



News Sheet



Starfish Preschool

www.bacton.norfolk.sch.uk | office-bacton@togetherfederation.org.uk
01692 650240
Executive Head | Simon Wakeman | exehead@coastaltogether.co.uk

No.25
Spring
Term

Coastal Together



24.03.23

Another Fantastic Week - 'Growing Together'

Starfish Preschool

What a super week Starfish have had! We have been reading 'The Gingerbread Man' this week and the children have been brilliant at joining in with the repetition of 'Run, Run, Run as fast as you can. You can't catch me, I'm the Gingerbread Man!'

At the beginning of the week, we made gingerbread men biscuits. The children listened and followed the instructions, weighing and mixing the ingredients before



cutting out the gingerbread men shapes. The children then used icing tubes to decorate their gingerbread men for snack, making sure they had eyes, a mouth and buttons down his front. The best part was definitely eating them!

Starfish have been continuing to look at shapes and patterns throughout the week. The children have been using the cars, the animals and

the building blocks to make their own patterns and shapes.

We have also spent some time in the main school this week, joining the older children for their break and lunch time. Starfish were amazing, listening to



what they needed to do and politely saying hello to the different staff. It was lovely spending time as a whole school and hopefully we can do it more often now the weather is picking up!

Great work Starfish!



Seahorse Class

This week we have created some more amazing art to contrast our Fire of London art from a couple of weeks ago. We have been looking at the work of Paul Klee. To do this KS1 recapped how to make colours lighter and dark as well as how to mix primary colours. We then had to look at 2d shapes and how we could use them to make modern London buildings. Throughout the whole process we have used a range of JONK skills to reach our goal of two contrasting pictures.

Meanwhile, Reception have started looking at the story of Mary Poppins. They have thought about how they can describe her and then read about her going to the zoo. They talked and then wrote about which are their favourite animals to see at the zoo. We have seen some amazing writing and great use of phonics. Keep up the amazing work Seahorses!



Dolphin Class

This week in Dolphins, we have started a new English topic, writing and learning about the Norwich Castle Museum. We are learning how to write a leaflet for the museum and by the end of next week we will write our own independent leaflet for West Stow.

In maths, the class has been finishing our unit of fractions. It has been a challenging week converting improper and mixed number fractions, using bar models and number lines. But the children have shown great resilience and resourcefulness in fostering their learning throughout the week.

We finished our topic of settler and invaders on Tuesday with a music lesson, practising and singing the Viking song 'Dragon Ships'. We are now moving onto our science unit learning and exploring about electricity.

Shark Class

It's been another busy week for the Sharks this week! We've been continuing our Myths & Legends tales based upon Odd & The Frost Giant - there have been some tremendous descriptions such as "... the fallen slabs looked like teeth scattered on the ground" and "It was, Odd pondered suspiciously, a fox with a plan. He made a decision to find out what that plan was, so he tiptoed towards the random fox, slyly." I can't wait to read the final versions! In maths, we have started looking at area and perimeter with much success and will be continuing this over the coming week. On Tuesday, Year 5 went to North Walsham High to watch a production of Joseph & his Amazing Technicolour Dreamcoat and came back with glowing reviews. Even the least drama inclined conceded that the songs and costumes were brilliant. Well done Sharks!



Use of the field

Can you please send in a pair of wellies or old trainers for your child so we can go on the field even when it is a bit muddy. Ideally they will be named to avoid any mix ups. Please be aware that the field is currently wet and muddy and children without a change of footwear will be limited to using the playground.

Attendance/Safeguarding

Attendance target set by the government = 96.1%

Current updated Bacton Primary School attendance this year to date 94.77%



Come on Bacton!

The class with the highest attendance this week was Dolphins with 99.38%

Well Done Sharks Class

Story Café - 29 March 2023 - 2pm to 3pm

Goodbye and Thank You to Miss Peck
Parents welcome

Following our recent 'Keeping children safe online and pupil mobile phones' letter we promised updates to support parents and carers with information about Apps your child may be accessing on their devices. This week's poster focuses on the popular messaging app - WhatsApp which is intended for users aged 16+ because of the content that could be shared.

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 apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about WHATSAPP

WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business messages, not to personal messages.

UK AND EUROPE
16+
REST OF THE WORLD

WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2019, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers

CLICK HERE

CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.

EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using settings in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.

REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.

LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once, if they leave a second time, it is permanent.

THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.

DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone'. However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.

CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.

Meet Our Expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N' Clicks: a web resource that helps parents and children thrive in a digital world.

National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 02.03.2022

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.

