



26.3.26

	<b>Hawthorn Community Primary School</b> <i>The Hawthorn Herald</i>	
<b>Website:</b> <a href="http://hawthornprimarykettering.co.uk">hawthornprimarykettering.co.uk</a>		
<b>Head Teacher:</b> Emma Jacox <b>Email:</b> <a href="mailto:head@hawthorn.pfschools.org.uk">head@hawthorn.pfschools.org.uk</a>		<b>@hawthornpri</b>
		<b>Tel:</b> 01536 512204

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*Dear Parents and Carers,*

*We're at the end of a very short but busy term term, thank you for all your support and involvement over the last few weeks.*

#### ***Easter Bonnet Parade***

*On Monday (13th Apr) we will be holding a Hawthorn Easter Bonnet Parade for EYFS and KS1.*

*If you would like to enter, please make an Easter bonnet with your child over the holiday, ready for the parade, which will be watched by the KS2 children. Prizes will be awarded for the three most original designs and the house with the most entries will also be awarded House points!*

#### ***Science Poster Winners***

*We had over 70 entries into the Science Week "Curious questions" competition. All the children who entered have been awarded a house point for their efforts.*

*It was very difficult to choose the winners, but after much consideration well done to the following children:*

*EYFS - George*

*Ash - Garvit*

*Bay - Evelyn*

*Elm - Anita*

*Redwoods - Mila*

*Silver Birches - Adaleigh*

*Willows - Thomas*

*Cedars - Rosie*

*Maples - Bertie*

*Oaks - Jahfari*

*All the winners have received a certificate and a treat.*

*The winners entered into the trust competition in a chance to win a £10 Amazon voucher are George, Aniya, Adaleigh and Jahfari. Good luck children!*

### ***Easter Crafts***

*Thank you to everyone who has attended our Easter Crafts sessions over the last few weeks, run by Miss Larkin. It was lovely to see so many of you in school. The winners are:*

*Bay - Isabella*

*Ash - Everley*

*Elm - Ellisa*

*Redwoods - Louie*

*Willows - Astrid*

*Silver Birches - Nicole*

*Cedars - Molly*

*Oaks - Theo*

*Maples - Siya*

*It was fantastic to see the children so excited and they are already planning next year's designs.*

### ***Toast & Tales***

*Next term sees the return of Toast & Tales starting with EYFS on Wednesday 22nd April. Please come and join your child for a story and a light breakfast from 8.20am in the hall. Please note: there will be no Sensory Circuits on Toast and Tales days.*

### ***Training Day***

*A reminder that **we break up for Easter today** as tomorrow (Friday) is a teacher training day. On behalf of all the staff here at Hawthorn, we wish you a peaceful and relaxing Easter break. We look forward to see you all on **Monday 13th April**.*

