



# WESTWOOD NEWS

## Autumn Term (2) 2023



Dear Families,

It has been lovely to welcome so many families into school this half term for the many different activities we have had going on. The teaching teams enjoyed meeting with you at our Parents' Evenings and sharing how your children have settled into their new year groups. The children exceeded all expectation in their Christmas performances as well as their carol singing at the Co-Op and outside Kingsley Health Care.

We have a few changes to staffing from January so we look forward to welcoming new & returning members of staff to the team but say a sad farewell to others.

We have welcomed **Mrs Kim Kinder** to the team and she will be the full time teacher in Year 2. Miss Jones, as Key Stage 1 Lead, will continue to support the Year 2 class and we welcome **Mrs Rachel Batty** to the Key Stage 1 team as a Teaching Assistant.

**Mrs Hannah Gee** will be taking up the position of the Nursery Class Teacher for 3 mornings per week (Mon-Wed) with **Mrs Emma Harrison** continuing to be the Class Teacher for 2 mornings per week (Thurs & Fri). Mrs Gillings, as EYFS Lead, will continue to support the Nursery class.

We also welcome back **Miss Sophie Clark** who is returning from her maternity leave. She will be supporting across the school covering staff for their PPA & ECT release time.

**Mrs Ball & Miss Shuffle** have completed their first teaching placements and will be heading to Grove for their second placements. In exchange, **Mrs Swann** will be joining us at Westwood to complete her second placement having spent the last term at Grove.

We are saying a sad farewell to one of our Assistant Head Teachers, **Mrs Kate Grey**, as she will be joining the team at Norfolk SEND Services. Therefore, we are trialling a new structure within our Pastoral & SEND team across Westwood & Grove which will see **Mrs Chloe Kippen** take on the title of SEND Support Worker to assist Mrs Bayfield (SENDCo) across the two schools. Miss Taylor continues in her role as Family Support Worker.

I am sure you will join with me in welcoming the new and returning members of staff to the team and wishing those leaving us all the very best for the future.

We have enjoyed more visits and visitors this half term, including workshops with HSBC, UKS2 visited West Stow; Year 6 attended Crucial Crew; Gideons Bible visited Year 6, EYFS went to Seagull Theatre for their panto; the poet Joshua Siegal ran workshops online, Year 6 completed their Bikeability courses, LKS2 visited Norwich Castle, Reception had Diwali workshops and we all enjoyed the online panto. We also took part in a number of fundraising and awareness activities including Anti-Bullying Week, Silly Sock Day, Children In Need, Christmas Jumper Day & Elf Day.

We are in the process of reinstating our PTFA to help support us with fundraising activities and raising the profile of our school within the local community. If this sounds like something you would like to be involved with, please get in touch with the school office to express your interest.

Once again, thank you for your continued support of our school, it really is our pleasure teaching your children and working with our local community.

We are so Proud to be Westwood!

Enjoy the Christmas break and we look forward to welcoming the children back on

**Wednesday 3rd January**

Mrs Barnes





# Nursery & Reception Autumn 2



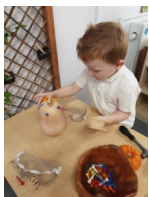
## Nursery

This half term we have been learning about Superheroes. We started with the story of Spyder and used different resources to make spider webs. Our next book was Superworm and in maths we used shorter and longer to compare length.

Next we read the stories Superbat and Traction Man is here and we learnt about nocturnal animals and echolocation.

One of our favourite things to do after reading these stories was to use the I pads to take photographs of ourselves and the school. In Maths we have used positional language and explored shape. We sequenced our school day and compared two groups of objects using more and fewer than. Our families also came to join us for a stay and play session.

We went on bug hunts around the woodlands and celebrated Bonfire night by carefully and safely lighting sparklers.



## Reception

This term Reception have been looking at the topic 'People Who Help Us'. Each week we have had a challenge from Ryder and the Paw Patrol Pups about a different job service to find out about.

To start with we looked at paramedics, practising simple first aid and looking at how to look after ourselves.

We then researched about the fire service, finding out about how to put out fires. We counted how many fire extinguishers are in our school.

