

# Garden Fields J.M.I School

Townsend Drive  
St. Albans  
Herts  
AL3 5RL



Growing Hearts and Minds

Headteacher : Ms R Palmer

- ◆ E-mail : [admin@gardenfields.herts.sch.uk](mailto:admin@gardenfields.herts.sch.uk)
- ◆ Website : [www.gardenfields.herts.sch.uk](http://www.gardenfields.herts.sch.uk)



Telephone 01727 890440

Dear Families,

This week, an air of purposeful calm settled over Garden Fields as children from Year 6 completed their SATs tests.

A great big thank you to all the staff and parents who supported the children this week and to all the teachers, teaching assistants and learning support assistants whose work over the years has culminated in this week.

But most importantly, a massive well done to the Year 6s who finished their SATs this week. You have all worked so hard, showed such strength of character and resilience that all the staff want you to know that we see you for the funny, caring, exuberant people you have become and there is no test that can measure that. It has been a pleasure to watch you grow and as you mark one of the last milestones of your Garden Fields journey we want you to know how proud of you we are.

My deputy editors from Year 6 have the inside scoop on what it felt like to be part of the SATs at Garden Fields...

***This week was SATS week for the Year 6 students. On Tuesday, they all started doing their tests; SPaG (spelling and grammar), Comprehension, Reasoning paper 1, Reasoning paper and Arithmetic. Every school around the UK does SATS at the same time, on the same week (Monday to Friday). Once the teachers have collected all the finished papers, the SATS are sent away to be marked externally. Lucky for the children, we all get cookies, juice and extra break time every day, in between the 1st and 2nd tests! Sometimes the tests are hard, however others aren't as difficult. The Year 6 teachers have been very supportive and they have tried to make us less worried saying, "Just try your best and you will do great!"***



Miss Watson treated the children to a mini 'Zen Club' this afternoon to help them relax after their week - the children seemed very chilled afterwards! Miss Watson shared tips to beat worries and anxiety with the children and two of her favourite resources for stopping over-thinking are shown below.

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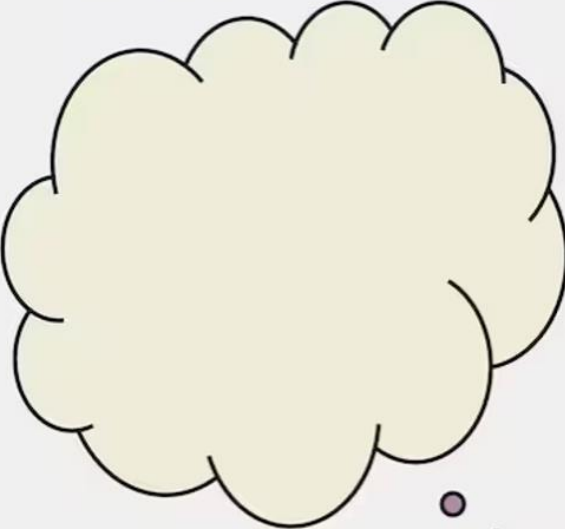


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## BRAIN DUMP

Jot down all those annoying night time thoughts that stop you sleeping!



Better out than in...  
Now close your eyes and get some sleep

## MY COPING SKILLS

Find what works for you.

<b>A</b> ART AND DOODLING 	<b>B</b> SQUEEZE A STRESS BALL 	<b>C</b> COUNT TO 0 FROM 30 	<b>D</b> DEEP BREATHING 	<b>E</b> EAT A SNACK AND DRINK WATER 
<b>F</b> FIND A SAFE SPACE 	<b>G</b> PRACTICE GRATITUDE 	<b>H</b> HUG A STUFFED ANIMAL 	<b>I</b> IDENTIFY EMOTIONS 	<b>J</b> JOURNAL 
<b>K</b> BE KIND TO MYSELF 	<b>L</b> LISTEN TO MUSIC 	<b>M</b> MOVE MY BODY 	<b>N</b> CHALLENGE NEGATIVE THOUGHTS 	<b>O</b> GO OUT TO ENJOY NATURE 
<b>P</b> PUZZLE 	<b>Q</b> HAVE SOME QUIET TIME 	<b>R</b> READ BOOKS 	<b>S</b> DO SOME STRETCHES 	<b>T</b> TAKE A BATH 
<b>U</b> USE FIDGET TOY 	<b>V</b> VISUALIZE A HAPPY PLACE 	<b>W</b> WATCH A FUNNY VIDEO 	<b>X</b> EXERCISE 	<b>Y</b> YOGA 
				<b>Z</b> SLEEP 

Year

### Two tests

Our Year 2s are currently undergoing **Secret Agent Training** tests and will be completing their missions over the next two weeks. We wish you and your teachers good luck! Mrs Gleeson says that you have all been superstars so far!

### What happened at Garden Fields this week?



### Year 3 Verulamium Trip

As part of their topic, Year 3 children walked to Verulamium and showed their own strength of character and resilience by walking all the way back in a downpour!

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### Year 3 interview by our deputy editors

This week, Y3 went to Verulamium Museum to learn about their topic, the Romans. Here we have two Y3 students (Martha and Nori) to tell us about their trip.

#### ***What did you do on your school trip?***

***Nori:*** First, we went to the roman theatre and read out our acrostic poem.

***Martha:*** We went to the museum and watched a film about the making of Verulamium.

***Nori:*** Next we had our lunch.

***Martha:*** After lunch we went to the roman market, given a shopping list and pretended to buy food.

***Nori:*** Then we were allowed to play on the field!

#### ***What was the highlight of the trip for you?***

***Martha:*** I really liked the museum.

***Nori:*** I also liked the museum.

#### ***In general, what did you think about the trip?***

***Martha:*** I thought it was very good and very interesting.

***Nori:*** It was fun, except the rain!

### Advance notice: Nature Area Tree work

**Exciting news,** Last summer a large tree in the nature area had to be cut down because it had become diseased. This gave us the opportunity to redevelop the area and as a result, we will have more tree surgeons on site from 17<sup>th</sup> May to 19<sup>th</sup> May. The whole area will be improved with the pond area being refreshed to encourage more biodiversity. Hopefully the children will resume Forest School sessions soon after the works have been completed.

