

# Highfield CE Primary School

## Weekly Update

### A message from Mrs Walford and Mrs Bond

Dear Parents,

We are thrilled to share the exciting news about our recent collective worship event at the juniors, where our first child-led assembly took place. The children did an outstanding job, showcasing their talents and creating a memorable experience for all. Well done to our worship ambassadors and thank you to Mrs Shorey for taking the lead on this great new initiative!

In addition to this achievement, we want to update you on our ongoing commitment to the Healthy High 5 Award. Highfield CE Primary School is dedicated to fostering healthy lifestyles among our children. We are actively engaged in various initiatives and activities to promote physical and mental well-being. If you would like to find out more about the Healthy high 5 award, please take a look at the page on our school website:

<https://www.highfieldceprimaryschool.co.uk/page/?title=Healthy+High+5&pid=81>.

As the spring approaches, we would love to have parents come in and grow fruit and vegetables with children across the school. This will also help us achieve the High 5 award. Growing fruit and vegetables is a great way to encourage children to learn about where their food comes from. The children will love sowing seeds, watering young plants and eating the food they have helped to grow. If you would like to help, please get in touch.

Next week, we look forward to our school 'culture week'. We hope this will be a unique chance for children to develop their knowledge and understanding by actively learning about different cultures and heritage. This will be an opportunity for our children to share and learn from each other's diverse cultural backgrounds and experiences, and bring our community together.

We appreciate your continued partnership in creating a nurturing environment for our pupils. Have a lovely weekend and see you all on Monday for our final week of the half term!

Term: **Spring** Number 5  
Date: Friday 2nd February 2024



Theme of  
collective worship  
next week:  
**Culture Week**



info@highfieldshool.co.uk



02380 555793



Highfield CE Primary School, Hawthorn Rd,  
Southampton, SO17 1PX

# School Improvement Priorities

## 2023/2024

### Attendance



National attendance rate across the academic year to date was **93.4%**

Highfield CE Primary attendance to date this week: **95.65%**

### Writing



This week, we have been looking at pupil's writing outcomes. On Wednesday, teachers worked in pairs to look at books and planned next steps to ensure children make the most progress possible.

### Developing Leadership



Mrs Walford attended the Primary Head's conference. Miss Hill attended ECT training with Mrs Bond. Mr Iszatt attended an MHST mental health forum.

### Curriculum



Subject leaders monitored children's exercise books in certain foundation subjects across the school. This included Miss Collins looking at Geography books, Mrs Shorey with RE books and Mr Dodson with French books.

### Christian Values



This week we launched our first child-led collective worship. We also have these lovely new displays, showing our new values of peace, courage and respect.





## DATES FOR YOUR DIARY:



All useful dates have been updated onto our website and can be found here:

