News Sheet

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

No.25 Spring Term

28.03.24

Another Fantastic Week - 'Growing Together'

Starfish Preschool



Starfish have had a busy last few days of term!
We have been enjoying the warm weather and have spent lots of time creating games and activities outside. One of the games the children came up with was to use the hoops and bean bags and see how many bean bags they could throw into the hoops. As the children got more bean bags in the hoops, we moved the hoops further back to make it harder. Starfish were brilliant at aiming for each hoop and practising their throwing skills.
For Easter, the children each made a card to give to someone at home. They all tried their best to decorate it with fingerprints for Easter eggs and make their cards as colourful as they could. Some children then worked hard on their name writing and were very proud of writing either most or some of their card.
For their Easter treat, the children used rice crispies and chocolate, mixing them together to make sure all the rice crispies were coated in chocolate. They then put a spoonful of the mixture into cake cases and topped with mini smarties for the eggs. The children said that the best part was when they got to lick their fingers!
We hope everyone has a lovely Easter weekend and a good two week break!





Seahorse class

We have had a busy end to the term with our trip to Banham Zoo on Tuesday. The children did us proud and were incredibly well behaved and showed the public how great our children are. They shared their knowledge with each other and the staff at the zoo. We enjoyed seeing the red kangaroos and emus. The children were able to recall some of the information we knew about them and make links to characters in the books we have read.



Key Stage 1 have been creating their own poems about an Australian animal of their choice. They used the senses and onomatopoeia to create parts of their poems. We have also finished our unit on multiplication and division. Keep up the hard work with the 2, 5 and 10 times tables over the holidays.



Reception have been busy looking at patterns and have been learning that patterns need to repeat. We have read lots of lovely stories that support this including Pattern Bugs, Pattern Fish and Jamil's Clever Cat. Can you make any patterns? We have also made our own patterned socks after reading the book Simon Sock.



Have a lovely holiday and be ready to go to Infinity and Beyond!!













Dolphins

The class has been brimming with creativity this week across a range of leesons.

In English we have completed a short unit on rap. In this unit we learnt what rap is, listened to a range of raps being performed, pulled apart the rap 'Gran, can you rap' and then we progressed on to writing and performing our own raps to a beat. The children had great fun this week creating and performing their very own rap and I think we may have some future stars in our midst.

Over in Topic, we have been investigating what planting machines are. Once we learnt that they were machines used to plant a range of items, we then designed our own planting machine capable of planting a range of different seeds. Over the lessons on Tuesday and Wednesday, we built our own planting machine. There were lots of great ideas and designs, with it being amazing to see all the different and unique machines created. On Thursday we trialled the machine to see how effective they were for purpose.

Over in Maths we have been working hard on our short multiplication. At the start of the week the class found this concept difficult, but as we progressed through the week and with more practice, the class all made great advancements in their learning.








Sharks

It has been race week in Sharks this week, and I am proud to announce the winner of the inaugural Shark Slingshot Sporting event was Team Alert and their brilliant racing truck! Well done Albert & Scarlett on your well earned victory! In 2nd place was Cobra Race Team and in 3rd was Mr Wilson's Shark Race Team. It was a hotly contested event

and lots of fun was had by all.
Elsewhere, we planned out and wrote two independent writes this week. One was a character description, elaborating on the Hobbits they designed last week. The second was a spooky setting description from the point of view of that Hobbit as they travelled through the mysterious forest.
In Arithmetic this week, we decided to have a go at the very first test that we did all the way back in September... It has shown the amazing progress of the Sharks over this year as every single child demonstrated a marked improvement in score, some by as much as 3 or 4 times their originals. We are all very proud of their achievements and I can only hope we maintain this level for the rest of the year!







Mental Wellbeing

After Easter we will be holding our first Norfolk Steps sessions for parents. The sessions are created using tested methods and approaches already used in schools. They will help you understand:

- The use of positive language
- That your child's behaviour is a way of telling you their needs
- Consistency (doing things regularly to build good habits)
- Positive relationships
- Understanding your child's behaviour
- Promoting positive behaviour

Please contact Zoe Winchester or speak to your class teacher if this will be of interest to you. There are limited spaces available.

Supporting you with your child's behaviour:
A Norfolk Steps Approach



Focusing on Scripts, Limited Choices and many more Norfolk Steps tools to help you manage your child's behaviour

Session 1: 19th April 2024

Session 2: 26th April 2024

Please attend both sessions

Bacton Primary School

Norfolk County Council

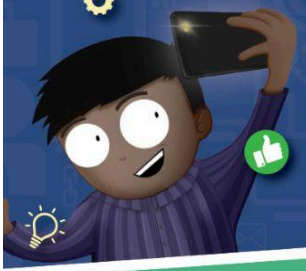
Online Safety

Please click on the link to watch the Norfolk Constabulary Online Safety Webinar:

Recorded Online Safety webinar for parents and carers

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.

