



NEWSLETTER

Edition 15: Friday 19th December 2025

Dear Parents and Carers



We have had a wonderful last few weeks with the children and enjoyed their excitement for the festive period. We hope that you have a wonderful break and have seen our **Wellbeing Letter** [see below]. We look forward to welcoming the children back on **Tuesday 6th January 2026**.



Park Life Walk

Magistrate Visit

CHOIRS

Harvest Festival

Stay & Play

PHONICS

WORKSHOPS

FEELIES

MEET

THE

TEACHER

Reading Workshops

Elfridges

DISCOS

EMMA VESPER

School Councillor Vote

OPAL

mobile library visits

art exhibitions

Sparky Starts



A few reminders of what we have been up to over the Autumn Term...



DECEMBER WELLBEING

HARTFORD INFANT AND PRESCHOOL & HARTFORD JUNIOR SCHOOL

BREATHE...

Whether or not Christmas is part of your life, your **mental health** might be affected by it happening around you.

It's a time of year that often puts **extra pressure** on us and can affect our mental health in lots of different ways.

This newsletter gives you some top tips for looking after your physical and mental health and wellbeing during the Christmas break.

WORRIED...

If you suspect a **child is at harm**, or **at risk of harm**, during the Christmas break, Mrs Rae Lee (Designated Safeguarding Lead) can be contacted via email:

rlee@hartfordinfantschool.org

You can also contact the

Multi-Agency Safeguarding Hub (MASH)

on: **0345 045 5203**

or make an **online referral** via the website:

<https://www.safeguardingcambspeterborough.org.uk/concerned/members-of-public-reporting-a-concern/>

HELP...

'The Most Wonderful Time of the Year', is what we constantly hear at Christmas, but, in reality, the festive period can be a really difficult time for some families who are experiencing, loss, separation or financial difficulty. Just because it's Christmas, it doesn't mean caring for your mental health has to be put on hold.

You're allowed to take breaks and do things that perhaps don't involve the whole family. Mental health and physical health are equally important.

The following websites might also be useful

[Mind: Christmas and Mental Health](#)

[Mental Health foundation: Finding the light: coping with grief at Christmas](#)

[Samaritans: If you're finding things hard this festive season](#)

JANUARY BLUES

Although it comes around every year, we always seem to be caught off-guard by what has now commonly become known as '**The January Blues**'.

It's so easy to forget about all of the small things that make us happy.

Remembering the good stuff is genuinely the best way to remind yourself how lucky you really are,

Write down the things you're grateful for or the things that make you happy right now.

But, if you're just not feeling the 'new year, new me!' **don't worry** — you're not alone. Allow yourself to feel how you feel and try not to judge yourself or tell yourself that you 'should' feel a certain way. You feel how you feel, and that's perfectly okay. **Remember, January is just one month in twelve.**

TOP TIPS

Looking after your mental health over Christmas

Set your boundaries

If you're not comfortable, it's too much, know something isn't helpful for you or you want to take a break you can say no and step away.

What do you need?

Speak to loved ones to tell them what's best for you, Let them know what you find difficult and your coping methods.

Ask for help

If you're struggling you can still get support. Mind, CALM and Samaritans are all open over Christmas

Connect

Christmas is a great time to get in touch with old friends & family. Share, chat and laugh with people you care about.

Ease the pressure

Christmas can be a highly pressured time, take some time out to yourself. You don't need to justify yourself to anyone.

Look after your body

There's nothing wrong with a treat at Christmas but too much can have an impact on your mental health. Try to get some exercise and healthy food in you.

Talk & Listen

Christmas can be a hard time for many. Don't be afraid to speak to someone. And if someone speaks to you be sure to listen intently.

Plan ahead

Try to build some structure in your days. If you know Christmas comes with certain triggers try to prepare coping strategies to help.




TOP TIPS


You are welcome to join
us at


All Saints Hartford for our Christmas Services


Sunday 14th December - Advent Service @ 11am 

 Sunday 14th December - Blue Christmas Service @ 4pm
A quieter Christmas service, focusing on the loved ones we have lost

Sunday 21st December - Carol Service @ 4pm 

 Wednesday 24th December - All Age Christingle Service @ 6pm

Wednesday 24th December - Midnight Mass @ 11:30pm 

 Thursday 25th December - Holy Communion @ 11am

Alpha course landing in January -
for more information or to register
please contact:
revstephpedlar@gmail.com

Celebrating

Christmas

at **CHRIST CHURCH HUNTINGDON**

Sunday 14th December Carols by Candlelight

7:30pm Stukeley Meadows Primary School (followed by refreshments)

Sunday 21st December Pop-up Nativity Service

10:30am Stukeley Meadows Primary School (kids welcome to dress up as angels, shepherds and wise men)

