



## HARNHAM INFANT SCHOOL

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Newsletter 4

### Friday 26<sup>th</sup> September 2025

We have come to the end of another week at Harnham Infant School and what a fantastic week it has been! Our EYFS children were loving their Forest School session today, looking for little insects to take care of. Year 1 were learning as a whole year group, exploring their senses as part of their Science learning and Year 2 have also been discovering how to be an eco-warrior since Miss Dorrington decided to drop litter all over the school! Do make sure you check your child's seesaw account for an update from the class teacher.

It was also lovely to have the first celebration assembly of the school year today. What a privilege to reward children for demonstrating what amazing learning looks like at our school. We look forward to seeing you all for more of the same next week. Wishing you a lovely weekend!

### School Dinners – week beginning 29<sup>th</sup> September 2025

	Choice of Main Meal	Served with...	Choice of Dessert
<b>Monday</b>	Margherita or Vegetable Pizza Vegetable Curry with Rice Jacket Potato and choice of fillings Baguette with choice of fillings	Green Beans Sweetcorn Salad bar Homemade Bread	Ice Cream and Fruit Fruit Yoghurt
<b>Tuesday</b>	Chicken Fajita with Nachos Neapolitan Tomato Pasta Jacket Potato and choice of fillings Baguette with choice of fillings	Steamed Rice Carrots and Cabbage Salad bar Homemade bread	Oaty Fruit Crunch and Custard Fruit Yoghurt
<b>Wednesday</b>	Sausage stuffed Yorkshire Pudding Cauliflower Cheese Loaded Yorkshire Jacket Potato and choice of fillings Baguette with choice of fillings	Mashed potato Peas, carrots and gravy Salad bar Homemade bread	Lemon and Courgette Drizzle Cake Fruit Yoghurt
<b>Thursday</b>	BBQ Chicken, Margherita or Pepperoni Pizza Jacket Potato and choice of fillings Baguette with choice of fillings	Broccoli Sweetcorn Salad bar Homemade bread	Jam Sponge and Custard Fruit Yoghurt
<b>Friday</b>	Fish Fingers or Fishcake Cheese and Tomato Quiche Jacket Potato and choice of fillings Baguette with choice of fillings	Chips Peas or Baked Beans Salad bar Homemade bread	Chocolate Cookie Fruit Yoghurt

### Celebration Assembly

Congratulations to Zakwan – Bee, Florence – Woodpecker, Mila – Squirrel, Jonathan – Dragonfly, Freddie – Badger and Victoria – Owl who were on the celebration bench this week. We are so proud of you all! Invitations to Celebration Assembly are sent out on a Friday for the following week, plus a reminder the day before. Please check your email inbox carefully. We look forward to celebrating with more children and their parents next week.

## **Parking**

We would like to politely remind you that Saxon Road is a permit only road and there is no access to the staff car parks at either the infant or the junior school for parents. We have noticed an increasing number of parents choosing not to follow these rules and park in the school car parks, especially at breakfast and after school club drop off and pick up times. **Please, for the safety of everyone involved, do not drive up Saxon Road and park on school site.** We would hate for any accidents and potentially serious injuries to happen.

## **Class Dojo Treat**

Congratulations to the **Squirrel Class** who have reached 1000 dojo points! The squirrels have chosen to have a pyjama day with their teddies on **Tuesday 30<sup>th</sup> September**. Mrs Allexant requests that children wear trainers / shoes with their pyjamas so that everyone can still play outside safely. Thank you.

## **EYFS Forest School – Friday 3<sup>rd</sup> October**

As it is individual school photographs, please can the EYFS children come to school dressed in their school uniform next Friday, 3<sup>rd</sup> October, including jumpers and cardigans. Parents can choose whether to send in Forest School clothes for the children to change into after their photograph has been taken or the children can wear their wet weather clothes over their school uniforms before going to the forest. Thank you.

## **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

## **Do you have...?**

If any families have any spare or unwanted white bed sheets, Mr Brownsey would be very grateful for them to be used in our Forest School provision. Please give them directly to him or to the school office. Thank you in advance for your help.