Last week Kevin the Koala went missing and we discussed how to keep safe, we talked about the role of police officers and were lucky to be visited by our local police.

This term we have enjoyed many visits from the dentist at Happy Smiles and a Diwali workshop.



We all went on a very exciting trip to the Seagull Theatre to watch the pantomime 'Santa and the magic key' and also performed to you all in our Christmas concert.

We hope you all have a wonderful Christmas and a Happy New Year!



# Nursery & Reception Spring 1



## Nursery

In Spring 1 our topic will be Feelings.

We will be reading a selection of books that will help us to understand and talk about our feelings.

We will be creating patterns in maths, mark making to music, looking at the weather and celebrating Chinese New Year.

## Reception

In Spring 1 our topic will be 'Space'. We will be looking at the planets and talking about the history of astronauts.

We will be making fact files and exploring gravity.

In maths we are continuing our investigation of shape and composition of numbers.

We will be inviting you to Parent Share sessions again this term.





## Years 1 & 2 Autumn 2



This half term, we have been learning all about Seasons. We have explored how seasons change through the year and in different countries as well as filming our own weather reports.



We have enjoyed learning exploring taking and editing photographs in Computing and creating bridges in Design Technology as free standing structures.



In the count down to Christmas this half term, we enjoyed creating Christingles in Religion and World Views and even had a special surprise visit from Pudsey Bear for Children in need.







## Years 1 & 2 Spring 1



Next half term we will be learning all about  
The Great fire of London

As Writers, we will be writing a 5 part problem/solution story as well as creating our own recount in the form of a diary from Samuel Pepys.

As readers, we will be continuing to develop our fluency skills as well using texts to explain our answers to questions.

As Mathematicians, we will be using multiplication and division to solve problems as well as exploring shape.

As Scientists, we exploring different types of materials and what they are used for.

As Historians, we will be researching the Great fire of London and looking at Old London in 1666. We will make observations as to how it has changed and also find reasons for why the fire spread so quickly.

As Musicians, we will be identify a range of sounds related to instruments.

As Artists, we will be creating pieces of 3D art work using Clay.

As Athletes, we will be learning different dance techniques and developing our sending and receiving skills in ball games.

As Computing experts, we will be using technology to create music.

During Religion and World Views, we will be learning about the importance of light in different religions.

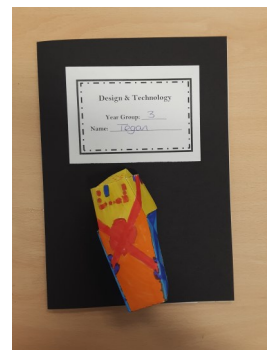


## Years 3 & 4 Autumn 2



Year 3 and 4 have had another marvelous term. We have been super busy!

In literacy, we have become Howard Carter and written a diary entry about the discovery of Tutankhamun's sarcophagus. This linked into our History and DT work. We have explored further the life of Ancient Egyptians and the mummification process. We had great fun mummifying an orange! We designed and produced a sarcophagus from a 3d net and added our own little mummies and items for the afterlife.



This learning prepared us for our amazing trip to Norwich Castle. We had such a brilliant time and we learnt so much more.



Year 3 finished the year with a fabulous ukulele performance where we showcased our learning to our families.

Year 4 finished their year with them all achieving a swimming certificate for water safety or distance.



## Years 3 & 4 Spring 1



### Literacy

This half term in Literacy, the children will be learning about writing non chronological reports about the Ancient Egyptians and they will be writing a persuasive speech which they will present to their classes.

### Maths

In maths the children will be working on length and measure. They will be learning to measure accurately, convert measures into different units and working out the perimeter of different shapes. Year 4's will also be learning about area.

### Science – Magnets

The children will have the opportunity to identify and classify different magnetic materials. They will carry out an investigation into why some materials are magnetic and some are not. They will be learning about the magnetic poles and how magnets repel and attract each other.

### Computing – Data Logging

In this unit the children will consider how and why data is collected over time. The children will be collecting their own data and they will be using computers to analyse the information and answer questions.