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT:
SOCIAL MEDIA & MENTAL HEALTH



Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.



POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.



SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS



There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

A SENSE OF BELONGING

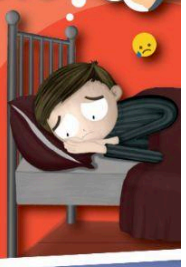
Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.



NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.





HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.





CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.

National Online Safety®
#WakeUpWednesday

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.



HELPFUL APPS:

- Hub of Hope - https://hubofhope.co.uk/
- Mindshift
- Smiling Mind

SOURCES OF HELP:

- Childline, 0800 1111 or visit their website
- Bullying UK, 0808 8002222
- Young Minds Parents line, 0808 802 5544

SOURCES: https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health, https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20, https://www.rsph.org.uk/uploads/assets/uploaded/62be270a-a55f-4719-ad668c2ec7a74c2a.pdf, https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk

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

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Hire Hub Club



The Hire Hub will continue after the Easter Break. 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 and would love to see more photos of the equipment being used.

We also have some new equipment that will make its way into the sheds ready for you to borrow. We won't be opening the hub for use of items over the holidays but it will reopen the first day back after the holidays.

Costume Library



Working alongside the Hire Hub, will be a costume library created by the PTFA. It will work in the same way as the Hire Hub in that you can borrow a fancy dress costume and then return it the next day or borrow on a Friday and return on a Monday. It is all completely free and is possible due to donations. Coming Soon!

Attendance

Attendance target set by the government = 96.1%

Current updated Bacton Primary School attendance this year to date 95.21%

Seahorse class attendance year to date 95.71%

Dolphin class attendance year to date 94.67%

Shark class attendance year to date 95.05%

The class with the highest attendance this week was Dolphins with 96.67%

Well Done Dolphin Class

Celebrating and Sharing Our Successes

This week we had our termly celebration assembly in which we celebrated one child per year group who had made good progress and shown the different JONK skills.





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	**Thursday and Friday**

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 - Delivered 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	£10.50	£12.00	£14.50	Free

If you have any queries please contact the School Office.

Dates for the Diary

Date	Time	Event
15/04/2024	8:35	Return to School
16/04/2024	3:15-4:15	Active Outdoor Club
17/04/2024	3:15-4:00	Homework Club
17/04/2024	All day	Year 3 and 4 Bikeability Level 1 - Letter issued
18/04/2024	3:15-4:15	Sports Club
18/04/2024	4:00-5:00	PTFA Bingo - Letter issued
23/04/2024	12:30-5:30	Year 6 STEAM competition event at Greshams School Holt - letter to follow
23/04/2024	3:15-4:15	Active Outdoor Club
24/04/2024	3:15-4:00	Homework Club
25/04/2024	3:15-4:15	Sports Club
30/04/2024	3:15-4:15	Active Outdoor Club
01/05/2024	3:15-4:00	Homework Club
02/05/2024	3:15-4:15	Sports Club
07/05/2024	3:15-4:15	Active Outdoor Club
08/05/2024	3:15-4:00	Homework Club
09/05/2024	3:15-4:15	Sports Club
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

14/05/2024	3:15-4:15	Active Outdoor Club
15/05/2024	All Day	Year 6 SATs tests - Maths papers 1 and 2
15/05/2024	3:15-4:00	Homework Club
16/05/2024	All Day	Year 6 SATs tests - Maths paper 3
16/05/2024	3:15-4:15	Sports Club
21/05/2024	3:15-4:15	Sports Club
22/05/2024	3:15-4:15	Active Outdoor Club
23/05/2024	3:15-4:00	Homework Club
24/05/2024	3:15	Break up for half term
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





Norfolk County Council

2024-2025

Coastal Together

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.