## **School Dinners**

Please may parents check that their child's intolerances and allergies are up to date with school grid when ordering their school dinners. If any of your child's circumstances change, please may you also notify the school office so that school records can also be updated accordingly. Thank you.

## **New 2 You**

Just to let you know that our New 2 You uniform shop will be available for you at Parents Evenings on 20<sup>th</sup> and 21<sup>st</sup> October if you are needing some extra items of uniform for your child.

## **Parent Consultation Evenings**

Don't forget to book your appointment to meet with your child's class teacher for Parents Evening on Monday 20<sup>th</sup> and Tuesday 21<sup>st</sup> October. You can do this using Arbor. If you have any difficulties doing this, please do speak to a member of the admin team. We look forward to seeing you.

If you have a concern about your child or they are on the SEND register at Harnham Infant School, and would like Mrs Pike, our SENDCo to join your appointment, please email her directly to arrange this [lpike@harnham-inf.wilts.sch.uk](mailto:lpike@harnham-inf.wilts.sch.uk) Thank you.

## EYFS New Entrant Health Reviews and National Child Measurement Programme

Just a reminder to EYFS parents to complete the Health Questionnaire available at this link: <https://forms.chathealth.nhs.uk/index.php/113111?lang=en> Please note that this link is only open for one more week and the school nursing team would be very grateful for your reply. Letters and further information about this was sent home to parents with last week's newsletter. Thank you.

### Letters sent out this week with the newsletter:

- Year 1 Pirates Love Underpants – Theatre Trip Letter
- Year 2 Watermeadows Trip Letter

### Attendance

Weekly whole school attendance:	95.63% ↓ from last week	Number of late marks in the Registers:	24 ↓ from last week
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### Upcoming Dates: (dates in bold are new)

Whole School	
29.9.25	Harnham Croft Visit
30.9.25	Coffee and Chat – meet the Wellbeing Team
1.10.25	Community Forest School Event – see poster
2.10.25	Autumn Census Day
3.10.25	Individual School Photos
14.10.25	Wellbeing team – Supporting your child with school drop offs workshop
20.10.25 and 21.10.25	Parent Consultation Evenings
22.10.25	Teacher Training Day – school closed for children
EYFS	
15.10.25, 2.00pm	Stay and Phonics / Read
Year 1	
17.10.25, 9.00am	Stay and Feast
Year 2	
WB 13.10.25	Trip to Harnham Water Meadows – details to follow
21.10.25, 9.00am	Stay and Phonics / Read



The poster features a central illustration of a coffee cup with steam rising from it, next to a speech bubble. Above this is the text 'COFFEE AND CHAT' in a red, curved font. Below the illustration, it says 'Meet our Wellbeing Team' in a black font, followed by 'Tuesday 30<sup>th</sup> September' and '8:45 am - 09:30am in the school hall' in a smaller green font. A photograph of four women standing together is placed below the text. At the bottom, there are two paragraphs of text: 'Friendly, informal chat about how we support children & families at Harnham Infant School.' and 'Ask questions · Meet others · Enjoy tea, coffee & cake!'. The background is light yellow with decorative orange and yellow shapes.

**COFFEE AND CHAT**

Meet our Wellbeing Team

Tuesday 30<sup>th</sup> September  
8:45 am - 09:30am in the school hall

Friendly, informal chat about how we support children & families at Harnham Infant School.

Ask questions · Meet others · Enjoy tea, coffee & cake!



Harnham Infant School warmly invite you to join us at our

# Community Forest School

Wednesday 1<sup>st</sup> October, 10am-12pm

Do you have a child or children under 5, then why not come along to our FREE forest session where we will be offering a range of fun forest based activities including pond dipping, willow weaving, find the animal activities and a fire pit! Plus a snack and drink will be provided.

**Everyone must come appropriately dressed – this includes wearing long sleeves and long trousers, suitable footwear, sun hats and sun cream if it is sunny, waterproof trousers and coats if its wet.**

Parents, Grandparents, Childminders and all most welcome – you do not have to be a current Harnham Infant school family to attend – we can't wait to meet you all!



