



# BARHAM PRIMARY NEWSLETTER

BARHAM PRIMARY NEWS AUTUMN EDITION 9TH OCTOBER 2024

Embedding Excellence

## Dates for your Diary

October - Black History Month

Week beginning 6<sup>th</sup> October - Black History Month Assemblies



Tuesday 15<sup>th</sup> October/Thursday 17<sup>th</sup> October - Parents evenings

Friday 18<sup>th</sup> October – School Ends for Half Term

Monday 28<sup>th</sup> October – Back to School

Dear Parents and Carers,

As we near the end of the first half term, I would like to take this opportunity to express my appreciation for your continued support and partnership. This is a perfect time to reflect on what we have accomplished so far, share updates, and outline our exciting plans.

We are particularly proud of the successful introduction of our new vision and values this term. With the implementation of the 'soft start' initiative and the renaming of our classes, we are already seeing positive changes in the school environment. These updates have helped foster a sense of belonging and continuity, which aligns with our mission to create a supportive and inclusive learning experience.

Additionally, I am thrilled to announce that after the half-term break, we will be launching the highly anticipated house points system. This initiative will further enhance our pupils' engagement and promote a spirit of healthy competition, teamwork, and achievement throughout the school community.

Once again, a BIG thank you for your ongoing support. Together, we are building a rich and dynamic curriculum that benefits our pupils both during and after school.

Best regards,  
Mrs Thakore  
Interim Head of School




Book recommendation – "The Gingerbread Man" by Mara Alperin

Mrs Hirani

I highly recommend this storybook, which I used to love reading to my daughters when they were young.

The vibrant, colourful illustrations and playful onomatopoeia really bring the story to life.


My daughters especially enjoyed the tale of the gingerbread man, as we often baked biscuits together, and they would imagine them coming to life.

### Our vision

Our curriculum starts with our vision of which our children are at the forefront.

- We are safe, happy and kind learners
- We are ambitious and strive to reach the highest goals
- We are curious and use connections to make sense of the world
- We are change makers

### Our values



- Respectful**  
A skilled speaker  
An active listener  
A communicator  
A self-directed learner
- Resilient**  
Managing distractions, 'stick ability'
- Risk Taking**  
Have a go, not scared of being wrong
- Reflective**  
Planning, revising, reviewing
- Resourceful**  
Questioning, imaging, making links

Developing the 21<sup>st</sup> Century Learner

# Barham's 2023- 2024 Results

Our unvalidated external results are as follows:

Early Years Foundation Stage	Good Level of Development 62.2% (National 67.7%)
Y1 Phonic Screen Check	80.8% (National 80.3%)
Y4 Multiplication Timetables Check	58% (National 37%)
Y6: End of KS2	Reading 78.5% (GD 34.7%) (National 74.3% GD 28.5%) Writing 78.5% (GD 9.9%) (National 71.8% GD 12.9%) Maths 84.3% (GD 38%) (National 73.1% GD 23.9%) Grammar, Punctuation & Spelling 81% (GD 60.3%) (National 72.2% GD 32%)  Reading, Writing & Maths combined 71.9% (GD 8.3%) (National 60.6% GD 7.7%)



## Parents Evening

**Parents Evenings will be on**

**Tuesday 15<sup>th</sup> October 2024, from 3:30pm to 5pm**  
**and Thursday 17<sup>th</sup> October 3:30 pm to 7:30pm in**  
**school with your child's class teacher**

- Parents Evening appointments will open this week
- Appointments do go very quickly please make sure you book your appointment directly with the class teacher



*As the seasons change and the weather alters*

**You must ensure that your child has the appropriate clothing for outside**



**Rainy**



**COLD**



**Windy**

# PARENTS

## The Information You Need!

NHS  
Whittington Health  
NHS Trust

### Breakfast Swaps

Sugar and fat are the biggest things to watch out for at breakfast time – try some of these easy swaps

#### Swap these with...

Chocolate cereal  
Frosted flakes  
Honey crunch cereal  
Croissants  
Cereal bars



#### These

Wheat biscuit cereal  
No added sugar muesli  
Porridge  
Wholemeal toast  
Plain yoghurt with fruit



NHS  
Whittington Health  
NHS Trust

### Oral Health Promotion Website

#### Top tips for healthy teeth:

- Brush twice a day; last thing at night is most important.
- Use a smear of toothpaste for under 3 years & a pea size for over 3 years.
- Use toothpaste containing 1,350 - 1,500 parts per million fluoride for maximum protection.
- Spit your toothpaste out after brushing, but do not rinse.
- Reduce sugar in your diet and keep to mealtimes only.
- Visit your dentist for regular check-ups.

For more information please scan the QR code:



NHS  
Whittington Health  
NHS Trust

### Healthy Snack Ideas

#### Apple and peanut butter



Slice one apple and enjoy with 1/2 tbsp of pure peanut butter make sure it doesn't contain added sugar, salt or oil.

#### Blueberries and yoghurt



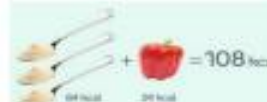
Combine a small handful (40g) of blueberries with a small pot (125g) of plain low-fat yoghurt.

#### Cottage cheese, tomato and rice cake



Add about two heaped tablespoons (50g) of low-fat cottage cheese and six cherry tomatoes to one rice cake.

#### Red pepper and hummus



Have 3 tbsp of reduced-fat hummus with a whole red pepper cut into sticks.



NHS  
Whittington Health  
NHS Trust

### How to find an NHS dentist

You can find an NHS dentist that is convenient for you, near your home or school, and phone them to see if there are any NHS appointments available at the moment.

Dental surgeries will not always have the capacity to take on new NHS patients and you may have to join a waiting list.

Once you find a dental surgery, you may have to fill in a registration form. However, that does not mean you have guaranteed access to an NHS dental appointment in the future.

Scan the QR Code to find a dentist close to you or search find an NHS dentist:

