

18th November 2022



# Year 5 News

## Assistant Headteacher Update

**Science:** Throughout this week, each class has started a new unit of learning in science. We have been looking at materials and their properties. We set up an investigation to find out whether different materials were absorbant, conductive or magnetic. We first made a prediction then tested these.

**Writing & Reading:** We are now coming to the end of our third writing unit where the children have written an information text all about Mexico. We have been very impressed on how the children have made links and have applied the knowledge acquired in History and Geography lessons. We have also been reading a non-fiction text called 'Mayan civilisation' where the children have been practising their retrieval skills!

**Maths:** Year 5 have started to look at fractions and have looked at fraction walls, number lines and bar models. as well we abstract forms, to help understand the relationships between different fractions. We will then be moving onto adding and subtracting fractions in the following weeks.

**Swimming:** myself and the teaching staff have been immensely proud to hear how well the children have done in P.E. The children have behaved impeccably and have been complemented by several people: the swimming instructors praised how polite, respectful and attentive the children are and have really enjoyed teaching them so far. Even the coach driver had something to say: *"The children have been wonderful. Polite, well behaved and friendly. It is not very often I see such respectful children in this profession"*. He also went on to say that it was to the extent that he went home last week and told his wife how brilliant our children are. Astounding!

I hope you have a wonderful weekend and we look forward to our next series of learning starting on Monday.

### REMINDER

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



## Key Dates

**World cup dinner - 21st Nov**

**One Day Creative: 6th December 2022**

**National Christmas jumper day - 8th December**

**Christmas dinner - 14th December**

**Christmas Fayre - 19th December 3.30-5pm**

**Last day of term - 21st December 12.3 finish**



18th November 2022



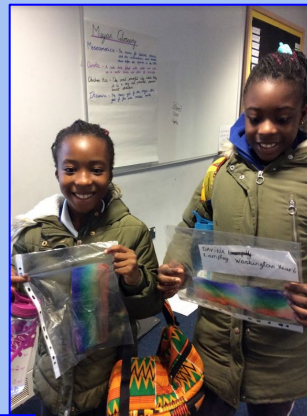
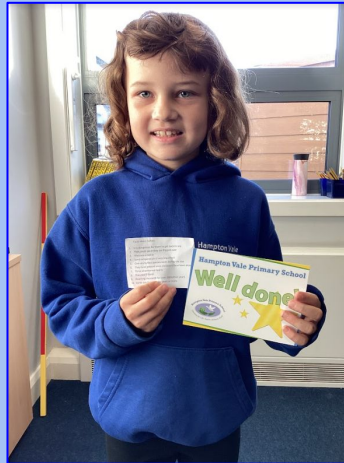
# Year 5 News



## Photos of us.

### National Science Day

On the 14th of November we celebrated national science day. We had a really exciting assembly and Mrs Lartey set the children lots of science challenges to do at home including looking at capillary action in paper towels and how to make a bouncy egg using vinegar. So many Year 5 children took part and won prizes. Well done Year 5!





18th November 2022



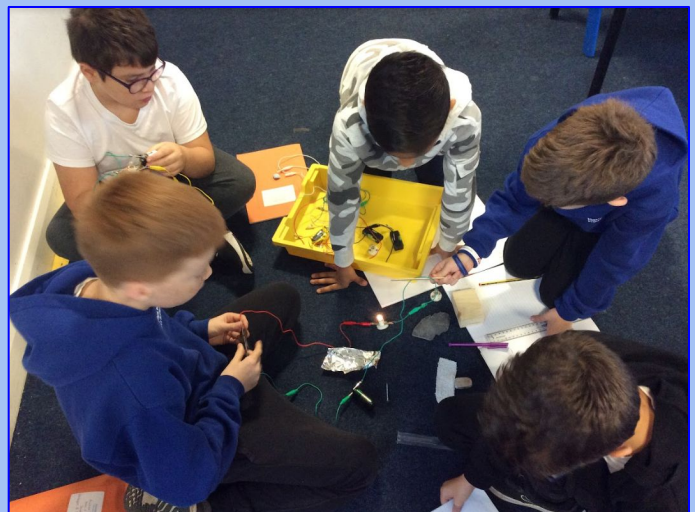
# Year 5 News



## Photos of us.

### Properties of materials

Here we are testing the electrical conductivity, magnetism and absorbency of a range of materials







# 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)**



@ 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





# 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



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



# 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.

Ch@tline: talk to a trained counsellor on 0800 1111 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 800 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 eating behaviour of young people in the UK, USA and Australia.



**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  
Northgate  
Pinchbeck  
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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#### **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**

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Matthew Nelson and all the team at Oak Activities