



## HARNHAM INFANT SCHOOL

Saxon Road, Harnham, Salisbury, Wiltshire, SP2 8JZ

Telephone: 01722 327338

Email: [admin@harnham-inf.wilts.sch.uk](mailto:admin@harnham-inf.wilts.sch.uk) Website: [www.harnhaminfants.org.uk](http://www.harnhaminfants.org.uk)



Newsletter 24

**Thursday 28<sup>th</sup> March 2024**

And here ends chapter 4 of this academic year! What a term it has been too – busy and memorable in so many ways, possibly even record breaking with the amount of rain and number of wet plays! The children have been working really hard and it has been lovely to share the outcomes of their learning with parents at the consultation evenings this week. Staff, children and families are now ready for a break so we would just like to take this opportunity to wish you all a lovely holiday. We look forward to seeing you on Monday 15<sup>th</sup> April.

### Menu for week beginning 15<sup>th</sup> April:

<b>Monday</b>	Chicken Fajita with Rice or Tomato Pasta <b>Dessert:</b> Chocolate Shortbread Biscuit
<b>Tuesday</b>	Sausages and Mash or Sweet Potato and Lentil Curry with Rice <b>Dessert:</b> Fruit and Jelly
<b>Wednesday</b>	Bubble Salmon or Pizza with Crinkle Cut Wedges <b>Dessert:</b> Banana Cake
<b>Thursday</b>	Roast Beef or Vegetable Wellington with Yorkshire Pudding <b>Dessert:</b> Chocolate Sponge
<b>Friday</b>	Fish Fingers and Chips or Vegetable Lasagne <b>Dessert:</b> Jam and Coconut Cake

### Celebration Assembly

Due to being a short week, there has not been a Celebration Assembly this week but Invitations have been sent out for the first Friday back after the Easter Holidays. We look forward to celebrating with more children.

### Updated Parent Calendar

In the email sent out containing this newsletter, there is another attachment which is the updated parent calendar for the start of term 5. New dates are shown in red. We will, as ever, endeavour to keep any changes to a minimum.

### Month of the Military Child

For our small (but mighty) number of children who have a parent in the forces, April is the month of the military child. Mrs Batchelor has been in contact with our military families to tell them about our plans to celebrate with the children, including some special artwork and a shared breakfast. If you have any questions about anything, please do email [batchelor@harnham-inf.wilts.sch.uk](mailto:batchelor@harnham-inf.wilts.sch.uk) Thank you.

### For the start of Term 5 – Updated timings of the start of the school day

Don't forget that the timings of the school day are being tightened up for attendance purposes. This is starting to be rolled out formally from Monday 15<sup>th</sup> April. The new timings are as follows:

08.45 Children begin to arrive and go up to class

08.55 Gates shut promptly

08.56 **Registers close**

08.56-09.05 Children arrive and go through the school office. They are marked as **late (L)**

09.05 Any children who arrive after this time are marked as U in the register, which is classed as

**unauthorised**. For any children who have 10 or more unauthorised sessions within 6 months, parents will receive a fine from the Local Authority.

### Parent Support Advisor:

Chris Lister is the Parent Support Advisor for Harnham Infants, and many families benefit from her expertise, support and advice. She can help parents with all sorts of things including difficulties with behaviour, financial matters, family breakdown and bereavement. Chris is also happy for you to get in touch if you're worried or concerned about any school related matters.

You can contact her by email [psa@harnham-inf.wilts.sch.uk](mailto:psa@harnham-inf.wilts.sch.uk) or by telephone 07595217569



### Dates for your diaries:

Here are some important things coming up over the next few weeks:

Whole School	
17.4.24	HSA Non-uniform day for Chocolate
17.4.24, 7.00pm	HSA AGM Meeting – details to follow
26.4.24	HSA Chocolate Bingo Event – details to follow
Year 1	
19.4.24	Year 1 Visit from Zoolab
26.24.24, 3.30pm	Year 1 Phonics Screening Information for parents

### News from the HSA:



**WEDNESDAY 17<sup>TH</sup> APRIL 2024**  
**7PM • HARNHAM INFANT SCHOOL**

**ALL WELCOME TO ATTEND IN PERSON  
OR ONLINE VIA THIS TEAMS LINK**

**MEETING ID: 370 290 209 593**  
**PASSCODE: zTVp8C**

*We will also be holding the general HSA meeting straight after the AGM, which you are all most welcome to attend too*

Here is the TEAMS link if you would like to join the HSA meeting online:

**Microsoft Teams** [Need help?](#)

[Join the meeting now](#)

Meeting ID: 370 290 209 593

Passcode: zTVp8C

• WEDNESDAY 17<sup>TH</sup> APRIL 2024 •

# NON SCHOOL UNIFORM DAY

PLEASE BRING IN A CHOCOLATE ITEM TO  
DONATE TO THE CHOCOLATE BINGO NIGHT

This could be a single bar or a box of chocolates, whatever you can spare,  
**BUT IT MUST BE NUT FREE.** Dairy free/Gluten free/Vegan items welcomed too!





Tickets will go on sale on Monday 15<sup>th</sup> April  
through the School Gateway App

EVERYONE IS WELCOME AT THIS FAMILY FUN-RAISER!

# CHOCOLATE BINGO!



• **FRIDAY 26<sup>TH</sup> APRIL 2024** •  
**HARNHAM JUNIOR SCHOOL**

DOORS OPEN 5.45pm | EYES DOWN AT 6.15pm | BINGO ENDS 8.30pm

**£3 per person** – includes a Bingo Book (6 games)  
additional Bingo Books may be purchased on the night

**PRE-BOOKING ONLY – LIMITED TICKETS AVAILABLE!**  
**BOOK EARLY VIA THE SCHOOLS PAYMENT APPS!**

Please only book via one school payment app for your entire family

**CASH ONLY!\***  
SO DON'T FORGET  
YOUR COINS!

**BAR & TUCK SHOP AVAILABLE**

SERVING ALCOHOLIC & SOFT DRINKS AND SNACKS

YOU ARE WELCOME TO BRING YOUR OWN FOOD **BUT WE HAVE A ZERO NUTS POLICY**

**WE NEED YOUR CHOCOLATE DONATIONS PLEASE!**

Both schools will be holding a non school uniform day on  
Wednesday 17<sup>th</sup> April in exchange for a chocolate item  
– this could be a single bar or a box of chocolates, whatever you can spare,  
**BUT IT MUST BE NUT FREE.** Dairy free/Gluten free/Vegan items welcomed too!

\*We will hopefully be able to offer cashless payments on the night, but there is no guarantee



**RUN ON BEHALF OF BOTH SCHOOLS,  
THE HSA ARE DELIGHTED TO OFFER A**

# **FREE COSTUME LIBRARY**



**IF YOU NEED A COSTUME FOR A SCHOOL TREAT DAY,  
WORLD BOOK DAY, OR ANOTHER SCHOOL EVENT  
THEN WE WOULD LOVE TO TRY AND HELP YOU**

We have a small range available to borrow, so simply:

**POP US A MESSAGE INCLUDING YOUR CHILD SIZE**

(ideally via the school Facebook pages or via the school reception)

**WE LET YOU KNOW WHAT WE HAVE AVAILABLE IN YOUR SIZE**

**WE THEN ARRANGE TO GET THE COSTUME TO YOU VIA SCHOOL**

All that we ask for in return is that, once you have finished with the costume – there is no limit to how long you can keep it for – that you return to school (clean and washed) so that another child can then enjoy it.

