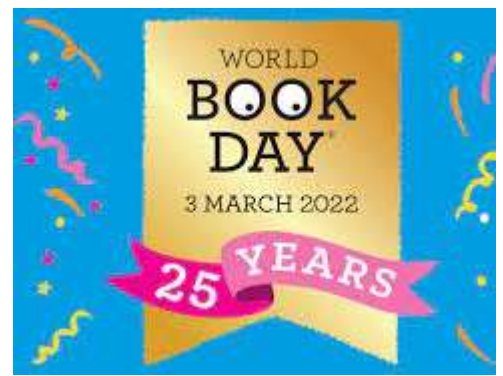




4th March 2022



### World Book Day

World Book Day was a huge success across the school. We saw a range of characters from books old and new, and the children were all excited to share both their favourites and new discoveries. There were a wide range of activities. A huge thank you to all parents and carers who helped their children come in wearing such exciting costumes.

Please keep up the good work with all the reading that is done at home.

Gorilla Class



Dylan as  
Titanic



Owl Class

Logan  
as  
Superman!





## World Book Day

Elephant and Butterfly Class



In Year 5, for World Book Day, we completed a range of activities to share our love of books. We went outside for some Extreme Reading. Some people believe reading is quiet and dull, but we showed how to create action scenes and read in some unusual places. We also tried to create entire new books by selecting random characters, problems and settings and then writing blurbs and designing covers.



Joe the skeleton even got involved!



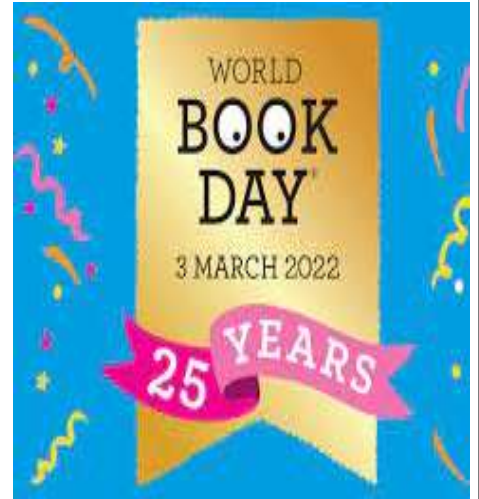
Year 3 – Zebra





## World Book Day continued

Meerkat Class



Year 4



Goldilocks  
and The 3  
bears



Daniel and Henry from Year 5



Hippo Class



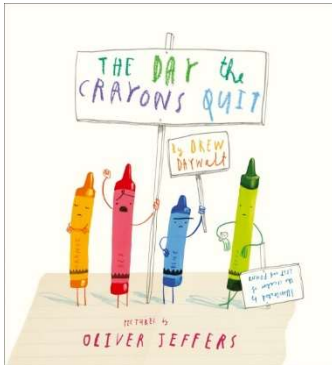
Year 6



## Year 2 – World book Day

We have been very busy celebrating World book day in Year 2. We helped our teachers make a colourful door display. We also made our very own book marks and enjoyed sharing all our stories.

Our teachers came dressed up as 'crayons' from the book 'The day the Crayons Quit' and set us a challenge to write our own comic style story similar to the book. Our titles included; The Day the Teachers Quit, The Day Mr Russ Quit and The Day I Quit.





## **Courageous Cross Country!**

It certainly feels like we have been waiting a long time to compete locally in Cross Country. Finally we returned to William De Ferrers with a reduced Year 6 team, to take on the local schools on Wednesday 2nd March.

The conditions were certainly wet and muddy, but our children really rose to the challenge and ran with superb determination and grit. One of each of our boys and girls teams placed in the top 10, our female running star came 2nd in the whole of the Dengie!

At this point I would like to congratulate all of our runners who have turned up to training and supported our team members working hard each and every week.

Now we can look forward to an exciting County Final!

Mr Proudfoot



### Hospital/doctor's appointments

If your child has a hospital or doctor's appointment please can we ask for a copy of the appointment so that we have this on our records to show a reason for the absence – this can be in the form of a letter or screenshot of the text message you receive.

