



Highfield Primary School

Week Ending 24th April 2026

Attendance and Punctuality

Each week we celebrate the two classes with the best attendance for that week - One from EYFS/KS1 and one from KS2. CONGRATULATIONS **to 2L (with 99%) and to 3J (with 100%)** for their great attendance this week. These classes will receive our 'Attendance Bears' to look after for the week.

Well done to the following classes for their excellent punctuality (least amount of lates). CONGRATULATIONS **to 2L with 0 lates** this week and **to 5A also with 0 lates** this week. These classes will receive our 'Early Birds' to look after for the week.

1BD Class Assembly

Class 1BD are really looking forward to showcasing their learning to their Parents/Carers on **Friday 1st May at 9:15**.

Year 3 Trip to Hornsey Cemevi

On **Tuesday 28th April Year 3** will be visiting the London Alevi Cultural Centre and Cemevi in Hornsey as part of their studies this term on Alevism and their understanding of worship in our local community.

4P Class Trip to Natural History Museum

4P will be going on a trip to the Natural History Museum on **Friday 1st May** to complement their Geography topic on Volcanoes and Earthquakes and take part in a workshop called 'Emergency! Earthquakes and Volcanoes'.

Place2Be Resources

'My child is worried about the news ...' It is normal for children to feel worried about things they see or hear in the news. With your support, they can learn to understand what is happening and manage their feelings:

https://parentingsmart.place2be.org.uk/article/my-child-is-worried-about-the-news?utm_source=Place2Be+staff&utm_campaign=99032cbb47-

[EMAIL_CAMPAIGN_2021_11_18_COPY_01&utm_medium=email&utm_term=0_5609e0f393-99032cbb47-221524256](https://parentingsmart.place2be.org.uk/article/my-child-is-worried-about-the-news?utm_source=Place2Be+staff&utm_campaign=99032cbb47-EMAIL_CAMPAIGN_2021_11_18_COPY_01&utm_medium=email&utm_term=0_5609e0f393-99032cbb47-221524256)

WRM Digital Tools

To access these tools visit <https://whiteroseeducation.com/digital-tools> and enter the code for this week: **led-cop-mum**

Wishing you all a gloriously sunny weekend,

Mrs Morton and Mrs Calder



Highfield Primary School



WINCHMORE HILL FOOTBALL CLUB
 THE PAULIN GROUND, FORDS GROVE, N21 3ER

SATURDAY & TUESDAY FOOTBALL SESSIONS

👤 **AGES 4-12** | 🟡 **ALL ABILITIES WELCOME**

WE WELCOME ALL CHILDREN OF ALL ABILITY LEVELS TO JOIN US IN A SAFE AND FRIENDLY ENVIRONMENT TO DEVELOP THEIR SOCIAL AND FOOTBALL SKILLS. ALL OUR COACHES ARE DBS CHECKED AND FIRST AID QUALIFIED.

Every Saturday 9:30 AM - 11:00 AM
From Tuesday 5th May 2026, 5:00 PM - 6:30 PM
 Every week, throughout the year, including school holidays



💷 **£10 per session | £10 annual registration fee**
 Fees are payable when you arrive on the day



📞 **For more information:**
Anna Russell - 07834 386814
 ✉️ **russell@football1st.net**



📷 **@winchmorehillfc_youth**



Enfield Education Partnership - Parent Resource

Screen Time for Under 5s



The UK government has issued **national guidance on screen time for children under five**. Evidence shows that too much solo screen use can affect language, sleep, social skills and healthy weight — but not all screen use is equal. Small changes make a big difference.

Age by Age Guidance

0-2

Avoid screen time

Babies & very young children

Avoid screens other than for shared activities that encourage **bonding, interaction and conversation**, such as a video call with grandparents. These early interactions build the foundations for language and social development.

Max 1 hour per day

2-5

Toddlers & pre-schoolers

Try to keep it to **no more than one hour a day — less is possible**. Choose slow-paced, age-appropriate content. Avoid fast-paced social media-style videos and AI toys or tools.

Why This Matters

- **98% of 2-year-olds** in the UK watch screens every day. Children with the highest screen time show a measurable impact on **language development**.
- Long solo screen time can get in the way of **sleep, physical activity, creative play** and **parental interaction** - all critical for healthy development.
- Reading together, simple games, play and back-and-forth conversations build **language, problem-solving skills, self-control** and social understanding from birth.
- How parents use their own devices also matters - **children learn from watching us**. Modelling healthy screen habits is just as important as setting limits.

Key Rules to Follow

AVOID: Screens at mealtimes. Meals are a vital opportunity for conversation, turn-taking and language development.

AVOID: Screens in the hour before bedtime. Screen use can disrupt sleep - which is critical for young children's health and brain development.

AVOID: Fast-paced or social media-style videos and AI toys or tools designed for young children.

DO: Watch together and talk. Co-viewing - where a parent or carer watches and asks questions about the content - is linked to better cognitive development than solo screen use.

SEND exception: Time limits may not apply in the same way for screen-based assistive technology used by children with special educational needs and disabilities.

Screen Swap Ideas

Bedtime

Read a bedtime story together

Builds vocabulary, imagination and a calming routine before sleep.

Mealtimes

Play 'I Spy' or simple table games

Background music, colouring or conversation all work too.

Keeping in touch

Video calls with family

This counts as a shared, bonding activity — great for all ages.

After nursery

Creative or physical play

Play, drawing and movement support language, self-control and problem-solving.

Remember: It's not about eliminating screens - it's about balance, boundaries and being present. The goal is healthy habits, not perfection.



Highfield Primary School



**Join the family fun,
no need to book!**

Vicars Moor LTC

MIDDLESEX CLUB OF THE YEAR 2024

Community Open Day | Saturday 25 April

Sherbrook Gardens, Winchmore Hill, N21 2NU

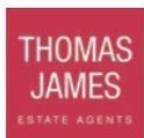
Vicars Moor is a thriving tennis club in the heart of the Winchmore Hill community, offering tennis for all ages and standards. We offer a vibrant junior section and an active social side.

Join us on **Saturday 25th April** to see the club, meet our coaches and try any of the sessions below **for free**.

- 1pm – “Rusty Rackets” (new or returning players) and intermediate adults
- 2pm to 3:30pm - Juniors aged 5 upwards and Munchkins (under 5yr)
- 3:30pm - Cardio tennis for all ages and standards

There will be a BBQ available at lunchtime and the bar will be open all afternoon!

**Special new joiner discounted first year membership
and attractively priced subs for young adults under 30**



clubspark.lta.org.uk/VicarsMoorLTC

