



[www.essendon.herts.sch.uk](http://www.essendon.herts.sch.uk)  
01707 261209  
[admin@essendon.herts.sch.uk](mailto:admin@essendon.herts.sch.uk)

Friday 9<sup>th</sup> February 2024

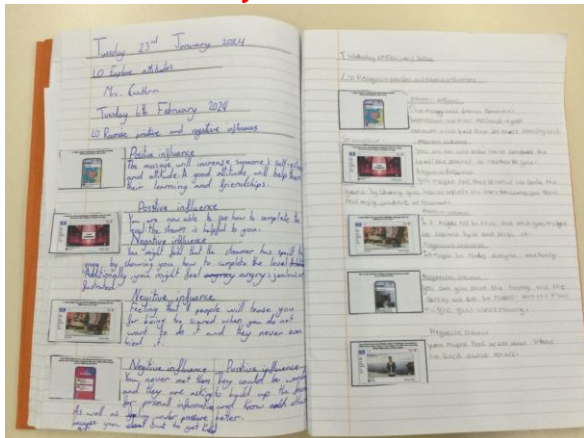
Our Value This Half Term: Love Others

Dear Essendon Families,

### Collective Worship – Feeling Good

Feeling Good Week this year is all about the outdoors. Let's think about our outdoor areas at Essendon, our beautiful grounds, our playground and our woods. We can see that spring is coming and the shoots are emerging on the bushes, the trees and in the borders. New life is coming. Time spent outdoors reaps enormous rewards for our mental health and emotional wellbeing. This week during our playtimes we are noticing the changes that spring is bringing and the benefits that gives.

### Safer Internet Day



For Safer Internet Day 2024, Harefield looked at a variety of online situations and recorded the possible positive and negative influences these could have and discussed how to respond.

### Dates For Your Diary

Tues 13<sup>th</sup> February – Shrove Tuesday/Lent

19<sup>th</sup> Feb to 23<sup>rd</sup> Feb – Half Term

Tues 19<sup>th</sup> March Parent/Teacher Consultations

Thurs 21<sup>st</sup> March Parent/Teacher Consultations

Tue 26<sup>th</sup> March, 2:15pm – Easter Service at the Church, all welcome.

Thurs 28<sup>th</sup> March 1:15pm – End of Term and Easter Egg Hunt with parents after school.

### Look Out For ....

The School Nursing Newsletter that will be sent out today, full of information about the service and what can be accessed by parents.

### Learning About Judaism And Passover



Homewood have been learning about Passover and the story behind the Seder Plate.

### Lunar New Year



Thank you to Mrs Pittson and her beautiful dragon created with children in The Den at lunchtime.

### Headteacher's Award



Amazing writing and a Headteacher's Award for Jaxon for his fantastic retelling of Traction Man.

**Have a great weekend, from Ms Canham**

**FRIENDS OF  
ESSENDON SCHOOL  
CHALLENGES YOU!**

**WE  
NEED  
YOU!**

**CHALLENGE  
2024**

**RAISE £20.24 BY  
MONDAY 26TH FEBRUARY**

**IDEAS COULD INCLUDE:  
SPONSORED-  
RUN/WALK/SWIM/SILENCE  
SELLING OLD TOYS/BOOKS  
CAKE SALE  
ART WORK SALE**

**BEST IDEAS WILL BE  
SHARED BY MS CANHAM  
IN ASSEMBLY!**

**WE'RE CHALLENGING ALL  
CHILDREN TO RAISE  
MONEY FOR THE SCHOOL TO  
KICKSTART THE  
FUNDRAISING FOR 2024!**

**PLEASE HAND ALL FUNDS IN AN ENVELOPE WITH YOUR  
NAME TO THE SCHOOL OFFICE ON MONDAY 26TH FEBRUARY**

Made with PosterMyWall.com

# ORAL HEALTH FOR CHILDREN

## WHAT IS TOOTH DECAY?

The hard outer surface of a tooth is broken down or damaged by bacteria and acid making holes in the teeth, called cavities. It can cause pain and infections, and cause problems with eating, speaking, playing, learning, smiling and socialising. Tooth decay occurs when foods and drinks with sugars and starches are left on the teeth.

- Tooth decay is the most common reason for hospital admission in children aged 6-10
- Children with poor oral health have an increased risk of damage to adult teeth



There were 26,000 hospital admissions for children needing dental extraction in 2014 - 2015 (study carried out every 10 years)

## REDUCE THE RISK OF TOOTH DECAY

- Take your child to the dentist when their first milk teeth appear
- Brush teeth twice a day with fluoride toothpaste - no rinsing
- Support children under 7 with brushing
- Children should see a dentist yearly at least
- Children should have fluoride varnish at each visit (which is free)

## WHERE TO ACCESS A DENTIST

Scan the QR code or search "Find a dentist" for the NHS website.



Dental care is free for children and young people aged 0-19 years old.

## TOP TIPS ✨

- Brush teeth in the morning and at bedtime for 2 minutes with fluoride toothpaste
- Use a pea-sized amount of toothpaste
- Spit out after brushing and don't rinse, otherwise the fluoride won't work as well
- Fizzy drinks, fruit juices and sugary snacks should be limited to mealtimes ✨

## HOW TO MAKE IT FUN

- Everyone can brush their teeth together - why not try a staring contest?
- Brushing to the beat - why not brush to your favourite song?
- Go electric?
- Use a timer - see who gets to two minutes without stopping





## Essendon C of E (VC) Primary School

### **Term Dates: 2023/2024**

#### **Autumn Term - 2023**

Friday 1st September – **INSET Day** – staff only

Monday 4th September – Start of term for pupils – 8:40am doors open, doors close at 8:50am

Monday 23rd October to Friday 27th October – Half Term

Wednesday 20th December – End of Term - 1:15pm

#### **Spring Term - 2024**

Thursday 4th January – **Occasional Day** – School Closed

Friday 5th January – **INSET Day** – staff only

Monday 8th January – Start of term for pupils

Monday 19th to Friday 23rd February - Half Term

Thursday 28th March - End of Term – 1:15pm

#### **Summer Term - 2024**

Monday 15th April – **INSET Day** – staff only

Tuesday 16th April – Start of term for pupils

Monday 6th May – Bank Holiday

Monday 27th to Friday 31st May – Half Term

Thursday 11th July – Year 6 Secondary School Transition Day

Friday 19th July – End of term - 1:15pm

Monday 22nd and Tuesday 23rd July – **INSET Days** – staff only