<https://highfieldceprimaryschool.co.uk/>

**Monday 5th February:** First day of culture week

**Tuesday 6th February:** E-Safety day

Year 3/4 multi-skills festival at Bittern Park

**Thursday 8th February:** Dance Live - Portsmouth Guildhall

**Friday 9th February:** Last day of term

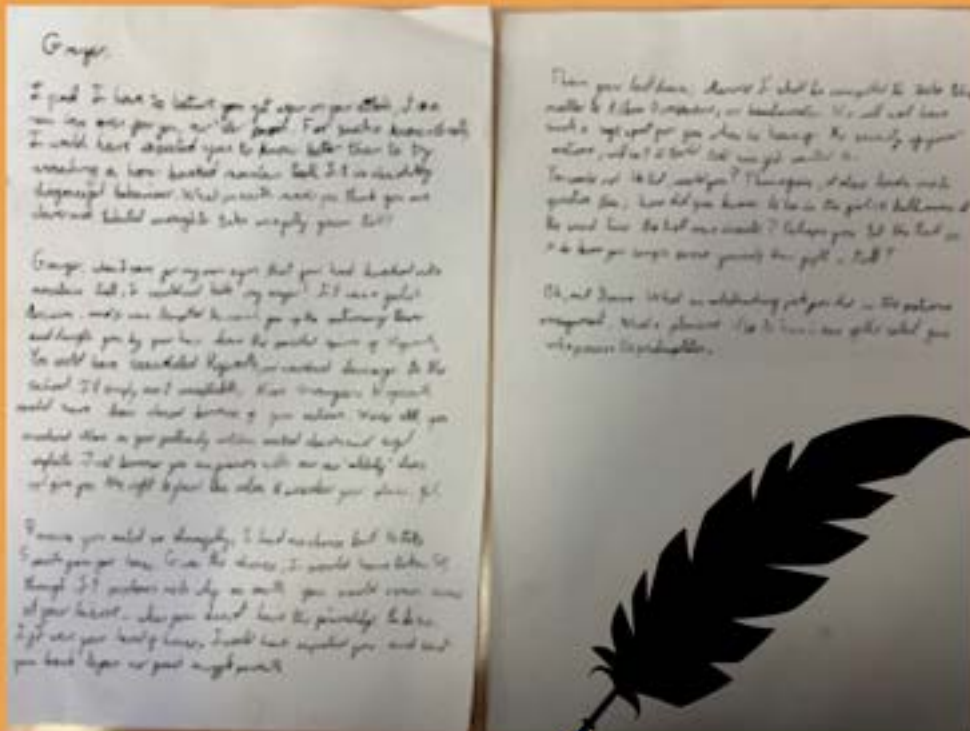
**Monday 19th:** First day back to school

## IN SCHOOL THIS WEEK



Willow Base enjoyed their reading treat on Wednesday; they brought in their favourite toys and pyjamas to watch a movie and play!

# IN SCHOOL THIS WEEK



Well done to Astrid  
for producing such  
outstanding writing!  
She even bought in  
her own quill and  
ink to publish her  
work! Well done  
Astrid.

On Tuesday, the pupils in  
years 3 and 4 had a DT  
day whereby they  
designed different  
varieties of scones,  
flatbreads and muffins.  
They practised techniques  
like rolling, mixing and  
measuring. They chose  
their ingredients and  
evaluated them  
afterwards, proposing  
what they would do  
differently next time.  
They had a LOT of fun!



# IN SCHOOL THIS WEEK

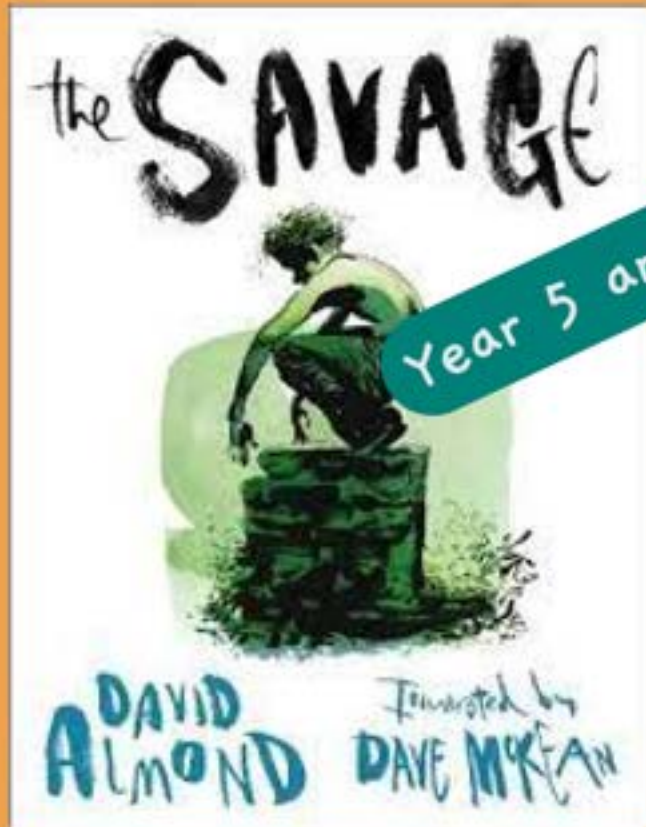
## 3/4 Girl's Football

Well done to all the girls that took part in the friendly football match this week! They played with great teamwork, courage and resilience to work as a team and practice their football skills. They were all particularly praised for their fantastic cheering on, which took place on the sidelines! It was wonderful to see such lovely reciprocity and kindness!

