

Newsletter

FRIDAY 19TH SEPTEMBER 2025



Dear Families,

It's wonderful to see how well the children have settled back into school life and are enjoying their return to learning together. I've thoroughly enjoyed spending time in classrooms this week, observing the children's fantastic learning. I was particularly amazed by their excellent understanding of place value in mathematics – their progress has been truly impressive!

We're thrilled to share that our school will be joining the Inclusive Multi Academy Trust on 1st October – an exciting milestone for our school community! To celebrate this special occasion, we'll be hosting a party on the day and would love to invite all our families to join us. Please watch out for further details from the school office in the coming weeks.

Regarding PE arrangements, we've already shared the PE timetable with parents. As a reminder, children should bring their PE kit to school where it can be stored on their classroom peg throughout the week. If you haven't yet received your child's PE day information, please contact the school office.

We look forward to an exciting term ahead!

Miss Mortlock



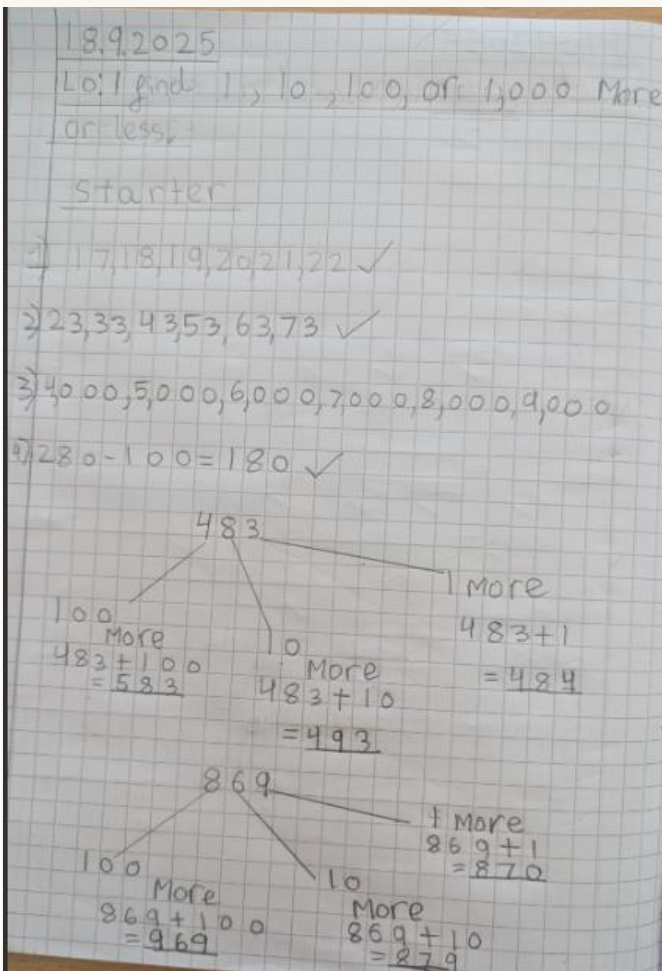
Reminders

The gate will be opened at 8.40am, with classroom doors opening at 8.45. The gate will close at 8.50am.

School shoes must be black. This can be trainers; however, they must be all black.

PE - As the weather gets colder, the children can wear black jumpers and tracksuit bottoms during PE.





Parking

We've been informed that some parents and carers are parking in Summer Place on double yellow lines, grass verges, and around bends. Please note that this area is designated for residents and visitors only, as indicated by the posted signage.

For the safety of our entire community, we kindly ask that you avoid parking in this area. Alternative parking options are available, and we appreciate your cooperation in keeping our neighbourhood safe and accessible for everyone.

Thank you for your understanding and support.



Safety

We've noticed that many parents and children are walking through the car park roadway instead of using the designated pavement areas. Additionally, we've observed children cycling and scooting around the bend without full visibility of approaching vehicles.

For everyone's safety, please encourage children to use the pavement where provided and to dismount bikes and scooters when navigating areas with limited visibility. Being aware of our surroundings helps protect our most vulnerable community members.

