



# HARNHAM INFANT SCHOOL

Saxon Road, Harnham, Salisbury, Wiltshire, SP2 8JZ

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## Friday 31<sup>st</sup> January 2025

As January comes to an end the children continue to immerse themselves in their topics and learning opportunities. The Year 2 team are looking forward to welcoming children back to school this evening for a late-night adventure in the woods. This week the EYFS children have been visited by a postman and firefighters; visitors really do bring the children’s learning to life for them! In Year 1 the children have been learning about Florence Nightingale and nursing in the past. This week all the children were visited by a local drama company, Perform, read more about their Sea themed session further down in this Newsletter. Have a lovely weekend!

## Please look at the ‘WEEK 2 Menu’ for week beginning 3<sup>rd</sup> February 2025:

### REMEMBER TO PRE-ORDER ONLINE

**New Dishes For 2025**

**Mega Mondays**

**School Favourites**

**Roast Wednesday**

**Tasty Thursday**

**Fishy Fridays**

**WEEK 1**  
Weeks starting:  
6th January, 27th January,  
17th February, 10th March,  
31st March

Hand Stretched Margherita Pizza with Garlic Slice (V)  
Vegetable Korma & Steamed Rice (VG)  
Jacket Potato & Fillings (including hot topper) (V) (GF)

Cauliflower, Sweetcorn  
Fresh Daily Salad Selection, Fresh Sliced Bread

Ice Cream (V)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Beef Burger or Veggie (VG) Burger in a Bun  
Harry Ramsden Salmon & Sweet Potato Fishcake  
Jacket Potato & Fillings (GF)

Baked Potato Wedges, Baked Beans, Carrots  
Fresh Daily Salad Selection, Fresh Sliced Bread

Lemon & Courgette Cake & Custard (V)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Roast Chicken (GF)  
Mild Bean Chilli with Nachos & Rice (VG) (GF)  
Jacket Potato & Fillings (including hot topper) (V) (GF)

New Potatoes, Carrots, Peas, Gravy  
Fresh Daily Salad Selection, Fresh Sliced Bread

Peaches & Raspberry Jelly (VG)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Spaghetti Bolognese  
Seasonal Vegetable Hot Pot (VG) (GF)  
Jacket Potato & Fillings (including hot topper) (V) (GF)

Sweetcorn, Savoy Cabbage  
Fresh Daily Salad Selection, Fresh Sliced Bread

Black Forest Crumble & Custard (V)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Breaded Fish Fingers  
Cheesy Leek Parcel (V)  
Jacket Potato & Fillings (V) (GF)

Chips, Peas, Baked Beans, Ketchup  
Fresh Daily Salad Selection, Fresh Sliced Bread

Watermelon Wedges (VG)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

**WEEK 2**  
Weeks starting:  
13th January, 3rd February,  
24th February, 17th March,  
7th April

Hand Stretched Margherita or Pineapple Pizza (V)  
Crispy Dippers (VG)  
Jacket Potato & Fillings (V) (GF)

Baked Potato Wedges, Sweetcorn, Carrots  
Fresh Daily Salad Selection, Fresh Sliced Bread

Strawberry & Vanilla Mousse (V)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Macaroni Cheese (V)  
South Indian Chicken Coconut Curry (GF)  
Jacket Potato & Fillings (including hot topper) (GF)

Steamed Rice, Peas, Cauliflower  
Fresh Daily Salad Selection, Fresh Sliced Bread

Blueberry Swirl Cake & Custard (V)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Sausage Stuffed Yorkshire Pudding  
Oriental Stir Fried Rice (VG) (GF)  
Jacket Potato & Fillings (V) (GF)

Mashed Potatoes, Carrots, Cabbage, Gravy  
Fresh Daily Salad Selection, Fresh Sliced Bread

Fresh Fruit Salad (VG)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Cottage Pie (GF) ★  
Cheese & Onion Gratin (V)  
Jacket Potato & Fillings (V) (GF)

