

Starfish Class



This week, Starfish class have been reading the story 'Scarecrows Wedding'. They made their own scarecrows to scare off the birds and scarecrow puppets so they could act out the



story. The children really enjoyed pretending they were a scarecrow and singing the Dingle Dangle Scarecrow song. Have they sung this to you at home? In our small world area, the children played with a farm made from mud. This has been a very popular activity with the children, measuring how much mud they need to fill the containers, talking about plants and flowers and what they need to grow, as well as getting messy!

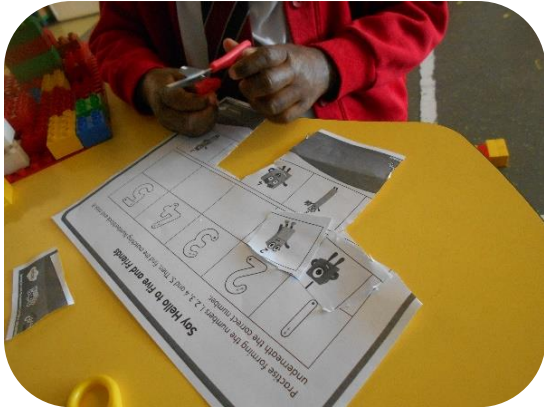


With the scarecrows getting married it was also a great opportunity to talk with the children about their own special events and family celebrations.



Hinguar Primary School and Nursery is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.

Seahorse Class



This week, Seahorse Class have been designing their own seahorses by finger painting. As they painted, they explored the shapes, patterns and colours they created. Later in the week, the children continued to



explore with paints, this time using brushes on natural resources. The

children described the resources they painted as 'bumpy', 'spiky', 'prickly' and 'bobbly'.



As the weather has become chillier and wetter, the children have enjoyed listening to the wind and rain. Outside they have been using their wellies and umbrellas to experience the Autumnal weather. We have explored the theme of Autumn by creating leaves and trees from a range of coloured paper. We have learnt about hibernation and which animals sleep during the colder seasons. This led onto a game of Honey Bear, Honey Bear, where has your honey gone? In













Maths, we have been counting forwards and backwards; We have also been matching numerals to the corresponding Numberblocks character. The children have been working hard to write their names and draw patterns into sand. This week during lunch, the children began to play on the big playground. They have enjoyed seeing their siblings, cousins and older friends. What a super week Seahorses x



Hinguar Primary School and Nursery is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.



Oyster Class

Oyster Class Autumn Weather				
Monday 27 th	Tuesday 28 th	Wednesday 29 th	Thursday 30 th	Friday 1 st
September	September	September	September	October
				
				

This week in Oyster Class, we have been thinking about seasonal changes. We

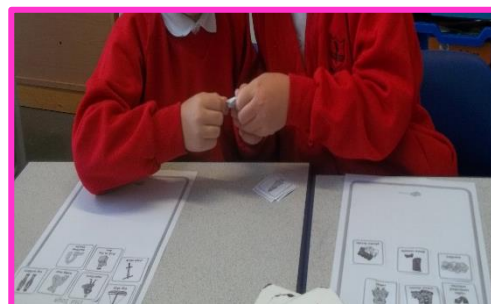
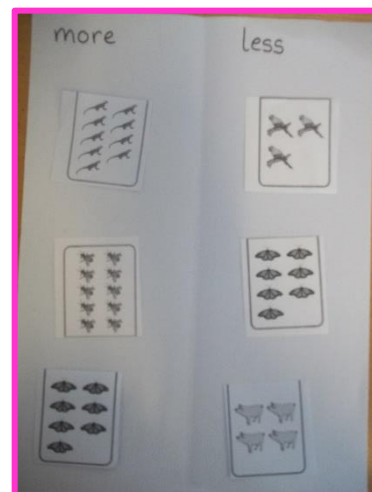
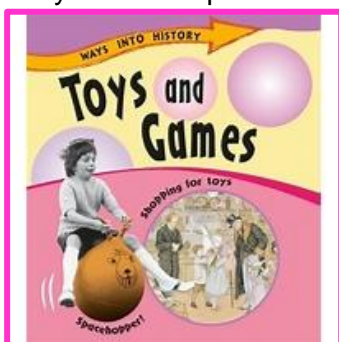
went for a walk around the school grounds looking for signs of Autumn. We created some seasonal tree paintings and completed a weather diary.



In maths, we have been comparing amounts and using the inequality symbols.