Thursday 25th December Christmas Day Service

10:30am St Mary's Centre, Houghton (park at the sports club PE28 2BJ and walk down)

**CHRIST CHURCH
HUNTINGDON**



christchurchhuntingdon.co.uk

Christ Church Huntingdon is a friendly local church that meets on Sundays at Stukeley Meadows Primary School. All events are free, and everyone is welcome, even if you wouldn't normally go to church. Registered Charity 1179744



Christmas Fairy & Elf

DOORSTEP VISITS

THIS DECEMBER

15 MINUTE VISIT INCLUDES

FAIRY CHRISTMAS WISHES

GLITTER TATTOO (WEATHER DEPENDENT)

DIY BISCUIT BOX ACTIVITY

MAGIC TRICK

SANTA LETTER POSTAL SERVICE

NICE LIST ANNOUNCEMENT FROM THE ELF

£25 FOR UP TO 3 CHILDREN

£5 PER ADDITIONAL CHILD

WEEKDAY EVENINGS

HUNTINGDON & SURROUNDING

TO BOOK:

HELLOGABZGANG@GMAIL.COM

@AMBERSBAKESANDCAKES

@GABZGANG

Cheerleading After School Club



BERCHTESGADENER CHEERLEADER-MANNSCHAFT



WHO: YEARS 3 TO 6

WHEN: THURSDAYS

TIME: 4.15 - 5.15

WHERE: JUNIOR SCHOOL HALL

PRICE: £33.00 FOR 6 WEEKS

DATES: 08/01/26- 12/02/26

TO BOOK

WWW.TALENTDANCEACADEMY.CO.UK



TALENT DANCE ACADEMY

Who: Years 1 to 3

When: Thursdays

Time: 3.15- 4.15

Where: Junior School Hall

Price: £33.00 for 6 weeks

Dates: 08/01/26- 12/02/26

To book

www.talentedanceacademy.co.uk



Musical Theatre
AfterSchoolClub



STREET DANCE BREAKFAST CLUB



TALENT
DANCE ACADEMY

Who: Years 3 to 6

When: Mondays

Time: 8.00am- 8.40am

Where: Junior School Hall

Price: £15.00 for 5 weeks

Dates: 12/01/26 to 9/02/26



To Book

www.talentedanceacademy.co.uk



Drama

CLUB

BUILDING YOUNG
PEOPLES
CONFIDENCE
THROUGH
CREATIVITY AND
ROLEPLAY



3:15 - 4:15 PM HARTFORD INFANT & JUNIOR SCHOOL
FOR SCHOOL YEARS 2, 3 & 4

Register your interest now

HELLOGABZGANG@GMAIL.COM

Internet Safety

Should I Use Screen Time as a Reward?

It's such a difficult one for parents, we're living in a time where screen use starts at a very early age. But should we use screen time to support positive behaviours or even take away screens as a punishment? The answer is that there is no single answer, it very much depends on individual circumstances, but it was a question posed to some experts on [Internet Matters](#) which will hopefully give parents some food for thought.

Discord Family Centre

Discord, the app, is still very popular particularly with gamers and like many apps it has safety features, including features for parents/guardians. The [Discord Family Centre](#) is, 'a tool built to help parents and guardians stay informed and involved in your teen's Discord experience while respecting their privacy and autonomy'. The safety features have recently been updated and now include:

- Ability to view the activity feed
- Get weekly email summaries
- Manage safety and privacy settings

There is a [parent hub](#) which has lots of information and resources for parents such as user controls, moderation, reporting and more.

Resource - AI and Nude Images

[Childnet](#) have put together a free leaflet for older students and parents which explores how generative AI can be misused. The leaflet includes:

- Why young people might choose to use AI to create illegal images.
- Ways parents and carers can support their children.
- Where to go for further help.
- Conversation starters to use at home.

Cyberbullying Advice

Children being bullied online, particularly in games and via messaging apps, remains one of the top concerns of many parents and their children. **Internet Matters** have a range of guides and articles to support parents and carers which I have listed below:

- [Talking to children and conversation tips for ages 6-10, 11-13, 14-17 and vulnerable children](#)
- [What is cyberbullying and what are the signs](#)
- [Helpful ways to prevent cyberbullying](#)
- [How to deal with cyberbullying](#)

Protect Neurodivergent Children from Scams in Games

As we all know, **neurodivergent children** can be amongst those most vulnerable online, therefore more likely to become victims of things like scams. Those with **ADHD**, **autism** or other **divergent ways of thinking** might not recognise when someone intends to do harm.

Internet Matters have put together a [brand new free guide for parents](#) which explores how neurodivergent children's unique traits can leave them open to scams, particularly in games.