### Geography – Climate and Weather

In this unit the children will be investigating the difference between climate and weather. They will be learning about climate zones and biomes. The children will work in groups to re-search a biome in detail and they will then present their work.

### Art

The children will have the opportunity to study the work of Kandinsky. They will use his work as inspiration for their own art which they will then transfer onto a bowl that they have made.

### Religion and World Views

In this unit the children will be looking at Philosophy. They will be answering the units Big Question – Is seeing believing? They will be discussing What is truth? And comparing similarities and differences between different religions.



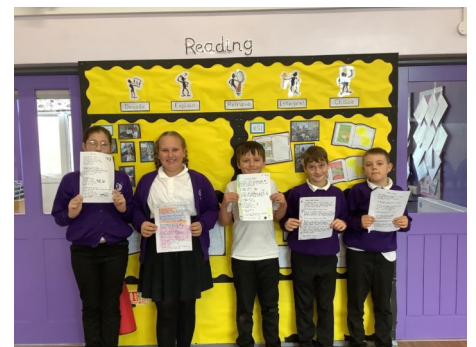


## Years 5 & 6 Autumn 2



Autumn 2... what a busy term! Year 5 and 6 worked extremely hard and created some wonderful learning outcomes in the build up to Christmas.

In Literacy, one of our writing outcomes was a narrative poem. We worked on this unit over a number of weeks. Initially, we identified the features of a narrative poem and considered how poets create rhythm and rhyme using different techniques. Next, we wrote our own poems and practised reading these aloud to engage our audience. After this, children from each class were selected to perform in a Poetry slam—these are the children pictured on the right! They did extremely well and the winners received some chocolate as a prize!



In Science we dissected hearts so we could apply our knowledge of the circulatory system.



In DT we applied our knowledge of frame structures to create different structures using a variety of resources. Using these experiences, we created model Anglo Saxon houses.



To deepen our understanding of how the Anglo-Saxons lived for our History unit, we went on a trip to Sutton Hoo. We learnt about what daily life was like for them by looking at a range of primary and secondary sources.





# Years 5 & 6

## Spring 1



As readers we will be reading, enjoying and discussing our novels in our whole class reading sessions. We will also be reading non-fiction, songs and poetry.

As writers we will be writing biographies of people who are special to us and writing persuasive letters to try and persuade someone to send us a free gift.

As mathematicians we will be learning about multiplication and division. We will also be learning about decimals and percentages.

As scientists we will be learning about electricity and how the amount of voltage effects a circuit. We will also be learning the symbols used in circuit diagrams.

As historians we will be learning about the Vikings and the impact they had on Britain. We will be comparing them to what we know about the Saxons and consider who was more vicious.

In Art we will be learning about sculpture and looking at the work of Alberto Giacometti.

In Spanish we will be learning vocabulary associated with numbers and dates.

In RWV we will be learning about Humanism and in PE we will be learning netball and dance.

### Homework

Well done to all of the children who handed in outstanding homework last term. We would love to see this continue in Spring 1. Remember to check out our homework menu to see what you could do to impress your teachers next term!

### Reminders

Please make sure your child has their PE kit in school all week. We will have two PE lessons a week this half term so it is important that they have kit available. Our uniform policy is a white top, black bottoms and appropriate footwear.



# Sporting Success



We have had another busy and successful half term of sporting events. It has been amazing to see some different children interested and participating in some of our clubs and tournaments.

## Tournaments

There have been lots of tournaments too:

Our Year 4 dodgeball team travelled to Pakefield High and, after a fantastic display of teamwork and agility, came away with 4th place!

Our UKS2 basketball team represented us at a tournament at East Point Academy where they also came 4th!

A group of children from LKS2 took part in the Everyone Active Festival at Water Lane where they collaborated with children from other school to solve problems and tackle challenges around 5 different stations.

Our UKS2 football team came away from the Schools Against Racism event at Red Oak as the overall winners – promoting an excellent and important message as well as great sportsmanship.

Finally, our LKS2 unihoc brought home bronze medals after a successful tournament to end the term.