*If you have any outgrown costumes you would like to donate then we would love to receive them, simply drop them off at either school reception (clean and washed) and we will do the rest.*

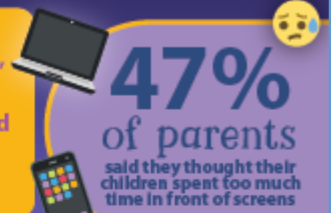




At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one topic of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech - related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



# What parents need to know about **SCREEN ADDICTION**



## HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

## LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

## LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



## CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

## APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



## Top Tips for Parents



### LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

### LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

### REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

### LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

**52%** of children aged **3-4**  
go online for nearly **9hrs** a week

**82%** of children aged **5-7**  
go online for nearly **9.5hrs** a week

**93%** of children aged **8-11**  
go online for nearly **13.5hrs** a week

**99%** of children aged **12-15**  
go online for nearly **20.5hrs** a week

### STATISTICS

Children and Parents Media Use and Attitudes Report 2016

### ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

### MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

SOURCES:  
<https://www.independent.co.uk>, Children and Parents Media Use and Attitudes Report 2016, <https://www.ofcom.gov.uk>, <http://valbut.net/indesigner/how-app-developers-use-addictive-to-users-phones>, Journal of Youth Studies <https://www.tandfonline.com/doi/full/10.1080/10667089.2016.1171487>, University of Leeds, <https://research.leeds.ac.uk/news/2016/11/23/parents-worried-about-childrens-screen-time>

From our School Caterers:

SO MUCH VALUE IN

# YOUR SCHOOL LUNCH



Hampshire  
County Council

Education Catering



All our milk, cheese, beef, pork, and fresh chicken is 100% British, and we work with select farmers and growers who have the highest animal welfare and environmental standards and continually raise the bar for our customers.



Coloured icing on biscuits and cakes is **natural**, made from **vegetable juice colouring**.

## QUALITY

is about more than just what a product is made from, it's about how it was made and where it comes from.



Our rice is a blend of brown wholemeal grains and white rice, increasing the fibre content of the meal.



We have added **PLANT POWER** (additional veggies) to **over half of our menu**. These added nutrients benefit pupils and protect the planet.



Our homemade bread mix is a **50:50 mix with wholemeal**, increasing your child's fibre intake.

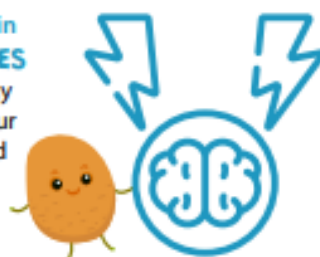
## YOU WON'T FIND JUNK FOOD ON OUR MENUS!

Your children's favourite dishes may not be perceived as healthy, so we adapt the recipe, to make them healthier.

Our ingredients **DO NOT** contain genetically modified (GM) foods or hydrogenated vegetable oils (also known as artificial trans-fats).



Our chips contain **CARBOHYDRATES** providing energy which power your child's brain and the body.



## FOOD TO FLOURISH®

This is not just school lunch but an education catering lunch designed for your child to flourish.



HEALTHIER THAN YOU THINK


## WEEK 1 MENU

HEALTHIER THAN YOU THINK

## WEEK 2 MENU


HEALTHIER THAN YOU THINK

## WEEK 3 MENU




These are not just chicken nuggets but with **30% ADDED CAULIFLOWER**, our innovative crispy nuggets help your child increase their vitamin C.

**PLANT POWER**




This is not just a burger but a **VEGETABLE-BASED PROTEIN-PACKED MEAT FREE BURGER**, which helps muscles grow and develop. Served with chips from British potato growers.

**PLANT POWER**




This is not any old sausage but a **VEGETABLE-BASED PROTEIN-PACKED MEAT FREE SAUSAGE**, which helps muscles grow and develop.

**PLANT POWER**




Not minced fish fingers but **OMEGA 3 FILLET FISH FINGERS**, containing fish oil which is good for a healthy heart.

**MADE IN GEMS'S**




Not minced fish fingers but **OMEGA 3 FILLET FISH FINGERS**, containing fish oil which is good for a healthy heart.

**MADE IN GEMS'S**




Not minced fish fingers but **OMEGA 3 FILLET FISH FINGERS**, containing fish oil which is good for a healthy heart.