Broccoli, Sweetcorn  
Fresh Daily Salad Selection, Fresh Sliced Bread

Chocolate Cookie (VG)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Breaded Fish Fingers or Battered Cod Fillet  
Mild Bean Burrito (VG) ★  
Jacket Potato & Fillings (V) (GF)

Chips, Peas, Baked Beans, Ketchup  
Fresh Daily Salad Selection, Fresh Sliced Bread

Apple Cake & Custard (V)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

**WEEK 3**  
Weeks starting:  
30th December,  
20th January, 10th February,  
3rd March, 24th March

Hand Stretched Margherita or Sweetcorn Pizza with Pasta Salad (V)  
★ Spinach & Chickpea Biryani (VG) (GF) ★  
Jacket Potato & Fillings (V) (GF)

Cauliflower, Sweetcorn  
Fresh Daily Salad Selection, Fresh Sliced Bread

Ice Cream & Fruit (V) (GF)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Creamy Chicken & Sweetcorn Pie  
★ Oven Baked Sausages (Pork or Plant Based Choice) ★  
Jacket Potato & Fillings (V) (GF)

Mashed Potatoes, Peas, Carrots  
Fresh Daily Salad Selection, Fresh Sliced Bread

Apple Crumble & Custard (V)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Roast Chicken (GF)  
★ Vegetable Katsu & Steamed Rice (VG) ★  
Jacket Potato & Fillings (V) (GF)

Roast Potatoes, Carrots, Savoy Cabbage, Gravy  
Fresh Daily Salad Selection, Fresh Sliced Bread

Raspberry Jelly (VG) (GF)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Mild Beef Chilli con Carne with Nachos  
Tomato & Herb Pasta Bake (V)  
Jacket Potato & Fillings (including hot topper) (GF)

Steamed Rice, Broccoli, Sweetcorn  
Fresh Daily Salad Selection, Fresh Sliced Bread

Chocolate Fudge Pudding with Hot Chocolate Sauce (V)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Breaded Fish Fingers  
Vegetable Jambalaya (VG) (GF)  
Jacket Potato & Fillings (V) (GF)

Chips, Peas, Baked Beans, Ketchup  
Fresh Daily Salad Selection, Fresh Sliced Bread

Oat Cookie (VG)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Bread and salad bar available DAILY

Jacket potatoes available DAILY

V = Vegetarian | VG = Vegan | \*GF = Gluten Free

For full allergen information please refer to your School GfG Account. \*Gluten free products are prepared in a kitchen that handles products containing gluten.

## Celebration Assembly

Congratulations to Juliet – Ladybirds, Karina - Ladybirds, Lila - Hedgehogs, Mercy - Robins, Lyra – Bees, Leo - Squirrels, Poppy - Woodpeckers, Oscar - Badgers and Ellis – Owls. We are so proud of you all! Invitations to Celebration Assembly are sent on a Friday for the following week, plus a reminder the day before. Please check your email inbox carefully.

## New 2 You

The New 2 You rails will be available to look through at Parents Evening on Monday 10<sup>th</sup> February and Tuesday 11<sup>th</sup> February.

**NEW 2 YOU**  
Quality pre-loved school uniform at prices that you will love

**NEXT SALE DATE**

**10TH & 11TH FEBRUARY AT PARENTS EVENING**

**BOUGHT TO YOU ON BEHALF OF HARMHAM INFANT SCHOOL**

**ITEMS CAN BE PAID FOR VIA THE SCHOOL PAYMENT SYSTEM OR CASH CAN BE DONATED AT THE EVENT OR AT THE SCHOOL OFFICE - ALL MONEY RAISED GOES TO THE SCHOOL FUNDS**

Can't make an event or date but need uniform, don't worry, either:  
**Pop in to the office** to fill out a donation request slip **Or email us at:** [new2you@harmham-inf.wilts.sch.uk](mailto:new2you@harmham-inf.wilts.sch.uk) and we will drop off what you need to school for you to then collect

**We also offer a confidential service too.** If your family is experiencing financial hardship and needs support with obtaining uniform for your child, please contact Mrs Sowerby, who will be pleased to help. She will arrange with us what you need and arrange for it to be delivered to you.

