

Garden Fields School Newsletter



Space: the final frontier

Happy, Caring, and Inspiring!

Spring Term
Newsletter No 2



Space Day with the Triathlon Trust

We had a special day 'space' themed event with the Triathlon Trust on Tuesday.

Arriving bright and early, members of the trust set up around 30 bikes in the hall and a circuit on the middle playground. Each class competed to try and cycle and run the most kilometres.

The idea was for the whole school to collectively run and cycle enough kilometres to reach a satellite in space.

We finished with an assembly where we found out how we got on.

The target was 750km—we achieved 1,722km!

The children also saw a video of a rocket taking off from Garden Fields School!

Many thanks to the Trust for an excellent day and to Mrs Johnson for organising it.





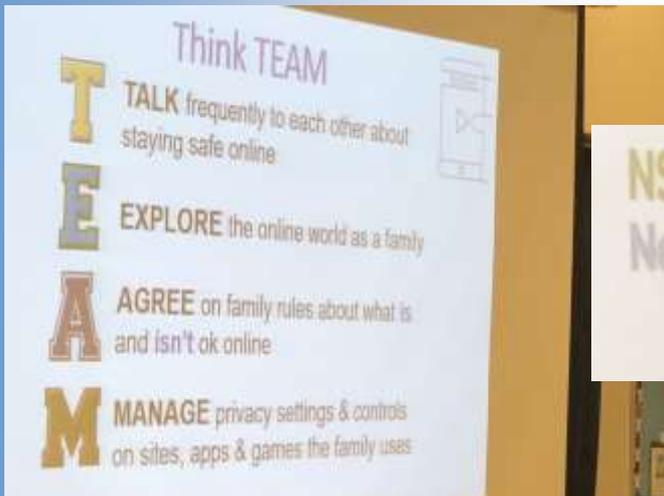
Ehlers Danlos Syndrome Awareness Assembly

Many thanks to Zahra for her excellent, highly informative assembly for our juniors yesterday about what it is like to have Ehlers Danlos Syndrome (EDS). The Ehlers Danlos Society describes Ehlers-Danlos syndromes as “a group of connective tissue disorders that can be inherited and are varied both in how they affect the body and in their genetic causes. They are generally characterized by joint hypermobility (joints that stretch further than normal), skin hyperextensibility (skin that can be stretched further than normal), and tissue fragility.”

Some of the following are classic symptoms of the genetic condition, although there are others depending upon the type of EDS that each individual has:

- joint hypermobility
- loose, unstable joints that dislocate easily
- joint pain and clicking joints
- extreme tiredness (fatigue)
- skin that bruises easily
- digestive problems, such as heartburn and constipation
- dizziness and an increased heart rate after standing up
- problems with internal organs, such as mitral valve prolapse or organ prolapse
- problems with bladder control (stress incontinence)

Zahra spoke very eloquently about what it is like to have EDS and how she copes with it. Her friends helped her with presentation, holding up word cards with some of the ways that Zahra feels due to the condition, such as pain and fatigue. Zahra explained how some everyday tasks can be very difficult.



Internet Safety Talk

Many thanks to those parents and children for our Internet Safety awareness evening: Growing Up Online on Tuesday evening. One of the key messages was about the importance of parents talking to their children about the apps and activities they engage in so that children develop an awareness of how to stay safe online.

Other key advice concerned exploring the Internet as a family and agreeing family rules for its use. We also learnt about the privacy settings and safe modes on a range of popular apps used by children as well as teenagers such as Roblox, YouTube, Snapchat and Musically. It was a very useful workshop with some really useful discussions between parents, staff and children and led by Julia Bateson from Excite-ed.

Julia also recommended some useful websites:

<https://www.internetmatters.org/>

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>

<https://www.excite-ed.co.uk/blog>



Uniform Reminders

Please try and help us in keeping our children smart and presentable (an important life skill!) when they come into school.

We are seeing a number of children wearing unusual hair accessories and sparkly boots!

Our uniform policy clearly states that hair accessories should be in blue, black or red only and in terms of **footwear**:

- All children are expected to wear dark coloured outdoor school shoes when in school.
- Children should wear these shoes to school except:
 - Wet weather** – children may wear wellington boots to school (no fashion boots please) – they should change into their school shoes on arrival.
 - Summer** – children may wear sensible sandals – any colour with socks in school.
- All children should have a pair of trainers in school for outdoor PE and playtime (if they wish)

The school sweatshirt should also have our school logo on and not simply be a dark blue jumper.

Please see our website for the full uniform list.
<http://www.gardenfields.herts.sch.uk/uniform/>

Coming soon...

Coming up end of January and into February

29th Jan: Y3 trip to Verulamium Museum

Y5 & 6 Indoor Athletics Qualifier

2nd Feb: PTA Quiz Night (with curry!)

5th Feb: Y4 at the o2 for the Young Voices concert

8th Feb: Y3/4 Speedstacking Competition

12th - 16th Feb: Half Term

Have a great weekend everyone!