Houghton School Newsletter

Dear Families

The new year certainly started with a 'four seasons in one day' feel. We experienced heavy rain and wind during the night, snow and sleet in the morning, and a glorious sunset to end the day! Thank you for your patience and understanding with the delayed start. It was important to ensure we had enough staff in school for the children, and by 10 am, everyone was in class. I hope we can dodge the snow days, but if needed, we may have a later start rather than shutting the school completely. Usually, roads are clear by mid-morning and staff and families can drive safely to school. We will always communicate on Class Dojo, so please check it if the weather turns. Fingers crossed this won't happen.

The British weather is certainly a talking point, even with children! For example, in Collective Worship, we aim to explore children's understanding of spirituality by using the simple language of Ow, Wow, and Now moments and recent events have supported this. This term, we have reflected on the WOW times, using photos of our outdoor area in the winter and marvelling at the beauty and perseverance of a snowdrop bursting through the icy soil. We discussed the Ow moments, using photos of local areas affected by the floods and comparing the fires in America to the Great Fire of London. Finally, we stopped, paused, and reflected on our beliefs and values, praying for those affected by the extreme weather and discussing how they were helped by their local community- the Now moment.

Fortunately, we have had more Wow moments this term especially when playing in our outdoor space. How lucky are we to have a view like this to greet us each day!

Ali Woollerson

Headteacher

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Thank you to Santa and his helpers!

We had a little surprise at the start of the year. Before Christmas you may have seen Santa and his helpers around Houghton. We were delighted to hear that Santa wanted to share the donations from Houghton residents, with all our classes. Emma Beal, one of Santa's helpers, passed on £50 per class. The children were very excited when I opened the envelope as it is not often that children see real money as so much is paid using phones and cards! We look forward to spending it.

HOUGHTON SCHOOL HELPERS NEWS

We are also delighted to share that the Houghton School Helpers are buying a new bridge to join the area near the fort to the Forest School area. We previously had a wobble bridge over the dip, but it had to be removed because it had seen better days! We hope to have the new bridge installed before half term. Thank you HSH!

DROP OFF UPDATES

This term you will notice a few more teachers on the gate in addition to myself and Mrs Pickford. We really value this part of the day- an important time to pass on messages, put names to faces, catch up with parents and help any pupils who need a bit of support with transition into school. We thought it would be a great idea for more staff to do this, so we are trialling this, this term.

HSH

HOUGHTON SCHOOL HELPERS

Class Assembly
A reminder of dates for 2025

These will start at 9am and will finish by 9.30.

YEAR 1: Friday 31st January
YEAR 4: Friday 28th February
YEAR 5: Friday 21st March
YEAR 3: Friday 4th April
FOUNDATION STAGE: Friday 23rd May

SCHOOL WEBSITE

We are busy updating our new website.
www.houghton.leics.sch.uk
Please check term dates for the rest of the summer term and for next year. Any holidays taken in term time are unauthorised.
Houghton-on-the-Hill Primary School - Term Dates

General Dates for the Diary

Tuesday 28th January
Weights and measures for FS and Yr 6

Friday 31st January
Year 1 Class Assembly

Monday 10th February
3.15pm
Year 6 SATS meeting

17th – 21st February
Half term Holiday

Monday 24th February
Wednesday 26th February
Parents' Meetings

Friday 28th February
Year 4 Class Assembly 9am

Friday 7th March
World Book Day (We are dressing up this year – details to follow)
Although nationally this is celebrated on Thursday 6th March, we are celebrating World Book Day on the Friday due to a clash with P.E lessons in some classes.

Reminders

While we understand that pets are an important part of many families, bringing dogs to school can pose several risks, including allergies, phobias and potential safety hazards. To maintain a safe and comfortable environment for everyone, we ask that you please leave your dogs at home during school drop-offs and pick-ups, or wait with them beyond the school gates. The only dog we allow on the school site is Roxy the therapy dog as she has been trained to work alongside children. Thank you for your understanding and cooperation in this matter.

PARENTS EVENINGS

Appointments for parents' evenings will be shared with you next week. Please can we ask that the online form is completed in good time (by February 5th), especially if you have more than one child in the school. If teachers do not receive your reply , a time will be chosen for you so that the process is not delayed. Your help with this is appreciated.

Are you interested in becoming a teacher? If yes, you can train with Learn- AT.

Learn-AT
Learning – Fellowship

How to become a teacher with us:

- Fill out an Expression of Interest form here and we will get in touch: https://www.learnat.uk/professional/itt
- Attend an information event - details can be found on our Open Events web page.
- Visit the DfE Apply website and find us by using one of our provider codes.
- Select the course you want to apply for and submit your application to train to teach with us.
- Receive an invitation to interview at a location local to you.
- Accept your offer to secure your training place.
- Start preparing for your career in teaching.

Who is eligible to apply:

- Graduates with a batchelor's degree.
- You will need a GCSE grade C or above in English, maths and science.

How the programme works:

- Initial Teacher Training is a partnership between a lead school, other schools and an accredited teacher training provider.
- Schools can select and recruit their own trainees.
- They agree the content and focus of the training programme depending on the needs of both the trainees and the schools.

Train to Teach-AT Learn-AT

www.learnat.uk

NUTRITION Newsletter

JANUARY 2025

WHY IS HEALTHY EATING IMPORTANT?

Eating a healthy balanced diet is important to maintaining good health. This means eating a wide variety of foods in the 'right proportions' to maintain a healthy body weight. The NHS Eatwell Guide is based around the 5 food groups: carbohydrates, protein, dairy, fruit and vegetables and fats and sugars. It advises how much of what we eat should come from each food group to achieve a healthy, balanced diet. You can find out more about the Eatwell guide here

Encouraging healthy eating habits

Be a role model Children tend to imitate, if they see you eating a wide range of healthy foods, they are more likely to try a variety of foods.

Eating as a family also helps to encourage healthy habits.

Healthy snacks Have healthy snacks available between meals, such as fruit, vegetable sticks or rice cakes. **Change4Life** have lots of healthy snack ideas.

Get children involved. Research has shown that allowing children to get involved with food preparation and cooking encourages them to eat a wider variety of healthy meals.

Click the image to find some delicious and healthy family meals to make together!

Stay hydrated

Children aged 4-13 should aim to drink between 6-8 glasses of water every day. Water helps to keep joints healthy, is great for teeth and helps circulate blood flow.

Staying hydrated helps with concentration and focus. Not drinking enough water can result in dehydration. This can cause dry mouth, headaches, tiredness and dizziness.

Source: NHS

The NHS offers tips and advice around water, drinks and hydration, click the image to find out more.