Thank you for helping us maintain a safe environment for all families.



Essex Fire Museum Open Days

2025



28th Of September

10:30AM To 4:00PM

Fire Station, Hogg Lane, Grays
RM17 5QS



Book Now >



Museum@essex-fire.gov.uk

TALKING ASD & ADHD WORKSHOP:

Responding to Anger



Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



Tuesday
23rd September 2025
9.30-11.15am

We will explore:

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Identify our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

An online parent workshop delivered to you via Zoom.

Booking essential via Eventbrite:

<https://www.eventbrite.co.uk/e/asd-adhd-responding-to-anger-781-for-parentscarers-in-herts-registration-1413258727899?aff=oddtcreator>



Or contact Supporting Links
Quote ID 781

01442 300185

info@supportinglinks.co.uk

www.supportinglinks.co.uk

"Tackled some complex areas really well. Helpful visuals, full of information to use in the real world. Can definitely use some of the concepts immediately."



Funded by Hertfordshire County Council's Targeted Parenting Fund



Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

Grand Opening!
Sunday 21st September 2025



Bushey Heath Primary School, The Rutts, Bushey, Herts, WD23 1SP

Hertfordshire's first LEGO®-themed café!

Whether you're a Master Builder, new to LEGO® or just love a good coffee, **The Brickery** is your new happy place!

- ☉ Delicious cakes, snacks & hot/cold drinks
- ☉ Hundreds of LEGO® sets to build
- ☉ Loose bricks to 'Build-Your-Own'
- ☉ Kids' parties, workshops & family events
- ☉ AFOL only nights (Adult Fans Of LEGO®)
- ☉ Brick-themed gifts & merchandise
- ☉ A fun, creative space to relax, create & play!

Visit us online to book:
www.thebrickerycafe.co.uk

Reserve a table today to enjoy the fun!



The Brickery Cafe Ltd are NOT affiliated with or endorsed by the LEGO® Group

Grand Opening!
Sunday 21st September 2025



Bushey Heath Primary School, The Rutts, Bushey, Herts, WD23 1SP

Hertfordshire's first LEGO®-themed café!

Opening Hours:

Friday 6pm - 10pm

'Adult Fans Of LEGO Only' (18+ | BYOB)

Saturday 10am - 6pm

& Sunday 10am - 4pm

Everyone is welcome!

Visit us online to book:
www.thebrickerycafe.co.uk

Reserve a table today to enjoy the fun!



The Brickery Cafe Ltd are NOT affiliated with or endorsed by the LEGO® Group



South West Herts Partnership

Tips & Advice:

CHILD MENTAL HEALTH

INTRODUCTION

Child mental health refers to the emotional, psychological, and social well-being of children, which influences how they think, feel and behave. Family life, school experiences and trauma are all factors that can significantly impact a child's mental health. Early recognition and support are essential to help build resilience and cope with life's challenges to enable them to grow into healthy, well-adjusted adults.

IMPORTANT FACTS

- Mental health issues are common and can affect anyone regardless of age, genders and backgrounds.
- Most common mental health disorder in children is Anxiety & depression. Prevalent conditions include: ADHD, Autism, Conduct and Eating disorders
- Children with mental health conditions are more likely to struggle academically, experience bullying or exclusion, have poorer physical health and face difficulties in later life.
- Early intervention is crucial for improving outcomes and preventing long term affects. Help & support is available.
- Having strong supportive relationships are vital and can significantly impact mental health.

TIPS/TOOLS

- **Open Communication** - provide a safe space - use active listening - non-judgemental - show empathy.
- **Healthy routines**— regular sleep, nutritious meals and limiting screen time.
- **Creative Activity**
 - ⇒ **Journaling** - record thoughts, feelings and self-reflection.
 - ⇒ **Art therapy** - enable children to express themselves in a non-verbal way through various art forms e.g. painting, collage.
 - ⇒ **Music** - listening or creating music is a powerful way to reduce stress and improve mood.
- **Mindfulness Practices** such as mindful breathing or movement can help manage stress and overall well-being.
- **Positive Affirmation** - short positive statements that children can repeat to themselves to help boost self-esteem and confidence.

