

# **Deputy Headteacher's Comment:**

Dear Parents,

Another busy week at Hogarth! If you are following us on twitter, I am sure that you have seen all of the exciting things that the pupils have been involved in this week.

On Wednesday, Year 3 pupils went to London to visit the Bank of England. This was linked to our maths curriculum and they had the opportunity to hold a solid gold bar, learn about the history of the bank and took part in a drama workshop.

Year 4 also had a trip this week and travelled to Kent Life Heritage Farm Park on Thursday, linked with their history topic of the Vikings. The children participated in a variety of Viking past times including storytelling, making jewellery and playing the Viking game of Tafl. All of the children and adults who participated in the trip had a wonderful day.

On both of these school visits, the children have made us so proud. Their manners were impeccable and they displayed all of Hogarth's core values. We look forward to taking them on many more school visits!

A huge thank you to the Air Ambulance Service who delivered two assemblies to our KS1 and KS2 children on Wednesday. We learnt so much valuable information about what this important charity does. They also suggested that the children visit them at their Visitor Centre in Earles Colne or North Weald: they provide free tours for families free of charge - perhaps a May half term trip.

The annual sunflower competition is now underway and it has been wonderful to see some of our children uploading photos to Twitter on their sunflower's progress. Please keep doing this. I am certain that the winner of the competition is at Hogarth!

Finally, I would like to remind you all about the importance of healthy snacks at breaktime and a healthy, balanced lunch. Please see the attached advice from Essex county Council and Healthy Schools London on this.

Have a wonderful long bank holiday weekend. Fingers crossed we get some sunshine!



## **Chief Executive Officer: Mr R Duff**

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RKH	RB	1/2A	1/2 <b>C</b>	1/2P	3S
Reggie	Eva	Param	Dylan	Hunter	Jaden
4C	5OD	5Y	6 <b>C</b>	6H	
Oliver	John	Maleeq	Emma	Tara	



## Mrs King's Superstar Award

James 4C – For his politeness and respectfulness to others.



## **Reading at Home**

Class	Table shows actual number and rounded percentages of children reading at home							%4&5	% not reading
	Times Read								
	0 1 2 3 4 5								
RB	2	2	1	3	5	8	73%	59%	9%
RKH	1	4	2	0	1	8	41%	41%	5%
1/2A	1	2	4	1	2	10	65%	60%	5%
1/2C	2	1	3	4	0	10	70%	50%	10%
1/2P	0	2	1	9	6	4	90%	43%	0%
35	5	0	1	6	4	8	78%	55%	23%
4C	4	1	1	10	4	12	81%	50%	13%
50D	2	2	3	3	2	11	70%	57%	9%
5Y	5	2	3	2	1	3	30%	20%	25%
6C	9	1	1	6	2	3	33%	8%	35%
6H	4	0	3	9	6	6	75%	43%	15%



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# Weekly Attendance

#### Weekly Attendance –

Class	RKH	RB	1/2A	1/2 <b>C</b>	1/2P	3S	Whole school
Attendance	86%	83%	98%	89%	94%	94%	
							010/
Class	4C	5OD	5Y	6 <b>C</b>	6H		91%
Attendance	95%	97%	84%	84%	91%		

lst	2 <sup>nd</sup>	3rd
1/ 2A	5OD	4C



#### Yearly Attendance

Class	RKH	RB	1/2A	1/2C	1/2P	3S	Whole school
Attendance	91%	86%	94%	90%	94%	95%	
							020/
Class	4C	5OD	5Y	6 <b>C</b>	6H		92%
Attendance	93%	95%	93%	87%	95%		

lst	2 <sup>nd</sup>	3 <sup>rd</sup>
3S, 6H, 5OD	1/2 P, 1/2A	4C



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#### Packed Lunches

It is important for children to have a balanced, varied diet to make sure that they get all the nutrients and energy their bodies need to grow, work properly, maintain a healthy weight and feel good. Here is some guidance on what to include in a packed lunch for school -

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas **NO NUTS due to allergies**) every day.
- Oily fish, such as salmon or tuna, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other types of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Water, still or sparkling, fruit juice, milk, yoghurt or milk drinks and smoothies.

#### Try to limit -

- Snacks, such as crisps. Instead, include vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or bread sticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionery, such as chocolate bars and biscuits. Cakes and biscuits should be encouraged only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

## The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.





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