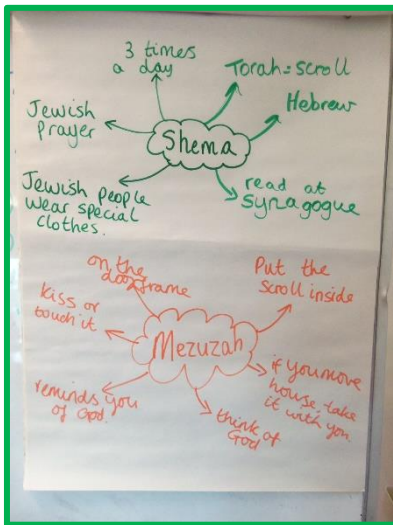
For English lessons this week, we have started looking at non-fiction books about toys and games. We have also considered how toys have changed, sorting examples of toys from the past and modern toys.



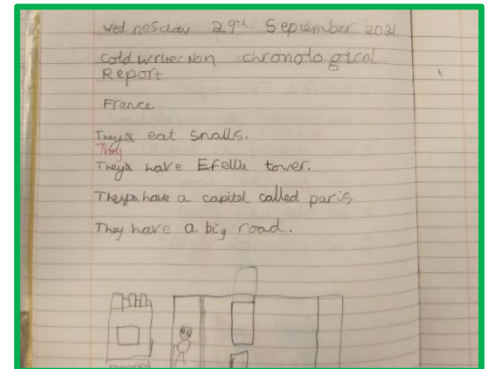
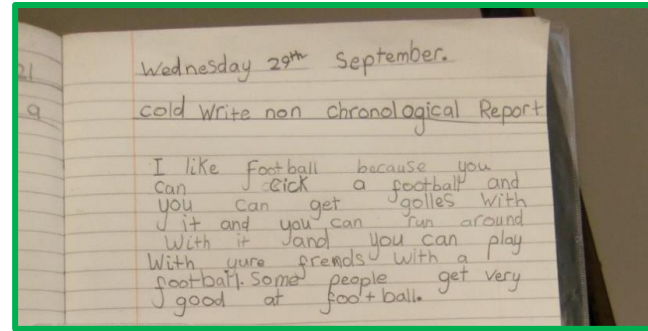
Hinguar Primary School and Nursery is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.



Seagull Class



In year 2 this week, we have started learning about non-chronological reports. In maths, we have learnt about place value and numbers. In IT, we have been coding and debugging programs and in RE we continued with Judaism and how people pray to God. Have a wonderful week, Seagulls!

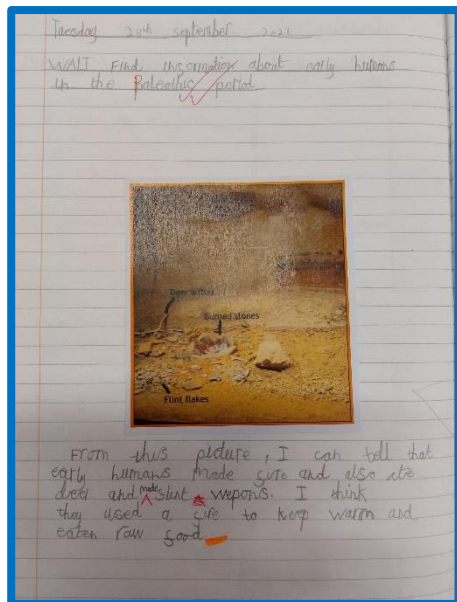


Heron Class

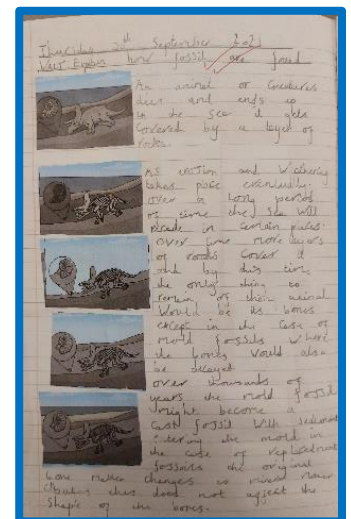
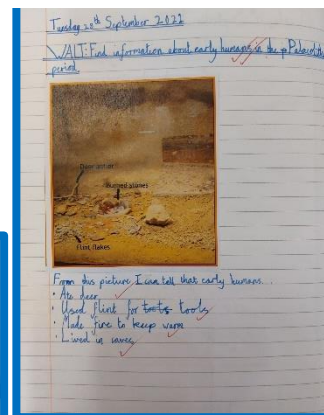
Example	what you need to add	Your Plan for your game
Game Instructions Number of players: 2-4 Playing time: 10 minutes Aim of the game: To be the first to get the most points. The aim is to get the most points. The aim is to get the most points. The aim is to get the most points.	What you will need 1. A box of 100 small stones. 2. A box of 100 small stones. 3. A box of 100 small stones.	How to play 1. The aim of the game is to be the first to get the most points. The aim is to get the most points. The aim is to get the most points. The aim is to get the most points.
How to play 1. The aim of the game is to be the first to get the most points. The aim is to get the most points. The aim is to get the most points. The aim is to get the most points.	Substituting The aim of the game is to be the first to get the most points. The aim is to get the most points. The aim is to get the most points. The aim is to get the most points.	How to play 1. The aim of the game is to be the first to get the most points. The aim is to get the most points. The aim is to get the most points. The aim is to get the most points.