Thank you.

### Labelling uniform/Lost Property

Once again we have a large pile of school jumpers with no names so we cannot return these to their rightful owners. If your child has lost a jumper please contact the office.

Please can we ask all parents to clearly label their child's uniform.

Thank you ☺

### Dates for your diary

18<sup>th</sup> March – Comic Relief (bake off and cake sale)

30<sup>th</sup> - 31<sup>st</sup> March – Parents Evening (virtual)

31<sup>st</sup> March – Secret Garden Production (in school)

4<sup>th</sup> April – 18<sup>th</sup> April (inclusive) – Easter holidays

19<sup>th</sup> April – Back to school

2<sup>nd</sup> May – Bank holiday

27<sup>th</sup> May – 6<sup>th</sup> June (inclusive) – May half term

21<sup>st</sup> July – Last day of Summer term



#### Child Anxiety Workshop

Workshop for parents/carers of primary school aged children to help manage their child's anxiety

"I cannot stop worrying"  
"I don't want to go to school"  
"They don't seem very happy"

"They seem to be unable to cope with their emotions, and I don't know how to help them"



The Essex Child and Family Wellbeing service are offering a **virtual** child anxiety workshop to learn how to best support your child's anxiety. Please be aware that you will need to attend both dates for the workshop. The workshop will cover:

- What is anxiety
- Physical symptoms of anxiety
- Causes of anxiety
- How to overcome anxiety
- Calming techniques

**Tuesday 8<sup>th</sup> March – 10.30am-12pm  
& Tuesday 15<sup>th</sup> March – 10.30am-12pm**

To book your space please call: 0300 247 0014



[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

Services commissioned by:

care.think.do.



#### The Importance of Sleep

Workshop for parents/carers of primary school aged children to tackle sleep troubles

Sleep difficulties are very common

"They cannot relax"  
"They say they are not tired"  
"They wake in the night"

"They seem to worry excessively at bedtime and I don't know how to help them"

Up to 25% of school aged children have difficulties with sleep



The Essex Child and Family Wellbeing service are offering a free **virtual** workshop for parents/carers of 5-11 year olds.

The workshop will cover

- \* Why sleep is important & how much do we need
- \* What is good sleep?
- \* Understand possible causes of settling to sleep & night waking issues
- Strategies to overcome sleep difficulties

**Workshop Monday 14<sup>th</sup> March at 10am-11.30am**

To book your free space please call: 0300 247 0014



[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

Services commissioned by:

care.think.do.



**ACL offer FREE interactive courses to help parents negotiate those tricky times. If you are a parent, grandparent or caring for a child or young person living in Essex ACL have support for you.**

**To participate in these courses, learners will need a laptop or PC with webcam and microphone, internet connection with Google Chrome browser, an email address and be able to access websites.**

**Please visit the site to see what is available or view their brochure. Examples of the courses ACL run are;**

### **Wellbeing**

These courses offer families guided support and tips on keeping children emotionally well. ACL deliver courses and workshops based on the developmental age of your children.

- Emotional Wellbeing KS1, KS2 and Teenagers
  - Emotional Wellbeing for Parents
    - Separation Anxiety
    - Understanding anxiety
    - Parental Guilt

### **Parenting**

These workshops are to recognise to recognise and accept children's feelings in a positive way and choose from a range of strategies to put fair boundaries into place. Ultimately, we want to improve parent/child relationships through the implementation of effective assertive techniques.

- Sibling Rivalry
- Motivating & Negotiating with Teens
  - Child Development KS2 & KS3
- Connecting in an unconnected world
  - Choices and Consequences
    - Parental Guilt
    - Fussy Eaters

**<https://aclessex.com/community-family-learning/>**

**Email: [admin@burnham-on-crouch.essex.sch.uk](mailto:admin@burnham-on-crouch.essex.sch.uk)**

**Website: [burnhamprimary.co.uk](http://burnhamprimary.co.uk)**

**Contact: 01621 782070**