

**At Enfield Heights Academy, we are KIND, RESPECTFUL, RESILIENT and BRAVE.**  
**We are the Force for Positive Change.**

17<sup>th</sup> May 2024

Dear parents and carers,

A very warm welcome to the News Round Up.

### **Mental Health Awareness Week 13<sup>th</sup>-17<sup>th</sup> May**

The theme around this year's Mental Health Awareness week is '**Moments of Movement**' – **Let's move more for our Mental Health.**

During this week, each child made their own mindfulness flower adding words of encouragement to it; things that help our Mental Wellbeing, help us to feel calmer, happier and support others. These lovely flowers will create a caring 'meadow' display of mindfulness.

At EHA we believe that good mental health and wellbeing help children to learn effectively, cope with day-to-day challenges, and develop into resilient young adults. We frequently remind the children about Worry Monsters and our Wellbeing area opposite Year 3 classroom.



### **'Community RUN'**

We are excited to invite all of you to a community run focused on this year's theme of "Moments of Movement: Moving More for Our Mental Health."

The community run will take place on **Wednesday 22nd May 2024** from **1.45pm** at **St Georges Field** (the field at the end of Palmers Lane). All children are required to wear their PE kit on that day. It's not just about running; it's about embracing movement in all its forms – whether you prefer jogging, walking, or simply enjoying the fresh air. Together, we will explore how regular physical activity can positively impact our mental health, helping to alleviate stress, boost mood, and enhance overall well-being.

If you would like to join us, please be at the entrance to the field by 1:45pm and wait for your child's class to arrive. For ease, please gather in class groups so that no one misses an opportunity to run/jog/walk with their child.

### **Walk to school Week (3 days)**

Enfield Heights Academy is taking part in 'Walk to School Week' next week from 20th to 22nd May. Walk to School Week is a nationwide event organised by walking charity Living Streets and designed to help pupils experience first-hand the importance of walking to school.

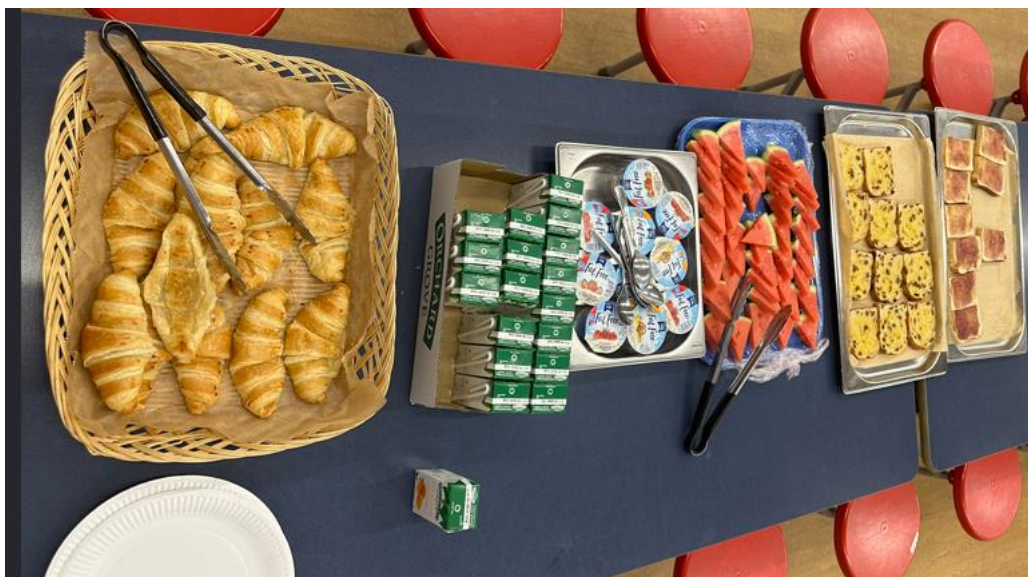
Children will be well on their way to reaching their recommended minimum 60 minutes of physical activity per day before even reaching the school gates! Not only will it set them up for a positive day in the classroom, but it will also help create healthy habits for life. Families are encouraged to walk, wheel, cycle, scoot or 'Park and Stride' to see the big differences that come from small steps, from healthier and happier children to fewer cars near the school! Thank you in advance for supporting this active travel initiative.

