19:00 - 11:00	Online
Support for Dads	Parents/Carers	Mon	22.1.24	19:00 - 20:30	Online
Understanding Challenging Behaviour	Parents/Carers	Wed	24.1.24	19:00 - 11:00	Online
Tips & Tools to Manage Anger	Parents/Carers	Thu	25.1.24	19:00 - 11:00	Online
Understanding Sensory Differences	Parents/Carers	Mon	29.1.24	19:00 - 20:30	Online
Tips & Tools to Manage Sensory Differences	Parents/Carers	Wed	31.1.24	19:00 - 11:30	Online
Supporting Siblings	Parents/Carers	Mon	5.2.24	19:00 - 20:30	Online
Tips & Tools to Support Learning (Executive Function)	Parents/Carers	Wed	7.2.24	19:00 - 11:00	Online
Tips & Tools to Build Self Esteem	Parents/Carers	Thu	8.2.24	19:00 - 11:00	Online
Tips & Tools to Support Social Skills	Parents/Carers	Mon	12.2.24	19:00 - 11:00	Online
Tips & Tools to Manage School Avoidance	Parents/Carers	Wed	14.2.24	19:00 - 11:30	Online
Half Term					
Tips & Tools to Support Emotional Development	Parents/Carers	Mon	26.2.24	19:00 - 20:30	Online
Tips & Tools to Support Communication	Parents/Carers	Wed	28.2.24	19:00 - 11:00	Online
Tips & Tools to Manage Eating Difficulties	Parents/Carers	Thu	29.2.24	19:00 - 11:00	Online
Tips & Tools to Encourage Positive Behaviour	Parents/Carers	Mon	4.3.24	19:00 - 11:00	Online
Understanding Medication Options	Parents/Carers	Wed	6.3.24	19:00 - 11:00	Online
Understanding Anxiety	Parents/Carers	Mon	11.3.24	19:00 - 20:30	Online
Tips & Tools to Manage Anxiety	Parents/Carers	Wed	13.3.24	19:00 - 11:00	Online
Tips & Tools to Manage Sudden Changes	Parents/Carers	Mon	18.3.24	19:00 - 20:30	Online
Understanding Neurodiverse Teens	Parents/Carers	Wed	20.3.24	19:00 - 11:00	Online
Preparing for Adulthood	Parents/Carers	Mon	25.3.24	19:00 - 20:30	Online
Tips & Tools to Support Puberty	Parents/Carers	Wed	27.3.24	19:00 - 11:00	Online

“What a fantastic workshop - thank you so much! I've taken away a wealth of information”

“That was so amazing, I have done many training sessions about ASD through my work but that was the most honest & informative session I have ever had!”

“Absolutely incredible workshop, it has been extremely beneficial to my child”

Hertfordshire County Council funded workshops - Recordings are sent to all registered participants to view for 7 days, even if you don't attend live.

01727 833963 | herts@add-vance.org | http://www.add-vance.org

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website

These workshops are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only.

Follow DSPL8's social media pages for their most recent updates:

Facebook: www.facebook.com/dspldacorum

Instagram: www.instagram.com/dspldacorum