



3 November 2023

Dear Parents,

Staffing News

We are pleased to announce that Mrs. O'Brien will be joining us in January as Assistant Headteacher. She will also be teaching Miss Johnson's class whilst she is on maternity leave. Mrs. Page has also left us in the office for a job which fits her commitments outside school.

PTA

It is time for the PTA Annual General Meeting. I know that some members for the PTA Committee are looking to step down. We have a Chair, Vice Chair, Treasurer and Secretary. If you are interested in these roles speak to me or the current Chairs—Maud and Keelin for more information.

Roof

I am sure you have noticed that scaffolding has been put up over the holidays. As discussed previously we are very pleased that we are having a new roof. The roof will take approximately 20 weeks to complete. Please be assured that we have considered the Health and Safety implications. We also talked to the children in assembly on Monday the expectations of them and their behaviour.

We have a Published Author!

I wanted to say "Well Done" to Darci in Year 1 who had a poem that she wrote published. I loved reading your poem Darci—our children achieve so much.

Behaviour

We have high standards of behaviour at Parkgate. Please see our behaviour spotlight in this newsletter. We have a number of parents who, following a behaviour incident have approached the parent of the child who allegedly perpetrated the behaviour. Please speak to your child's teacher in the first instance.

Have a lovely weekend.

Mr Pritchard

Royal British Legion Poppy Appeal



We are pleased to support the Poppy Appeal by selling poppies & merchandise. Please note we only have pinned poppies available.

Please send an envelope with your donation into school with your child's name and class and which items they would like. We will then return the items via their school bags at home time.

Attached to this newsletter is information on the items we are selling with their suggested donation prices.

Attendance

Well done to **class** who had this weeks best attendance!



Badger Class	94.1%
Fox Class	93.8%
Rabbit Class	95.7%
Squirrel Class	94.8%
Mole Class	91.3%
Hedgehog Class	90.7%

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken and Sweetcorn Meatballs with Diced Potatoes or Rice	Chicken Pie with Creamed Potatoes or Rice	Roast Beef and Gravy with Roast Potatoes or Wholemeal Pasta	Quorn Hot Dog with Potato Wedges or Garlic Bread	Salmon Fillet Fingers with Oven Chips or Wholemeal Pasta
Bean and Vegetable Grill with Diced Potatoes or Rice (V)	Mild Vegetable Curry with Creamed Potatoes or Rice (Ve)	Potato Topped Vegetable Pie with Roast Potatoes or Wholemeal Pasta (V)	Beany Pasta Bake Potato Wedges or Garlic Bread (V)	Cheese and Tomato Pizza With Oven Chips or Wholemeal Pasta (V)
Tuna Roll	Cheese Sandwich (v)	Ham Sandwich	Cheese Baguette (v)	Egg Roll (v)
Jacket Potato with various toppings	Tomato Pasta with Cheese	Jacket Potato with various toppings	Jacket Potato with various toppings	Cheesy Pasta (v)
		Halal Roast Chicken with Sage and Onion Stuffing with Roast Potatoes or Wholemeal Pasta		

Stars of the Week



Badger— Reuben

Fox— Maaz

Rabbit— Yousra

Squirrel— Stefan

Mole— Alfie

Hedgehog— Noah

Well done!

Learning Awards



Badger—Nina

Fox— Willow

Rabbit— Evie

Squirrel— Omosefe

Mole— Nazir

Hedgehog— no consent

Well done!