Seahorse Class - Years R, 1 and 2	Tuesday/Thursday
Dolphin and Shark Class - Years 3, 5 and 6	Thursday
Dolphin Year 4 - Swimming	Thursday - Come to school in uniform with swimming kit please

Dates for the Diary

Date	Time	Event
28/03/2023	4:00-5:00	Spring Disco - years R-6 - Letter issued
29/03/2023	2:00-3:00	Story Café - Goodbye and Thank You to Miss Peck - Parents welcome
30/03/2023	1:00-3:00	Year 4 swimming at Victory - North Walsham
31/03/2023	1:30-3:00	Easter trail and Spring craft afternoon - parents invited
31/03/2023	3:10	Break up for Easter holidays
17/04/2023	8:45	Return from Easter holidays
21/04/2023	1:15-3:00	Seahorse, Dolphin and Shark class Squash taster session PE kit required
08/05/2023	All Day	School Closed - King Charles Coronation Bank Holiday Monday
09/05/2023 - 12/05/2023	8:00-9:45	Year 6 Breakfast club open all week - free to attend. Opportunity for some last minute revision
09/05/2023	9:00-12:00	Year 6 SATs tests - English Punctuation, Spelling and Grammar paper
10/05/2023	9:00-12:00	Year 6 SATs tests - English Reading paper
11/05/2023	9:00-12:00	Year 6 SATs tests - Maths arithmetic paper and Reasoning paper 1
12/05/2023	9:00-12:00	Year 6 SATs tests - Maths arithmetic paper Reasoning paper 2
09/06/2023	All Day	Non-school uniform day - Please bring a bottle to support the PTFA summer fair
16/06/2023	7:00pm-9:00pm	Quiz and chip evening - Adult only quiz team PTFA fundraiser
23/06/2023	All Day	Non-school uniform day - Please bring sweets to support the PTFA summer fair
08/07/2023	12:00-3:00	PTFA summer fair

Term Dates

Norfolk County Council		2022-2023		Norfolk Model Calendar	
<small>This calendar applies to community schools, community special schools, VC schools and nursery schools and sets the days on which school transport will be provided. While most Foundation, VA, foundation special, free schools and academy trusts who are able to set their own dates, adopt the Norfolk Model, we advise you to check with your child's school before making holiday or other commitments.</small>					
September 2022		October 2022		November 2022	
M	T	W	T	F	S
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					
January 2023		February 2023		March 2023	
M	T	W	T	F	S
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					
May 2023		June 2023		July 2023	
M	T	W	T	F	S
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					
August 2023		September 2023		October 2023	
M	T	W	T	F	S
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					

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](#)



Norfolk County Council		2023-2024		Coastal Together	
<small>This calendar applies to community schools, community special schools, VC schools and nursery schools and sets the days on which school transport will be provided. While most Foundation, VA, foundation special, free schools and academy trusts who are able to set their own dates, adopt the Norfolk Model, we advise you to check with your child's school before making holiday or other commitments.</small>					
September 2023		October 2023		November 2023	
M	T	W	T	F	S
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					
January 2024		February 2024		March 2024	
M	T	W	T	F	S
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					
May 2024		June 2024		July 2024	
M	T	W	T	F	S
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					
August 2024		September 2024		October 2024	
M	T	W	T	F	S
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					

Uniform

Order directly through Birds of Dereham (any time)

<https://www.birdsofdereham.com/>

Place your order on the School Money System.

Order Through School - Dates 2022/23:

Order cut off 4 - Friday 9 June 2023 for delivery in July 2023

Prices & Order Date information

Supplier	Sweatshirt	Cardigan	Fleece Jacket	Book bag	Delivery charge
Birds of Dereham direct order prices	£10.50	£11.00	£15.00	£7.00	£5.50

Order through school (10% discount)	£9.45	£9.90	£13.50	£6.30	Free
-------------------------------------	-------	-------	--------	-------	------

If you have any queries please contact your child's School Office



Big Norfolk Easter Holiday Activity scheme – Booking now open!

We're pleased to announce that booking is now open for Big Norfolk Holiday Fun. Activities will run across the Easter Holidays from 3 – 17 April. Families can now visit our [EveryMove activity finder](#) to search activities and make bookings.

Please support us by sharing Big Norfolk Holiday Fun information with eligible families.

Also please remember the scheme is also open to all vulnerable children regardless of their free school meal status. This includes for example young carers and refugees. Please refer any additional children that you'd like to recommend using the link here [Big Norfolk Holiday Fun: Information for Schools \(activenorfolk.org\)](#).

Helping you promote the scheme

Don't forget we have a range of free promotional marketing tools to help you get the message out to your free school meal eligible families.

