# News Sheet

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No.19 Spring Term

09.02.24

## Another Fantastic Week - 'Growing Together'

### Starfish Preschool

Starfish have had a busy week developing their maths skills!



At the beginning of the week, the children used the dinosaurs and the numbered footprints to count and match the correct amount of dinosaurs to the footprint. They then moved them around to try and fit all the dinosaurs onto the footprint, even when there were 10 of them!

The children have then carried on their number learning with the help of the Numberblock characters. Using the multilink cubes, the children tried to recreate each character, making sure they had the correct amount of cubes for the right character. We also talked about the shapes of the cubes and what colours they could see.



To then further their colour and shape knowledge, the children made some pictures using potato printing. With different shapes cut into the potato halves and different coloured paints, the children talked about the shapes and colours they could see. They then combined these to make new shapes and looked at colour mixing again.



We ended our week by talking about Chinese New Year. We looked at the story and all the different animals in the story.

To celebrate, the children got a chance to try some Chinese food for their snack. We had a feast of rice, noodles, sweet and sour sauce and prawn crackers. There were lots of happy faces at the end of snack time on Friday!

**Seahorse class**

This week in Seahorses we started off with lots of PE. On Monday with Miss Lucas we brought together the different balances and jumps we have been practising. Then on Tuesday Year 2 went to Cromer Academy to participate in Tri golf. It was great to see them being supportive of each other and showing other schools how well behaved they are.

Maths in Key Stage 1 has been focused on repeated addition and making links between that and multiplication expressions such as 10 + 10 + 10 is the same as 3 x 10 because there are three lots of 10. Key Stage 1 have also started their new book 'Diary of a Wombat' and wrote a diary entry of Wombat's day whilst Reception have been reading the book 'The Enormous Turnip' and having to work out ways to keep the turnip monster happy and think about what they can do with all the leftover turnip.

In our topic lessons this week we have had a week of art. Reception designed and then created their own animals and used some of the different ways they had learnt about to join the materials together. Meanwhile, year 1 and year 2 looked at Aboriginal art and the different meanings behind each picture. They created their own stories using the pictures and then picked a picture to paint onto a stone in the same way as aboriginals.









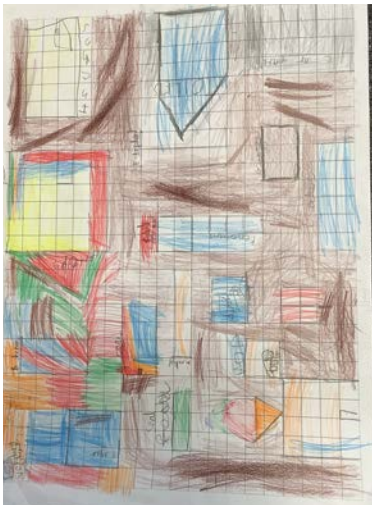
**Dolphins**

This week in Dolphins has been a very different week with most of the Year 4s away at Hilltop Wednesday through to Friday.

Monday and Tuesday were normal days with the mornings being filled with Maths, English, Spelling and Arithmetic, with afternoons consisting of Topic. In Maths we got hands on with division, moving all tables, sitting on the floor and physically building the representation with counters.

Over in English, we started our new unit on persuasive writing, where we are creating an argument based around the ocean and the effects pollution is having on it and the animals living in it.

The Second half of the week was where it all changed. An excited bunch of Year 4s and Mr Austin headed to Hilltop for our residential stay. On the first day we completed team tasks and were then very brave going down the Big Zipper at high speeds. Thursday in the cold we practised our archery skills in the morning, then tested our agility on mountain bikes in the afternoon. On Friday, we got to grips with the high ropes, making our way through the course successfully. Check this link for photo updates of our activities. The rest of the class have stayed at school, but I have heard they have had lots of fun with Miss Lucas designing their own zoo and I know lots of the children were very excited to go back to their old classroom.