Access free printable resources:

- [GoZen.com/printables/](https://www.gozen.com/printables/)
- [Free Occupational Therapy Worksheets and PT Resources - Your Therapy Source](https://www.freeoccupationaltherapyworksheetsandptresources.com/your-therapy-source)
- <https://connect.kooth.com/for-families>

We can offer support with mental health and emotional wellbeing (school referral only):

- We can support with CAHMS/PALMS referrals.
- We can provide emotional support with 1:1's, Drop-in sessions, Coffee mornings and group work.
- We can provide workshops in emotional wellbeing, exam stress, protective behaviours and transition.
- Produced the SWHP 'All About me Game' to use with our schools and promote self-esteem, help relationships and support young people's sense of self-worth.

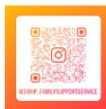
SIGNPOSTING

- ⇒ [NHS https://www.hpft.nhs.uk/contact-us/out-of-hours-helpline/](https://www.hpft.nhs.uk/contact-us/out-of-hours-helpline/)
- ⇒ <https://www.hertsmindnetwork.org/services-for-young-people/>
- ⇒ <https://www.justtalkherts.org/just-talk-herts.aspx>
- ⇒ <https://www.childline.org.uk/>
- ⇒ <https://firststepsed.co.uk/>



<https://www.southwesthertspartnership.org.uk/>

Please visit our website as above or click on the QR code and start following us for more guidance, support and signposting.



Let's SHINE Together for Cancer Research!



This weekend, I'll be walking through the night to raise awareness and funds for cancer research. Your encouragement means a lot!

Every step is for hope, every light for love.

TALKING FAMILIES

6. weekly sessions for parents and carers of children aged **0-12** sharing tips on:

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self-esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.



Wednesdays 8.00 - 9.30pm

17th Sep - 22nd Oct

Online Course ID 774

Tuesdays 9.45 - 11.15am

4th Nov - 9th Dec

Online Course ID 772

Tuesdays 8.00 - 9.30pm

4th Nov - 9th Dec

Online Course ID 773

TALKING ANXIETY in TEENS

6. weekly sessions for parents and carers of children **11-19**, supporting you to:

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety.
- Reduce stress and tension.
- Encourage resilient behaviour.



Tuesdays 7.45 - 9.30pm

16th Sep - 21st Oct

Online Course ID 776

TALKING DADS

6. weekly sessions for dads & male carers of children **0-19**, sharing information on:

- Improved listening and communication skills.
- A healthy dad-child relationship now and for the future.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad, you want to be.



Wednesdays 7.45 - 9.15pm

17th Sep - 22nd Oct

Online Course: ID 779

Wednesdays 7.45 - 9.15pm

5th Nov - 10th Dec

Online Course: ID 780

Booking essential. Please Quote the Course ID

To check eligibility and book a place, please contact Supporting Links on: **07512 709556** or bookings@supportinglinks.co.uk

These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund. Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request



Halloween at church farm

Visit **Church Farm Ardeley**
A real working farm!

- * Spooky Farm Trail to see the farm animals & Halloween Décor
- * Big Bale Play
- * Tractors & Digger Ride-Ons
- * Creepy Fairy Woodland Play
- * Spooky Photo Opportunities
- * Spot the Pumpkin & sweet treat prizes
- * Scarecrow Trail
- * Find the Spooky Fairy Doors
- * Find your unique Witch and Halloween name
- * Spooktacular Costume Stickers for the best dressed boys, girls & dogs
- * Halloween Activity Pack, 'I've Been to Church Farm' Sticker
- * Puzzles and Colouring-in fun
- * Farm Sensory Trail

Additional Activities

- Pumpkin Picking & Carving
- Trick or Treating in our Spooky Wood (4-6pm)
- Horrid Hay Tractor & Trailer Rides
- Eerie Egg Collecting
- Ghoulish Goat Walking

Book online www.churchfarmardeley.co.uk

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A Free Range Experience