Hinguar Primary School and Nursery is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.





This week, Year 3 have been very busy Herons! They have been historical detectives, looking for clues about how cavemen lived in the Stone Age and have applied their knowledge of warm and cool colours and different tones to create fantastic collages of Stone Henge. They have also learned how fossils are formed in their science lessons and begun their unit on addition in Maths. In English, they finished their unit of writing on Instructions and are looking forward to learning how to write recounts next week. Another brilliant week and I am so proud of all the children – amazing work, Herons! Keep it up! Mrs Emmings and Mrs Tarling



Curlew Class

It's been another fantastic week in Year 4.

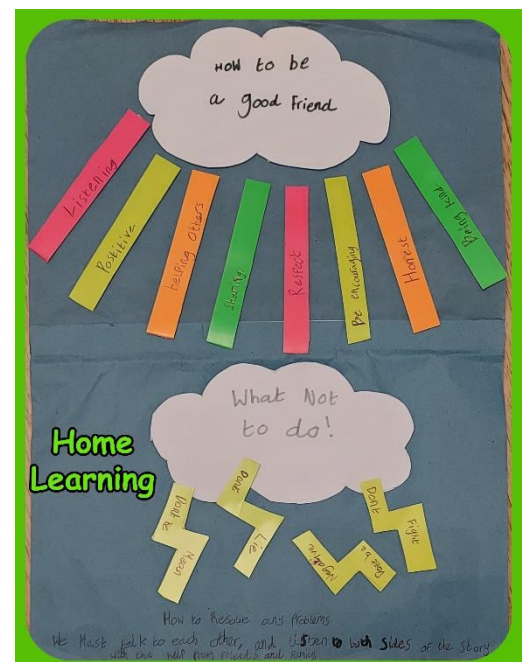
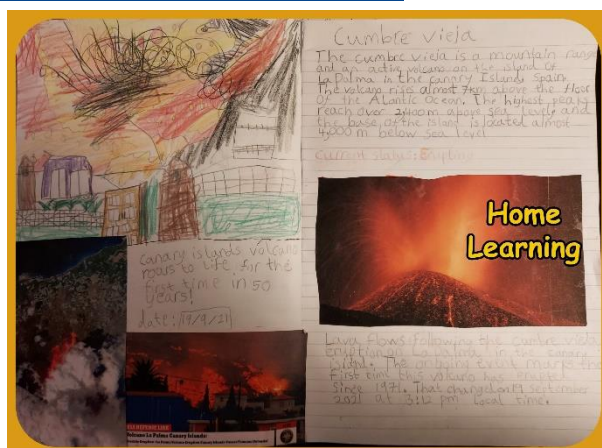
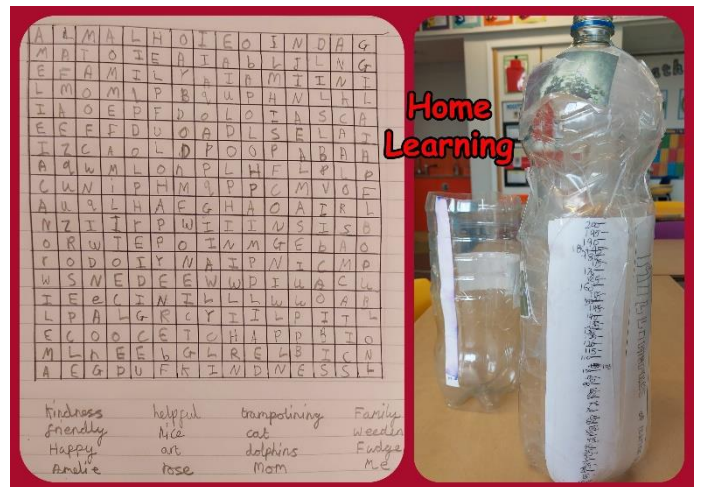
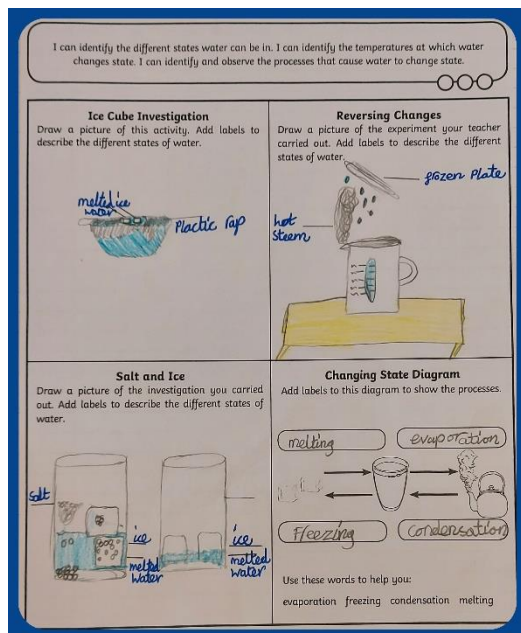
It has been lovely to see the first examples of home learning chosen from our homework grid. We have seen fabulous artwork, science experiments, geographical research and much more. Well done to everyone who has submitted work.

