



Date: Friday 19th April

Term 3

Issue No: 21

## A message from the Headteacher

Welcome back after the Easter Holidays. The children have settled well into their routines. The Summer term promises to be a busy one and we have started this week with our first workshop on Road Safety. Ash Class had the highest attendance at 97.5%.

Congratulation to the Red Team who won the Mossy race last term!

On Monday (22nd), the red team can wear 'something red'. They can just come in wearing non- uniform if they have nothing red.

We will be taking a winners photo and will present the trophy .



## **This term 2024**

22nd April—Earth day / Year 2 start swimming

24th April—SAT presentation to parents

2nd May— Polling day (School closed)

6th May—Bank holiday (School closed)

13th May—Year 6 SATs week



A huge congratulations to the following children who received a value certificate in our Friday celebrations assembly.

Harry D, Felix C, Ruby R,  
Ellie P, Isabella B, Jensen M,  
King David A, Phoebe F,  
Tamsin-May C, Shyanne W  
and Dea S

## **Our weekly challenge**

Compliment a  
friend or peer to  
make them smile.



## **Contact us**

If you would like to be featured in next week's newsletter, please contact us on the following!

Miss Morgan -  
[lauren.morgan@mossbury.herts.sch.uk](mailto:lauren.morgan@mossbury.herts.sch.uk)

Miss Rawlings -  
[zoe.rawlings@mossbury.herts.sch.uk](mailto:zoe.rawlings@mossbury.herts.sch.uk)





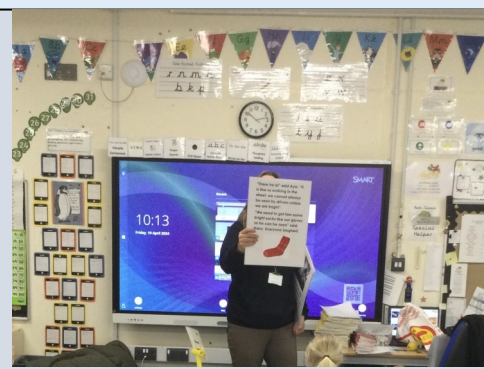
# Moss Bury Primary School

Today, Year 1 and 3 participated in a road safety workshop.

The children looked at the rules of being safe when outside near a road. We know that before we cross the road we need to....

Stop, look, listen and think.

We also spoke about the types of clothing we need to wear so that we are seen easily in the distance and dark.



Active April 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Commit to being more active this month, starting today

2 Spend as much time as possible outdoors today

3 Listen to your body and be grateful for what it can do

4 Eat healthy and natural food today and drink lots of water

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Plant some seeds and encourage growth

18 Try out a new exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together





## Inclusion Support: Contact details:



**Mrs Young - Family Support Worker**  
[daisy.mould@mossbury.herts.sch.uk](mailto:daisy.mould@mossbury.herts.sch.uk)

**Mrs McCrow - SENCO**  
[Senco@mossbury.herts.sch.uk](mailto:Senco@mossbury.herts.sch.uk)

### Neurodiversity Support Hub

For Parents, Carers and Professionals

We can offer support, signposting and guidance about a whole range of things including but not limited to:

- Understanding ADHD/Autism
- Distressed Behaviours
- Anxiety
- School

The phones are answered by our team of parents and carers of neurodivergent children and young people

**01727 833963**

[supporthub@add-vance.org](mailto:supporthub@add-vance.org)

Open Monday-Friday  
9 AM - 1PM

Here to support, reach out for a listening ear

**We Can't:**

- Give updates/fast-track places on waiting lists
- Recommend specific private assessors

**No Diagnosis Required**

**Are you a Parent, Carer or Professional?**




### Families First

Early help, brighter futures

## Find the support you need at the Families First Portal

**Families First is the name for early help in Hertfordshire. It is a way of getting extra support for your family to help you manage problems early on.**

Families First is available to all Hertfordshire families with children under 18 (25 if they have a learning need or disability).

Visit the [portal](#) for more information, with direct links to:-

- Relationship Support
- Parenting advice and childcare
- Money advice
- Emotional and mental health
- Domestic abuse support
- Staying healthy
- Online Safety
- SEND Local Offer

and many other useful links

**“I am struggling to cope with everything at present, so feeling overwhelmed.”**

**“I’m worried about my child’s behaviour in school and at home”**

**“I’m worried about money”**

**“I need reassurance and support”**

[@FamiliesFirstHerts](#) [@Herts](#)

[hertfordshire.gov.uk/familiesfirst](https://hertfordshire.gov.uk/familiesfirst)



### Angels


**AUTISM & ADHD SUPPORT**  
for parents/carers of children with ADHD and/or on the Autistic Spectrum

Angels provide individualised, professional expertise and advice for the families of autistic children and children with ADHD (and those awaiting diagnosis). Come along to our meetings to chat with other parents, share ideas and experiences and gain information, advice and strategies.

**We provide:**


- Parent support group meetings and workshops in Stevenage, Letchworth and Online.
- Online evening support group meetings
- One-to-one service to support you in a personalised way with any issue around your child/young person's conditions, including support with meetings and forms.
- A private moderated Facebook group just for members.

Scan the QR code and complete our online membership form to access our FREE support.



**Note for Professionals:**  
If you are a professional working with families and would like to learn more about Angels, then please contact The Angels Team on [info@angelsupportgroup.org.uk](mailto:info@angelsupportgroup.org.uk)

Follow Angels Support Group on Social Media



[www.angelsupportgroup.org.uk](http://www.angelsupportgroup.org.uk)

COMMUNITY FUND

Registered Charity No. 1117059

### SENDIASS

Hertfordshire

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## Contact us

You can email us at:

[info@hertssendiass.org.uk](mailto:info@hertssendiass.org.uk)

or you can call us on:

Telephone: **01992 555847**

**Monday to Thursday 9.30am - 3pm**

**Friday 9.30am - 2.00pm**

Outside of these hours please leave an answerphone message for the team and we will respond within 3 working days.

**Hertfordshire SENDIASS is an impartial Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS).**

We support children, young people with special educational needs and/or disability (SEND) aged 0 to 25 years and their parents on issues relating to SEND. We do this by providing free, confidential and impartial information, advice and support through our helpline service, online resources, at events and workshops as well as through individual casework.