**Please book a space by scanning the QR Code!**

# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

## WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

## REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

## GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

## Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



**NOS** National Online Safety®  
#WakeUpWednesday

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**In the Community:** Please note that our school is neither involved with, or endorsing the use of the services being advertised below. They are for families to access at their own discretion. Thank you.

# What makes a better snack?

**Snack tember**

**MORE!**

vegetables and fruit for vitamins and minerals

**MORE!**

wholegrains, beans and pulses for fibre

**LESS!**

saturated fat, salt and sugars for better health

THAT'S A LOT!  
HOW DO I DO IT ALL?



ONE BITE AT A TIME!  
LOOK, I'LL SHOW YOU...



**EXPLORE**

... more vegetable snack options!

Try some raw vegetables such as cauliflower, peppers or sugar snap peas.

**TRY**

... a wholegrain version of one of your snacks!

Have wholemeal bread for toast or a sandwich.

**MAKE**

... your own better version of a snack.

Have a go at making Pizza muffins or Homemade popcorn.



Take a look at these recipes!

[www.nutrition.org.uk/snack-tember-2025](http://www.nutrition.org.uk/snack-tember-2025)

**Better snacking. One bite at a time.**

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# Public Consultation Event

Tuesday 30th September

19:00—20:30

## Bathing Water Status Application

QUEEN ELIZABETH GARDENS  
SALISBURY

We invite you to a presentation on the proposed application, followed by an opportunity to share your feedback and questions.

**VENUE 19:00—20:30**

Quaker Meeting House, 51 Wilton  
Road, Salisbury SP2 7E

Consultation Survey Link



### How can you help ?

Let us know your thoughts on bathing water status for Salisbury. Take 3 minutes to complete the online form.

For more information :





## AMESBURY

**Where:** Amesbury Baptist Church  
Amesbury, SP4 7SN

**When:** Thursday 2<sup>nd</sup> October

**Time:** 4-6 Years - 4.15-5.45pm  
6-18 Years - 4.30 - 7.30pm



Salisbury & Amesbury

## FREE TASTER SESSION

Help your child discover the performing arts!

To join us for a FREE Taster session scan the QR code or enrol at [www.stagecoach.co.uk/salisbury](http://www.stagecoach.co.uk/salisbury)

## SALISBURY

**Where:** Greentrees Junior School,  
Salisbury, SP1 3PG

**When:** Saturday 4<sup>th</sup> October

**Time:** 4-6 Years - 11.15-12.45pm or  
13.45-15.15pm  
6-18 Years - 2.00-5.00pm

### Stoptober: Let's Quit Together



Stoptober is a national campaign that encourages people to quit smoking for 28 days.

Research shows that if you stay smokefree for four weeks, you're five times more likely to quit for good.

Smoking remains the leading cause of preventable illness and death, and quitting is one of the best things you can do for your health, wellbeing, and finances.

Quit together and team up with a friend, family member, or colleague and support each other through a quit attempt.

Get help from Health Coaches and access the Smoke Free app for support. If you live or work in Wiltshire, you can get six months' free access to the Smoke Free app, which includes:

- 24/7 on-demand support from NCSCT-trained advisors
- nicotine replacement products delivered by post (up to 12 weeks)
- vape codes (up to 12 weeks, age 18+)
- tools to track health improvements and money saved
- games and distractions to help you stay on track

# Harvest appeal



## Help support your food bank this Harvest

In the three weeks leading up to Harvest, the food bank will provide over 550 food parcels for local individuals and families facing hardship.

### Donate food



Donate an item or two from our shopping list, ensuring we can provide food for people facing hardship in your community.

### Donate money



Help to cover the costs of storing and distributing food, as well as developing sustainable projects.

## Shopping list

Tinned meat/fish

Tinned potatoes

Tinned tomatoes

Tea/Coffee

Sponge/packet pudding

Rice pudding/custard

Jam

Fruit juice (long life)

Milk (long life)

Biscuits/ Snacks

**Unit 6B Ashfield Trading Estate,  
Salisbury, SP2 7HL 01722 580173**  
info@salisbury.foodbank.org.uk  
salisbury.foodbank.org.uk

Registered Charity in England & Wales (1190323)