## Sports Clubs

Our after school clubs have been very well attended. KS1 have been learning different ball games and the skills required within each different game. Year 3 & 4 have been practising football skills both indoors & outside. Year 5 & 6 have also been learning football and are developing a great attitude towards team games.

## Upcoming Fixtures & Events

We have a busy half term in the new year with 4 after school clubs as normal and lots of tournaments!

Wednesday 10th January	13:00 – 15:30	UKS2 Mixed Basketball	EPA
Friday 19th January	13:15 – 15:00	KS1 Mixed Panathalon	Red Oak
Wednesday 24th January	13:30 – 15:30	UKS2 Mixed Indoor Athletics	EPA
Friday 26th January	13:00 – 14:30	UKS2 Mixed Ten Pin Bowling	Richardson's Bowl
Friday 2nd February	15:45 – 17:30	KS1 Mixed Matball	Red Oak
Friday 9th February	15:45 – 17:30	LKS2 Girls Football	Red Oak

#BETHEBESTTHATYOUCANBE



### Diary Dates

There will be more events taking place and we will let you know as soon as possible!  
Events in purple are the ones we would love families to join us in school for.

Wednesday 20th December	Last day of the half term & Elf Day
Thursday 21st Dec to Tuesday 2nd Jan	Christmas Holiday
Wednesday 3rd January	Children return to school
W/C Monday 15th January	Nursery Parent Share Sessions
W/C Monday 22nd January	Reception Parent Share Sessions
Thursday 25th January	Year 2 Lego Education Workshops
Wednesday 14th February	Waveney Bookworms £2.50 Book Fayre
Friday 16th February	Last day of the half term
Monday 19th to Friday 23rd February	Half Term Holiday
Monday 26th February	Children return to school
Wednesday 28th February	LKS2 Problem Solving Workshops
Thursday 7th March	World Book Day
Monday 11th March	Class Photographs
Wednesday 13th March	Rock Choir at Snape Maltings
Monday 18th March	Theatres for School Performance
Wednesday 20th March	UKS2 at Pakefield High performance
Thursday 28th March	Last day of the half term
Friday 29th March to Friday 12th April	Easter Holiday
Monday 15th April	Children return to school

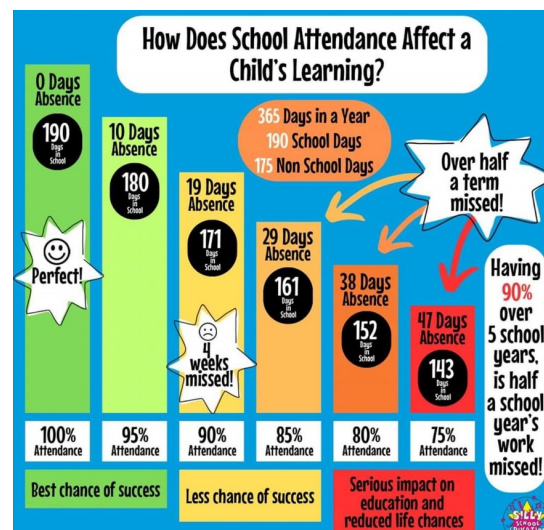
## ATTENDANCE

One of our whole school priorities for this year is to raise our pupils' attendance levels above the national target of 95%. Each week our Attendance Officer (Mrs Fairweather) calculates the attendance for each class and the winning class has the chance to play Attendance-opoly where they can win prizes for their class.

This half term, our winners have been:

03.11.23	Year 5	98.3%
10.11.23	Year 5	97.2%
17.11.23	Year 6	98.1%
24.11.23	Year 3	94%
01.12.23	Year 3	96.8%
08.12.23	Year 3	98.4%
15.12.23	Year 3	97.6%

This table shows the weekly percentage for each class (we haven't included Nursery as they are non-statutory so not included in the government's figures), as you can see there is still some work to be done to hit that 95% target...