### Growing Hearts and Minds

Helping each other to understand how to keep our minds healthy and ourselves safe is an important part of the work we do at school through our PHSE curriculum at Garden Fields.

As they grow and begin using social media our children can find that they are moving into a world which is increasingly hard to navigate. Herts for learning has a great website and newsletter which can support families with information and advice.

#### **Keeping safe online:**

The following content is taken from: <https://thegrid.org.uk/assets/hfl-online-safety-newsletter-summer-2023-parents-and-carers.pdf>

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**PARENT | CARER**

## ONLINE SAFETY NEWS

SUMMER 2023.

### MOVING UP TO SECONDARY SCHOOL

Ofcom's 2022 research into technology use across the UK has shown that nearly all 13 – 15-year-olds (98%) have their own phone. For most of these young people, they were given their phones around the start of secondary school, between the ages of 9 and 11 (91%).

If you are considering getting your child their first phone, there are lots of factors to consider. [Childnet's 'First Phone Checklist'](#) is a great, easy to understand resource that takes you through the process of choosing the right time, setting it up and supporting your child.

[Childnet's 'Moving on Up!'](#) videos are a great place to start conversations around new devices, digital wellbeing and online bullying.

**The Mix**  
The Mix is a leading support service in the UK for young people and offers free and practical advice on wide ranging issues. The article on ['How to Avoid Online Scams'](#) helps young people understand what to watch out for and actions to take to hopefully avoid being scammed online.

**TikTok**  
Check out Parent Zone's guide on TikTok which includes functionality, reporting, blocking and privacy settings.

[Read the guide](#)



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## **WhatsApp and BeReal**

The NSPCC has published advice on two very popular apps with children - WhatsApp and BeReal

WhatsApp is rated 16+ . The app allows you to send and receive messages, as well as make voice and video calls. You can connect with people individually or join group chats where lots of people can contribute. The NSPCC advice will help you get to grips with the safety tools available including setting privacy and location settings.

The risks of WhatsApp including unwanted contact, pressure to respond, location sharing, inappropriate content, cyberbullying and oversharing are explored

**Explore the NSPCC WhatsApp advice**

BeReal app is rated 12+. This is a popular image-sharing app where you can post your own pictures as well as view other people's. Users can only post once a day and are only able to see their friends' images if they have shared their own.

At a different time every day, users receive an alert telling them it's 'Time to BeReal'. This gives them two minutes to take a picture, and post it on the app. The NSPCC advice page looks at potential risks including the pressure to share, location sharing, inappropriate content, oversharing and unwanted contact. The advice page also offers top tips for staying safe.

**Explore the NSPCC BeReal advice**

## **What is YouTube Go Live Together?**

YouTube have begun rolling out a new live streaming feature called 'Go Live Together'. A helpful guide from iNEQE outlines what the feature is, what the risks are, and some top tips to help the children and young people in your care stay safer if they choose to livestream on YouTube.

**Read the iNEQE safeguarding Groups guide**



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### Keeping mentally healthy

Nessie is an organisation that offers support, advice and workshops for children and their parents across Hertfordshire.



Hours of operation  
Monday – Friday  
9am – 5pm

Contact us on  
01763 255427 OR  
07949 368941

## **Children and Young People Mental Health – Early Help Parent Support Service for Parents/Carers in Hertfordshire**

### **Schools and Community Settings In Hertfordshire**

Hertfordshire County Council have commissioned NESSie to deliver **FREE** workshops and support for parents/carers currently supporting young people who are experiencing emotional and mental health issues.

This is a new collaboration between NESSie and Hertfordshire County Council and we are excited to offer guidance to parents who might be struggling to understand mental health needs and offer advice on how to support at home. Nessie's staff are all qualified therapists and teachers who have been delivering this support in surrounding counties for a number of years and have extensive experience in supporting parents in this area.

We can offer parent forums face-to-face within the school or community setting or online. These informal workshops usually run for 1.30 hours with time for questions and discussions at the end. There are also additional opportunities for more targeted 1-1 sessions with individual parents/carers, should it be needed.

### Upcoming workshops:

Supporting Parents/Carers of Children with Anxiety	Monday 24th Apr 2023, 10:00 am to 11:30 am
Supporting Parents/Carers with Children with Self-Harming Behaviours	Thursday 4th May 2023, 9:30 am to 11:00 am
Supporting Children with Emotionally Based School Avoidance	Wednesday 10th May 2023, 10:00 am to 11:30 am
Supporting Parents/Carers with Children Gender Questioning	Tuesday 16th May 2023, 10:00 am to 11:30 am
Supporting Children with Bereavement and Loss	Wednesday 24th May 2023, 1:00 pm to 2:30 pm

For even more information and to book workshops please visit: <https://nessieined.com/hertfordshire-parents>

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Next week, there won't be a newsletter as I am away at Hooke Court with the Year 5 pupils and staff from Wednesday to Friday. We will update you with any news via email instead. Miss Reynolds and Miss Watson (Acting Assistant Headteachers), alongside our Phase Leaders, Miss Gurney, Mrs Gleeson, Miss Palmer and Miss Lee will be happy to continue to support you and your children whilst I am away.

Thank you for your continued support for our school and our children.

Have a great weekend,

**Ms. Palmer**