

# HANNAH BALL SCHOOL

WEEKLY NEWSLETTER 12TH MAY 2023



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## Message from Mr Hingley

I was listening to the radio this week and there was a really worrying article about energy drinks. These drinks are very popular, mainly for teenagers but I know that some younger children are also having them. On average they contain 17 teaspoons of sugar and 31mg of caffeine - the equivalent to one cup of coffee. They are known to increase restlessness and anxiety and doctors have used the analogy that having an energy drink is like sitting in a ferrari and revving up the engine, without actually travelling anywhere.

I thought it would also be helpful to share this article on healthy eating habits <https://www.nidirect.gov.uk/articles/healthy-eating-children> which contains some useful information and guidance.

As a school we are providing free fruit snacks for Reception and Key stage 1 as well as a free breakfast for every child in the school. Your children in Reception and KS1 are also allowed a free school meal. This is a great start to the day for your children and supplementing this with a sensible diet at home will help children with both their learning and their behaviour.

Please don't hesitate to contact the school if you need any further advice. If you feel that you are struggling financially and would benefit from a food bank referral, please contact us. This will be treated in the strictest confidence but may well help in the short term.

### Uniform reminder

Please find details about our uniform on our website

<https://www.hannahball.bucks.sch.uk/assets/Documents/Attachments/School-Uniform-List.pdf>

We ensure that this can be bought cheaply from different outlets and although some if it is branded (ie with the Hannah Ball School logo) we provide the option of buying uniform without the logo as this is cheaper. Please make sure that the PE uniform is adhered to. This is a plain white t-shirt, black shorts, black jogging bottoms, black sweatshirt and trainers. Your children should not be wearing hoodies, patterned or colourful jogging bottoms and tops.

Please also make sure that your child is not wearing earrings. There is time in the summer holidays to have ears pierced.

We do require earrings to be taken out please as your child should not be wearing these to school.

**The truth about energy drinks**

Each can of energy drink can contain up to 17 teaspoons of sugar!

**Possible side effects**

- Insomnia
- Nervousness
- Diarrhoea
- Headache
- Rapid heart rate
- Hypertension
- Anxiety
- Caffeine addiction

**Caffeine facts...**

- Caffeine dehydrates the body, so if you are drinking energy drinks, make sure to drink plenty of water!
- Consistent consumption of caffeine can make you become addicted.
- Teens who have sedentary lifestyles i.e. many hours on the computer, at significant risk of obesity if they drink energy drinks regularly.

**Tips to stay healthy!**

- Don't drink more than one per day!
- Take a break! Can you go 48 hours without a can?
- Try replacing your usual energy drink with a bottle of water

**The added sugar in energy drinks can also lead to tooth decay!**

www.nidirect.gov.uk

# Star of the Week



## RECEPTION

Our star of the week is Zubayr for settling so well into Reception

## YEAR ONE

Paige who continues to do very well in both English and Maths, and Maria who keeps trying her best in tasks.

## YEAR TWO

Noah for having a more positive attitude towards his learning and trying hard with his preparations for SATs next week.

## YEAR THREE

Micaely. She is always willing to learn and is like a sponge when it comes to learning new things. Her reading and English is developing and has gone up a level in Swimming. Bem feito!

## YEAR FOUR

Filip for interacting so well during guided reading and sharing his real life experiences relating to the text. You have really grown in your confidence and this is starting to show during discussions in other subjects too. Keep this up!

## YEAR FIVE

Harry, for excellent research on the Coronation and improved concentration in French

## YEAR SIX

All of year 6 for the resilience and effort during SATS week. You've all done your best and we're so proud of you!

# ATTENDANCE MATTERS

It is the Department of Education/Ofsted that dictate attendance below 95% is poor and that below 90% is 'persistent absenteeism'. The reasons for this have been made clear before; good attendance is vital for the success of pupils and their wellbeing. Our own school data, as well as that issued nationally, makes clear that poor attendance results in poorer outcomes for children.

## The Law

**Children must attend school under the Education Act 1989 (revised). Poor attendance at school can result in one or more of the following:**

- a Parenting Order
- an Education Supervision Order
- a School Attendance Order
- a fine (sometimes known as a 'penalty notice')

*Parents should understand that attendance is an issue for too many children at our school – This impacts on outcomes for children individually and the school as a whole.*