**DONATIONS OF CLOTHING ALWAYS ACCEPTED**

**SUGGESTED DONATION PRICES**

Please see below our suggested donation prices. Some items listed may not be available but we are always hoping to be able to stock them if we can.

Our aim is offer quality pre-loved school uniform at prices that are reasonable to all, so only donate what you can.

**ITEMS CAN BE PAID FOR VIA THE SCHOOL PAYMENT SYSTEM OR CASH CAN BE DONATED AT THE SCHOOL OFFICE - ALL THE MONEY RAISED GOES IN TO THE SCHOOL FUNDS**

MAIN SCHOOL UNIFORM	SUGGESTED DONATION
Jumper (embroidered with school logo)	£3
Cardigan (embroidered with school logo)	£3
Polo Shirt (embroidered with school logo)	50p
Polo Shirt	25p
Skirt, pinafore, trousers or shorts	£1
Summer dress	£1
Tights and socks	10p
Book bags	£1
School Shoes	£2
Coats	£4
PE KIT	SUGGESTED DONATION
T-Shirt	25p
Shorts	25p
Trackuit Bottoms	£1
Jumper	£1
Socks	10p
Trainers/Plimsolls	£1
PE Kit bags	50p
FOREST SCHOOL KIT	SUGGESTED DONATION
Waterproof trousers	£2
Waterproof coats	£2
Welly boots	£2
Forest School Kit bags	50p

**LOOK OUT FOR US AT UPCOMING EVENTS**

**We also offer a confidential service too.** If your family is experiencing financial hardship and needs support with obtaining uniform for your child, please contact Mrs Pike, who will be pleased to help. She will arrange with us what you need and arrange for it to be delivered to you.

**BOUGHT TO YOU BY A GROUP OF PARENTS ON BEHALF OF HARMHAM INFANT SCHOOL**

**DONATIONS OF CLOTHING ALWAYS ACCEPTED**

We welcome your donations. Simply drop off your good condition, clean and washed items to the Donation Box, located by the school Reception area, and we will collect items from there. We accept: Jumpers, Cardigans, Trousers, Shorts, Pinafores, Skirts, Summer Dresses, Polo Shirts, PE kit (including trainers and plimsolls), Forest School Waterproofs, Coats, School Shoes, Welly Boots, Book bags, PE kit bags, Tights, Socks, Hats, Scarves and Gloves. We don't accept underwear but the school will still continue to take these for their spare uniform store. Any questions just contact us!

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## Congratulations

Over the last year Miss Hibberd has been working hard to achieve a nationally recognised qualification in leading behaviour and culture. We are pleased to share with you all that Miss Hibberd has passed her NPQ with flying colours. Well done Miss Hibberd, we are so proud of you!

## Support for Families – Tuesday 4th February at 9.00am

Chris Lister our PSA is going to be leading a very short workshop about establishing sleep routines at home. You can book into this using the Clubs section of Arbor. Tea and Coffee will be provided, and the presentation will be only 5-10 minutes long with an opportunity to ask questions and take away some useful hints, tips and goodies. We do hope you will join us!

## Perform

We were very pleased to receive a visit from Perform on Tuesday and Wednesday of this week. The children had a wonderful time exploring the theme of Under the Sea and using drama, dance and singing to help develop their confidence, concentration, and social skills.

To complement the workshop there is a free educational app for iPhones and iPads based around the theme of Under the Sea. It contains fun games, creative tasks and videos of the themed songs and dances. Click [here](#) to download it free or [here](#) to find out more about the *Under The Sea* theme.



Perform run regular weekly classes in the local area and they are offering a special introductory discount to all parents of Harnham Infant School if they come along for a free trial session before Wednesday 19<sup>th</sup> March 2025.