In English, we have been looking at non-chronological reports. We considered the key features of a report and identified these in an article about the author Malorie Blackman. Next week, we will be writing our own report about volcanoes, so have been using our past learning and the internet for research to use for this.

Hingwar Primary School and Nursery is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.

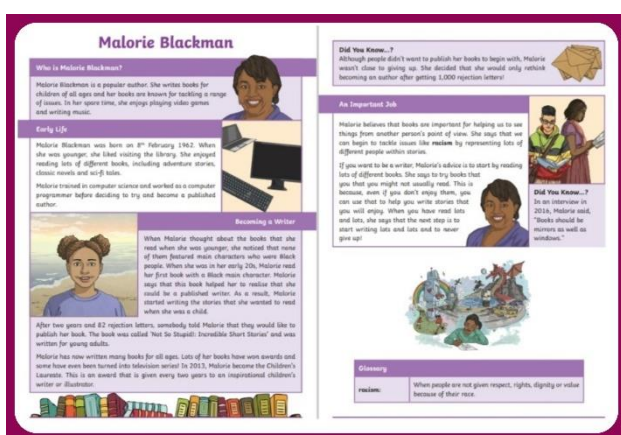


Miss Eakins, Mrs Calvy, Mrs Tarling and Mrs Allen



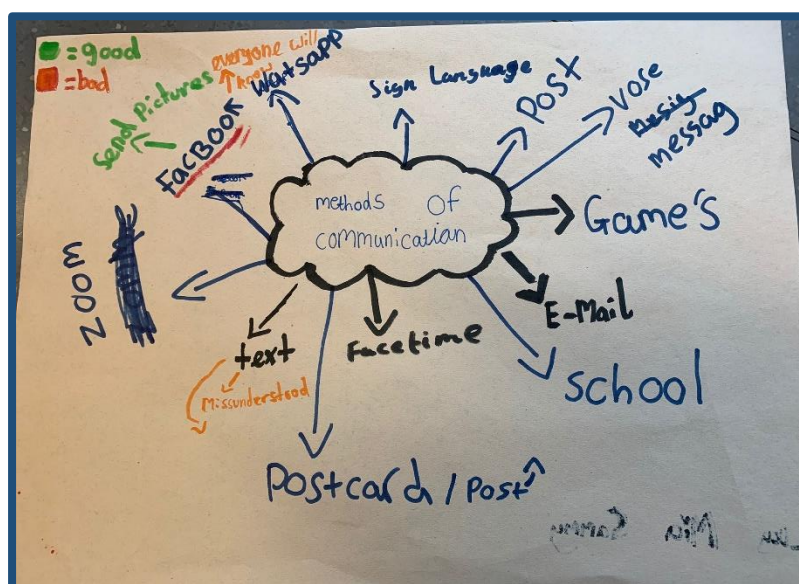
Hinguar Primary School and Nursery is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.





Sanderling Class

Once again, Year 5 have worked very hard this week. In English, we have been revising grammar from our English assessment. We have also been carrying out research online about renewable energy, which we will use to write a non-chronological report next week. In maths, we have come to the end of our place value topic. Year 5 this week, learnt about negative numbers and Roman Numerals. Many loved learning about Roman Numerals and amazed me with their ability to quickly apply them to difficult questions. In science, we carried out an investigation on thermal conductors and insulators. Year



Hinguar Primary School and Nursery is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.

