



24.1.25

	Hawthorn Community Primary School <i>The Hawthorn Herald</i>	
Website: hawthornprimarykettering.co.uk		
Head Teacher: Emma Jacox Email: head@hawthorn.pfschools.org.uk		@hawthornpri
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Dear Parents and Carers,

EYFS to West Lodge Farm

On Wednesday (29th) our Early Years will be visiting West Lodge Farm for their Spring trip. The aim of the day is to explore the farm environment and look at the animals that are found on a farm. The children should wear comfortable clothing (jogging bottoms, school jumper), waterproof coat and sensible footwear such trainers or wellies. Please bring a packed lunch, a small snack and a bottle of water. Any hot lunches ordered from Kingswood in error will be substituted for a cheese sandwich packed lunch. The coach will leave school just after morning registration and should return to school by the end of the school day.

Coffee Afternoon

Thank you to everyone who attended our coffee afternoon with the school nurse this week. We hope you found it useful.

Break the Rules Day

Today is Break the Rules Day, organised by the Friends of Hawthorn. Thank you to everyone who 'broke the rules' to raise money for school funds!

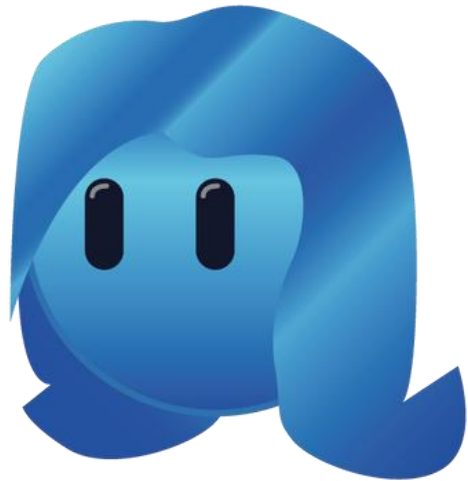
Have a lovely weekend.

Best wishes

Emma Jacox

Head Teacher

House Points so far...



Click on the cards below to see which house is in the lead so far!!

Fire - 74 points

Earth - 96 points

Water - 101 points!!!

Air - 101 points!!!

We have a tie this week!! Water and Air are topping the leader board with 101 house points so far each!!! It's wonderful to see so many of you gaining house points for positive behaviours. Come on Fire and Earth, keep earning those house points! Well done everyone!

Spring Term Sports Clubs

EcoCoach, our fabulous sports providers, are delighted to share the launch of two fantastic new clubs next term, based on parent feedback. These are:

KS1 Adventure Club

- ***When:*** Wednesdays, starting 8th January 2025
 - ***Time:*** 3:30 PM - 4:30 PM
 - ***Year Groups:*** Reception, Year 1 & Year 2
 - ***Focus:*** Fun-filled adventure activities tailored to younger children, blending teamwork, creativity, and active play.
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KS2 Dance & Gymnastics Club

- ***When:*** Tuesdays, starting 7th January 2025

- **Time:** 3:30 PM - 4:30 PM
 - **Year Groups:** Years 3 - 6
 - **Focus:** A perfect mix of dance and gymnastics, helping children build confidence, coordination, and a love for movement.
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Key Information

 **Cost per session:** £5 (General Admission) or £3.50 for Pupil Premium.

 **Booking Link:** <https://bookwhen.com/ecocoach>  **Capacity:** Limited to 20 children per session, with 5 spaces reserved for FSM children. If these spots remain unfilled, they will be offered to those on the waiting list.

Parents can book individual sessions or the whole term, and places will be allocated on a first-come, first-served basis.

We're excited to offer these engaging opportunities for your children to stay active, develop skills, and have lots of fun next term. Should you have any questions or require assistance, feel free to contact us at greenteam@eco-coach.co.uk.

We can't wait to see your children in the clubs and look forward to a term filled with sports, teamwork, and excitement!