**Sharks**

It's been a jam-packed week herve in Sharks! We've been busy converting our biome plans and ideas into realistic looking 3D models using scrap paper, masking tape and mod-roc.
We are holding off on the big reveal until we have finished painting them up early next week. In English, we have begun writing our balanced arguments, looking at the positives and negatives of fossil fuels.
In Maths, we've spent the week doing a very short brush-up on dividing with remainders. All in all, a success!

I can't wait to see where we go next week.

**Library**

We have been really lucky to have the Norfolk Children's Book Centre in this week to revamp our school library. They have sorted, organised and labelled all our books as well as bringing in some new books for us to enjoy. They have also shared their rejuvenation of our library on their facebook page.













**Mental Wellbeing**




This week the children have been raising awareness of their own mental health recognising their voice matters for Children's Mental Health Week. It has been a fun packed week with many activities to boost wellbeing. And, of course, Matty the dog helped us to promote wellbeing. The therapeutic effects that animals can have on wellbeing, positivity and motivation are well known. They can provide comfort, encourage positive social behaviours, motivate speech and enhance self-esteem. Matty is a 3 year old dog who is very calm and friendly and, above all, loves listening to children read. He is fully trained and certificated by Canine Companions. For your child to take part, please complete the consent form here.



**Hire Hub Club**

Our hire hub has been very busy with families hiring different pieces of equipment to use at home. If you are interested in borrowing something, please see Mrs Temple or Mrs Underwood who are outside at the end of the day. If they are not there and you would like to hire something please come in and someone can come and help you.



We have had some great photos sent in by families of equipment being used that they have borrowed.



We have after school sessions being run by Premier Sport on Mondays after school.

The next one is on 12th February - Scooter Skills

Please contact the office if you would like to attend one of these sessions, they are free to attend.

**Online Safety**

Please see the information below on supporting children's mental health.

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

# SUPPORTING CHILDREN'S MENTAL HEALTH

## 10 Conversation Starters for Parents



Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.

National Online Safety®

#WakeUpWednesday





### 1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

### 2 ASK TWICE

The campaign from time to change is great . https://www.time-to-change.org.uk/support-ask-twice-campaign. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.




### 3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



### 4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

### 5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

### 6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this… is that how you are feeling or are you feeling something else?'

### 7 EMPATHISE



'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

### 8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

### 9 MIND YOUR LANGUAGE




Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

### 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

## Meet our expert



This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

## Sources of Information and Support

Your GP
Young Minds https://youngminds.org.uk/v
https://www.nhs.uk/conditions/stress-anxiety-depression/
https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/
https://www.themix.org.uk/mental-health

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.02.2020

Please click on the link to watch the Norfolk Constabulary Online Safety Webinar:
Recorded Online Safety webinar for parents and carers

**Help with Living Costs this Winter**

Winter 2023/24 Norfolk Assistance Scheme can help you get support and financial assistance for food, energy, water, and other household essentials including white goods. Click on the link for more details:
https://csapps.norfolk.gov.uk/csshared/ecourier2/fileoutput.asp?id=54504




**Road Safety**

It has been great to see so many children and parents walking to school where possible and even those arriving by car have been parking a short distance away at the Priory or the community centre and walking to school from there. During the week there will be a road safety assembly to remind the children how to cross the road safely and this will be linked with stranger danger and dark nights. Please help us with this by ensuring that parents and carers park legally, safely and sensibly. Thank you for helping us keep your child/children safe.