Materials include

- Promotional playground banners and posters
- Printed or digital flyers to go home in book bags
- Newsletter copy and social media graphics

[Download the Big Norfolk Holiday Fun toolkit or order printed copies here](#)

Now that booking is open, please encourage families to book activities by doing the following:

- sending the Big Holiday Fun pdf to all eligible families (find this in the school promotional toolkit)
- working with families you know who may struggle to make the booking themselves
- promote the scheme in your weekly school newsletter using the copy provided
- promote the scheme on your Facebook page using the social media images provided (or share Norfolk County Council's Facebook posts)

This year we've extended our offer with even more providers and activities available which is great news. On top of that we've secured more specialist SEN providers for 2023 giving us an even wider range of inclusive activities.

If you have any questions, please email the team on bnhf@norfolk.gov.uk

Thanks in advance for all your continued support.

Best wishes

Tim Eyres

Assistant Director of Commissioning and Partnerships
Norfolk County Council Children's Services





Bacton FC are looking for new recruits to join their Under 7's football team for September 2023.

We are reaching out to gain an expression of interest and arrange open training for all abilities.

Our FA Qualified coaches will help develop your child's skills in a safe and fun environment.

School years: Current year 1.

**Venue: North Walsham High School Gymnasium until 21/3/23 then
Bacton Playground Field**

When: Monday's 6 – 7 pm during term time

For any more info, please contact Dan Williamson on 07515 789 888

First session for any new recruits will be free as a taster. £2.50 per session thereafter payable via bank transfer or cash

SOS+ Programme

Booking and enquiries:
sospluswebinars@stgilestrust.org.uk

For more information:
emily.roberts@stgilestrust.org.uk

Our gang
and county
lines parents'
session

Gangs and County Lines

consists of **speakers with lived experience** within the criminal justice system to unpack and explore the **realities and consequences** of county lines, gang involvement, and serious youth violence.

Perspectives from previous perpetrators and runners/transporters, combined with relevant case studies, aid audiences in gaining an **authentic and credible understanding** of this complex and cross cutting issue.

Register here!



[Click here!](#)

The session will help parents and carers to identify the **signs and triggers** that a child or young person might be involved in county

lines and gain an understanding of **how to appropriately respond** to such indicators.

Parents / Carer Webinar

Delivered by Rosanna

Norfolk

St Giles

Turning a past into a future

St Giles is a registered charity No 801355.
St Giles Head Office,
64-68 Camberwell Church St, London, SE5 8JB
www.stgilestrust.org.uk © St Giles Trust 2021

18:30 - 20:00

28.03.2023

SOS Project

What to do

Learn how to challenge – you need to be able to stay calm, ask questions and listen to answers without losing control. Don't be afraid of confrontations, but try and stay away from accusations.

If your child is in trouble with the Police or at school – be ready to challenge obvious signs of unacceptable behaviour – one idea is to make an agreement and have set consequences for misbehaviour.

Listen and be supportive - If a young person is involved, they may not want to talk about it or be scared. Ultimately, you want to be the person your child can confide in and is honest with.

This means you need to be prepared to listen to your worst fears without the situation escalating or becoming abusive. It's important that they know you want to listen, support them and work with them to find solutions.

Don't be afraid to get help - You are not alone and there is always support out there to help you. In addition to the information in this leaflet, your local council or the Citizens' Advice Bureau have specific groups who can assist you.

But you could start by talking to the school, teachers, faith groups and even other parents. On the back page of this leaflet are organisations that can give you more information and access support.

SOS Project

Get help

If you're concerned about the issues raised in this leaflet, these organisations and resources are available to help:

The SOS+ Service
T: 020 7708 8000
W: stgilestrust.org.uk

Victim Support
National charity helping people affected by crime
W: victimsupport.org

NSPCC
A 24hr helpline providing advice and guidance
T: 0808 800 5000

Family Lives
For advice on all aspects of parenting roles
T: 0808 800 2222

Childline
T: 0800 1111
W: childline.org.uk

Missing People
W: missingpeople.org.uk

Kooth
Online mental wellbeing community
W: kooth.com

Norfolk Children's Advice and Duty
T: 0344 800 8020

Norfolk Police
T: 101 and ask for Norfolk police

St Giles

Turning a past into a future

St Giles head office: 64-68 Camberwell Church Street, London SE5 8JB
T: 020 7703 7000 W: www.stgilestrust.org.uk E: info@stgilestrust.org.uk
Registered Charity, No. 801 355 © St Giles 2021

Combating violent crime

Warning signs, practical advice and support for concerned parents and carers.



St Giles Practical advice and support for parents

SOS+ Programme

Sometimes it feels like crime is getting more serious all the time. We see images of youth violence, stabbings and exploitation all the time. No-one would blame you as a parent or caregiver for worrying about what happens to your child, or asking what they could do to stop their child becoming another victim. Here is some guidance to consider, put together by our experienced SOS+ Service team.