**Thursday 23<sup>rd</sup> May- INSET DAY-school closed.**

**Friday 24<sup>th</sup> May-INSET DAY- school closed.**

### **Year 6 SATs- over!**

We are extremely proud of all Year 6 children for their resilience and determination during SATs week. Children enjoyed coming to school for a special breakfast prepared by our cook, Ms Le every day ( 13<sup>th</sup> -16<sup>th</sup> May) to boost their energy. Fingers crossed for the results.



### **Enfield Heights Schools Sports Days – Wednesday 26<sup>th</sup> June and Monday 1<sup>st</sup> July**

This year, our Sports Days will run on Wednesday 26<sup>th</sup> June for Years 4-6 and Monday 1<sup>st</sup> July for Years 1-3 (morning) and Reception (afternoon). We are delighted to announce that parents and carers will, once again, be able to come and support their child. Mr Brown will send out more information (exact times) in due course.

- Reception – Monday 1<sup>st</sup> July (afternoon)
- Years 1, 2 & 3 – Monday 1<sup>st</sup> July (morning)
- Years 4, 5 & 6 – Wednesday 26<sup>th</sup> June (morning)

We are looking for volunteers to help our PTA to man the hydration station during the sports days. Please let us know if you are able to help.

**School Fete - International Day will take place on Saturday, 6<sup>th</sup> July.**

Our lovely PTA would like to invite you all to come along to our International Day/Summer Fete on Saturday 6<sup>th</sup> July (11am-2pm). This is always one of the highlights of the school year. Dress up in your own cultural attire and bring the whole family to enjoy a fantastic day filled with yummy international cuisines, fabulous stalls, and children's musical and dance performances...More details and a flyer to follow. Please make sure you save the date in your calendar!



**PREPARATIONS:**

1. We are starting to **collect items for raffle prizes**. If you or any friends/ family have local businesses and would be able to donate something, please let us know. Also, if you have any new and unused gifts that you would like to donate, please drop them at the office. Thank you.

2. **PLEASE HELP us to raise more money for the school by signing up to have a board.**

The Castles Estate Agents kindly agreed to sponsor our Summer Fair. We will receive £10 for every board erected (minimum of 25/30 boards). There is no upper limit but would aim to have 25/30 boards for this fundraising opportunity to work. **This is the easiest £300 we can make to support school's projects-new resources for our Play Nest.**

The Castles are happy to promote our Summer Fair event online / on social media promotions, etc.

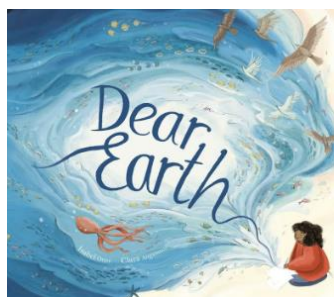
The Castles would cover all costs for the board printing, erecting and removal of boards etc. The board company they use are professional and insured. Boards are either stacked into soft ground or tied to gate post with wire. No holes will be drilled into your property. Typically, boards go up to 3-4 weeks before our event and are taken down a week after our fair on 6<sup>th</sup> July.

**For this sponsorship to work, we require at least 25 volunteers; please contact Sapna Chapman our PTA mum (Year 2) or schools office. Thank you for your support.**

**Heights Art Exhibition-*'Dear Planet'*- don't miss it!**

Following on from the successes of last year's art exhibition to celebrate King Charles' Coronation, we are pleased to announce our *'Dear Earth'* Art Exhibition on **Tuesday 11<sup>th</sup> June at 2.30-4pm in the school's hall.**

This exhibition will be a celebration of our beautiful planet Earth and children's responses to a great cross curricular project where Art, English and Geography have merged with our school's driver of 'Force for positive change' to inspire them. We are so excited. Parents and carers are invited to view children's artwork and letters to Earth.