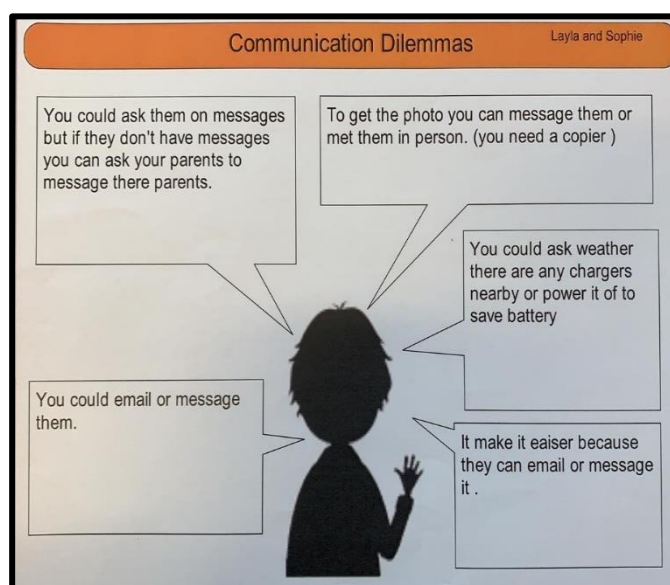
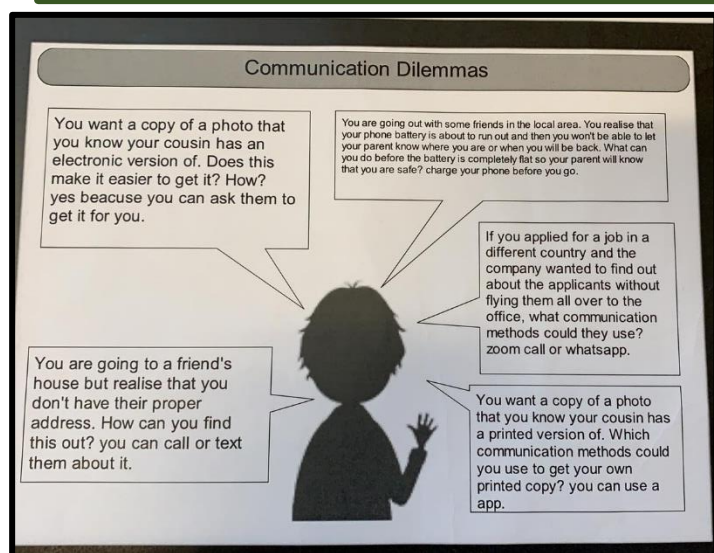


5 wrapped 5 different materials round 5 different ice cubes to see which ice cube stayed the largest. We used our results to identify which material would be the best thermal insulator for a lunch box.

We continued with our Anglo Saxon and Vikings topic this week with a Viking art lesson. We used a step by step process to sketch a Viking warrior, focusing on proportion, and looking at detail. We also began to use shading to add extra detail. In computing this week, we have been investigating different methods of communication. We have considered the pros and cons of these methods.

Excellent work this week, Year 5.

Have a lovely weekend. Miss Mountier and Mrs Allen.

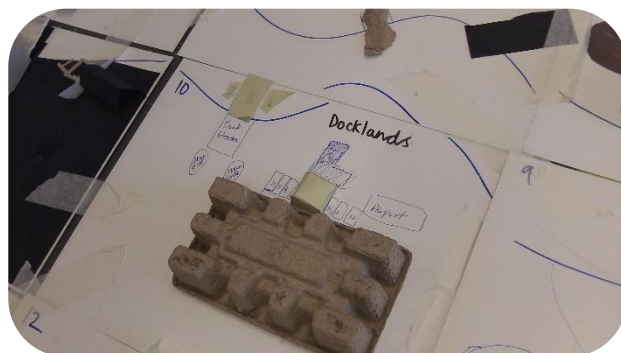
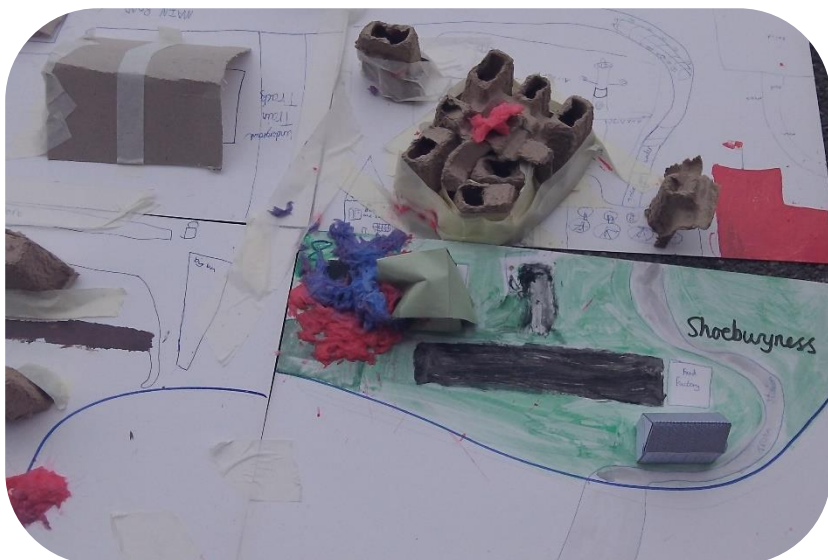