# Child car seats: the law



## Children must use a child car seat until they're 12 years old or 135 centimetres tall, whichever comes first.

**https://www.gov.uk/child-car-seats-the-rules**

# Attendance

**Attendance target set by the government = 96.1%**

**Current updated Bacton Primary School attendance this year to date 95.2%**

**Seahorse class attendance year to date 95.63%**

**Dolphin class attendance year to date 94.23%**

**Shark class attendance year to date 95.39%**

**The class with the highest attendance this week was Seahorses with 93.94%**

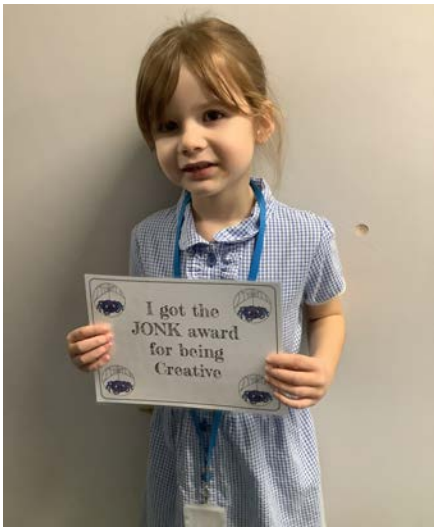
## Well Done Seahorse Class

### Celebrating and Sharing Our Successes

We will be sharing with parents and carers our JONK award winners for the week as part of our celebrating and sharing success.

Teachers and TAs will be looking out for children who demonstrate how to be reflective next week.

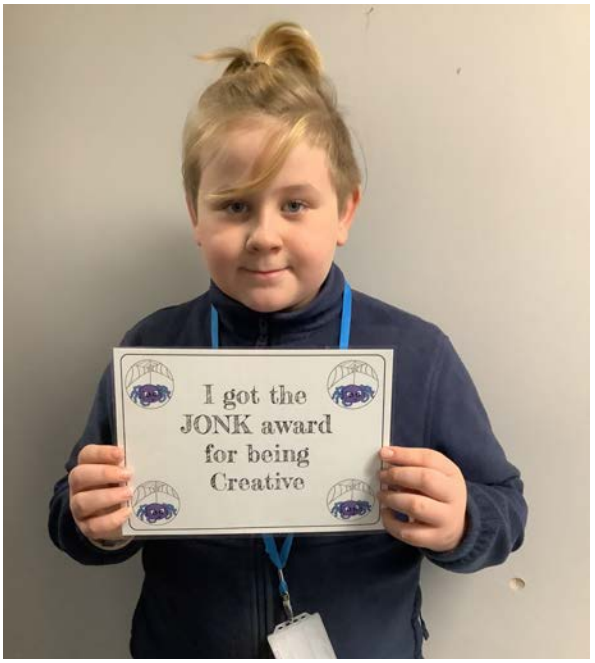
**Seahorse Class JONK Certificate this Week**




**Dolphin Class JONK Certificate this Week**

**To be awarded next week due to Hilltop**

**Shark Class JONK Certificate this Week**









## Reminders

**School Lunches**
**Please check the school website for the Autumn/Winter Menu**

PE Days
On the day your child has PE please ensure they come to school wearing their PE kit. If they are taking part in sports club and it is not their PE day they should come to school in their uniform and bring kit to change into.

| | |
|---|---|
| **PE Seahorse Class - Years R, 1 and 2** | **Monday and Thursday** |
| **Dolphin and Shark Classes - Years 3, 4,5 and 6 (Please note Yrs 3 & 4 are swimming on Thursday)** | **Thursday and Friday** |
| **Dolphin Class Years 3 and 4 - Swimming** | **Thursday - Come to school in uniform with swimming kit please** |

**Uniform**
**Order directly through Birds of Dereham (any time)**
https://www.birdsofdereham.com/

Or place your order on the School Money System before the cut off dates below.

**Order Through School - Dates 2023/24:**
1. Order Cut Off: Fri 6th October 2023 - Delivered in November 2023
2. Order Cut Off: Fri 16th February 2024 - Delivery in March 2024
3. Order Cut Off: Fri 26th April 2024 - Delivery in May 2024
4. Order Cut Off: Fri 7th June 2024 - Delivery in July 2024

| | Sweatshirt | Cardigan | Fleece Jacket | Delivery charge |
|---|---|---|---|---|
| Order through school (includes 10% discount) | £10.50 | £12.00 | £14.50 | Free |

If you have any queries please contact the School Office.