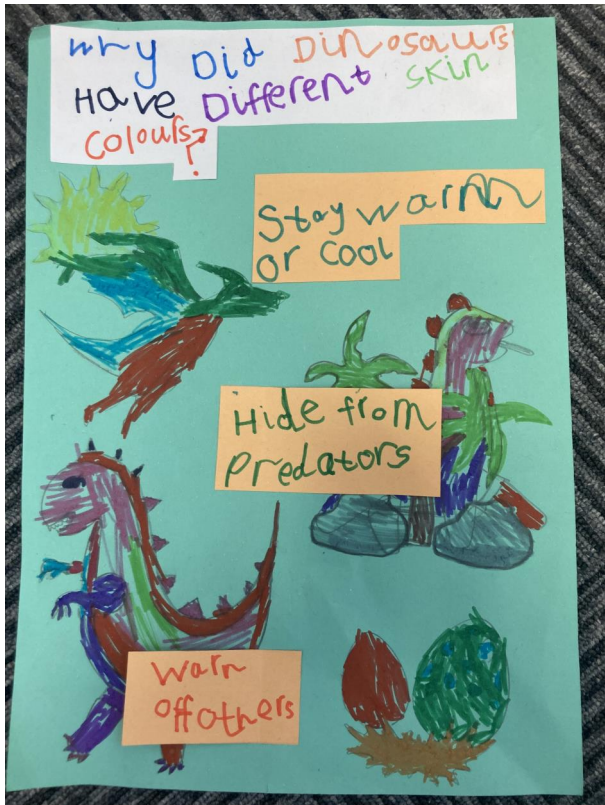
*Have a lovely Easter break.*

*Best wishes*

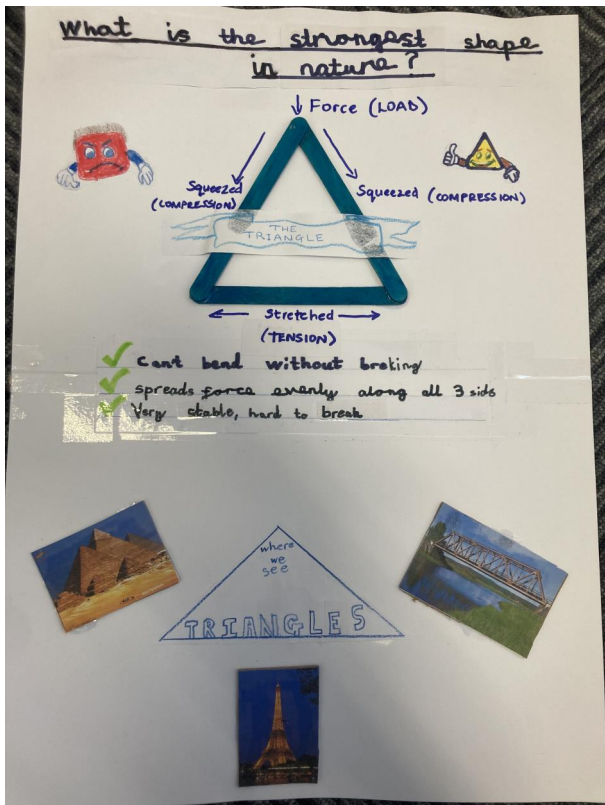
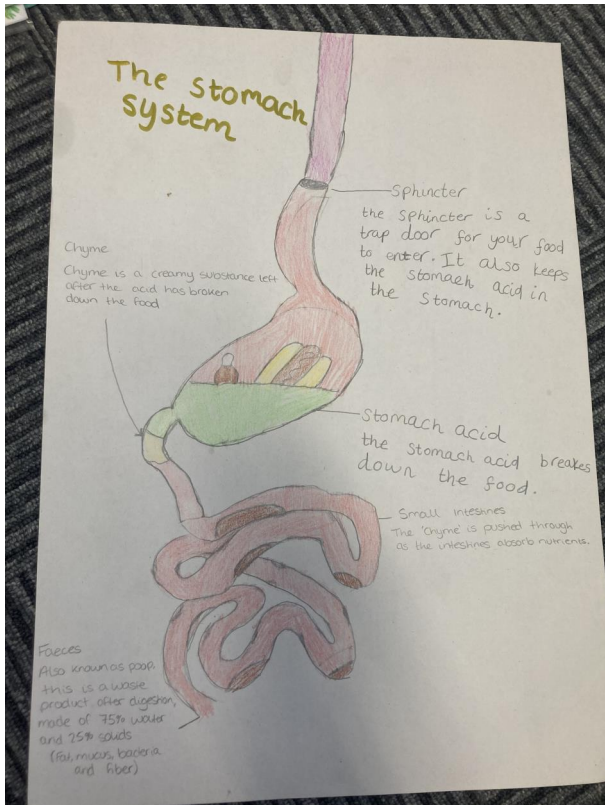
*Emma Jacox*

*Head Teacher*

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## Why Are There Different Clouds?