Hinguar Primary School and Nursery is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.

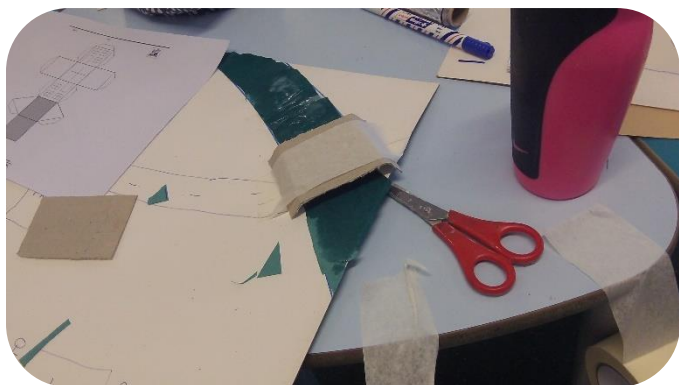


Avocet

For our World War Two immersion day this week, Year Six learned all about the Blitz. We started the day by watching historic videos of aerial bombing and looked at maps of Berlin and London to discuss what sorts of places would have been targeted during the air raids. We then created 3D maps of London and Berlin to then target with paint bombs, considering that in real life the attacks would have been in darkness from fast-moving planes. We then took part in an air raid where we listened to sounds from the bombing of London in 1940. I was very proud of all the pupils for approaching this day's learning so sensitively and maturely and for understanding that the consequences of war are deeper and more far-reaching than we can hope to imagine.

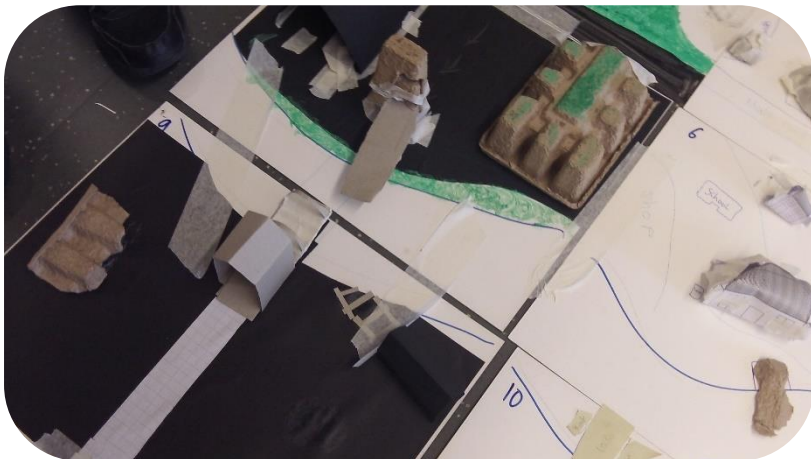


Well done, Year 6.



Hingwar Primary School and Nursery is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.





School Photos

The children had their individual and sibling photographs taken today. In their book bag you will find an information leaflet on how to register to view/purchase the photos.



When the photos go live and are ready to view we will send a text message / email.

11+ Tests

Well done to the Y6 children who took their 11+ exams during the past few weeks. Many of you have taken it in your stride and demonstrated great resilience. We look forward to receiving the results later this month.

Hingwar Primary School and Nursery is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.



Cross country

On Wednesday, we took a team of 22 runners to Garon Park for our first competitive event of the year. The weather was perfect and there was a fantastic atmosphere with schools from all over Southend taking part. Each race consisted of 150-200 participants!