	03.11.23	10.11.23	17.11.23	24.11.23	01.12.23	08.12.23	15.12.23
Reception	92.4%	91.0%	91.2%	93.1%	84.6%	85.4%	87.0%
Year 1	92.0%	91.0%	97.0%	92.0%	94.0%	92.0%	93.3%
Year 2	96.6%	96.0%	93.7%	93.0%	92.0%	90.7%	91.3%
Year 3	91.2%	88.5%	97.0%	94.0%	96.8%	98.4%	97.6%
Year 4	94.2%	92.6%	89.1%	93.3%	86.7%	89.7%	85.0%
Year 5	98.3%	97.2%	95.8%	91.9%	86.8%	92.4%	88.8%
Year 6	92.7%	89.7%	98.1%	89.2%	92.4%	92.0%	88.8%

THANK YOU for your support in ensuring your children attend school each day;  
if they aren't in school, we can't teach them!

## HOUSE POINTS

The totals for this half term are:

Emerald = 1874  
 Ruby = 1965  
 Sapphire = 1987  
 Diamond = 2053

Congratulations **Diamond**—your house captains are busy organising your treat!

Our new range of extra-curricular clubs will start from Monday 8th January for breakfast clubs & Tuesday 9th January for after-school clubs.

Day	Breakfast 8.00am - 8.30am	Lunch 12pm - 1pm		After School 3.15pm - 4.15pm
Monday	Reading - Miss Bow Years 1-6	Tournament Prep/Team Games - Mr Eley		Feathers & Friends - Miss Bow & Mrs Eccleston Years - 3, 4, 5 & 6
	Multisports - Mr Hepburn Years 1-6	Colouring Miss Fayers	Colouring Miss Clark	Matball - Years 1 & 2
Tuesday	Reading - Miss Bow Years 1-6	Tournament Prep/Team Games - Mr Eley		Reading & Colouring - Miss Bow (Time to chill, be still and calm) Years - 1, 2 & 3
	Multisports - Mr Hepburn Years 1-6	Construction Miss Spry	Construction Miss Harvey	Basketball - Years 4, 5 & 6
Wednesday	Reading - Miss Bow Years 1-6	Tournament Prep/Team Games - Mr Eley Rock Choir - Mr Syed		Feathers & Friends - Miss Bow & Mrs Eccleston Years - 1 & 2
Thursday	Reading - Miss Bow Years 1-6	Tournament Prep/Team Games - Mr Eley		Crafts - Mrs Batty Years 1 & 2
	Multisports - Mr Hepburn Years 1-6	Board Games Miss Gardener	Board Games Miss Trussler	Reading & Colouring - Miss Bow (Time to chill, be still and calm) Years - 4, 5 & 6
Friday	Reading - Miss Bow Years 1-6	Tournament Prep/Team Games - Mr Eley		Football - Years 3 & 4
	Multisports - Mr Hepburn Years 1-6	Computing Miss Bailey	Computing Mrs Kinder	Monster Maths - Miss Fayers & Miss Longthorne Year 6 (by invite only)

Our lunch menu will remain the same next half term. Here is a reminder of the options available each day.