These are the 3 types of clouds you can see from the ground. They are grouped into 3 groups:

- Low clouds, which are below 6500 feet.
- Mid clouds, which are between 6500 feet and 20,000 feet.
- High clouds, which are above 20,000 feet.

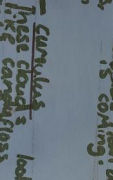
However, there is one cloud, cumulonimbus, which can be found in all 3 groups.




← **Cirrus**  
These clouds are thin and wispy. Cirrus clouds mean nice weather.



← **Altostratus**  
These clouds are grey and you can see rain or snow falling from them.



← **Cumulus**  
These clouds look like cauliflower and have flat tops. Cumulus clouds mean sunny weather.



← **Cumulonimbus**  
These clouds are very tall and dark. They can bring heavy rain, thunder, lightning, and hail.

LOW
MEDIUM
HIGH

By Abigail Wallis  
Silver Eagles

## Earth and animals on it.

### How do Plants Grow?

We all know plants need sunlight, water and the right temperature to grow, but just how do they force a stem out and roots?

### Why do ~~we~~ animals hibernate?

When it's cold animals hibernate, but how and why do they do it?

### How does sea water and river water move by itself?

You've seen a river or the sea before, right? Well, how does it move by itself?

### Why do ~~we~~ need to breathe?

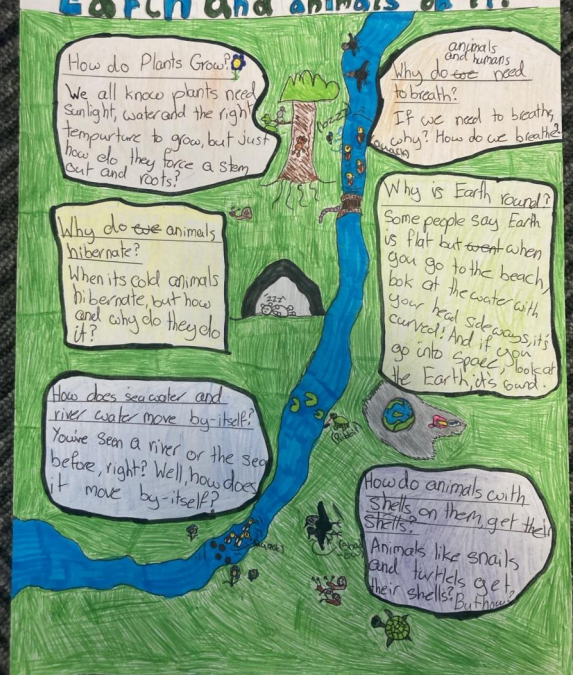
If we need to breathe, why? How do we breathe?

### Why is Earth round?

Some people say Earth is flat but ~~when~~ when you go to the beach, look at the water with your head sideways, it's curved! And if you go into space, look at the Earth, it's round.

### How do animals with shells on them get their shells?

Animals like snails and turtles get their shells from their bodies.



# WHY DO WE HAVE HICCUPS??

**WHY DO BILLS BOUNCE?**

Bills bounce due to elasticity, where air is compressed and then expands, pushing the feathers back out. This is why they can be flattened and then spring back to their original shape.

**Hiccups are caused by** sudden, involuntary spasms of contracting the diaphragm. This causes the lungs to contract and the vocal cords to produce the hiccup sound.

**WHY DO WE HAVE HICCUPS??**

Hiccups are usually caused by eating quickly, drinking too much, or sudden temperature changes.

Hiccups are a rapid intake of breath, which forces the vocal cords to vibrate, producing the hiccup sound.

**FUN FACT!** The vocal cords are located in the larynx.

# How do our lungs work?

**What are lungs?**

The lungs are a pair of spongy, pinkish organs that are located in the chest cavity. They are responsible for the exchange of gases in the respiratory system.

**How do our lungs work?**

The process of breathing involves the contraction and relaxation of the diaphragm and the rib cage. This creates a vacuum that draws air into the lungs. The air then moves through the bronchial tree to reach the alveoli, where gas exchange occurs.