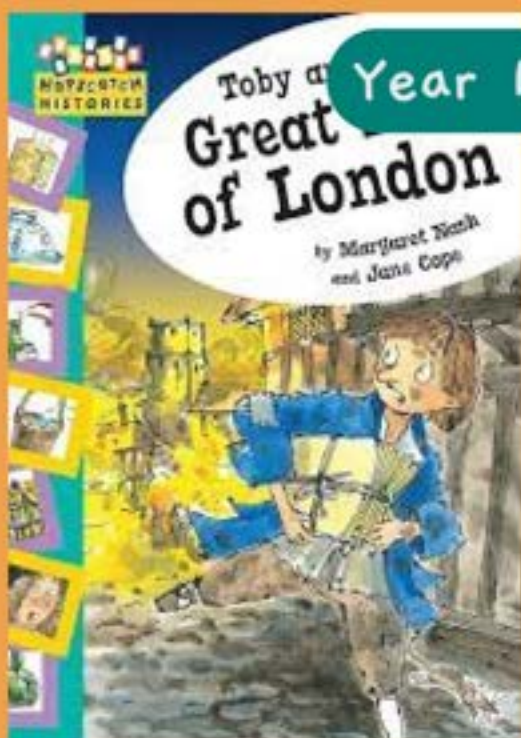
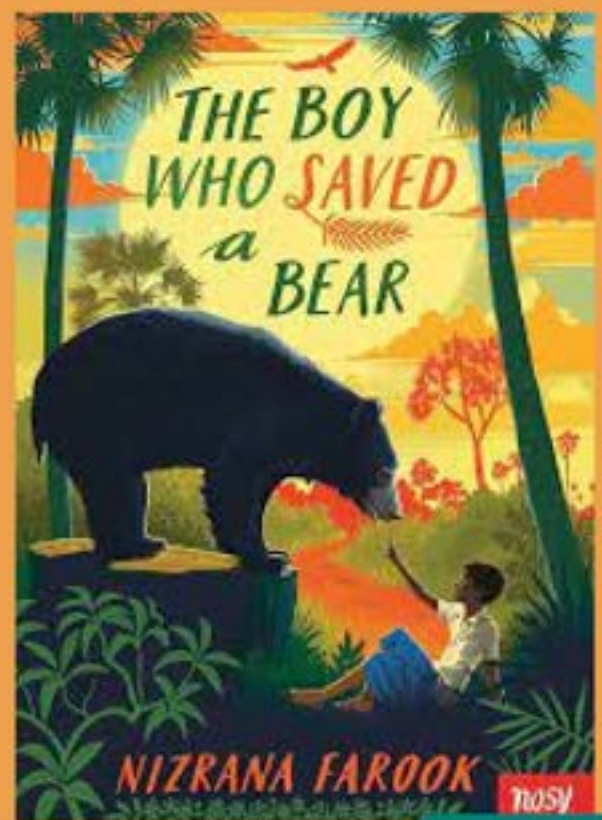


# HALF TERM CHALLENGE

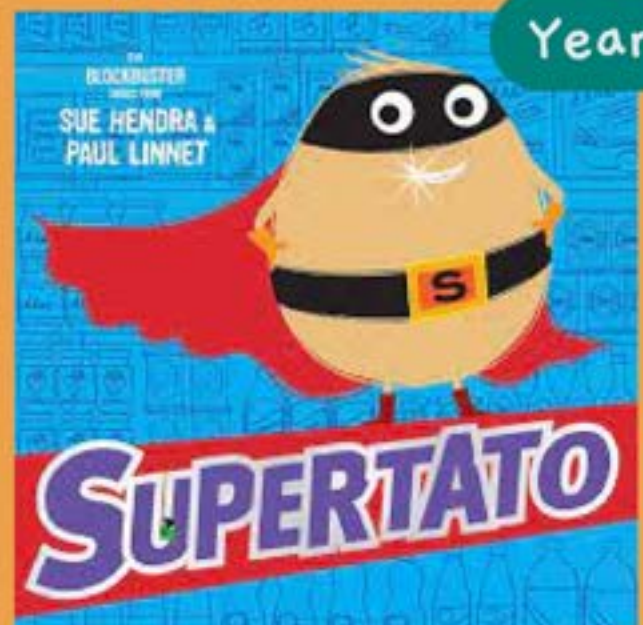
These texts are being used for literacy next term. It would be useful for your children to read them and other books by their authors over the half term break!



