

Newsletter



Friday 26th April 2024

Dear Parents/Carers,

It has been an exciting week this week in school, with lots of wonderful science-related activities being enjoyed by children across school, including a rocket launch from the playground! We have also had several year groups enjoy some local visits - more information is enclosed.



We shared this week the annual parents survey for 2024. This has been shared via email and Class Dojo. We would greatly appreciate you taking time to complete this questionnaire - thank you in advance:

<https://forms.office.com/e/s2MyUyeHZ7>

We are holding an open classroom afternoon again this year, on Tuesday 9th July, 3.30-5pm. This is a wonderful opportunity for parents and carers to visit your child's classroom and to share in your child's learning and celebrate their hard work.

Please don't forget the early bird offer from Kiiwii Clothing, shared last week. We have enclosed the information again if you missed it.



If you have any questions relating to your child, or key messages for your class teacher, please do contact them via a message on Class Dojo, or using admin@placefarm.org.uk.

Wishing you a lovely weekend,

Mrs McConnell
Head of School

Upcoming dates:

May

- 2nd May: 3KM Reading Café (9.00-9.30)
5JG visit to Haverhill library
4RG visit to Haverhill library
- 3rd May: Year 3 trip to Colchester Castle
Purple Day (further information below)
- 8th May: EYFS trip to Boydells Farm
- 9th May: 4RG Reading Café (9.00-9.30)
1ED visit to Haverhill library
- 13th May: Start of Y6 SATs (Monday to Thursday)
- 23rd May: Class photos
- 27th May – 31st May – Half term break**

June

- 3rd June: PD Day**
- 6th June: Year 2 trip to Felixstowe
5CM Reading Café (9.00-9.30)
- 10th June: Years 1 & 2 Sports Day (9 – 10:30am)
- 11th June: EYFS Sports Day (9 – 10:30am)
Years 5 & 6 Sports Day (1:30 – 3:00pm)
- 12th June: Years 3 & 4 Sports Day (9.00–10:30am)
- 13th June: OAP and OLP Reading Café (9.00–9:30)
3KM visit to Haverhill library
3SJ visit to Haverhill library
- 20th June: 5JG Reading Café (9.00-9.30)
2LA visit to Haverhill library
2SA visit to Haverhill library
- 24th June: Year 5 Residential trip – Kip on a Ship (25th – 26th June)
- 27th June: 6EJ and 6SL Reading Café (9.00-9.30)
1ES visit to Haverhill library
- 28th June: PD Day**

July

- 3rd July: Y6 trip to Gulliver's Land
- 4th July: 4KM Reading Café (9.00-9.30)
- 9th July: Open classroom for parents/carers (3:30 – 5:00pm)
- 11th July: Summer Disco
- 12th July: Y6 Graduation
Reports sent to parents
- 17th July: Year 6 transition days 17th – 19th July (Castle Manor and Samuel Ward Academy)
- 19th July: Last day of term**

Events and Trips this week

Science Week

Wow! What a week. On Tuesday, Nick from Steam Co came into the school, he carried out activities with every year group and the children made rockets.

The children had to follow instructions and make their rocket with a partner. Lots of communication and problem-solving took place.



At the end of the day, the whole school gathered on the playground for the 'Rocket Launch'. Some children were chosen to launch their rockets using different methods and equipment. The final rocket was Nick's, it went 500 feet in the air, and we haven't got a clue where it has landed!

What a superb day!



On Thursday We had a visit from Kinetic Adventure Centre. They worked with Yr5, Yr3 and Yr2. Year 5 explored forensics and investigated a crime scene and fingerprints.



Yr3 and Yr2 took part in a Chemistry experiment and made floating flowers, and explored colour change with skittles.