AFTER-SCHOOL ACTIVITY CLUBS AT HAWTHORN PRIMARY SCHOOL



ECOCOACH PE SOLUTIONS are excited to announce the launch of our new after-school sports clubs for KS1 (including Reception class) and KS2 children, offering an engaging and fun-filled opportunity to develop new skills, stay active, and make new friends!

KS1 ADVENTURE CLUB: STARTS: 8TH JANUARY 2025 (WEDNESDAYS, 6 SESSIONS) YEAR GROUPS: RECEPTION, YEAR 1 & YEAR 2

KS2 DANCE & GYMNASTICS CLUB: STARTS: 7TH JANUARY 2025 (TUESDAYS, 6 SESSIONS) YEAR GROUPS: YEARS 3 - 6

⌚ TIME: 3:30 PM - 4:30 PM 📄 COST PER SESSION: £5 GENERAL ADMISSION £3.50 FOR FSM CHILDREN (MUST BE VERIFIED BY SCHOOL).

HOW TO BOOK: PARENTS CAN CHOOSE TO BOOK INDIVIDUAL SESSIONS OR THE WHOLE TERM.

THE MAXIMUM CAPACITY IS 20 CHILDREN PER SESSION, AND 5 SPOTS ARE RESERVED FOR FSM CHILDREN.

IF THESE SPOTS ARE NOT FILLED, THOSE ON THE WAITING LIST WILL BE OFFERED PLACES. IF THERE'S HIGH DEMAND, WE WILL CONSIDER ADDING AN ADDITIONAL COACH TO ACCOMMODATE MORE CHILDREN. BOOKINGS ARE FIRST COME, FIRST SERVED, AND ONLINE PAYMENT ONLY.

BOOKING LINK: [HTTPS://BOOKWHEN.COM/ECOCOACH](https://bookwhen.com/ecocoach)

WE'RE LOOKING FORWARD TO A FANTASTIC TERM OF SPORTS, TEAMWORK, AND FUN! HURRY AND SECURE YOUR SPOT NOW! FOR ANY INQUIRIES, PLEASE CONTACT [GREENTEAM@ECO-COACH.CO.UK](mailto:greenteam@eco-coach.co.uk)



FSM DISCOUNT BOOKING STEPS:
CONFIRM ELIGIBILITY: CONTACT YOUR SCHOOL TO CONFIRM YOUR CHILD'S FREE SCHOOL MEALS (FSM) STATUS.
GET DISCOUNT CODE: FORWARD THE CONFIRMATION TO [GREENTEAM@ECO-UKCOACH.CO.UK](mailto:greenteam@eco-ukcoach.co.uk) TO RECEIVE YOUR FSM CODE.
BOOK WITH DISCOUNT: USE THE FSM CODE AT CHECKOUT TO PAY £3.50

Attend Today, Achieve Tomorrow!



Well done to Maples who achieved 100% this week, closely followed by Willows at 99%. Well done!!

Maples: 100%

Willows: 99%

Silver Birches: 98%

Cherries: 98%

Cedars: 98%

Ash: 97%

Oaks: 96%

Bay: 94%

Redwoods: 94%

Apples: 93%

Elm: 93%

Friends of Hawthorn - Upcoming Events



FRIENDS OF HAWTHORN

THURS 13TH FEB 2025 **EYFS/KS1 3.30-4.30**
KS2 4.45-5.45

SILENT DISCO

TICKETS £3
Pay on MCAS

YOU ARE THE DJ!

• LIMITED NUMBER OF TICKETS, PLEASE BOOK AS SOON AS POSSIBLE

[TO SUGGEST A SONG FOR THE PLAYLIST CLICK HERE!](#)

MUSIC IS PLAYED THROUGH INDIVIDUAL HEADSETS. THERE WILL BE A QUIET ZONE WITH OTHER ACTIVITIES & GAMES AVAILABLE. DRINKS PROVIDED.
EYFS/KS1 CAN WEAR NON-UNIFORM TO SCHOOL AS THEY WILL GO STRAIGHT TO THE DISCO AT THE END OF THE SCHOOL DAY

What Parents and Carers Need to Know About...Health and Fitness Apps

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

WHAT ARE THE RISKS?