Year 3 and 4



Year R



# In School This week



Well done to Astrid and Mai for singing so beautifully in collective worship on Monday. The girls sang 'Dance the night away' absolutely beautifully and we are very proud of their confidence! What a great way to start the week!



On Monday, both departments had assemblies run by 'Young Carers'. The children looked at who young carers are, what they do and how schools supports them.

The young carers services in Southampton is run through the charity No Limits. Young carers can receive 1:1 support, weekly clubs, or holiday clubs. Young Carers are also entitled to a young carers card, which is a form of identification and gets you some discounts around the city. Children can be referred for the card but don't have to engage with the other support if you do not want to.

# IN SCHOOL THIS WEEK

## KSI Aspire Trust Gymnastics

A BIG well done to all the children that took part in the year 2 gymnastics event last Friday! The event took place at Cantell school and involved other schools within the Aspire Trust. The children had a chance to rotate between different activities to test out their gymnastics skills of rolling, flight and balance. It was a fantastic afternoon and the children should all feel really proud of their wonderful behaviour and superb skill and technique shown!



# IN SCHOOL THIS WEEK



Children in the infants have LOVED using their new lap tops - thank you again parents and the HSFF!



Good luck Dance Live!  
On Thursday, the Dance Live team are showcasing their talents at the Portsmouth Guildhall. We wish them LOTS and LOTS of luck!

Next week, to support Safer Internet Day, the local authority will be running a parent webinar explaining Cyber Choices and the risks to young people of committing computer misuse offences.

We will be running this webinar three times throughout next week, at the following times:

Tuesday 6th February 13:00-14:00

Thursday 8th February 09:30-10:30

Thursday 8th February 20:00-21:00

And the invitation details are listed below:

When: Feb 6, 2024 13:00 London

Topic: Cyber Choices for Parents & Carers

Register in advance for this webinar:

[https://us06web.zoom.us/webinar/register/WN\\_w4CZPn-5Sb6PmX5scPyFkA](https://us06web.zoom.us/webinar/register/WN_w4CZPn-5Sb6PmX5scPyFkA)

When: Feb 8, 2024 09:30 London

Topic: Cyber Choices for Parents & Carers

Register in advance for this webinar:

[https://us06web.zoom.us/webinar/register/WN\\_Tpd56MjvSa25L\\_nz5W8Vlg](https://us06web.zoom.us/webinar/register/WN_Tpd56MjvSa25L_nz5W8Vlg)

When: Feb 8, 2024 20:00 London

Topic: Cyber Choices for Parents & Carers

Register in advance for this webinar:

[https://us06web.zoom.us/webinar/register/WN\\_guDQFW6TR8OJWEgg\\_969w](https://us06web.zoom.us/webinar/register/WN_guDQFW6TR8OJWEgg_969w)

After registering, a confirmation email containing further information about joining the webinar will be automatically sent out.



# SAVE THE DATE – THE BIG WALK AND WHEEL



Headline sponsor:

**SCHWALBE\***



## Info sheet

11–22 March 2024

Sustrans Big Walk and Wheel is the UK's largest walking, wheeling, scooting and cycling challenge. It inspires pupils to make active journeys to school, improve air quality in their neighbourhood and discover how these changes benefit their world.



### 15th Big Walk and Wheel challenge

Help us to celebrate the 15th year of Sustrans Big Walk and Wheel and make it the biggest one yet. Active travel is a great way to build physical activity into children's daily routine. It helps them arrive to school more relaxed and alert, and is great for their mental wellbeing too.

This year the challenge will run from **11–22 March 2024**. It is free and easy to take part in Sustrans Big Walk and Wheel. You can register your school for the challenge from January 2024 at [www.bigwalkandwheel.org.uk](http://www.bigwalkandwheel.org.uk).



### How it works

On each day of the challenge schools compete to see who can record the greatest number of pupils walking, using a wheelchair, scooting or cycling to school.