**MADE IN GEMS'S**



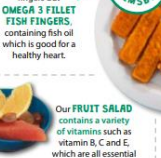
Our **YOGHURT** provides an essential daily portion of dairy, rich in calcium and vitamin D, essential for strong bones and teeth and growth.

**YOGHURT SERVED EVERY DAY**




Our **YOGHURT** provides an essential daily portion of dairy, rich in calcium and vitamin D, essential for strong bones and teeth and growth.

**YOGHURT SERVED EVERY DAY**




Our **YOGHURT** provides an essential daily portion of dairy, rich in calcium and vitamin D, essential for strong bones and teeth and growth.


**YOGHURT SERVED EVERY DAY**




Our **FRUIT SALAD** contains a variety of vitamins such as vitamin B, C and E, which are all essential in your child's diet.



Our **FRUIT SALAD** contains a variety of vitamins such as vitamin B, C and E, which are all essential in your child's diet.




Our **FRUIT SALAD** contains a variety of vitamins such as vitamin B, C and E, which are all essential in your child's diet.




This is not any old pizza; it's **HANDMADE IN OUR KITCHENS**. Using 50:50 white and wholemeal flour for the base, we spread them with tomato coulis, rich in vitamin C to help your child's immune system keep them well, and top with calcium rich Somerset cheddar for strong bones and teeth.

**GREAT TASTE WATER WEALTH**



This is not any old pizza; it's **HANDMADE IN OUR KITCHENS**. Using 50:50 white and wholemeal flour for the base, we spread them with tomato coulis, rich in vitamin C to help your child's immune system keep them well, and top with calcium rich Somerset cheddar for strong bones and teeth.

**GREAT TASTE WATER WEALTH**



This is not any old pizza; it's **HANDMADE IN OUR KITCHENS**. Using 50:50 white and wholemeal flour for the base, we spread them with tomato coulis, rich in vitamin C to help your child's immune system keep them well, and top with calcium rich Somerset cheddar for strong bones and teeth.

**GREAT TASTE WATER WEALTH**

**In the Community: (Please note that community notices are not endorsed by our school, they are simply information sharing)**

A parent in our school community has asked us to let you know about the following website and initiative. Here is the website link and a link to join a Harnham Families Whatsapp group:

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



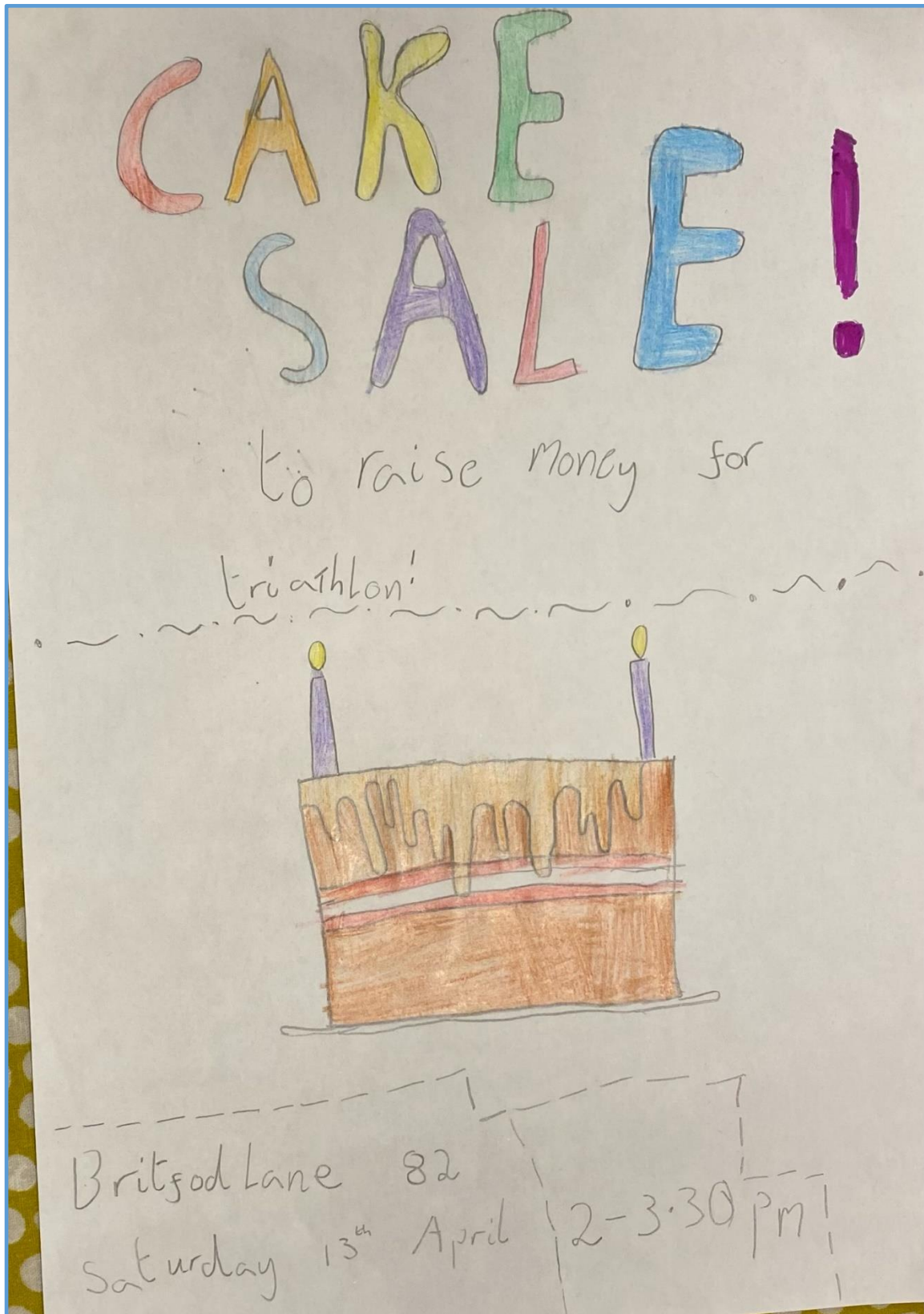
# SMARTPHONE FREE CHILDHOOD

Open this link to join my WhatsApp Group: <https://chat.whatsapp.com/DXIWbtwnv5ILMVaq2WuDuW>



### Previous Pupils' Fundraising Initiative

We have been asked to also advertise a fundraising initiative being completed by Cecily and Rose – Year 3 pupils at Harnham Junior School. They are taking part in a triathlon and hosting a cake sale to raise money for a charity called Restless Development. They support young people to become leaders and change their local community. Here is a link if you would like to find out more: <https://restlessdevelopment.org/>



## From the National Trust:

We received the following email to share with you:

*Hello there,*

*This year, Mompesson House is one of 18 National Trust sites across the whole country to receive funding for the Festival of Blossom. We've got some free activities for the community and some free with entry to the house.*

*From now until the 4<sup>th</sup> June, we've got free trails of the Cathedral Close (attached). These are designed to be inclusive to children with SEND and people with dementia, and we worked with the Sensory Trust to create these. They include 10 sensory activities themed around nature to do in the Cathedral Close and talking points to spark memories.*

*We've also got a lot of workshops and activities at Mompesson House. These culminate in a "Party in the Garden" for May half term, which will have free activities such as seed bomb making, flower crown making and rose petal perfume making as well as sensory play stations around the garden. There's more information about the events here, we have things on every week from now until June [\[Festival of Blossom\]](#) | [\[Wiltshire\]](#) | [National Trust](#).*

*We're also offering free early entry bookings for people who need a quieter environment, these are available at the above link.*

*Thanks so much for your time and please do reach out if you have any questions for us.*

**National Trust**

# Festival of Blossom at Mompesson House

**For everyone**  
This blossom map and sensory trail is designed to be inclusive to everyone regardless of age or ability.