**The respiratory system**

The main function of the respiratory system is to provide the body with oxygen and to remove carbon dioxide. This is done through the process of breathing.

**What are the parts of the respiratory system?**

The respiratory system consists of the trachea, bronchi, bronchioles, and alveoli.

**How to keep your lungs healthy?**

There are several ways to keep your lungs healthy:

- Quit smoking and avoid secondhand smoke.
- Get regular checkups and vaccinations.
- Exercise regularly to improve lung capacity.
- Use proper breathing techniques.

**What foods are good for the lungs?**

There are several foods that are good for the lungs:

- Leafy green vegetables (spinach, kale).
- Cruciferous vegetables (broccoli, cauliflower).
- Garlic and onions.
- Apples and berries.

## School Uniform Discount Code

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### *School Uniform Discount Code*

*Parents can enjoy 10% off school uniform orders at MyClothing by entering the code below at checkout.*

**Code:** MYCQ110

**Expires:** 31/03/2026

**Link:** [myclothing.com/discount/MYCQ110](https://myclothing.com/discount/MYCQ110)

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## Spring Term Sports Clubs

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*Please see below details of next term's Sports Clubs, run by EcoCoach. All clubs will run from 3.30-4.30pm and cost £5 per session (Pupil Premium discount available).*

*Reception and KS1: Pokemon & K Pop Demon Hunters Club*

*Starts: 15 April 2026 (Wednesdays, 6 sessions)*

*KS2: Netball Club*

*Starts: 14 April 2026 (Tuesdays, 6 sessions)*

*Please see below for details of how to book*

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**ECOCOACH CIC PRESENTS**

**AFTER SCHOOL ACTIVITY CLUBS AT  
HAWTHORN PRIMARY SCHOOL**

**STARTING 14 APRIL 2026**



**ECOCOACH CIC ARE EXCITED TO ANNOUNCE THE LAUNCH OF OUR NEW AFTER-SCHOOL SPORTS CLUBS FOR KS1 (INCLUDING RECEPTION) AND KS2 CHILDREN, OFFERING AN ENGAGING AND FUN-FILLED OPPORTUNITY TO DEVELOP NEW SKILLS, STAY ACTIVE, AND MAKE NEW FRIENDS!**



**KS1 POKÉMON & K-POP DEMON HUNTERS CLUB: STARTS: 15<sup>TH</sup> APRIL 2026 (WEDNESDAYS, 6 SESSIONS)  
YEAR GROUPS: RECEPTION, YEAR 1 & YEAR 2**

**KS2 NETBALL CLUB: STARTS: 14<sup>TH</sup> APRIL 2026 (TUESDAYS, 6 SESSIONS) YEAR GROUPS: YEARS 3 - 6**

**TIME: 3:30 PM - 4:30 PM  
COST PER SESSION: £5**

**DISCOUNTS AVAILABLE:  
WE'RE COMMITTED TO MAKING CHILDCARE MORE AFFORDABLE:  
15% OFF FOR FAMILIES WITH CHILDREN ON FREE SCHOOL MEALS (FSM)**

**10% OFF FOR NHS, MILITARY, OR BLUE LIGHT CARD HOLDERS**

**TO CLAIM YOUR DISCOUNT:  
EMAIL GREENOFFICE@ECO-COACH.CO.UK WITH A PHOTO OF YOUR EVIDENCE (FSM ELIGIBILITY OR VALID ID).  
WE'LL SEND YOU A UNIQUE DISCOUNT CODE TO USE WHEN BOOKING.**

