



NEWSLETTER – Friday 17th March 2023

Dear parents and carers,

A huge thank you for your support with Red Nose Day 2023. During assembly today it was wonderful to see so many children wearing red and supporting Comic Relief. I am pleased to share we have raised £109.21 thank you to everyone for your support.



OUR LEARNING THIS WEEK

YEAR 3

This week we have begun a new Maths unit on length and perimeter. We have been measuring using centimetres, millimetres and metres. In English we have been writing our suspense stories based on the book '*Wolves in the walls*'. We have made computing posters using Sketchpad. These showed what an input and output are and the journey of them through a computer. We visited Italy in Geography and were excited to learn about the landmarks, human features and physical features.

YEAR 4

This week Year 4 have been continuing to master equivalent fractions using fraction walls to help them and learning that what you do to the numerator, you do the same to the denominator.

In English the guards have now caught the bird and the girl is silently approaching them...they will be now planning what happens next in the story - will it be a positive or negative ending?

On Tuesday pupils stepped into role as Victorian children and learnt about what different jobs they would have to do, from as young as 5 years of age! They wrote a job advert for either a chimney sweep or a factory worker.

YEAR 5

This week, Year 5 finished their fractions, decimals and percentages unit and will be starting their area and perimeter unit. In English, we have been researching and finding out about child labour. We planted some Dutch Iris bulbs in the nature garden in science and discussed the life cycle of a bulb. PE was all about strengthening our bodies using our own body weights. We did 6-to-1 reps of lots of different strengthening exercises such as burpees, lunges and squats. Finally, in PSHE we discussed careers. We talked about and created a picture of ourselves in our dream careers and then we completed a personality test. This test then gave us careers based on these personality types and we created a picture of ourselves in this new career.

YEAR 6

In Maths this week, Year 6 have been converting between decimals, fractions and percentages. They have also been finding percentages of amounts.

In English, we are studying Greta Thunberg's amazing speech to the *2019 UN Climate Action Summit (How dare You!)*. We are discussing her environmentalist views and her forthright opinions.

In Science, we have been seeing how creatures live in extreme environments and have specific adaptations, such as the tardigrade. In Geography, we are looking at parts of South America in greater depth, such as the Amazon. In PE we are doing yoga salutations and basketball mini-games.

APPLE CLASS

Apple class have had fun this week using playdough and matchsticks to make and compare angles. We had to stretch the playdough much further to make a reflex angle! We have also been looking at properties of shape and using the correct vocabulary to describe mystery shapes to our partners. We have continued working towards writing a newspaper report and this week we took the role of reporters to write about events in a factual but descriptive way. We have been doing lots of paired reading and are enjoying choosing challenging books to read together. In history, we learnt about the kinds of food that Vikings ate and made plates with food on to represent a typical diet. We baked lemon drizzle cupcakes in cookery which we ate while listening to Roald Dahl's Revolting Rhymes, spotting the rhyming words and coming up with our own.

Diary Date Reminder:

On **Tuesday 21st March** we are hosting our Year 6 parents and carers SATS information session in the school hall from 3:20pm. This will be led by the Year 6 team.

What's On – Diary Dates

MARCH 2023	
Monday 20th March	Science Event for a group of Year 5 children at Norwich High School for Girls
Tuesday 21 st March	Year 6 SATs parents meeting at 3.20pm
Wednesday 29 th March	Easter bonnet competition and parade. Easter colouring competition.
Thursday 30th March	Football Match George White VS Magdalen Gates
Friday 31 st March	Spring term ends at 3:20pm
APRIL 2023	
Tuesday 18th April	Start of Summer Term School starts at 3.20pm
Monday 24 th April	Year 4 Trip to Gressenhall
Tuesday 25th April	Swimming Gala
MAY 2023	
Monday 1 st May	Bank Holiday
Monday 8 th May	Bank Holiday – Kings Coronation
Tuesday 9 th May – Friday 12 th May	KS2 SATs Week
JUNE 2023	
Monday 5th June – Friday 16th June	Year 4 Multiplication Tables Check (MTC)
Friday 23rd June	Athletics Event at UEA
JULY 2023	
Thursday 6th July	Athletics Event at Heartsease
Dates to be Confirmed	Year 6 Farm Trip
Friday 21st July	Summer Term ends at 3.20pm

Hot Dinner Price Increase

Please note from the 1st April 2023, Vertas will be increasing the price of our hot school dinners to **£2.53 per meal**.

Early Birds Breakfast Club Price Increase

Please note from the start of the Summer term, Tuesday 18th April, there will be a price increase for our Early Birds Breakfast Club. Sessions will be charged at £2.

No Smoking On the School Site

Please can we remind all parents and carers that smoking is not permitted in any part of the school at any time. This includes all school buildings and the outside areas of the school including playgrounds, sports field or car parks.



Well Done

Well done to our two Year 4 pupils who held a bake sale after school and raised an amazing £80.00 for their Brownie group World thinking day fund. Well done girls!



Next Bake Sale

We are delighted to announce we have another after school bake sale taking place on Monday 27th March. All proceeds will be going to Macmillan Cancer Support. Thank you to the pupil in Year 6 for organising this fundraising event.



Silver Road Community Centre

Large Collection of School uniform & Food bank - Open: Thursdays 10.30 - 12.15
Community Fridge Saturdays & Food Bank Fresh food & bakery - Saturdays 11.00 - 12.15. To Book an Appointment Please call [07786694325](tel:07786694325)

SAFEGUARDING

Mrs Derer is on our school playground every Thursday and Friday morning. Mrs Derer is our school Parent Support Advisor, you may already recognise Mrs Derer as she works at Mousehold every Monday and Tuesday. Mrs Derer is always happy to talk to you about any worries relating to your child at home or any further support we may be able to offer or signpost you to.

Our school Designated Safeguarding Leads are:

**Mrs Petchey, Mrs Stolworthy, Mrs Eaglen, Miss Alderton, Ms Connor,
Mrs Derer and Mrs Burman**

Please speak to one of these members of staff if you are worried or concerned about the safety of a child at school.

If you have a safeguarding concern about a child out of school hours, the number to ring is:

CADS – Children's Advice and Duty Service – 0344 800 8020



ONLINE SAFETY



Some useful Links:

<https://nationalonlinesafety.com/>

<https://www.parentsprotect.co.uk/internet-safety>

<https://www.bbc.co.uk/bitesize/topics/zfcvnbk/articles/zkci92p>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here –

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

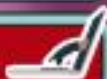
KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Clayton Longman is a registered counsellor with the Health Professions Council in South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



National
Online
Safety

#WakeUpWednesday