

HITHERFIELD HERALD

www.hitherfield.co.uk



LIBRARY BOOK PACKS

We are able to supply a pack of 10 Hitherfield School library books for your child to use at home. This will be a mix of fiction/non fiction suitable for the age of your child.

If you would like a book pack, please email admin@hitherfield.co.uk. Book packs will be available for collection on Friday of each week outside the main school office.

If your child has any particular requests i.e. author etc., please feel free to ask and we will try and accommodate. When books are returned they should be posted in the Orange library off box.

M&S HAVE RECENTLY ANNOUNCED THEY WILL ADD £5 TO THE £15 WEEKLY FREE SCHOOL MEAL VOUCHER IF IT IS SPENT IN THEIR FOODHALLS.

The idea is to cover the cost of breakfast as well as lunch. They have a weekly downloadable meal planner for breakfast and lunch ideas. The scheme has been endorsed by Marcus Rashford. Further information can be found here:

<https://corporate.marksandspencer.com/media/press-releases/5ff7017fc6fe1bc26cb21d12/m-and-s-food-to-bolster-the-government-s-15-free-school-meals-vouchers-to-20-to-give-children-breakfast-and-lunchtime-meals>

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Let's get them flying!



Let's get them flying with the Oxford Owl eBook Library!

All Hitherfield pupils should have now received their Oxford Owl eBook Library logins and Book Band levels!

If your child is in years 1-6 you will be able to find these details on Seesaw, and if your child is in Nursery or Reception, these will have been sent out in a memo on Tapestry.

It is recommended that you encourage your child to read for at least 15 minutes every day and that they talk to someone about what they have read. We are so excited about the Oxford Owl eBook Library and think it will be a brilliant addition to the daily reading the children of Hitherfield!

Please find instructions on how to use the online library below.

Information Leaflet

The Oxford Owl eBook Library contains a wide selection of books from across Oxford's most popular series. The books are carefully levelled and progress in reading difficulty from those appropriate for Nursery/Reception right through to those suitable for Year 6.

How does my child access the eBook Library?

1. Go to www.oxfordowl.co.uk
2. Click on the 'Log in' link (top right) to open the login form.
3. Make sure the 'Students' tab is highlighted. Type in the class name and password that your child's teacher has given your child, and click 'Login'.

OxfordOWL Help Join us Log in

Welcome to Oxford Owl
Discover expert advice, educational resources and free eBooks to support children's learning at primary school and at home, from Oxford University Press.

Oxford Owl for School
Teaching resources and expert school improvement support

- Award-winning subscriptions and leadership support
- Free teaching resources and eBooks
- Free Professional Development videos

Log in Join us

About Oxford Owl for School

Oxford Owl for Home
Free resources to support learning at home

- Advice and support for parents
- Educational activities and games
- Free eBook library for 3- to 11-year-olds

Enter site

Write your class name and password here:

Class name: _____

Password: _____

4. Click on the tile for the Oxford Owl eBook Library.

OxfordOWL Hello: hazel classes Help Log out

Your eBooks and Activities

Oxford Owl eBook Library
My eBooks

Read Write Inc. eBook Library
My eBooks

5. Click on the eBook to open it.



How do I know which book my child should read?

Your child's teacher will tell them which Book Band they are working on. Your child can then read any of the books at that level.

Alternatively, your child's teacher may specify an exact title or age-range.

How do I find the right book or level?

To find the right level, click on the Levels filter at the top of the library, choose Oxford Levels or Book Bands as appropriate. Choose your level and then the books will be filtered so that you only see books at that level.

Oxford Owl eBook library OxfordOWL eBook Library

Search...

Age groups Series Levels

Start Again

Levels: Oxford Level, Oxford Level 1, Oxford Level 1+, Oxford Level 2, Oxford Level 3, Oxford Level 4, Oxford Level 5, Oxford Level 6, Oxford Level 7, Oxford Level 8, Oxford Level 9, Oxford Level 10, Oxford Level 11, Oxford Level 12, Oxford Level 13, Oxford Level 14

Books shown: Cat Chase, The Mouse and the Elephant, The Little Red Hen, Splash!, Tin Can Tracks, Under the Moon, Can You See It?

To find the right title, type it into the Search box.

animal

animal, animal magic, story's progress

Series Levels

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Home Learning Tools and ReSourceS for Parents

TWINKL

TWINKL have made some resources available to parents and carers free of charge.

Use the code: UKTWINKLHELPS

BBC Bitesize

BBC Bitesize Maths is an excellent source of information and interactive quizzes.

Numberblocks

Sing along and learn all about numbers with the Numberblocks.

Maths on Toast

Weekly updated online activities designed for families with children aged 4 – 12 to explore and involve craft, construction, puzzles and creativity to enable everyone to develop a positive and 'can-do' attitude to maths.

White Rose Home Learning ReSourceS

White Rose Home Learning resources offers a week's worth of lessons and helpful videos for pupils from Early Years to Year 8. More resources added every week.



PTA NEWS

We have the first of our well-being workshops taking place on Wednesday 3rd February.

Lucy Rix is a mum of 2, a local Physiotherapist, Acupuncturist & Pilates instructor and has a passion for getting people moving, breathing and feeling functionally stronger.

Lucy has offered to run a holistic movement class ending with relaxation and breath work and she promises to make it fun and accessible to all!

Don't worry you do not need to have any previous experience of yoga or pilates to join this class!!

The class will be at 7.45pm on Wednesday 3rd February on zoom and you will only need a towel or a mat. It will be £5 per person and 100% of the money will go to the PTA.

Please register your interest by emailing hitherfieldpta@gmail.com and making the £5 payment to our Paypal account. <https://www.paypal.com/gb/fundraiser/charity/3180243>

Let's undo those working from home postures, breathe out those Lockdown frustrations and have some fun trying some new exercises together.
See you on the mat!

The PTA xx

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TOP TIPS FOR DEALING WITH ANXIETY

NHS



TIP 01

Try a short breathing exercise

TIP 02

Learn how to manage anxious thoughts

TIP 03

Keep a mood diary

WHEN THINGS AREN'T SO GOOD OUT THERE...
MAKE INSIDE FEEL BETTER.

Visit Every Mind Matters for more tips and advice

**Better
Health** every mind
matters

SIMPLE TIPS FOR IMPROVING YOUR MOOD

NHS



TIP 01

Learn how to manage unhelpful thoughts

TIP 02

Stay active

TIP 03

Talk to someone

WHEN THINGS AREN'T SO GOOD OUT THERE...
MAKE INSIDE FEEL BETTER.

Visit Every Mind Matters for more tips and advice

**Better
Health** every mind
matters

SOME SIMPLE TIPS FOR IMPROVING YOUR SLEEP

NHS



TIP 01

Keep regular sleep hours

TIP 02

Attempt not to check your phone for an hour before bed

TIP 03

Consider turning your clock away so you can't see it

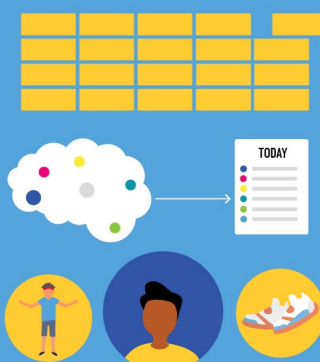
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**Better
Health** every mind
matters

TOP TIPS FOR DEALING WITH STRESS

NHS



TIP 01

Divide big tasks into small ones

TIP 02

Create to-do lists

TIP 03

Stay active

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