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

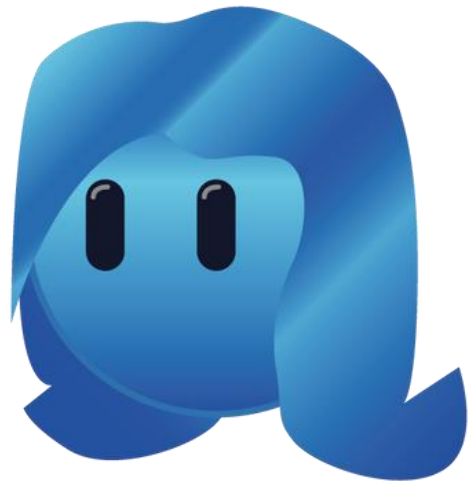
**THE MAXIMUM CAPACITY IS 20 CHILDREN PER SESSION, AND 5 SPOTS ARE RESERVED FOR FSM CHILDREN.  
IF THESE SPOTS ARE NOT FILLED, THOSE ON THE WAITING LIST WILL BE OFFERED PLACES. IF THERE'S HIGH DEMAND, WE WILL CONSIDER ADDING AN ADDITIONAL COACH TO ACCOMMODATE MORE CHILDREN. BOOKINGS ARE FIRST COME, FIRST SERVED, AND ONLINE PAYMENT ONLY.**

**BOOKING LINK: [HTTPS://PBBL.UK/ECOCOACHCIC](https://pbbl.uk/ecocoachcic)**

**WE'RE LOOKING FORWARD TO A FANTASTIC TERM OF SPORTS, TEAMWORK, AND FUN! HURRY AND SECURE YOUR SPOT NOW!  
FOR ANY ENQUIRIES, PLEASE CONTACT GREENOFFICE@ECO-COACH.CO.UK**



## House Points so far...



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*Click on the cards to see which house is in the lead so far!! It's getting close at the top!*

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**Air - 1162 points**

**Fire - 1162 points**

**Earth - 1245 points**

**Water - 1255 points**



# What Parents and Carers Need to Know About...Instagram

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](http://nationalcollege.com).

## What Parents & Educators Need to Know about INSTAGRAM

Instagram remains one of the world's most popular social media platforms, especially among teens – with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app – and what the risks are.

**AGE RESTRICTION 13+**

### WHAT ARE THE RISKS?

- EXCESSIVE SCREEN TIME**  
Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers which may disrupt their day-to-day activities.
- AI CHATBOT CONCERNS**  
Meta's AI, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.
- RISKS OF GOING LIVE**  
The livestream feature allows real-time broadcasting to followers – or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.
- THREADS INTEGRATION**  
Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.
- SCHEDULED MESSAGING**  
Instagram's newer ability to schedule direct messages means that children could receive messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.
- EXCLUSION AND LOW SELF-WORTH**  
Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

### Advice for Parents & Educators

- USE INSTAGRAM'S SUPERVISION TOOLS**  
Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.
- SET BOUNDARIES FOR THREADS AND AI**  
Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, therefore helping children understand that chatbots aren't real people and should be used with care.
- OPEN UP THE CONVERSATION**  
Talk regularly to the children in your care about what they enjoy on Instagram – and what makes them uncomfortable. Encourage honest chats about filters, body images, and online approval. Reassure them that they don't need to add their appearance or 'likes' to feel valued.
- BE MEDIA-SAVVY WITH INFLUENCERS**  
Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions – and how online personalities can shape opinions and behaviour.

**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 texting behaviour of young people in the UK, USA and Australia.

**#WakeUpWednesday**  
**The National College**

**@wake\_up\_weds** **/www.thenationalcollege** **@wake.up.wednesday** **@wake.up.weds**

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.04.2025

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](https://www.internetmatters.org/talking-with-your-child-about-social-media/)

## Community News & Events

**GAMES | MUSIC | FOOD | FUN**

# LAKELANDS HOSPICE EASTER FAMILY FUN DAY

**SATURDAY, 4<sup>TH</sup> APRIL 2026 11:00AM - 3:00PM**

Enjoy our Easter Egg Hunt, lots of stalls with crafts, games, delicious food and plenty of fun for all ages. A perfect day out for the whole family!

