

18th November 2022



# Year 4 News



## Assistant Headteacher Update

Last week, after two years of parents' evenings over Zoom, it was lovely to see you all in person coming into school to meet your child's teacher. For some of you, it was the first time you had actually been into school and it was wonderful to see your reactions first hand when you saw how much the environment has changed.

Year 4 have settled in fantastically after their half term break and we are unbelievably proud of how they conducted themselves on their recent Geography fieldwork trip to Ferry Meadows as well as the visit to the British Museum in London.

In Geography, we have been learning about the physical features of rivers including: how fast the water flows, how wide their banks are, whether it meanders, the wildlife present and the plants growing in or nearby. The children are now experts at applying their understanding of physical features in order to identify what stage a river is at. We have also had a fantastic opportunity to apply this learning to a real life context when we carried out our own fieldwork on both the physical and human features present on the River Nene. The children collected their data using a range of methods: photographs, drawings, tally charts, maps, keys and observations, which they were then able to use once we were back at school to form their own conclusions. We were then able to make comparisons between the River Nene and River Nile in Egypt, including how it supported life in Ancient Egyptian times. Our trip to the British Museum was also an opportunity to further our understanding of how the Ancient Egyptians lived, by exploring a number of artefacts and primary sources. The children loved being able to decipher the hieroglyphics, as well as seeing what a real sarcophagus looked like!

Within reading, we have started our new text, 'The Wild Robot,' an engaging science-fiction fantasy about a robot who is stranded on an island with no human inhabitants. This week we have been getting to know the main character, Roz, through applying the skill of character inference.

In maths, we have progressed onto learning about the area of 2D shapes and surfaces. Children have had the opportunity to calculate, draw and compare the area of a number of rectilinear shapes.

We would also like to thank you for your continued support as we have once again raised money for the Royal British Legion through the Poppy Appeal. This week we have also taken the opportunity to remind everyone to reach out and show each other the support we need during anti-bullying week. We have, amongst other things, worn odd socks to celebrate what makes us all unique. Finally, thank you to everyone who helped raise a fantastic amount of money today for Children in Need. It was a delight seeing so many of the children in their bright clothes or Pudsey themed items, walking around the school. We should have worn our sunglasses!

18th November 2022



# Year 4 News



## Photos of us





18th November 2022



# Year 4 News



## Photos of us





30th September 2022



# Year 4 News



## What we have to say....

*'I have been really enjoying our geography lessons because we've learnt about the human and physical features of rivers. We went to Ferry Meadows to do our field work and learn more about the River Nene. We also learnt how the Ancient Egyptians used the River Nile to help grow crops' Zach, Tokyo*



*'I really liked the visit from Anglia Water and learning about the water we drink. We learnt how to use water efficiently, we could do this by not leaving the tap running when brushing our teeth. This wastes 15 litres, I know because we did an experiment to show us this. In class, I have loved learning about Egypt and the Egyptians. The river Nile is the second longest river in the world.' Sebastian*



*'I really enjoyed our Year 4 visit to 'The British Museum.' My favourite artefact that I saw there was the skeletons in their tombs. I noticed that one mummified body must have been of a rich person because they were buried with beads from jewellery and had a colourful sarcophagus.' Iris, Beijing*



## REMINDER

Please make sure you send your children to school with a healthy lunch and snacks.



## Key Dates



**World cup dinner** - 21st Nov  
**National Christmas jumper day** - 8th December  
**Flu Vaccinations** - 8th December  
**Christmas dinner** - 14th December  
**Christmas Fayre** - 19th December 3.30-5pm  
**Last day of term** - 21st December 12.30 finish



# Hampton Vale Primary Academy

*'Education is the key to unlocking the world,  
a passport to freedom.'*

## Are you looking for a reception school place for your child?



We offer...

- A highly successful and knowledgeable early years team that put the wellbeing of all children at the centre of their practice.
- An immersive curriculum that promotes excellence within all areas of learning.
- Specialist teaching teams for PE, Art, Performing Arts and Forest School lessons.
- A well resourced and beautiful learning environment that includes recently renovated classrooms and an outdoor role play garden to provide outstanding outdoor learning opportunities.



We also have limited spaces within our highly popular nursery setting. Our friendly and dedicated nursery team provides the highest levels of childcare in a beautiful, immersive and engaging early years setting for the autumn term.

We offer term time childcare between the ages of 2-4 and we also accept 15 and 30 hour government funding.

Please contact our school office to arrange a tour of our school  
or visit our website to find out further information.

**01733 247000 | [www.hvp.org.uk](http://www.hvp.org.uk)**





# MULTI-SPORTS CLUB



Every Friday from 3.15-4.15pm  
@Hampton Vale Primary Academy

Every Friday starting  
4th November for 7  
weeks. For **Years 1-6**  
3.15-4.15pm  
£35 for 7 sessions  
Limited spaces

Across the 7  
weeks, the children  
will play a variety  
of sports including  
football, capture  
the flag, dodgeball,  
basketball and  
more.