To claim your discount, just call Perform on 02072559120 quoting HARN190325 or book a free trial session online at [perform.org.uk/try](http://perform.org.uk/try).

### **Morning Drop Off**

Please do not send Year 2 children up the slope before a member of staff has pinned back the door. In the very unlikely event of a teacher not being in the classroom, we do not want the children in the block unsupervised. Once the door is pinned back it is a sign that we are ready. Thank you.

### **Educational Welfare Officer (EWO)**

This week Miss Dorrington had a long, in-depth conversation with the EWO. All children who have 10 or more lates, attendance under 90% and/or a large amount of authorised sickness were discussed in detail. Therefore, next week letters are being sent to parents where a child's absence or lateness is starting to cause some concern. Please be assured that these letters are not a 'telling off' more of a what can the school do to support your family.

### **Rough play at Lunchtimes**

We are noticing an increased amount of rough play during lunchtime play, meaning that children are getting upset and or hurt. We will be addressing this within school through assemblies, PSHE lessons and reminders of the school values. Please can we ask that you support us with this by talking to your children at home. At lunchtimes there are a wide variety of activities / toys available to the children, so rough play is not needed. Many thanks for your support.

### **Traffic News**

Please be aware that there are drainage investigation works scheduled on the Old Harnham Road from 3<sup>rd</sup> February to 7<sup>th</sup> February 2025 (Monday to Friday, next week) from 9am-4pm each day.

We imagine this will affect the traffic on Netherhampton Road so please allow a little extra travelling time next week if you come by car.

### **Saxon Road**

This is just a gentle reminder that Saxon Road is a permit only road, it is vital that the speed limit on this road is stuck to. Unfortunately, this week we have been informed about a near miss accident between a car and family.

### **Upcoming Dates**

<b>Whole School</b>	
4.2.25	Sleep routines workshop – School Hall, 9am.
10.2.25	7pm - Online Safety Parent Information Session 'Parenting in the Digital World' Zoom Meeting
10.2.25	Parents Evening (4-7.30pm)
11.2.25	Parents Evening (3.30-6pm)
14.2.25	Teacher Training Day – School closed for children
6.3.25	World Book Day (children to dress up as their favourite character)

### **Attendance**

Weekly whole school attendance:	95.4% ↑ from last week	Number of late marks in the Registers:	33 ↓ from last week
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## *Christmas Box Appeal 2024*

**We want to thank everyone at [Harnham Infant School](#).  
Your wonderful donation of 26 shoeboxes to our 2024  
Christmas Box Appeal helped to spread joy to  
thousands of boys, girls, families and communities in  
Bulgaria. Well done!**

*Thank you!*



House of Opportunity is the operating name of FSCI (UK), which is a Registered Charity in England & Wales 1170914

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about GROUP CHATS

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## WHAT ARE THE RISKS?

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

### BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

### EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

### INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

### SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

### UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

### NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert: potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

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## Advice for Parents & Carers

### CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

### GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

### BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

### PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

### AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

### SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

### 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 sexting behaviour of young people in the UK, USA and Australia.



Source: <https://www.nationalonlinesafety.com/parents-carers/keeping-children-safe/online-safety/social-media/chat-apps/>

# TIPS FOR FAMILIES

Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK

## 1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

## 2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

## 3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

## 4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

## 5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



**In the Community:** Please note that our school is neither involved with or endorsing the use of the services being advertised here. They are for families to access at their own discretion. Thank you.



## AMESBURY

**Where:** Amesbury Baptist Church  
Amesbury, SP4 7SN

**When:** Thursday 6th February

**Time:** 4-6 Years 4.15-5.45pm



## FREE TASTER SESSION

Help your child discover the performing arts!

To join us for a FREE Taster session scan the QR code or enrol at [www.stagecoach.co.uk/salisbury](http://www.stagecoach.co.uk/salisbury)

## SALISBURY

**Where:** Greentrees Junior School,  
Salisbury, SP1 3PG

**When:** Saturday 8th February

**Time:** 4-6 Years 11.15-12.45pm