Year 2 Local Walk Trip

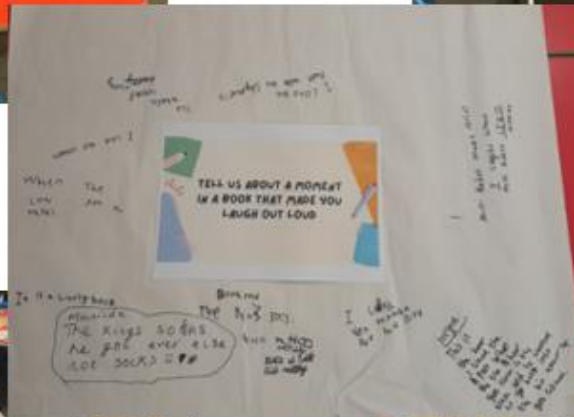
This week in Year 2 we went on a local walk around Haverhill. Despite the weather being slightly wet and windy we had a great time! We explored where the Great Fire of Haverhill started, walked along the old railway line and we even spotted the Anne of Cleves house. We also had some fun on the East Town Park.



3SJ Reading Café

On Thursday, we held our Reading Café for 3SJ. We had a change of venue this week, due to science activities going on in the hall. The children loved sharing books with their families, we even had some younger siblings joining us! We are trying something new this year, and giving the children a question or statement to think about when they are sharing stories. We had some lovely responses to "Tell us a moment in a book that made you laugh out loud". I hope you enjoy reading their thoughts.

Thank you to everyone who has supported our Reading Cafes, and we look forward to seeing more of you very soon 😊



Celebration Assembly

Congratulations to everyone who received a certificate in celebration assembly this week. We had lots of children receiving their coloured certificates today. We also had children receiving their PROUD certificates.



We also had one pupil celebrated for their achievement outside of school.



We are also continuing to celebrate maths achievements on tt rockstars. This term, we are presenting certificates to the child in Years 2, 3, 4, 5 and 6 who achieved the most coins in their year group, as well as certificates for the three children who had the biggest increase in their times table recall speed.

Times table knowledge and fluency are so important in many areas of maths. Please continue to encourage your children to use tt rockstars at home. Thank you for your ongoing support with this.

House System Update



This term we are excited to relaunch our house system with new, more current athletes. Each child is now part of one of these four houses alongside the house colour. The children will now be working to win points for their house, with a chance of winning our brand new house cup awarded at the end of each term. Competitions include Sports Day, intra-house competitions in PE and also Times Table Rockstar competitions. The children are all very excited to be in their new houses so please ask them which house they are now part of!

Go Purple Day

Go Purple Day 3rd May in support of Cancer Research

We would like to show our support for Cancer Research by supporting Go Purple Day this year.

Pupils should come to school wearing school uniform, but are able to wear an item that is purple in support of Cancer Research. This could include, for example: a hair band, socks, t-shirt or jumper over the usual school uniform.

Please note that the £1 donation is a voluntary contribution.

GO PURPLE

RELAY FOR LIFE
CANCER RESEARCH UK

STAND STRONG AND WEAR PURPLE

Survivors
RELAY FOR LIFE
FOR YOU, BECAUSE OF YOU
THANKS TO YOU

HOPE CURE
STRENGTH
POWER
LOVE
RESPECT

£1
Friday 3rd May
2024

Donations are for the
Cancer Research UK
Relay for Life
Bury St. Edmunds

Your Suffolk Relay &
FREE CHARITY FUN DAY
Nowton Park
Bury St. Edmunds
6th and 7th July 2024

For more information, please visit:
cruk.org/relay-bury-st-edmunds



PSHE

Summer 1 – Relationships

PSHE at Place Farm is taught on a weekly basis. There are six puzzle pieces which are split across the year. This terms puzzle piece is all about Relationships. In this Puzzle, the children will learn about how to make friends, how to solve their own friendship problems when they occur and learning what makes a good relationship. It also focuses on how to help themselves and others when they feel upset or hurt and learning how to show respect in how they treat others.

Below is a link to a parent version of our PSHE sessions that we teach at Place Farm. You will need to click on the link and type in the code for the year group that your child is in. Then it should take you to the resources we use in our lessons.

Year 1 – 000*-3468

Year 2 – 000*-6808

Year 3 – 000*-4198

Year 4 – 000*-1444

Year 5 – 000*-9663

Year 6 – 000*-8467

<https://jigsawpshe.online/parent>

Fundraising Update



Thank you to all the parents and carers who participated in our Easter Egg Raffle.

We are very pleased to announce that the Raffle **raised £582** towards the school fundraising.