September 2024

M	T	W	T	F	S	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						

October 2024

M	T	W	T	F	S	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			

November 2024

M	T	W	T	F	S	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	

December 2024

M	T	W	T	F	S	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 2025

M	T	W	T	F	S	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		

February 2025

M	T	W	T	F	S	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		

March 2025

M	T	W	T	F	S	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						

April 2025

M	T	W	T	F	S	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				

May 2025

M	T	W	T	F	S	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	

June 2025

M	T	W	T	F	S	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						

July 2025

M	T	W	T	F	S	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 2025

M	T	W	T	F	S	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

Key : White dates - schools open to pupils
Yellow dates - pupil holiday
Red dates - bank holiday

= Staff Training Days (2nd and 3rd Sept, 6th Jan and 22nd April. (The remaining 1 day will be disaggregated into 3 twilights)

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

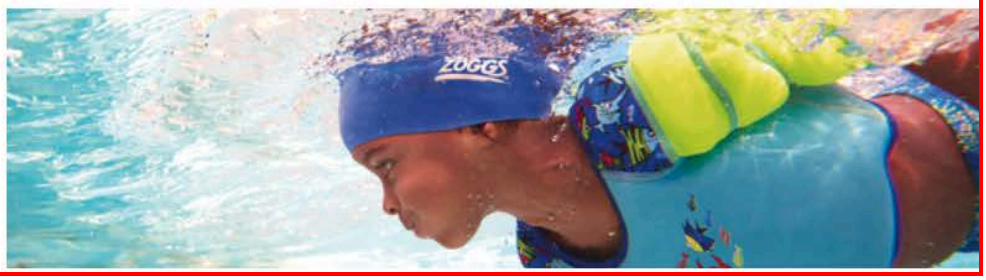
- UP TO 25% OFF FAMILY HOLIDAYS & RESORTS



VICTORY SWIM & FITNESS CENTRE - 01692 409370

VictoryMC@Everyoneactive.com

everyone ACTIVE



ACTIVE EDUCATION

EASTER 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



@activeeducation1
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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



EASTER HOLIDAYS CALENDAR!



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.

Monday 1st April	Tuesday 2nd April	Wednesday 3rd April	Thursday 4th April	Friday 5th April
Bank	Lyng Village Hall Dodgeball/Nerf	Astley Primary School Dodgeball/Nerf	Lyng Village Hall Multi Sports	Astley Primary School Dodgeball/Nerf
Holiday	Fakenham Junior School Multi Sports	Cromer Junior School Dodgeball/Nerf	Fakenham Junior School Dodgeball/Nerf	Cromer Junior School Multi Sports
Monday 8th April	**Tuesday 9th April**	**Wednesday 10th April**	**Thursday 11th April**	**Friday 12th April**
Astley Primary School Multi Sports	Roughton St. Mary's School Dodgeball/Nerf	Astley Primary School Dodgeball/Nerf	Roughton St. Mary's School Dodgrball/Nerf	Astley Primary School Multi Sports
Roughton St. Mary's School Dodgeball/Nerf	Fakenham Junior School Dodgeball/Nerf	Lyng Village Hall Multi Sports	Fakenham Junior School Multi Sports	Lyng Village Hall Dodgeball/Nerf

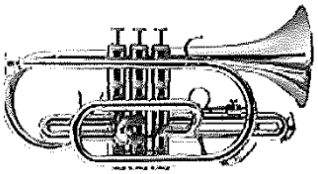
Want to learn to play a brass instrument? In years 4, 5 or 6

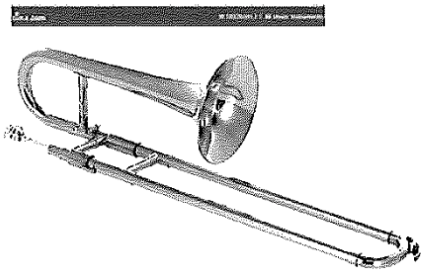
Maybe be part of the first North Walsham Youth Band?

Where: Salvation Army hall, Hall Lane, NW

When: Mondays at 6.00pm, commencing Monday 15th April

Cost: £20 for introductory 5 sessions.





I want to share with you an exciting opportunity for local children to learn to play a brass instrument and hopefully eventually form the first ever North Walsham youth band. This unique opportunity is being offered to local children in Years 4 to 6 .

There are limited places available to take up this opportunity so it will be offered on a first come basis. Instruments and teaching manuals will be loaned f.o.c to all those embarking on this, and we would stress that to be successful children will need to put in regular practice at home. All our tutors are experienced brass players and will have an up to date DBS plus be familiar with Salvation army safeguarding policies. While there will be group work we hope also to include tuition each week on a 1 to 2 ratio.

Once the first introductory course is concluded opportunity will be given to move on to further develop their skills and to become fully competent in playing a brass instrument. When enough children have reached the necessary standard then we plan to start the first ever North Walsham youth band!

If you want to find out more and register your interest please get in touch with me on **07721005926** or email richard.durrant@salvationarmy.org.uk.

To register your firm interest please email the name of child, DOB, and contact tel no, and we will be back in touch with you. Thanks!!

*Richard Durrant(*Major) , North Walsham Salvation Army