**Treats Sale on Thursdays – Raise money for school projects.**

Please support our 'Treats Stall' to raise money for school projects and resources. As previously communicated, the objective is to develop outdoor reading area that will allow the children to really embrace reading everywhere on school grounds and whatever the weather. The funds raised will also support smaller projects to aid classes with their wish lists; new resources for Play Nest, new books for the classrooms, sensory resources and more.

**We would be grateful for any donation of cupcakes, cookies and cakes to our weekly treat's sale.** All donations can be given to the office each Wednesday in preparation for Thursdays or left in the box provided by the office entrance. Thank you in advance.

**We are lucky to owe a small freezer thanks to a donation from one of our parents. This will enable us to sell lollies and ice creams after the half-term as part of Treats stall.**

The Treat Sale will be hosted in the playground at the end of every Thursday.

Year 6 will also be fundraising and selling their products after half-term. Many thanks ALL for supporting the school.

**Remaining Community Meetups for this academic year:**

**Thursday 20<sup>th</sup> June** – Relaunch of **Zones of Regulation** for parents

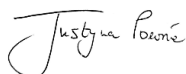
**Thursday 18<sup>th</sup> July-** Summer **Holiday wellness** and casual catch up

**Dates for your diary**

|                                |                                 |   |
|--------------------------------|---------------------------------|---|
| <b>Year 1 Class assembly</b>   | Wednesday 22nd May              | <i>For parents and carers of year 1; 9am in school hall</i> |
| <b>Community Run</b>           | Wednesday 22 <sup>nd</sup> May  | <i>At the field 1:45 pm, St Georges Field</i>               |
| <b>INSET Day</b>               | Thursday 23 <sup>rd</sup> May   | <i>School closed for staff training</i>                     |
| <b>INSET Day</b>               | Friday 24 <sup>th</sup> May     | <i>School closed for staff training</i>                     |
| <b>'Dear Earth' Exhibition</b> | Tuesday 11 <sup>th</sup> June   | <i>Open to parents and carers from 2.30pm-4pm; hall</i>     |
| <b>Sports Day Reception</b>    | Monday 1 <sup>st</sup> July     | <i>Afternoon- Exact times to be confirmed/Field</i>         |
| <b>Sports Day Y1-3</b>         | Monday 1 <sup>st</sup> July     | <i>Morning-Exact times to be confirmed/Field</i>            |
| <b>Sports Day Y4-6</b>         | Wednesday 26 <sup>th</sup> June | <i>Morning-exact times to be confirmed/Field</i>            |
| <b>PTA Non-uniform Day</b>     | Friday 5th July                 | <i>Non-uniform day-tombola donation</i>                     |

|  |                                     |  |
|--|-------------------------------------|--|
| <b>PTA Summer Fete</b>                         | <b>Saturday 6<sup>th</sup> July</b> | <b>Volunteers and helpers required</b>   |
| <b>Year 6 Production</b>                       | Thursday 11 <sup>th</sup> July      | <i>For year 6 parents and carers; Hall/5pm</i>   |
| <b>Meet the new class teacher/Open Evening</b> | Tuesday 16 <sup>th</sup> July       | <i>3.15-5pm</i>  |
| <b>Whole School Picnic</b>                     | Tuesday 23 <sup>rd</sup> July       | <i>3.15pm-4.30pm -celebrate and bring your blanket and picnic goodies you wish to eat. Strictly NUT FREE please.</i>   |
| <b>Year 6 Leavers Assembly</b>                 | Wednesday 24 <sup>th</sup> July     | <i>For year 6 parents and carers; Hall/9-10am</i>  |
| <b>Last Day- HALF -DAY</b>                     | Wednesday 24th July                 | <b>School finishes at 1.30</b><br><i>We will be sending off our Year 6- please make a human corridor in the playground to cheer them on (more details to follow)</i> |

With my very best wishes,



Headteacher