More information will follow about the upcoming fundraising events that will hopefully take us closer to our goal of £5,000.

Uniform expectations for the summer term

Summer Uniform

Children may continue to wear their shirts and ties, skirts and trousers for the summer months, or alternatively, they may wear the summer uniform:

White polo shirt with school logo

Grey tailored shorts/trousers Blue/white check summer dress or grey skirt

Black school shoes/white or grey socks (Please note that from September 2023 we will also allow pupils to wear [plain black trainers](#)).

Pupils may continue to wear their summer uniform up until October half term. After this point, shirts and **ties** should be worn.

PE Kit – All Year Groups

Either a plain white polo shirt/plain white t-shirt or polo shirt with school logo from supplier.

Blue shorts

Blue jogging bottoms (optional)

Trainers

Blue socks (optional)

Purchasing uniform for next year

<http://www.cpat.kiwiiclothing.co.uk/>

Please see the email below from Kiiwii clothing:

Dear Parent or Carer,

KiiWii are very proud to support many local schools with the "Online" supply of school uniform. You may have purchased uniform from us previously, so it's important we share with you information about the ordering process to ensure a smooth back to school period whilst giving you a "Stress Free" summer.

The reasons this ordering process will benefit you:

1. Reduce & hopefully eliminate the previous delays from manufacturing & supply.
2. Eliminate the "last minute" rush of orders which impacts our supply to you as parents.
3. Stop children starting the new school year without the full uniform.
4. Benefit from a **10% "Early Bird" discount** if you place your order between **2nd April & 31st May**.
5. Giving you the opportunity to collect your uniform order Free of Charge before the end of the Summer Term, avoiding shipping charges during school holidays.
6. Giving you time to Pre-Arrange swaps if needed.
7. Our collection events will not impact your family time over the holidays, leaving you to enjoy a well-earned rest....
8. Saving you money & stress.

How to get your "Early Bird" Discount

1. Orders **MUST** be placed between **2nd April & 31st May** to receive the discounted prices.
2. On the **2nd April** the uniform website will be updated to show the "Early Bird" **REDUCED PRICES**. The reduced prices will remain live until **31st May**.
3. **On the 1st June the website will revert back to Full Prices**.

How to order

1. Visit www.cpat.kiiwiiclothing.co.uk to place your order, this is the web address to purchase your "Place Farm Primary Academy" school uniform (Not the KiiWii website)
2. If you haven't bought school uniform from us before, then you'll need to register to place your first order. You can find this in the top right-hand corner of the homepage. Future orders can then be placed using your chosen login details.
3. Measuring Guides – You're able to view a measuring guide for each item of uniform via the home page. To do this, click on the Place Farm logo with uniform measuring guides underneath in red (a copy of the these measuring guides are attached to this letter to help). For any assistance with measuring please feel free to call us on 01440 730 330 & we'd be happy to help.
4. To Order – Click on the "Place Farm" logo to view the uniform we offer.
5. Click on the picture of the item you need & add the quantities to the sizes you require, then add them to the cart.
6. Once your order is complete, Click "Check Out"

7. Enter your "Billing Address" & tick to agree to the "Terms & Conditions" to be able to proceed to the "Shipping Methods" page.
8. From the "Shipping Methods" page you can either choose to collect your order from one of our Free Collection Events (**All events are held at Castle Manor Academy main entrance**) or have your order shipped home/work (CPAT Carriage costing £7.50). All orders for home/work shipping will NOT start being despatched until the **1st week of July onwards**.
9. You'll receive an email from us to let you know your order has been packed & will be available to collect from your chosen collection event or with details of your home/work delivery.

IMPORTANT - Dates for your diary

2nd April The Uniform Website will go into "Back to School" mode. Any small Top-Up / Replacement orders for lost or outgrown items **MUST** be placed with us by phone only **01440 730330**.

This way we can still offer delivery to the school office for free as we normally would.
Any web orders placed will only follow the processes outlined in this letter.