**Email to book:**

**leosports2022@gmail.com**

Leo sports is run by  
Mr Collins



**@Leo Sports**



@ Hampton Vale Primary Academy



Wednesday 21st December

12:30-3:30PM

Years 1 to 6



The children finish school on the  
21st December at 12:30PM.  
Come along to a fun afternoon of sports and  
games!

Book Now @

[leosports2022@gmail.com](mailto:leosports2022@gmail.com)



Leo Sports



# LEO SPORTS AFTERNOON



# What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health – so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



## 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

## 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

## 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

## 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

## 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

## FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

**Childline:** talk to a trained counsellor on 0800 111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**National Bullying Helpline:** counsellors are available on 0845 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 000 5000

## 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

## 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

## 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

## 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

## 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



**NOS**  
**National Online Safety**  
#WakeUpWednesday





Oak Activities Ltd  
Tel: 01487 465002  
Email: [info@oakactivities.com](mailto:info@oakactivities.com)  
Web: [www.oakactivities.com](http://www.oakactivities.com)

The Bungalow  
Northgate  
Pinchbeck  
Spalding  
PE11 3SQ

### **Holiday Activity & Food Programme at Southfields Primary School**

Oak Activities are proud to announce that this Christmas we will be partnering with Peterborough Council to support them in delivering their Holiday Activity & Food Programme (HAF). The Department of Education funded scheme is being run by Peterborough County Council. These sessions are not delivered by the school; we are helping to promote them to ensure you are aware of the opportunity. The activities will be delivered by Oak Activities.

As well as taking part in the activities, the children will also receive a free hot lunch each day to keep their energy levels high and maximise the fun that they will have with their friends. All of this totally **FREE OF CHARGE**.

We are truly excited about being able to give the children this opportunity to be active in a fun and safe environment this Christmas.

#### **Course information –**

The programme is aimed solely at children eligible for Free School Meals and will provide these children with days of fun and engaging multi-sport activities as well as performing arts and well-being sessions.

**Venue:** Southfields Primary School

**Dates:** 20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup> of December

**Time:** 10:00 – 14:00

#### **How to sign up**

The course is based on a first come first served basis and we can take up to 30 children on this course for Christmas. To confirm your space for the course, please click on the link below to sign up to the programme.

<https://bookwhen.com/oakactivities-multisportcamps>

Use the discount code **HAF** when booking to take the cost to zero, all bookings will be vetted by Peterborough Council and all children booking **MUST** be in receipt of benefits related free school meals.

Once your place is booked, we will be in contact after the to provide you with your child's food options for the event.

We hope you are as excited as we are about this and look forward to seeing you during the Christmas break!

Issues or questions? Contact [matt.nelson@oakactivities.com](mailto:matt.nelson@oakactivities.com)

Matthew Nelson and all the team at Oak Activities





Oak Activities Ltd  
Tel: 01487 465002  
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Web: [www.oakactivities.com](http://www.oakactivities.com)

The Bungalow  
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Spalding  
PE11 3SQ

### **Holiday Activity & Food Programme at Old Fletton Primary School**

Oak Activities are proud to announce that this Christmas we will be partnering with Peterborough Council to support them in delivering their Holiday Activity & Food Programme (HAF). The Department of Education funded scheme is being run by Peterborough County Council. These sessions are not delivered by the school; we are helping to promote them to ensure you are aware of the opportunity. The activities will be delivered by Oak Activities.

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We are truly excited about being able to give the children this opportunity to be active in a fun and safe environment this Christmas.

#### **Course information –**

The programme is aimed solely at children eligible for Free School Meals and will provide these children with days of fun and engaging multi-sport activities as well as performing arts and well-being sessions.

**Venue:** Old Fletton Primary School

**Dates:** 22<sup>nd</sup>, 23<sup>rd</sup>, 30<sup>th</sup> of December & 3<sup>rd</sup> of January

**Time:** 10:00 – 14:00

#### **How to sign up**

The course is based on a first come first served basis and we can take up to 30 children on this course for Christmas. To confirm your space for the course, please click on the link below to sign up to the programme.

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Issues or questions? Contact [matt.nelson@oakactivities.com](mailto:matt.nelson@oakactivities.com)

Matthew Nelson and all the team at Oak Activities



First Session 08:30-15:00 Tuesday, 18 October 2022  
Second Session 08:30-15:00 Thursday, 8 December 2022  
An E-Consent link will be sent out next week.



# flu: 5 reasons to vaccinate your child



## 1. Protect your child

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

## 2. Protect you, your family and friends

Vaccinating your child will help protect more vulnerable friends and family

## 3. No injection needed

The nasal spray is painless and easy to have

## 4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

## 5. Avoid costs

If your child gets flu, you may have to take time off work or arrange alternative childcare

For more information visit  
[www.nhs.uk/child-flu](http://www.nhs.uk/child-flu)

Flu **i**mmunisation

Helping to protect children, every winter