A school's best five days will determine their final position and schools at the top of their leaderboards will receive an exclusive Sustrans Big Walk and Wheel certificate.



### Prizes

All schools will be entered into daily prize draws for rewards if over 15% of your school takes part on each day of the challenge. Prizes up for grabs include accessories and equipment to help your school travel actively.

In 2023,  
**3,096kg**  
of nitrogen oxide  
avoided as a result  
of the 10-day  
challenge\*

In 2023,  
**1,890  
tonnes**  
of CO<sub>2</sub> avoided as a  
result of the 10-day  
challenge\*

In 2023, pupils at  
**1,862**  
schools made  
**2,666,937**  
journeys to school by  
foot, wheelchair,  
scooter and cycle

\*Based on the assumption the journeys logged in the challenge would otherwise have been made by car.

# Love your journey to school



This Valentine's Day, we want you to tell us everything you love about your active journey to school.

To tell us about your journey walking, cycling or scooting to school, you could:

- Take a photo or draw a picture of something interesting or unusual you see along the way.
  - Tell us about your favourite part of your journey – it could be a nice green space or catching up with friends or neighbours along the way.
  - Write us a poem about your journey.
- Bring your bike or scooter for your journey to school and share your photos with us.

It's up to you – let your creativity run wild!



For a chance to win:

1<sup>ST</sup> PLACE

JD Bug Classic Street 120 scooter

2<sup>ND</sup> PLACE

Treasure trail voucher

3<sup>RD</sup> PLACE

Scouting goody bag



Submit your entries by 23 February 2024.

Email [rachel.oliver@southampton.gov.uk](mailto:rachel.oliver@southampton.gov.uk) or post on social media and tag My Journey with your entries, using the hashtag [#LoveYourJourneySoton](https://twitter.com/MyJourneySoton)

See [myjourneysouthampton.com/loveyourjourneytoschool](https://myjourneysouthampton.com/loveyourjourneytoschool)



## Pancake Party

🕒 Tuesday, 13 February 2024  
15:00 - 16:30

📍 Highfield Church, Highfield  
Lane, Southampton SO17  
1RL

We are hosting a pancake party in Open House between 3 and 4.30PM on Tuesday 13 February to celebrate Pancake Day. Come along as a family and invite your friends to share in pancake-themed games and activities. And of course, enjoy eating pancakes!

We will have free time for crafting and playing games, and a time for eating pancakes with a short talk to learn about what Pancake Day is all about and why we celebrate it.

We would love for you to join us for this afternoon of fun!

# What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

## WHAT ARE THE RISKS?

### POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

### MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

### PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

# KEEP SCROLLING

### SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

### COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

### PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

## Advice for Parents & Carers

### ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

### NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

### ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

### MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

### Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and adults, she is also a subject matter expert on RSHE for the Department of Education.



The National College

NOS  
National Online Safety  
#WakeUpWednesday

# Safer Internet Day! 6th February 2024

Open to all Parents! This year's theme as: 'Inspiring change? Making a difference, managing influence and navigating change online'.

Southampton City Council and local partners are running a day of FREE workshops for practitioners and parents. The workshops will feature presentations and Q&A with professionals around subjects including fraudulent activity, young people and gambling/gaming, cyber-crime, domestic abuse, and resources available to support children and young people.

We look forward to welcoming you to the sessions!