## Regular attendance questions we receive.....

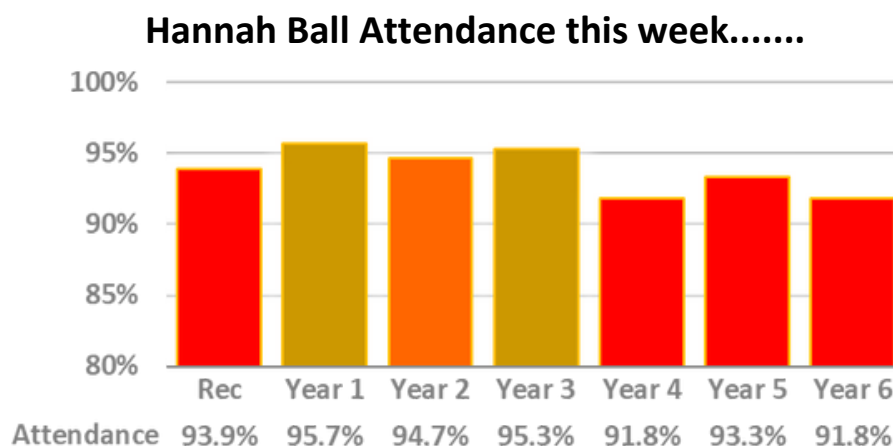
### ***They are only children; does it really matter?***

The fact is that children who attend school for less than 95% of the time underperform significantly and have ominously reduced lifetime opportunities.

### ***But my child has been ill and I have told you this?***

Absence is absence, and impacts on a child's learning and wellbeing, regardless of the reason. This is clear in the actions taken under national policy. Whilst we have utter respect for parents who state that absence has been a result of specific unavoidable illness, this does not negate the fact that their child has been impacted by it, or that the policy applies to all. A child, who is absent due to intermittent illness, has missed the same amount of time as a child who has been absent as a result of a parent's failure to bring them to school for unauthorised reasons.

If a parent is subjected to a fixed penalty notice (fine), this can be appealed against on medical grounds, but it should be noted that the absence is not ignored owing to circumstance and may not be seen as 'good reason' in court without specific, long term, medical support and evidence.



## MESSAGE FROM THE TEACHERS AND STUDENTS

### RECEPTION

Reception have been watching our caterpillars grow and grow.

They have been eating at an alarming rate and three out of the five caterpillars have now gone into their chrysalis in preparation for turning into a

beautiful butterfly. The children continue to enjoy learning about the story of the Hungry Caterpillar - do ask the children to tell you all about it.

They might even act out the story for you. Please continue to read with your children and go over their Harder to Read and Spell words.

### YEAR ONE

In Maths we made a great start on our new topic: Mass and Volume. This week we have been looking at heavier and lighter.

In English we learnt words ending in -ed from the story of the Last Wolf.

We continue to do phonics and guided reading. In Science we learnt and labelled the different parts of the plant and in RE we

learnt about Shabbat. In

Computing we continued to learn about coding and have a few to-do tasks on Purple Mash to complete by next Wednesday.

Our Year 1 continue to have Music and French lessons every Wednesday.

Our Stars of the Week are Paige who continues to do very well in both English and Maths, and Maria who keeps trying her best in tasks.

## YEAR TWO

This week in Year 2, the children have been continuing to prepare for their SATs papers; they are all doing really well. In English, we have continued to look at the text 'The Street Beneath my Feet'. The

children came up with a range of adjectives to describe different places from the book. Then they wrote fantastic setting descriptions using these adjectives.

In Maths, the children started their new topic, 'Fractions'. They learnt about equal and unequal parts and how to recognise half of an amount. In Topic, the children were looking at High Wycombe in the 1930s and how it has changed over time.

They looked at the differences and the developments over the years. Finally, in Science, the class were learning about animal habitats around the world. We discussed about how animals are suited and adapted to their habitats, for example, polar bears have thick fur to survive in the Arctic.

Well done for working hard this week Year 2!

## YEAR THREE

This week in year 3, we have been having fun learning about what the stem of a plant does in Science. We carried out an experiment which showed us how

stems absorb the water, using celery and food colouring to give us our results. In English, we have started writing a fiction narrative that is based on our book called Rhythm of the Rain. Year 3 are learning about fractions and we are using them to find out an amount from whole numbers in Maths. Mathematics is important to do, it helps pupils build on their knowledge from what they have learned in their classroom. I

would like Year 3s to be doing this every day, their logins are in their planners. Any problems please let myself or the office know.

Looking forward to a new week next week. Miss Stickland

## YEAR FOUR

This week year have been busy innovating in English. After researching their own mythical creatures to replace the dragon in 'How to train Your Dragon', they have now used this research to embed into their English writing. I can't wait to read their finished pieces. In Maths, the class have been learning all about tenths as decimals. I have set some work around this on Mathletics as homework, so please complete this. In Art we are making a start on Viking Runes and will be using these to create Viking swords and shields. Year 4 have also been busy practicing their timetables in class. Please can you keep up with this at home (everyday) as the Year 4 timestables check assessment will take place in the week commencing 5th June 2023. Well done year 4 for a great week. Have a lovely weekend.