**LAKELANDS HOSPICE, BUTLAND ROAD, CORBY, NN18 8LX**

For more info please email - [fundraising@lakelandshospice.org.uk](mailto:fundraising@lakelandshospice.org.uk)

**LAKELANDS CARE HOSPICE**  
www.lakelandshospice.org.uk

**Home START**  
Corby

# 5K CORBY 5K CHARITY RUN

In aid of the Mayor of Corby's Charities:  
Lakeland Care Hospice and Home Start Corby

**Where?** Rockingham Triangle Athletics Stadium,  
Jimmy Kane Way, Corby, NN17 2FB

**When?** Sunday 26th April  
Registration opens 12:30pm

First race at 1:30pm,  
Fun Run starts at 2:30pm

**Cost:** £8 per adult, £5 per child  
Family of 6: £32

Family of 4: £21  
Spectators £1 donations only on the gate

All ages and abilities welcome! Run, walk, skip or dance your way around and everyone will receive a medal for taking part!

Please scan to register!

**All profits donated to Lakeland Care Hospice & Home-Start Corby**

# XPLORER



Xplorer is a family friendly navigation challenge that is educational and fun and gives children a sense of adventure as they explore the park to find markers.

## Easter 2026 events:

- **Monday 30<sup>th</sup> March 1 – 3pm:** Thrapston, Peace Park (NN14 4JU)
- **Thursday 2<sup>nd</sup> April 1 – 3pm:** Rushden, Hall Park (NN10 9ES)
- **Tuesday 7<sup>th</sup> April 1 – 3pm:** Wellingborough, Swanspool Gardens (NN8 1BP)
- **Wednesday 8<sup>th</sup> April 1 – 3pm:** Corby, Kingswood Neighbourhood Centre (NN18 9HU)
- **Thursday 9<sup>th</sup> April 10am – 12:** Twywell Hills and Dales (NN14 4DZ)
- **Thursday 9<sup>th</sup> April 1 – 3pm:** Kettering, The Green Patch (NN16 0LU)

**NO NEED TO BOOK**

**FREE TO JOIN**

For more information contact:

activefamilies@northnorthants.gov.uk



# REPAIR CAFE Kettering



## BIN IT? NO WAY!

### KETTERING'S GOT A REPAIR CAFÉ!

Got something broken?  
Bring your:

Kitchen knives  
Textiles & clothing  
Small appliances  
Well-loved toys  
Bicycles  
Electronics  
Jewellery  
and more!



For a voluntary contribution, our volunteers will help fix your items while teaching you valuable repair skills. Let's reduce waste, save money and extend the life of our favourite things!

Refreshments and cakes available in our café while you wait.



## WHEN?

### 2026 DATES

Feb 21 | May 16

Sep 19 | Nov 28

10am-1pm

## WHERE?

ST MICHAEL'S  
CHURCH  
33 GARFIELD ST  
KETTERING  
NN15 6BU

## Do I need to book?

No, just turn up with your item.



If you have any questions or would like to volunteer to help, contact [repaircafekettering@gmail.com](mailto:repaircafekettering@gmail.com)