DATES TO REMEMBER

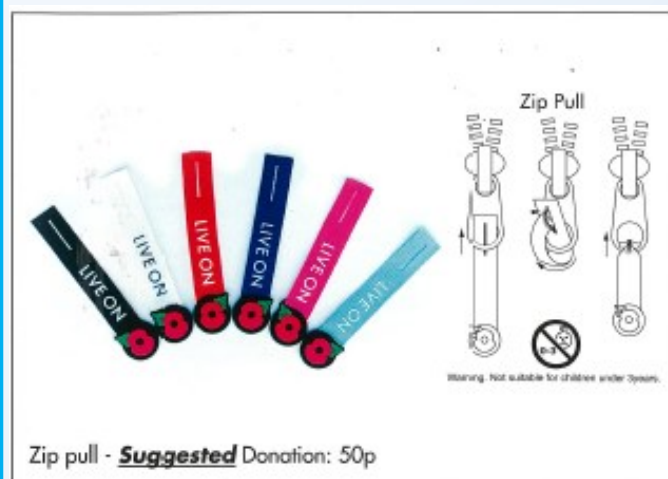
8 th November	Rabbit class library visit
10 th November 9am-9.30am	Hedgehog class sharing assembly
15 th November	Hedgehog library visit
17 th November 9am-9.30am	Mole class sharing assembly
28 th November	Flu Vaccinations
29 th November	Mole library visit
7 th December	EYFS Christmas Play
8 th December	EYFS Christmas Play
14 th December	KS1 Christmas Play
15 th December	KS1 Christmas Play
18 th December	Christmas Jumper Day & Children's Christmas Lunch
20 th December	Term Ends 1:15pm

This week in Parkgate Pirates ...

This week, the children have been busy completing various activities relating to Guy Fawkes Night and Halloween. They particularly enjoyed the balloon pumpkin activity and building fire-works using the magnetic shapes.



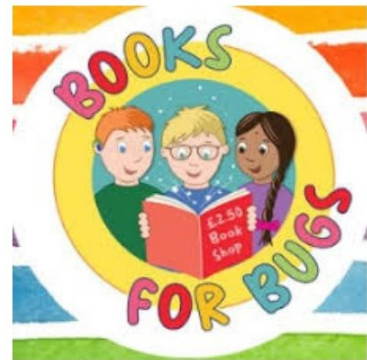
Royal British Legion Poppy Appeal





ONLINE BOOK FAIR

Parkgate Infants
& Nursery



**Monday 13th November to
Sunday 19th (11.59pm) November**

**Brand new books £2.99, with
dyslexia-friendly ones £3.99/£4.50.**

**Wait until these dates to order,
otherwise you'll be charged for delivery!**

**More details to come but in the meantime
you can have a browse at www.booksforbugs.co.uk**



Under 11s 2024

A guide for parents and carers of children applying to **primary, junior and middle schools** for September 2024

This leaflet explains how to apply for a reception place for children born between 1 September 2019 and 31 August 2020.

If your child is in year 2 at an infant school you must apply for a place at a junior school.

If your child is in year 4 at a first school you must apply for a place at a middle school.

All of the information you need is available on our website

www.hertfordshire.gov.uk/admissions

The website has full details about the application process and an online directory providing information about schools with reception classes, junior and middle schools in Hertfordshire.

You should visit the website to view admissions information and apply online because:

- It is quick, easy to use and secure
- You will receive immediate confirmation that your application has been received and you can view it at any time.
- You can change your application at any time up to the closing date.
- You can accept the school place offered online.

If you do not have internet access, you can apply online from any Hertfordshire library.

The closing date for applications is Monday 15 January 2024.

Apply online at

www.hertfordshire.gov.uk/admissions

What happens when?

1 November 2023	Online application system opens
November and December	Parents/carers visit Hertfordshire schools (visits may be limited due to COVID-19). This should be arranged by contacting schools directly.
15 January 2024	Deadline for applications
1 February 2024	Last date to: <ul style="list-style-type: none">• Submit reasons for making a late application and for that application to be considered 'on time'.• Notify us of a change of address and for that address to be taken into account for allocation day. Please refer to the online admission pages for more details about these processes.
1 March 2024	Last date to make a late application to be considered for allocation day.
16 April 2024	Allocation Day. School places are offered.



Parkgate Junior School

Do you think your child will be coming to Parkgate Junior School?

Would you like to come and have a tour of the school?

If so, we will be holding an open morning, for all parents, where you can come and tour the School; meet some of the children and the Headteacher.

The Open Morning will take place on Monday 20th November 2023
from 9am – 10am

Year 2 parents will have another chance to visit in April once places have been allocated.

Parkgate Junior School
Southwold Road
Watford
WD24 7DN
Tel: 01923 243905
admin@parkgatejm.herts.sch.uk



Hertfordshire
**Family Centre
Service**

NHS
Hertfordshire Community
NHS Trust

School Nursing

Autumn 2023

Public Health Nursing 5-19 Team Newsletter

Welcome Back!