Don't blame yourself - Even with good parental support, young people can be attracted into negative associations or habits despite your best efforts.

Have those conversations – Young people frequently tell us that if they were in trouble they would not go to an adult for help. Be that a teacher, parent or someone in authority. Why not? Because they fear they would be judged, that adults wouldn't understand or worse they would receive the punishment. To get around this you are going to have to build real trusted conversations your young person. You need to talk about what you will do if they ask you for help. You need to reassure them that you will not judge them and that you will believe them and do whatever it takes to help them. Then when they approach you, take time out and listen.

It's not just boys that get involved - Many girls may believe that what they're being pressured or coerced to do is 'normal' and acceptable. They might not realise what's happening to them is wrong. They may be afraid of what might happen if they tell anyone and they may believe no one will believe or protect them.

Check out their space – this includes physical spaces such as bedroom and where they hang out but don't forget about the online space. **It's wise to know what social media platforms (TikTok, WhatsApp, Instagram, Twitter, Snap Chat &c.) they use and dependant on age and maturity you should have access to their activity. You don't always need the app to have an account - Google search the logins.**

Be aware that chat rooms and texts can be used to bully and exploit young people to participate in negative behaviour. Monitor sites and games for inappropriate content – maybe even play the games with them!

Signs and indicators:

Behaviour - Most young people go through a rebellious phase, what's essential is that it does not prolong and that healthy boundaries are maintained and challenged.

Your child's friends – Friends fall out sometimes and children change their interests, but who are your child's friends? When your child goes out, who are they with and what are they doing?

Gang names – Does your child's group of friends have a 'name' and if so, how do they see themselves?

Truancy – Do you check on attendance, are you speaking to teachers, have tutors noticed anything? If kids are not in school the question is, where are they? Some gangs exploit young people by sending them to other areas.

If your child starts to go missing, make sure you challenge them over their whereabouts and if they go missing for periods of 24hrs or more ensure that it is reported and that you get help. If you're in doubt as to what your children are doing in their spare time, ask. If necessary, monitor their activities.

Post codes and unsafe areas - Harder to spot, but some young people align themselves to post codes and therefore have 'no-go' areas. If your child shows reluctance going to any specific areas, ask why, and be ready to ask again.

Unexplained cash or possessions – Has your child bought things they normally couldn't afford? Look out for possession of relatively large sums of money or for expensive items brought home. Be ready to challenge excuses, too.

Signs of bullying/physical injuries – Your child may experience bullying and pressure to join a group. They may have injuries which indicate violence from others or self-harming. Either way, they'll need your support. Make time to listen and encourage them to trust you.

Understanding the music - this can be a bit of a minefield because although music associated with gangs can be threatening, violent and glamourise the myth surrounding the culture it does not guarantee involvement. I

It makes sense to know what your child is listening to and what the music is about, and so to have those conversations about what the lyrics mean before you take any action.



**EVERYONE
IS EXCITED!**



EASTER CRASH COURSE



WHETHER YOUR CHILD IS LOOKING TO START THEIR SWIMMING LESSON JOURNEY, OR HAS THE BASIC SKILLS AND WANTS TO IMPROVE, INTENSIVE SWIMMING LESSONS ARE THE PERFECT WAY TO DEVELOP YOUR CHILD'S SWIMMING ABILITY OVER 4 CONSECUTIVE DAYS.

JOIN US OVER THE EASTER HOLIDAYS

ONLY £32.96 FOR THE 4 CONSECUTIVE DAYS (TUESDAY-FRIDAY)

STAGE 1

ENTRY REQUIREMENT - AGE 4YRS+ (AT SCHOOL), AIMED AT BEGINNERS

**TUESDAY 4TH APRIL 10:00-10:30
WEDNESDAY 5TH APRIL 10:00-10:30
THURSDAY 6TH APRIL 09:00-09:30
FRIDAY 7TH APRIL 09:00-09:30**



STAGE 3

ENTRY REQUIREMENT -AGE 5YRS+, CONFIDENT UNDERWATER, CAN SWIM 5M FRONT & BACK UNAIDED

**TUESDAY 4TH APRIL 10:30-11:00
WEDNESDAY 5TH APRIL 10:30-11:00
THURSDAY 6TH APRIL 09:30-10:00
FRIDAY 7TH APRIL 09:30-10:00**

**BOOK YOUR CHILD'S SPACE TODAY! LIMITED SPACES AVAILABLE!
(PLEASE NOTE THE TIME CHANGE BETWEEN TUESDAY-WEDNESDAY & THURSDAY-FRIDAY)**

VICTORY SWIM & FITNESS CENTRE - 01692 409370

VICTORY SWIM & FITNESS CENTRE - 01692 409370

**everyone
ACTIVE**

'Growing Together'