## YEAR FIVE

We hope you all had a lovely long weekend and enjoyed the Coronation and celebrations that took place.

This week, Year 5 have been researching the events that took place during the Coronation of King Charles III and Queen Camilla. They have been writing non-chronological reports about the Coronation and history around the special regalia that was worn and used during the service. We have been very impressed by their work so far. Thank you to those children who used their homework to research the Coronation as well. This helped to cut down the research time and add some other topics to their report.

In Maths we have completed Area and Perimeter and are now moving onto a new topic: Statistics. Mathematics this week will have some statistics activities activated to introduce you to the topic.

We once again had the Chiltern Rangers and Forest Schools take a session on Thursday. Some of your children continued to help build and paint the pond life area and create pieces of art work to place around the pond area and school.

Homework this week:

Learning activity: Find facts about Wild Weather throughout the World.

Mathletics: A range of different activities have been set including our next topic - Statistics

Spellings: to do with our Science Unit

Reading: Continue to read and record - house points are given out.

Thank you Mrs Guy and Miss Dear



## YEAR SIX

Well done year 6 for the incredible resilience and effort shown during SATS week. We have all been so impressed with them and know they have all done their best. Year 6 have definitely enjoyed their afternoon today where they had a chance to play football and watch a movie to relax after their exams!

We are excited for next week, where we will not only be continuing with our class text and resuming lessons but we will also begin to look at our year 6 production. We can't wait to get started!

I hope you all have a lovely and relaxing weekend - it's definitely well earned.



**Please remember that we are a collection point for the One Can Trust. Donations can be dropped into the basket in our main reception area. This local foodbank supports many of our families in time of need so please do take time to have a look at the urgent needs list below.**

**Urgent Needs**  
5-5-23

**Toilet Rolls**  
**Tinned Meat Meals**  
**Tinned Fish**  
**Tinned Veg**  
**Tinned Pulses**  
**UHT Milk**  
**Deodorant**  
**Nappies (sizes 5 & 6 only)**

**Sorry we can't accept:**  
Alcohol, homemade food, frozen or refrigerated items,  
out of date items or opened packets.

**ONE CAN TRUST : FOOD PROGRAMMES**

**one can COOK**

Join us for a **FREE** 6 week course and learn some simple kitchen hacks, easy cookery skills and healthy and inexpensive meals.

**Wednesday Evening's**  
6:30 - 8:30pm  
Hills Café  
**162 Micklefield Road, High Wycombe HP13 7HA**

If you would like to book onto our course please contact the Food Programmes Team on: [food.programmes@onecantrust.org.uk](mailto:food.programmes@onecantrust.org.uk) or call us on: 01494 512 277

**What's cooking?**

<b>26th</b> April	<b>Minestrone</b> <b>Soda Bread</b>	<i>Introduction</i> <i>Health &amp; Safety</i>
<b>3rd</b> April	<b>Pan Pizza</b> <b>Homemade</b> <b>Tomato Sauce</b>	<i>Kitchen skills</i>
<b>17th</b> May	<b>Veggie Curry</b> <b>Naan Bread</b>	<i>How many meals?</i>
<b>24th</b> May	<b>Stir Fry</b> <b>Fruit Crumble</b>	<i>Supermarket Hacks</i>
<b>31st</b> May	<b>Veg/ Mince</b> <b>Pie and Gravy</b>	<i>Batch Cooking</i>
<b>7th</b> June	<b>TBC</b>	<i>Recap</i> <i>Certificate</i>

# DATES FOR YOUR DIARY

Date	Event	Who?
<b>May 2023</b>		
Mon 15th May	YR1 Phonics Parents Meeting	Parents of Y1
Mon 22nd May	Teaching Talons	Rec, Y1 & Y2
Tuesday 23rd May	Tempest Photography - Class Photos	Whole School
Fri 26th May	End of half term (Normal finish time)	Whole School
<b>June 2023</b>		
Mon 5th June	INSET DAY – School Closed	Whole School
Tues 6th June	Start of half term – School Opens	Whole School
Thursday 22nd June	Charlie & The Chocolate Factory	Year 3
Wednesday 28th June	Matilda Theatre Trip	Year 4
<b>July 2023</b>		
Tues 4th July	Transition day	Whole School
Wed 5th July	Transition day	Whole School
Fri 21st July	End of Summer Term (Timings tbc)	Whole School
<b>September 2023</b>		
Mon 4th September	Start of Autumn Term (tbc)	Whole School