## Dates for the Diary

| Date | Time | Event |
|---|---|---|
| 12/02/2024 | 3.15-4.15 | Scooter Skills - Parent and/or Child Workshop - letter issued |
| 12/02/2024 | 3.15-4.15 | Active Outdoor Club |
| 14/02/2024 | | Homework Club has been cancelled so please pick up at the normal time |
| 15/02/2024 | 1.00-3.00 | Years 3 and 4 Swimming |
| 15/02/2024 | 3.15-4.15 | Archery Club |
| 16/02/2024 | 3:15 | Break up for Half Term Holidays - Hire Hub Club equipment available to borrow for the whole of half term. |
| 7/3/2024 | All day | World Book Day |
| 15/3/2024 | All day | Comic Relief (Red Nose Day) |
| 26/03/2024 | All day | Seahorse visit to Banham Zoo - letter issued |
| 17/04/2024 | All day | Year 3 and 4 Bikeability Level 1 - Letter issued |
| 23/04/2024 | 12:30-5:30 | Year 6 STEAM competition event at Greshams School Holt - letter to follow |
| 13/05/2024 | All Day | Year 6 SATs tests - Spelling, Punctuation and Grammar Test |
| 14/05/2024 | All Day | Year 6 SATs tests - Reading test |

| | | |
|---|---|---|
| 15/05/2024 | All Day | Year 6 SATs tests – Maths papers 1 and 2 |
| 16/05/2024 | All Day | Year 6 SATs tests – Maths paper 3 |
| 15/07/2024 | Allday | Year 6 residential – Isle of Wight |
| 16/07/2024 | Allday | Year 6 residential – Isle of Wight |
| 17/07/2024 | Allday | Year 6 residential – Isle of Wight |
| 18/07/2024 | Allday | Year 6 residential – Isle of Wight |
| 19/07/2024 | Allday | Year 6 residential – Isle of Wight |
| 19/07/2024 | 3:15 | Break up for the Summer Holidays |

## Term Dates







**All in-term holiday requests will be classed as unauthorised absences. This will likely result in a fixed penalty notice being issued from Norfolk County Council.**

**In Norfolk, penalty notices are issued in accordance with the Norfolk Local Protocol. In all cases a penalty notice can only be issued if the pupil has accrued at least 9 sessions (4.5 school days) of unauthorised absence within the previous 6 school weeks. This would result in a fine of £60 per child per parent ie; for a family with 2 children this would total £240**

**The link below has more information about fixed penalty notices.**
**Fixed Penalty Notices**



EVERYONE
IS EXCITED!

# SWIMMING LESSONS

**ARE YOU LOOKING TO GET STARTED IN SWIMMING LESSONS?**

-LESSONS SUITABLE FOR ALL AGES & ABILITY'S

- SPACES AVAILABLE NOW

- SWIMMING LESSONS RUN 50 WEEKS OF THE YEAR

-EVERY DAY AFTER SCHOOL & WEEKENDS TOO

- £38.54A MONTH PAID BY DIRECT DEBIT

- CHILD RECEIVES FREE SWIMMING IN ALL PUBLIC/FAMILY SESSIONS

JOIN OUR AWARD-WINNING SWIMMING LESSONS
& GET A FREE 6 MONTHS KIDS PASS*

- UP TO 57% OFF DAYS OUT & ATTRACTIONS
- KIDS GO FREE AT AQUARIUMS, RESTAURANTS & MORE
- 30% OFF ADULTS & CHILD CINEMA TICKETS
- UP TO 25% OFF FAMILY HOLIDAYS & RESORTS




**VICTORY SWIM & FITNESS CENTRE - 01692 409370**
VictoryMC@Everyoneactive.com

everyone ACTIVE



# LITTLE RIDERS

## Children's Cycling Courses



### Learn to Ride Courses

**Description**

Our Learn to Ride course (4 x 1hr lessons) is designed for children aged 4-10 yrs who would like to learn how to ride a bike with pedals by themselves.