We hope you all had a relaxing summer break! We are looking forward to supporting lots of children and young people throughout the new school term.

How to Contact Us:

0300 123 7572 (Mon-Fri 9am-5pm)

Our referral website, which also has information about our service:

<http://ow.ly/eeWe50KI1gW>

Please see use this link to see information about our online workshops which you can book without a referral.

<http://ow.ly/Qn9G50KI17f>

Health for Kids is a fun & interactive website for parents and children to access health information,

www.healthforkids.co.uk

Meet A Team Member

Hello, I'm Shannon, a Children's Wellbeing Practitioner in the school nursing team. Children Wellbeing Practitioners provide 1-1 self-help interventions for anxiety, low mood, and behavioural difficulties.

Our interventions offer support for mild difficulties and are based on Cognitive Behavioural Therapy principles. This empowers children and young people with tools for good emotional health and wellbeing.

Our appointments are either in school or online. You can make a referral to us using the school nurse referral form at the link above.



Measles

Measles in England and Europe has recently increased. Measles is a serious disease and 1 in 15 children go on to develop complications which can include meningitis and blindness. 1 in 5 children require hospital treatment.

There is no medical treatment for measles; vaccination is the best protection against becoming seriously unwell. The combined Measles Mumps and Rubella (MMR) offers the best protection for children and adults, the vaccine is free and available at your GP.

Children are given their first dose at 1 years old and their second dose at 3 years 4 months as part of the pre-school booster. But it's never too late to receive the vaccination, and this includes adults. The MMR vaccine is proven to be a safe and effective vaccine.

If you have any questions please contact your GP or visit the [NHS website](https://www.nhs.uk).



Healthy Lunches

A healthy nutritious packed lunch will help your child to make the most out of their learning, helping them to concentrate throughout the school day. A healthy lunch does not have to be complicated or expensive - for example, use leftovers from dinner, and switch crisps for cucumber or carrot sticks.

[This link](#) will take you to some useful packed lunch ideas!



School Readiness

We know it can sometimes be daunting for children starting school.

The Health Visiting Under 5's webpage has lots of help and information about school readiness, and how you can help your child with the skills they need to settle into learning and socialising in their new school.

<https://healthforunder5s.co.uk/category/ready-for-school/>



Dental Check ups

Children and young people are entitled to free regular dental check ups and treatments. This includes orthodontic treatment if needed.

If children are not yet registered with a dentist, it is important to register as soon as possible. Please see the link below of dentists taking new patients currently:

www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/

Children should brush their teeth twice per day for 2 minutes, using a fluoride toothpaste. Toothbrushing is the best prevention against tooth decay.





Hertfordshire
**Family Centre
Service**



Want to know more about the Public Health School Nursing team in Hertfordshire?

Check out our platforms:



[https://www.hertsfamilycentres.org/info-and-advice/
parents-and-mums-to-be/school-nurses.aspx#](https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx#)

www.hct.nhs.uk/our-services/school-nursing



07480 635 050

Confidential text message service ran by the school nursing team
for 11-19 year olds. Text in any health and wellbeing concerns



@hct_schoolnursing

@teenhealth.hct



@HCT_SchoolNurse



Hct SchoolNursing



www.healthforkids.co.uk/hertfordshire



www.healthforteens.co.uk/hertfordshire



School nursing duty number

0300 123 7572

9am – 5pm Monday to Friday
(excluding bank holidays)

For further information

Please visit our website for more information on the School Nursing Service: www.hertsfamilycentres.org

Please call the Public Health Nursing Service to opt out of any screening, or to discuss your child: **0300 123 7572**

Alternatively, you can email the area in which your child attends school:

- Welwyn and Hatfield, East Herts and Broxbourne:
HCT.SHWBSWH@nhs.net
- Stevenage, Royston and North Herts:
HCT.rsnh@nhs.net
- Watford, Three Rivers and Hertsmere:
HCT.W3RH@nhs.net
- St Albans and Dacorum:
HCT.stadac@nhs.net

Comments or complaints

Hertfordshire Community NHS Trust offers high quality services and aims to be as helpful as possible. If however you are dissatisfied by our service, then we would like to know.