The Hinguar team were amazing! Their behaviour was brilliant and they all gave 100% effort. Two of our teams finished in the top 10 placing 5th and 6th and a few more just missed out by placing 11th, 12th, 13th and 15th. I also found out today that the Yr 3 girls team came 16th out of 20 teams and the Yr 6 girls came 9th out of 20 teams. Well done to you all!

Mrs White and myself are very proud of the team and we are looking forward to taking more children next year.

I would like to say a big thank you to all the parents for transporting the children to the venue and picking them up afterwards and a special thank you to Mr Cook and Mr Cotter for helping to supervise the children.

Our next event is Yr 5 and Yr 6 Tag Rugby. There will be two teams chosen for two different events. More details to follow.

Go Team Hinguar!

Mrs Attard



Hinguar Primary School and Nursery is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.



House points

Canute

Guthrum

Thorkell

Houston



In first place this week are Thorkell !

Student of the Week

Student of the Week Awards are presented in class to celebrate a child's success in their learning. This may be through a strategy they have applied, a way of working that reflects a 'can do' attitude to achieve or a personal milestone achieved.

Student of the Week Award Board

**Avocet Class –
Lola**

**Sanderling class-
Lucy**

**Curlew Class –
Mia**

**Heron Class –
Olivia**

**Seagull Class –
Oscar**

**Oyster Class -
Olive**

**Seahorse Class-
Willow**

Birthday Celebrations

This week we celebrate Halle M, Oliver E, Orla and Leon M's birthdays.



Race to the Park

The winning classes for each half term are rewarded with a trip to the local park.

Our winners so far this term are KS1 Seagull Class with 97.17 % and in KS2 Curlew Class with 97 %.

100% Attendance and Punctuality Prize

Each week, during our celebration assembly we congratulate good attendance as a whole class.

This week in KS1, Alice the Bunny was awarded to Seagull Class with 96.33% and in KS2, the attendance cup was awarded to Curlew Class with 96.67%

The classes will be rewarded with an extra turn on the play equipment.

Hinguar Primary School and Nursery is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.



'Catch Me!' Awards

This is a system that rewards the children for doing the right thing all the time, whether it be being polite, helpful, ready to learn etc and any adult in the school can award the Catch Me! signatures to the children.



Well done to Lola, Thomas K and Isabelle H in Avocet Class; Will T, Logan and Sophie in Sanderling Class; Max B and Henry in Curlew Class; Olivia H in Heron Class; Lily B in Seagull Class and Olive, Zaha and Mattas in Oyster Class who all received their Bronze Catch Me Awards.

Times Tables



Congratulations in Oyster Class to Mattas, Laurence, Ella, Henry, Olive and Paddy who all achieved their Bronze Times Tables.

Harvest Donations

We are still collecting donations for the Southend Food Bank. Boxes are in the classrooms for the children to put their donations in.

Women's Tour (Cycling)

Southend-on-Sea is extremely proud to be welcoming and hosting for the first time, Stage Four of the Women's Tour, on Thursday 7th October 2021. An incredible spectacle and one that mixes fast-paced action with a friendly atmosphere, and not to mention more than 100 of the world's best riders thrown in for good measure! Southend-on-Sea can expect to see fierce competition as the coveted Leaders Jersey is fought for. This prestigious international women's cycle race takes place between Shoeburyness and Southend-on-Sea.

The Fourth Stage race is scheduled to begin at **East Beach** at 11am and then comes to a finish at around 2pm-3pm along the seafront outside The Arches Cafes.

We hope to see as many residents, families, visitors, and businesses as possible, participate in the race start and especially the finish – to welcome back to our town all the cyclists who have participated in Stage Four.

We are finalising plans to create a day with family activities and opportunities to try free cycling related sessions. There will of course be some free giveaways!

The Visit Southend website has more information.

Hingwar Primary School and Nursery is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.



Have one-on-one time with each child, without distractions

'I have a full-on job, two school-age children, and an elderly mother to care for, so I understand that we're all busy; I'm not trying to pile on the guilt. But I'll never forget what my daughter, then four, said one day. We were working on a jigsaw, but I kept nipping to the kitchen to check my phone. When I rejoined her for the third or fourth time, she rightly observed, "Daddy, you're not really here, are you?"'

Advertisement

Resilience comes from relationships; children need nurturing. It's not a magical "inner strength" that helps kids through tough times; instead, it's the reliable presence of one, supportive relationship, be it parent, teacher, relative, family friend or healthcare practitioner. My key point is, it's quality, not quantity, that counts. Ten minutes of fully focused attention is better than an hour when your mind is on other things. If you're on your tablet at the dinner table, you're teaching them it's OK to always be distracted and that they are not important enough for your sole attention.