COMMUNITY - CREATIVITY - CONNECTION

# ANALOGUE AFTERNOONS

FIRST SUNDAY OF EVERY MONTH 1-4PM  
ST MICHAEL'S, GARFIELD ST, KETTERING, NN15 6BU

**COME TOGETHER TO BUILD COMMUNITY  
ENJOY TIME AWAY FROM SCREENS & SOCIAL MEDIA**

BRING YOUR OWN CRAFTS,  
BOOKS, GAMES & HOBBIES

SHARE SUPPLIES & SKILLS

TAKE PART IN CREATIVE  
COMMUNITY PROJECTS

## KIDS ZONE

LEGO, CRAFTS  
& GAMES IN A  
SAFE SPACE  
MUST ATTEND WITH A  
RESPONSIBLE ADULT

**EVERYONE IS WELCOME - FREE OF CHARGE**

# FAMILY WALK

COME AND  
SPOT THE  
SIGNS OF  
SPRING

THURSDAY 2ND APRIL

**FREE**

MEET AT HIGHFIELD  
COMMUNITY CENTRE  
KETTERING NN15 6JB  
AT 9.30AM

**CHOCOLATE  
EGG FOR  
EVERY CHILD!**



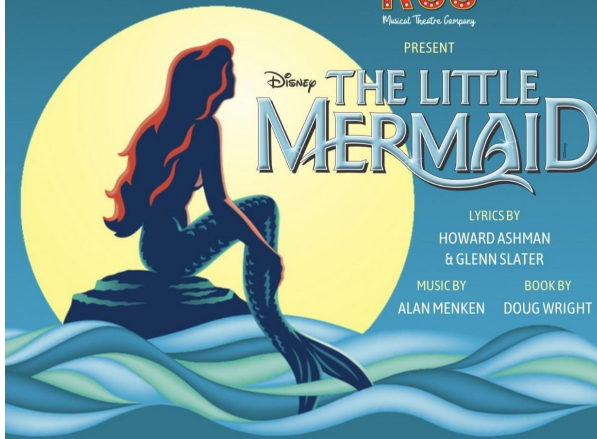
EVERYONE IS WELCOME INCLUDING PUSHCHAIRS  
AND WELL BEHAVED DOGS. PLEASE BRING A DRINK

THIS WELLBEING WALK RUNS EVERY THURSDAY  
AT 9.30AM ALL YEAR ROUND.

**NODA**  
The every stage

**KOS**  
Musical Theatre Company

PRESENT



Disney **THE LITTLE MERMAID**

LYRICS BY  
HOWARD ASHMAN  
& GLENN SLATER

MUSIC BY      BOOK BY  
ALAN MENKEN   DOUG WRIGHT

Based on the Hans Christian Andersen story and the Disney film produced by Howard Ashman & John Musker and written and directed by John Musker & Ron Clements

Originally Produced by Disney Theatrical Productions

This amateur production is presented by arrangement with Music Theatre International.  
All authorised performance materials are also supplied by MTI - [www.MTIShows.co.uk](http://www.MTIShows.co.uk)

**Wed 1 - Sat 4  
April 2026**

**CASTLE  
THEATRE**  
Wellingborough

Tickets available from Castle Theatre:  
[castletheatre.co.uk](http://castletheatre.co.uk) | 01933 270 007



@KOSMusicalTheatreCompany

Disney **THE LITTLE MERMAID**

**The classic family favourite is coming to Wellingborough!**

Now in their 107<sup>th</sup> year, **KOS Musical Theatre Company** are proud to bring an all-singing, all-dancing taste of Disney magic to the Castle Theatre this April!

Join Ariel as she dreams of being 'Part of Your World' and makes a daring journey to follow her heart. Filled with unforgettable songs, dazzling costumes and magical adventures, this beloved Disney classic is perfect for the whole family. Don't miss your chance to experience the sparkle, laughter and wonder of this timeless tale brought to life on stage!

**Book your tickets NOW!**

Wednesday 1 April 2026	 <b>7pm - Relaxed Performance</b>
Thursday 2 April 2026	7pm - Standard Performance
Friday 3 April 2026	2pm - Standard Performance 7pm - Standard Performance
Saturday 4 April 2026	2pm - Relaxed Performance 7pm - Standard Performance

**BSL Signed, relaxed performance:**

7pm, Wednesday 1 April 2026

All ticket prices include £1.50 venue booking fee  
Group discount rates also available - view full list of ticket prices and group booking options on [castletheatre.co.uk](http://castletheatre.co.uk)

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***Messy Mayhem Creative Play***