2nd April – 31st May – Prices are reduced on the website

- | | |
|-------------------------|--|
| 1 st June | Full Prices will apply. |
| 28 th June | 5:30pm cut off to place orders to be picked up from the 6 th July First Collection Event. |
| 1 st July | Orders which have paid for Home/Work shipping will start to be dispatched. |
| 5 th July | 5:30pm cut off to place orders to be picked up from the 13 th July Collection/Swap Event. |
| 6 th July | First Collection Event – At " Castle Manor Academy / Eastern Avenue, CB9 9JE " Main entrance 9am – 11am
(This is a COLLECTION EVENT ONLY for pre orders) |
| 13 th July | Collection/Swap Event - At " Castle Manor Academy / Eastern Avenue CB9 9JE " Main entrance 9am – 11am
(This is a COLLECTION / SWAP EVENT for pre orders & pre-arranged swaps) |
| 19 th July | 5:30pm cut off to place orders to be picked up from the 10 th August Collection / Swap Event |
| 24 th July | From this date onwards, ALL ORDERS will be shipped to home/work at a cost of £7.50 |
| 10 th August | Collection/Swap Event - At " Castle Manor Academy / Eastern Avenue CB9 9JE " Main entrance 9am – 11am
(This is a COLLECTION / SWAP EVENT for pre orders & pre-arranged swaps) |
| 3 rd Sept | Orders placed from the 3 rd September will have the option to choose "Collection from school office" once your confirmation email is received.
(Subject to stock availability) |

Swaps & Exchanges

We have provided measuring guides to help you size your child which are available on the uniform website & attached to this letter. We understand that some swaps / exchanges will still be needed. The earlier your order is placed, the more time we will have to arrange this with you.

All swaps & exchanges need to be pre-arranged by calling our office on 01440 730 330 or emailing sales@kiwiiclothing.co.uk we can then check stock & offer you the available dates to make your swap.

We understand that some children can have a last-minute change of school/circumstances & may no longer require the uniform purchased. Rest assured, we will happily refund you at the prices you paid when the order was placed for any unwanted items.

All items being returned or swapped must be in original condition with any labels and tags remaining. We are not authorised to refund or swap any items that have been washed or worn.

Looking forward to helping you in any way we can.

The KiiWii Team

2024 Uniform Pricelist

2024 Pricelist		Early Bird Price (-10%)	
	Full Price	Between	EARLY BIRD
		2nd April - 31st May	YOU SAVE!
Compulsory Uniform			
Junior V-Neck Jumper - Sizes: 3/4 yrs - 13/14 yrs	£12.25	£11.03	£1.23
Senior V-Neck Jumper - Sizes: XS - Medium	£13.25	£11.93	£1.33
Junior Cardigan - Sizes: 3/4 yrs - 13/14 yrs	£13.75	£12.38	£1.38
Senior Cardigan - Sizes: XS - Medium	£15.45	£13.91	£1.55
Junior Summer Polo - Sizes: 3/4 yrs - 13/14 yrs	£6.75	£6.08	£0.68
Senior Summer Polo - Sizes: XS - Medium	£7.50	£6.75	£0.75
Tie - Classic, Elastic & Clip-On - (From Year 1 onwards)	£5.75	£5.18	£0.58

Optional Items			
Junior Jogging Pants - Sizes: 3/4 yrs - 13/14 yrs	£9.50	£8.55	£0.95
Senior Jogging Pants - Sizes: XS - Medium	£11.25	£10.13	£1.13
Junior P.E Shorts - Sizes: 22" - 28/30"	£5.90	£5.31	£0.59
Senior P.E Shorts - Sizes: 32" or 34"	£6.90	£6.21	£0.69
P.E Socks - Sizes: Small (9-12) - Medium (1-5.5)	£5.25	£4.73	£0.53
Book Bag	£7.20	£6.48	£0.72

V-Neck Sweatshirt and Cardigan's Measuring Guide

How to measure your chest

Measure around the fullest part of the chest, making sure that the tape is level under the arms and across the shoulder blades. Make sure you are relaxed when measuring to get a true measurement.

V-Neck Sweatshirts and Cardigans

Chest size to fit (Inches)	24"	26"	28"	30"	32"	34"	XS	Small	Medium
Size to order	24	26	28	30	32	34	35-36	36-38	38-40
Rough conversion to ages	3-4yrs	5-6yrs	7-8yrs	9-10yrs	11-12yrs	13-14yrs			



Ordering Junior sizes

Please order the normal size (Age) that you would normally buy for your child. If you normally buy a larger size than their actual age from High Street stores, please apply the same process when ordering these garments.