Please contact:

Patient Advice and Liaison Service (PALS)

Tel: 0800 011 6113 (10am-2pm, Monday to Friday - messages can be left outside of these hours)

Email: pals.hchs@nhs.net

Hertfordshire Community NHS Trust

Unit 1a Howard Court, 14 Tewin Road
Welwyn Garden City Herts AL7 1BW
Tel: 01707 388 000

Leaflet produced by the School Nursing Team – October 2022



Hertfordshire
Family Centre
Service



Hertfordshire Community
NHS Trust

Hertfordshire Public Health Nursing Service 5-19 (School Nursing)



The Health for Kids website (www.healthforkids.co.uk) contains information to support parents/carers during a child's primary school years.

All content has been produced by school nurses and a whole range of other health and wellbeing experts. Children aged 5-11 can also access some practical/fun support on the website.



Innovative



Caring



Agile

The Hertfordshire Public Health Nursing Service 5-19 (School Nursing) sees children in mainstream, state schools.

The service promotes healthy lifestyles and offer support to children and families at times when extra help is needed. This includes help with emotional difficulties and coping with long-term health conditions.

The team provide support, advice, and signposting on a range of health issues that can affect a child or young person. These may include:

- Emotional and mental health issues
- Healthy eating and weight management
- Wetting, soiling and constipation
- Immunisation advice
- Support for young carers
- Health conditions requiring medication in school
- Sexual Health

We have a team of staff to support children and young people in school. This could be via individual sessions or group sessions. More information is available about all the services we offer in this short clip:

<https://youtu.be/7RoTkP3vkB0>

Please contact your local school nursing service if you want to discuss any health issues for your child. Our contact details are at the end of this leaflet. You can also complete an online referral form available on our website at: <https://www.hertsfamilycentres.org>

Use of Personal Data

Hertfordshire Community NHS Trust is committed to protecting your privacy and will process the information you provide to comply with the Data Protection Act. Health information about your child will only be shared with your consent. Further information about how your data is stored can be found here: <https://www.hct.nhs.uk/about-us/data-protection-and-your-information/>. Information will not be shared with any other outside agency unless it is necessary for the protection of a child or vulnerable adult.

Before your child starts school...

Immunisations

It is important that all children are fully immunised before starting school. This includes a pre-school booster and second MMR. Please contact your GP if your child has not received these immunisations or you have any concerns regarding this. You can also contact the School Aged immunisation team on 01727 732062.

When your child is in Reception class...

Height, Weight, Vision and Hearing Screening

All children will have their height and weight measured. We also check their distance vision and hearing. Parents and carers are informed of their child's results. Results which may have an effect on your child's learning (hearing or vision) will be shared with their class teacher. Some retests maybe offered in a clinic setting. Any child moving into the area who has no evidence of being screened elsewhere will have their vision and hearing checked in Reception. We will check their vision if they are in Years 1 and 2.

If you do not wish your child to be seen, or your child is currently attending a vision or hearing clinic and you do not wish us to screen them, please contact us within two weeks of receiving this leaflet.

Online health questionnaire

We will ask you to complete a questionnaire, online, about their health and wellbeing. This is called The Lancaster Model. Once you have completed this we may contact you to discuss your child's health. Children also complete an online health assessment in Year 6. For more information please visit: <https://www.thelancastermodel.co.uk/>



Hertfordshire
Music Service



WSM

Watford School of Music

Do you want to learn a musical instrument?

Then come and have a go at our...

OPEN EVENING

Our experienced and professional team of teachers and members of Youth Orchestra will help you decide the best instrument for YOU! At the end of the evening you will be treated to a short concert by our own Watford School of Music Youth Orchestra !

Open Evening 4:30 - 6:00pm

Youth Orchestra Concert 6:15 - 7:00pm

Friday 17th November 2023

At: Watford School of Music

(on site of Watford Boys Grammar School)

The Clarendon Muse, 70 Rickmansworth Rd

Watford, WD18 7JA

Admission Free

Follow @HertsMusic



Hertfordshire Music Service

hertsmusicservice.org.uk



Hertfordshire