- LACK OF PERSONALISATION**

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 10-year-old, for example, will have different physical needs to a child of 16. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.
- NOT DEVELOPED BY EXPERTS**

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.
- REDUCED INTERACTION WITH OTHERS**

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.
- DATA AND PRIVACY CONCERNS**

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.
- ADDITIONAL COSTS**

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.
- DEPENDENCY ON THE APP**

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

- EXERCISE AND SOCIALISE**

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.
- PROMOTE POSITIVE BODY IMAGE**

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin to take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.
- REVIEW THE APP FIRST**

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.
- USE PARENTAL CONTROLS**

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

#WakeUpWednesday The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>

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For information on talking with child about social media, please click on the following link which will take you to the Internet Matters website: [Internet Matters: Talking with your child about social media](#)

Internet Matters also offer The Family Digital Toolkit where parents can get personalised online safety advice based on a number of factors such as age, popular apps and platforms

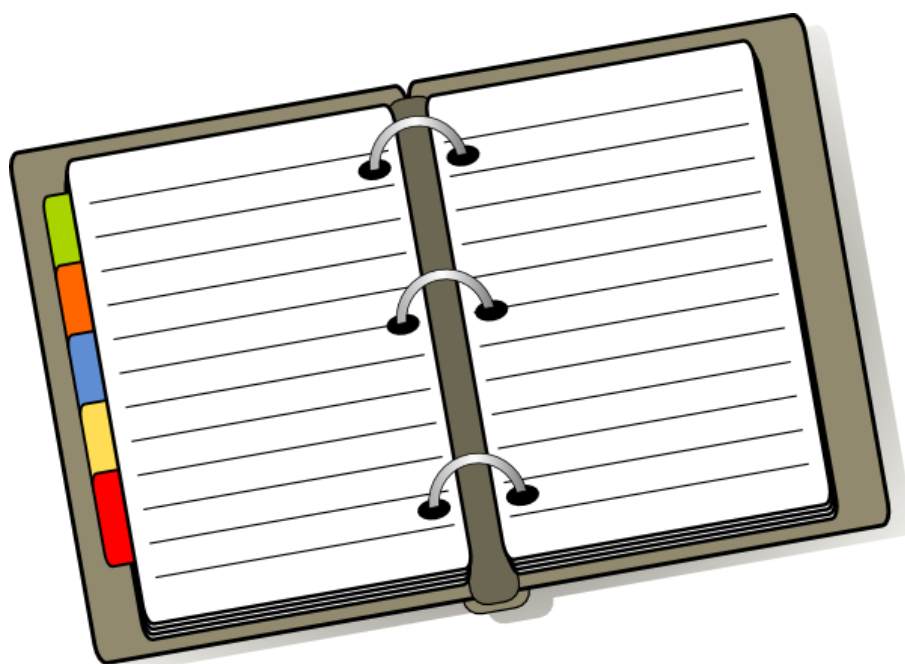
their children use, tackling online issues and more. [My Family's Digital Toolkit - tailored online safety advice | Internet Matters](#)

Community News & Events

Please follow the link below to the school website to find information on events happening in Kettering and surrounding areas:

[Hawthorn Primary - Community News and Events \(hawthornprimarykettering.co.uk\)](http://hawthornprimarykettering.co.uk)

Dates For Your Diary...



Fri 24th Jan: Break the Rules Day (organised by the Friends of Hawthorn)

Weds 29th Jan: EYFS trip to West Lodge Farm

Thurs 6th Feb: KS1 trip to Sacrewell Farm

Weds 12th Feb: 2.15pm - EYFS and KS1 Celebration Assembly (invites to follow)

KS1 Cake Sale

Thurs 13th Feb: *Coffee Afternoon: Storytime, all welcome (2pm)*

2.15pm - KS2 Celebration Assembly (invites to follow)

Silent Discos (organised by the Friends of Hawthorn) for KS1 and KS2

Break Up for half term

Fri 14th Feb: *Training Day*

Mon 24th Feb: *Back to school*