*Wednesday afternoons, 1-2pm*

*St Michael's Church, Garfield Street*

*£6 per child*

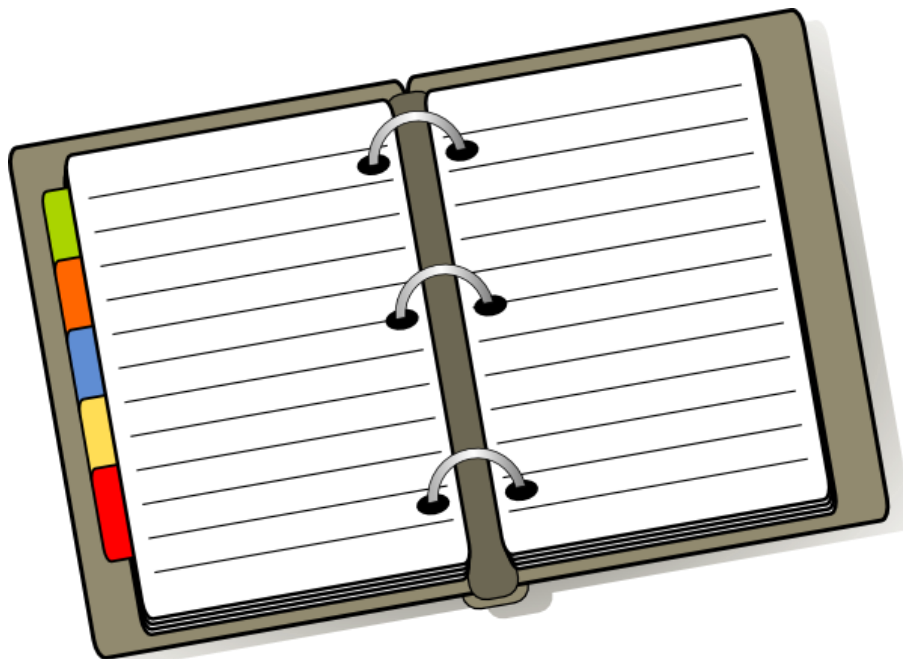
*Suitable for children from when they can sit!*

*Come and spend some time with your little one exploring different textures, sights, sounds and smells.*

*For more info contact Linda at [MessyMayhemCP@outlook.com](mailto:MessyMayhemCP@outlook.com)*

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**Dates For Your Diary...**



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***Thurs 26th Mar: Y2 Cake Sale (3.10pm)***

***Break Up***

***Fri 27th Mar: Training Day (school closed)***

\*\*\*\*\* Easter Break\*\*\*\*\*

**Mon 13th April** : School reopens after Easter break

1.15pm: EYFS/KS1 Easter Bonnet Parade (children only)

**Weds 15th April:** Super Science Club starts for KS2

**Mon 20th April:** Little Hawthorns (2pm)

**Tues 21st April:** Ukulele starts for Y3 children

**Weds 22nd April:** EYFS Toast & Tales (8.20am)

**Thurs 23rd April:** Y1 Cake Sale

**Tues 28th April:** Y1 Toast & Tales (8.20am)

**Weds 29th April:** Y2 Toast & Tales (8.20am)

**Mon 4th May:** Mayday Bank Holiday - school closed

**Weds 6th May:** Y3 Toast & Tales (8.20am)

**Thurs 7th May:** Y4 Toast & Tales (8.20am)

Y6 2026 Residential Meeting (3.30pm)

**Fri 8th May:** EYFS & KS1 Mayday Dancing (pm)

**Mon 11th May:** Y6 SATs Week

**Mon 18th May:** KS2 Celebration Assembly - invite only (2.15pm)

Little Hawthorns (2pm)

**Tues 19th May:** Y6 Height and Weight Screening

EYFS & KS1 Celebration Assembly - invite only (9am)

*KS2 Celebration Assembly - invite only (2.15pm)*

**Weds 20th May:** Y5 & Y6 Toast & Tales (8.20am)

*Y6 Shakespeare project starts*

**Thurs 21st May:** Y6 Cake Sale

**Fri 22nd May:** Break Up

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ANCHORED SCHOOLS



GOLD AWARD