Time	Session	Detail	Meeting Joining Link	Facilitator
9am - 10.30am	An introduction to online safety (including reporting concerns and support available) including digital footprint and LADO	This session will discuss how children and young people use the internet and how to keep them safe from abuse. Learning outcomes are that you will understand: <ul style="list-style-type: none"> <li>How children and young people use the internet and technology</li> <li>The risks faced by young people online</li> <li>Types of online abuse</li> <li>How to support children, parents and carers</li> <li>Resources available (e.g. 360-degree Safe Audit Tool for Schools and Early Years, signposting websites, free tools for education settings)</li> <li>Your digital footprint and examples from the LADO</li> </ul>	<a href="#">Click here to join the meeting</a> Meeting ID: 395 208 008 891 Passcode: 8R8eeE	Grace Morris – Designated Safeguarding Lead Trainer and Child Employment and Performance Officer  Jemma Sann – Local Authority Designated Officer
10.50am – 11.40am	Cyber Choices	Keeping Children Safe in Education 2023 recognised the risk to young people of becoming involved in cyber-dependent crime. At SEROCU (South East Regional Organised Crime Unit), we deliver the Cyber Choices programme (signposted in KCSIE) which helps young people to make informed decisions about their online activity. This session introduces you to SEROCU and Cyber Choices, including when and how to make a referral.	<a href="#">Click here to join the meeting</a> Meeting ID: 379 136 002 421 Passcode: xNjPzq	Claire Walden – Cybercrime Education & Partnership Coordinator for the South East Regional Organised Crime Unit
11.45am – 12.45pm	Domestic Abuse and Online Spaces	Domestic Abuse and Online Spaces: exploring the use of social media and online spaces as part of intimate partner abuse with a specific focus on post-separation abuse. This session will also look at how the stresses of online abuse affect a parent and the potential impact on their parenting.	<a href="#">Click here to join the meeting</a> Meeting ID: 319 510 327 236 Passcode: E3BETS	Joanna Bassham – Domestic Abuse and Violence Against Women and Girls (VAWG) Training Lead
13:00 – 14:30	Co-Operative Bank – Online Fraud and Banking Scams	With technology ever-changing, and young people living more of their lives online, scams are getting more and more sophisticated. Young people are often drawn in by fake advertising on social media, caught out by imposters posing as the police of the bank, or feel comfortable trusting people who don't really exist. The aim of this session is to educate on the current scams and fraud risks associated with banking and shopping online - and what to do if things go wrong - including real examples drawn on 15 years of branch banking experience. Subjects covered will include: <ul style="list-style-type: none"> <li>Impersonation scams and how to spot them</li> <li>How to recognise a fake advert online</li> <li>What is Phishing/Smishing/Vishing</li> <li>How to stay safe with online/mobile banking</li> <li>Romance Scams</li> <li>What is money laundering</li> </ul>	<a href="#">Click here to join the meeting</a> Meeting ID: 344 751 047 812 Passcode: ie4U6e	Samuel Gregory – Co-Operative Bank Branch Manager
15:00 – 16:30	Ygam - Gaming & gambling – this is a key workshop which must have a prominent position in final version.	Ygam are an award-winning charity with a clear mission to prevent children and young people from experiencing gaming and gambling harms through awareness raising, education and research. Prevention of these harms may not always be at the top of the pile of public health priorities; nevertheless, they are an increasingly essential part of protecting young people growing up in a digital world. And we know that prevention is always better than cure. Join this 90-minute workshop to learn about some prevalent topics that young people are exposed to in this ever-growing digital world. Topics covered <ul style="list-style-type: none"> <li>Gaming and gambling harms.</li> <li>Blurred lines between gaming and gambling.</li> <li>Mental health and wellbeing.</li> <li>Advertising and sponsorship.</li> <li>How to spot signs of harm.</li> <li>Where to get help and support.</li> <li>How to approach conversations with young people.</li> </ul> <p>Upon completion</p> <ul style="list-style-type: none"> <li>Access our award-winning resources for lessons, 1:1s, and group work all mapped to the PSHE curriculum for KS2-KS5/16+.</li> <li>City &amp; Guilds certificate.</li> <li>City &amp; Guilds digital credential.</li> <li>Access further free training through our Alumni programme, including content on monetisation, cryptocurrency, and lived experience.</li> </ul>	<a href="#">BOOK YOUR PLACE HERE</a>	Sam Starsmore – Ygam

# INFANT CELEBRATIONS THIS WEEK!



## Maple

Leen - for being the reflective rabbit and trying so hard with her handwriting. She has been writing some excellent fact files about polar bears and pandas, and as well as writing some really interesting facts, has tried so hard with her spelling and handwriting-keep it up!

Myla-for showing the school value of respect. She has been really helpful to both the teachers in Maple class and the other children. She has also been trying hard to listen to instructions and get on with her work straight away. Great work Myla!



## Oak

I award Mustafa the golden leaf this week, for showing the golden goal of respect. He has been working really hard during circle times and been so reciprocal. He has also blown me away with his amazing dance moves during PE! Well done Mustafa!