**Dates**

**Saturday 11th, 18th, 25th Nov, 2nd Dec** (2.00-3.00pm or 3.00-4.00pm) @ Sewell Park Academy, St Clements Hill, Norwich, NR3 4BX

**Saturday 18th, 25th Nov, 2nd, 9th Dec** (10.00-11.00am or 11.00-12.00noon) @ Great Yarmouth Charter Academy, Salisbury Road, Great Yarmouth, NR30 4LS

**Saturday 18th, 25th Nov, 2nd, 9th Dec** (3.00-4.00pm or 4.00-5.00pm) @ Aylsham High School Sports Hub, Palmerston Way, Aylsham, NR11 6FN

**Price**

Places on the course cost £50 per child (plus booking fee). Don't worry if your child doesn't have their own bike or helmet as we can lend them both.

**Book Now**

For more information and to book a place visit www.littleridersuk.co.uk/learntoride/

ACTIVE EDUCATION

# FEBRUARY HOLIDAY CAMPS





## Sports Camp Activities Include

MULTI SPORTS
DODGEBALL
NERF COMBAT
BASKETBALL
TAG RUGBY
AND MUCH MORE!

## Creativity Camp Activities Include

FREE PLAY
ARTS AND CRAFTS
FILMS
DEN BUILDING
BOARD GAMES
CARDS



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Active Education

**Regular Time (9am -3pm) - £16**
**Extra Time (8:30am - 4pm) - £20**
**3 Regular Time Spaces - £8 Credit Earned**
**3 Extra Time Spaces - £10 Credit Earned**



Children will need a packed lunch, plenty to drink, suitable clothing/footwear and bundles of energy for the day!

## MULTI-BOOKING REWARD:

When booking multiple spaces, you will be rewarded with account credit, which can be redeemed on future camps! The credit you earn through our multi-booking deal will be added to your iPal account wallet.
To redeem your credit, you MUST get in touch with us, confirming you have booked 3 or more spaces.

## HOW TO BOOK:

- Head to the 'Camps and Clubs' section on our website and create an account on our booking system, iPal. After an account has been created and your child has been registered, you will find a list of our camps to book onto.
- *There is a tutorial video on our website showing how to use the system!*

**Ages 5-12 Years Old**



www.activeeducation.info/camps-and-clubs



**CONTACT US**
07399520948
office.activeeducation@gmail.com

# FEBRUARY HALF TERM SCHEDULE

ACTIVE EDUCATION

***Creativity camps will run alongside our normal sports camps, same venue, same times, SAME PRICE!***

***If children wish to jump from creative to sports or vice versa at any point throughout the day, they are welcome to do so.***

| DATE | VENUE | ACTIVITY |
|---|---|---|
| Monday 19th February | Roughton St. Mary's Endowed | Dodgeball/Nerf & Creativity Camp |
| | Fakenham Junior School | Multi Sports & Creativity Camp |
| Tuesday 20th February | Lyng Village Hall | Dodgeball/Nerf & Creativity Camp |
| | Astley Primary School | Multi Sports & Creativity Camp |
| Wednesday 21st February | Roughton St. Mary's Endowed | Multi Sports & Creativity Camp |
| | Lyng Village Hall | Dodgeball/Nerf & Creativity Camp |
| Thursday 22nd February | Lyng Village Hall | Multi Sports & Creativity Camp |
| | Fakenham Junior School | Dodgeball/Nerf & Creativity Camp |
| Friday 23rd February | Roughton St. Mary's Endowed | Dodgeball/Nerf & Creativity Camp |
| | Astley Primary School | Dodgeball/Nerf & Creativity Camp |