Summer Polo shirt - Can be used in the Summer as an alternative to Shirt & Tie. Can be worn for P.E, but this isn't compulsory.

Chest size to fit (Inches)	24"	26"	28"	30"	32"	XS	Small	Medium
Size to order	24	26	28	30	32-34	35-36	36-38	38-40
Rough conversion to ages	3-4yrs	5-6yrs	7-8yrs	9-10yrs	11-13yrs			

Jogging Bottoms & Shorts Measuring Guide

How to measure your waist

Measure around the waist at the natural waistline (smallest part). In younger children this is usually midway between the bottom rib and the hip bone.

Junior & Senior - P.E Shorts

Child/Adult	Junior Sizes				Senior Sizes	
	22"	24"/26"	26"/28"	28/30"	32"	34"
Size to order	22	24/26	26/28	28/30	32	34



Junior Jogging Bottoms

Waist size to fit (Inches)	3-4yrs	5-6yrs	7-8yrs	9-10yrs	11-12yrs	13-14yrs
Size to order	24	26	28	30	32	34

Senior Jogging Bottoms

Waist size to fit (Inches)	XS	Small	Medium
Size to order	XS	Small	Medium

Unity Nursery

Unity Stars Nursery - Haverhill



Why Choose Us?

- Open 51 weeks of the year from 7.30am to 6.00pm
- Age range 0-3 years full or part-time sessions available
- Small, nurturing and safe environment
- Trained staff to support care, learning and play
- Strong partnerships with parents
- Funded hours
- Please email info@unitystars.org.uk for more information

Parent Workshops

Small Changes

Big differences



Virtual Triple P - Family Transitions

From 12.30 pm to 2.30 pm via Microsoft Teams

Family Transitions Triple P is a programme aimed at parents who have been or are going through separation and divorce where there are unresolved conflicts causing difficulties communicating effectively with former partners. Parents may be concerned that the separation or divorce is upsetting their children, or they may want to learn ways to talk to their children about it and teach them ways to cope. Parents who do this course may have ongoing concerns about their child's behaviour. Parents learn to recognise the parent traps during separation and divorce, to how talk to their children about separation and divorce and to help children manage their emotions. **Note: These 5 sessions can be followed by Group Triple P, Group Teen Triple P, or Group Stepping Stones Triple P. We would recommend parents continue after completing Triple P Family Transitions with these programme(s).**

COURSE DATES

- Session 1** Tuesday 16 April 2024
- Session 2** Tuesday 23 April 2024
- Session 3** Tuesday 30 April 2024
- Session 4** Tuesday 7 May 2024
- Session 5** Tuesday 14 May 2024



Important information and how to book onto a course

- For further information call the Area Parenting Co-ordinator, Emma Remblance 07514 721 874 or Dominique Scanlan 07707295176
- Bookings to the County Parenting Team can be made through Suffolk's online Portal: <https://earlyhelpportal.suffolk.gov.uk/web/portal/pages/home>. Or use your mobile phone to scan the QR code to book your place.
- If you experience difficulties with the Portal or have any questions, please email parenting@suffolk.gov.uk
- For all our parenting groups, programmes and seminars, visit [Parenting programmes overview - Suffolk County](#)

www.triplep.net





Suffolk Parent Carer Forum

OPEN EVENT

Meet professionals in SEND & Mental Health from
Suffolk County Council, Health Services, Voluntary
Sector and more

Wednesday 19th June

10:30 – 1:30

United Reformed Church
Ipswich St, Stowmarket
IP14 1AD

Information Stands

Presentations

Refreshments Provided

Free Attendees draw to win an Amazon Voucher

Working towards a brighter future for
Suffolk's children and young people

🏠 Suffolk Parent Carer Forum, Brightspace, 160 Hadleigh Road, Ipswich, IP2 0HH
☎ 01473 760933 ✉ info@suffolkpcf.co.uk 🌐 www.suffolkpcf.co.uk

What Parents & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine, often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks

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#WakeUpWednesday

The National College