I am also awarding Rosie this week for the golden leaf. She has been demonstrating fantastic maths skills, showing independence when adding number, using the concrete resources. She too was amazing at dance in PE this week! Well done Rosie!



## Beech

Cecile has been very resourceful in DT this week and I have enjoyed watching her think deeply into how she can make her plan come to life. She has used resources effectively to make sure her mechanism works and has made a successful moving picture!

Asher has been incredible recently and a real maths superstar. He is applying his learning and not being afraid to face a challenge. We are so impressed and it is really amazing to see him completing all the extensions in most lessons. Keep up the good work Asher!



## Ash

Joel has been continuing to try so hard in his learning and with his behaviour. He has been super respectful and in the has been the brilliant badger 3 times in the last 3 weeks! I am so proud of your effort Joel, you have been doing such a great job recently!

Bella knight has been super resilient in her learning this week, she has been trying so hard with her new phonics based morning activities and has been making heaps of great progress as a result! Keep up the great work, Bella!



## Willow

Chinonso has impressed the adults in Willow Base hugely this week! her attitude to learning has been fantastic and she has been working so hard with her reading and writing. She has made sure to be the Resilient Rhino when things have been a bit tricky. Keep being super, Chinonso!!

Rian has been working so hard on his communication recently and we are so happy to see him using his words and cards independently! He has settled in so well and has made lots of friends in Willow Base. It is lovely to see him come into school with a big smile on his face. Well done, Rian!!

# JUNIOR CELEBRATIONS THIS WEEK!



## Europe

I have been really impressed with Wilt's independence and resilience this week. I was particularly pleased with the progress that he has been showing me in his reading comprehensions. Well done Wilt, keep it up 😊

Mikolaj has been showing our school values of both respect and courage this week. He has been challenging himself in his learning and even supporting some of his peers too. It is brilliant to see him being so independent, and having such belief in himself. Great job Mikolaj!



## Africa

Tabitha Wood for courage with her writing. Tabitha has really been trying to include as many features as she could in her wonderful diary and brilliant tension writing this week. Tabitha is always challenging herself lots in all her diary writing.

Inayah Durrani for resilience with her writing. Inayah always pushes herself to keep going in her writing and ensuring it is as brilliant as possible. She was so resilient with her wonderful diary entry with so many features and in her tension writing too.



## Australasia

Preston has been the reflective rabbit this week, using similes from his plan to create a wonderful diary entry. He has improved his handwriting and presentation and has also shown some super I:I reading this week. Keep it up Preston!

We would love to celebrate Marcell for trying really hard to improve his writing skills and join his handwriting. He continually shows the school value 'Respect' being polite, kind and helpful to those around him. Well done Marcell.



## South America

Ted Nicolaou: For showing super reciprocity when supporting his partner during this week's RE lesson, and also for brilliant effort in this week's writing in Literacy, which he carefully edited and proofread as he went. A really successful week!

Matilda Wood: For going above and beyond with the effort put into this week's writing task in Literacy. Her final piece of writing was an imaginative, realistic Howler letter written in the style of Dumbledore, which was a real pleasure to read - well done!



## Asia

Well done for a fantastic week Ivy! I have been so impressed with her hard-working, reciprocal and determined approach to all her learning. Ivy always goes out of her way to try her hardest, involve herself in class discussions and be a lovely friend to those around her. These wonderful qualities have seen her produce a PHENOMENAL piece of writing this week, and also support those around her with their word choice and sentence construction too. Her courage to always want to do her best is fantastic to have in the classroom and she should feel so proud of all she has achieved this week!

What another brilliant week it has been for Seb in Asia class! He has come into school each day with a smile on his face and wonderful attitude to learning which has seen him excel across all his subjects. In particular, he has been particularly absorbed within our literacy writing task, and produced an incredibly detailed, engaging and accurate Howler! He has been so resilient to use his range of features in his work and has really captured the 'voice' of Snape within his writing. Well done for all your hard-work Seb!



## North America

Darcey - For having real courage and self-belief when it comes to her learning. Despite challenges, she overcomes them with great determination and resilience.

Freyja - For exhibiting the true meaning of resilience! She been working really hard writing her Howler as well as being a model student to all!