

Weekly Bulletin

October 3rd 2024



It was so lovely this week watching our youngest children as they learn to build their first words together and seeing our Year 1 children becoming more fluent writers using their phonic knowledge to read and write. We seek to put as much information as possible on our website. Most general information that parents/carers are looking for can be readily found [on our website](#) including information about our 'Little Wandle' phonics resources can be found on our school website. Don't forget to visit our '[Logging your child's reading](#)' and record your child's reading on [Boom Reader](#).

Ahead of our parent consultations in November, [please complete our survey](#) to enable us to judge whether you prefer online or face to face meetings this year.

Hauxton Preschool Vacancy

Hauxton Preschool are advertising a vacancy for a Level 3 Qualified Practitioner (term-time only) £21,000 a year - Permanent, Full-time - Apply here on [indeed.com](#)

The Big Biology Day

This year's Big Biology Day takes place on Saturday 12th October from 10am to 4pm at Hills Road Sixth Form College, for more information about the event visit their Facebook page, <https://www.facebook.com/BigBiologyDay/>

BE THE BEST *you can be*

Did you know?

Research refers to the 90 second emotional rule*. This is how long a 'dose' of emotion lasts in our body. Our THOUGHTS determine whether or not we continue to release these hormones.

So what can you try to interrupt the ongoing cycles?

1 A 90 second hug

Set your timer! A hug releases oxytocin, which works to help reverse the effect of the stress hormones. You can even hug yourself!. Try it and see if you can feel the relaxation flooding in.



2 Count backwards

Counting forwards is pretty automatic for most of us but counting backwards means we have to interrupt whatever else our brain is doing at the time. Depending on age, you could count backwards from as many as 100 or from as few as 10.

3 Give to others

Giving to others is powerful, especially in person so you see their face and make eye contact. "The best way to find yourself is to lose yourself in the service of others." Mahatma Gandhi. Scientists believe that altruistic behaviour releases endorphins in the brain - the 'helper's high'. This can be something small like holding a door open or giving someone a compliment.



James H-W

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Robin McN

Upcoming Events

Monday 14 th October	Y5/6 Bikeability (Monday-Thursday)
Friday 18 th October	HSA Halloween Disco
Monday 28th October 2024	Half Term Break
Monday 4th November	School is closed for staff training
Wednesday 6 th November	Parent consultation meetings
Thursday 7 th November	Parent consultation meetings
Wednesday 13 th November	KS2 Residential

Have a lovely weekend