One-on-one time doesn't have to be time carved out of an already hectic schedule. Make bathtime, car journeys, meals, queues count. Chat, listen, talk about your feelings, encourage them to express theirs. Once these one-to-ones become regular, your children will know they always have a safe space to open up.

Give sleep a chance

'I see so many children who are struggling to sleep, waking tired, with dark circles under their eyes. A lack of good-quality sleep is a huge driver for stress: it has a negative effect on memory, concentration, cognitive function, and decision-making.

One of the fastest ways to improve sleep – for all of us – is to limit screen time before bed. The type of blue light emitted by digital devices suppresses production of melatonin, the hormone that signals to the body it's time for sleep. In addition, looking at screens before bed keeps us emotionally wired and stimulated, making it harder for us to switch off.'

Advertisement

It's a steely parent who can ban tech completely and I don't think you need to. But I would urge you to issue a household ban on devices at least an hour before bedtime. Turn off the wifi, if need be. (TV isn't so bad if you need that as a compromise; we tend not to sit as close to the screen.) Earlier in the evening, insist everyone uses "night-time mode" on their devices, which swaps the blue light for a warmer glow. You can download apps that do this (such as [f:lux](#)), too, or buy blue-light-cancelling glasses. It's also worth switching your children's night lights to red ones – red has the least impact on melatonin production. When I did this in my children's rooms, they slept in more than an hour later the next morning.

Hingwar Primary School and Nursery is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.



Get out and exercise

We all know that regular activity is important, and that most of us, children included, need to do more of it. But what if I told you that, as well as keeping them physically fit, exercise will increase your child's resilience? It actually strengthens the brain.

Teach delayed gratification Resilience means understanding you can't always have what you want as soon as you want it. It's an important concept to pass on in the age of Amazon Prime, Spotify, Netflix and Uber. Psychology teaches us that people who can accept delayed gratification lead happier, healthier lives. Without the ability to defer pleasure and reward, our kids are losing an important skill for their wellbeing. One of the best ways to teach it is playing board games. These require impulse control, turn-taking and mental flexibility.

Eat the alphabet

Nutrition has a significant impact on mental health. Good-quality food changes the composition of our gut bugs, which helps send calm signals to the brain. Poor-quality, highly processed food sends stress signals instead. A diverse diet, rich in fibre, will lead to greater diversity in our gut bugs, which in turn will help make us more resilient and anxiety and depression less likely. Persuading kids to eat more healthily can feel like an uphill battle, though, especially if they're fussy, so this is not about becoming a top chef – just trying a few tricks that can really benefit them emotionally.



'It's been bittersweet': three Indian women on 50 years in the UK
[Read more](#)

I like to challenge the whole family to “eat the alphabet” over 30 days. I think it's a realistic goal to consume 26 different plant foods in a month: A for asparagus, B for banana, C for chickpeas, and so on. It turns healthy eating into a game, and encourages children to try new foods. Turn it into a competition and see who can

tick off all the letters first.

Model gratitude

Instead of pestering your children with questions such as, “How was school?” and, “What did you do today?”, teach them to reframe their day.

The following is a game I learned from a friend, who played it with his daughter over dinner.

Everyone must answer three questions:

- 1) What did someone do today to make you happy?
- 2) What did you do to make someone else happy?

Hinguar Primary School and Nursery is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.



MENU - Week 3

Week One	Mon	Tues	Weds	Thurs	Fri
Main	Cheese & Tomato Pizza with potato Wedges	Sweet & Sour Chicken with Rice	Roast Turkey, Roast Potatoes and Gravy	Fun lunch to be revealed next week	Fish Fingers with Chips
Veg Opt	Tomato and Veg Pasta	Sweet & Sour Quorn with Rice	Quorn Roast Fillet with Roast Potatoes and Gravy		Cheese & Potato Wheel with chips
Vegetables	Sweetcorn Peas	Cauliflower Carrot	Fresh Vegetables		Baked Beans Peas
Dessert	Banana Oaty Square	Marble Cake & Custard	Fresh Fruit or Yoghurt		Peaches / Mandarins & Ice Cream

Echo

FIRST CLASS

ONLY IN THE ECHO

TUESDAY, 12th OCTOBER, 2021

Hingwar Primary School and Nursery is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.





While the season for coughs and colds continues, you may be anxious as to whether you or your child is developing symptoms of Covid-19 or if it is just a general cold. The symptom checker here is provided to help you make this decision.

Hinguar Primary School and Nursery is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.