**Buzz, buzz**  
The free Salisbury Bee Trail takes you around a selection of Salisbury's parks and gardens. Find out more at [www.kingdomofsticks.com/bee-trail-info](http://www.kingdomofsticks.com/bee-trail-info)

**Community**  
As part of our Festival of Blossom celebration, Mompesson House is donating blossom trees to some of Salisbury's community gardens. They are great places to enjoy nature in and you can find some of them here:

- 'Roots & Shoots' at Arundells
- The Secret Garden at Bourne Hill
- St Clements Churchyard on Mill Road
- Eastern Garth Project at Salisbury Cathedral

**Salisbury's Cathedral Close blossom map and trail**

Share the power of blossom by tagging your photos with **#BlossomWatch**

©National Trust 2024. Registered charity no. 203846. ©National Trust Images



## Blossom in the Cathedral Close

### Map and sensory trail

You can do the trail in any order. Take as long as you need - nature will always be there!  
Each tree has a sensory activity and a conversation starter

**pear**  
Touch the grass with your feet or hands. Why not roll on the grass?  
soft grass underfoot, picnics, a lawnmower

**cherry**  
Which tree is your favourite? Take a picture of it or think of a way to remember it.  
playing games outside, feeling tired

**common lime**  
Can you hear any birds? The QR code will play the sound of a goldfinch.  
bird feeders, garden birds, morning birdsong

**field maple**  
Make a sound with a tree. Press up close for a chat, hit the trunk, or rustle the branches to make a noise.  
rustling branches, stormy weather

**elder**  
What can you smell around you?  
rain on dry ground, cut grass, flowers

**tulip tree**  
What can you hear around you? Can you hear people, cars, wildlife, wind?  
noisy traffic, peaceful mornings

**crab apple**  
Touch the rough bark of a tree. How does it feel?  
soft petals, dew drops, wind on your face

**bird cherry**  
Can you make a sound like a bird? The QR code will play the sound of a blackbird.  
telling stories and gossiping, smiling faces

**hawthorn**  
Look around. How many different colours can you find?  
light shining through the trees

**plum**  
Smell a tree. Does the trunk smell differently to the leaves or flowers?  
in a forest, rough bark and soft petals, crunchy leaves

Changing Places toilet (Lush House car park), 0.2 miles, 5 mins  
Train Station, 0.6 miles, 12 mins  
Bus stops (Blue Boar Row) 0.3 miles, 8 mins

It takes around 10 minutes to walk from the top to the bottom of the Cathedral Close.  
The paths marked on the map are paved.  
There are benches all around the Cathedral Close. The longest section without benches is the stretch at the bottom left of the map, from Salisbury Museum to the picture of the cyclist.  
The quietest places in the Cathedral Close are around the elder, tulip and hawthorn trees.

## What next?

### Discover spring in the Cathedral Close

**Mompesson House**

From now until **4 June**, as part of the Festival of Blossom there will be workshops and activities free with entry at Mompesson House. Find out more at [nationaltrust.org.uk/visit/wiltshire/mompesson-house](http://nationaltrust.org.uk/visit/wiltshire/mompesson-house)

From **22 April**, you can join a volunteer-led walk around the route of our blossom map and trail.

Mompesson House will also provide one day a week of free early entry for families with members who have special educational needs or dementia. This will be the normal house experience, but much quieter and with very limited numbers. These sessions are available to book on our website.

**Salisbury Cathedral**

**3 and 4 April:** Family spring crafts. Butterflies, bumble bees and bugs, let your little one's imagination run wild. Suitable for all ages. Crafts are free and you do not need to book ahead.

**6-12 April:** Our Beautiful Earth: a special exhibition in the Cathedral Library illustrating the creation story.

**Sarum College**

**17 May:** From Rabia to Rumi (£70, includes lunch and refreshments). 10am to 4pm. Encountering Islam through Sufi tales and poetry. More at [sarum.ac.uk/short-courses](http://sarum.ac.uk/short-courses)

**Thank you to the following groups for their assistance**

Thank you to players of **People's Postcode Lottery**

**Alzheimer's Society**

**Sensory Trust**

**James Clerk Maxwell**

© National Trust 2024. Registered charity no. 205846. © National Trust Images