Autumn/ Winter 2023/ 2024	WESTWOOD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b>  30/10/2023 20/11/2023 11/12/2023 15/01/2024 05/02/2024 04/03/2024 25/03/2024	Option one  Option two  Option Three  Dessert	Spaghetti Bolognese with Garlic Bread Vegan Bolognese with Garlic Bread Jacket Potato with Tuna Fruit Jelly with Ice cream	Beef Burger in a Bun with Wedges Vegan Burger in a Bun with Wedges Jacket Potato with Cheese Mandarin and Cinnamon Cake	Cheese Pizza with Pasta Salad Vegetable couscous Jacket Potato with Beans Oaty Cookie	Roast Turkey, Stuffing Roast Potatoes & Gravy Veg Wellington, Stuffing, Roast Potatoes & Gravy Jacket Potato with Cheese <b>NEW</b> Jam and Coconut Sponge	Fishfingers with Chips & Tomato Sauce BBQ Quorn Fillet with Chips & Tomato Sauce Fish Finger Wrap Oaty Cookie
<b>WEEK TWO</b>  06/11/2023 27/11/2023 18/12/2023 22/01/2024 19/02/2024 11/03/2024	Option one  Option two  Option three  Dessert	Macaroni Cheese Tomato Pasta Jacket Potato with Tuna Fruit Jelly with Ice Cream	Sausage Roll with Mashed Potatoes Mexican Bean Roll with Mashed Potatoes Jacket Potato with Cheese <b>NEW</b> Melting Moment Biscuits	Chicken Pita with Rice Veggie Meatballs in Tomato Sauce with Rice Jacket Potato with Beans Lemon Drizzle Cake	Roast Chicken, Stuffing, Roast Potatoes & Gravy Roast Quorn Fillet, Stuffing, Roast Potatoes & Gravy Jacket Potato with Cheese Chocolate Drizzle Cake with Chocolate Sauce	Fishfingers with Chips & Tomato Sauce Cheese Omelette with Chips & Tomato Sauce Fish Finger Wrap Vanilla Shortbread
<b>WEEK THREE</b>  13/11/2023 04/12/2023 06/01/2024 29/01/2024 26/02/2024 18/03/2024	Option one  Option two  Option three  Dessert	Macaroni Cheese with Bacon topping Tomato Pasta Jacket Potato with Tuna Fruit Jelly with Ice cream	Mexican Beef with Rice Vegetable Stack with Rice Jacket Potato with Cheese <b>NEW</b> Chocolate Orange Cookie	Cheese Pizza with 1/2 Jacket Potato <b>NEW</b> Loaded Jackets Jacket Potato with Beans Iced Sponge	Sausages, Onions with Roast Potatoes and Gravy Veggie Sausages, Onions and Gravy with Roast Potatoes Jacket Potato with Cheese Peach Upside Down Cake with Custard	Fishfingers with Chips & Tomato Sauce Cheesy Bean Pasty with Chips Fish Finger Wrap Chocolate Crunch
<b>MENU KEY</b>	Added Plant Power <small>wherever</small> Wholemeal Vegan	<b>ALLERGY INFORMATION:</b> If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.				



## SCHOOL UNIFORM

We have a strict School Uniform Policy. Please ensure your child is dressed in the following named school uniform:

### Daily Uniform

Black tailored trousers/shorts/skirt/dress  
Purple Summer checked dress  
White polo shirt  
Purple school cardigan/jumper/fleece  
Black shoes (no boots or trainers)  
Black tights or white/black/grey socks  
Purple school book bag

### PE/Sports Kit

White T-shirt  
Black shorts  
White socks  
Plimsoles or trainers  
Black jogging bottoms  
Black sweatshirt  
PE bag

All items are readily available from high street stores or their internet shopping websites. Sweatshirts/cardigans/book bags/PE bags/water bottles with the school logo are available from Screens. We have a large range of new & used school uniform items available at no cost in our Community Hub—please pop in and take what you need.

### Jewellery, hair & make-up

On health and safety grounds, we do not allow children to wear jewellery in our school except plain stud earrings and/or an inexpensive watch—these must be removed for P.E. Extreme haircuts or colouring are not permitted. Hairbands & clips should be discreet designs in colours compatible with school colours. No make-up or nail varnish may be worn.

## WEBSITE

Please keep an eye on the school website as we update this regularly.

The address is: [www.westwoodprimary.org](http://www.westwoodprimary.org)

You can also follow us on:



Twitter: @Westwood School



Facebook: Westwood Primary School



Instagram: westwoodprimary

## CONTACT DETAILS

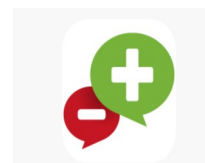
Please ensure we have your up to date contact details. This includes current address and telephone numbers.

We MUST have two contact telephone numbers in case of an emergency.



## PARENTMAIL

Please ensure you sign up to ParentMail, this is how you will receive ALL means of communication.



## ALLERGY INFORMATION

As you will already be aware, we are a nut-free school - we have children who have allergies to a variety of different nuts as well as peanuts—and ask that parents check the ingredients of items in packed lunches, avoiding anything that states it contains nuts.

Please speak to the school office, if you have any problems - paper copies may be available upon request.



# Reading



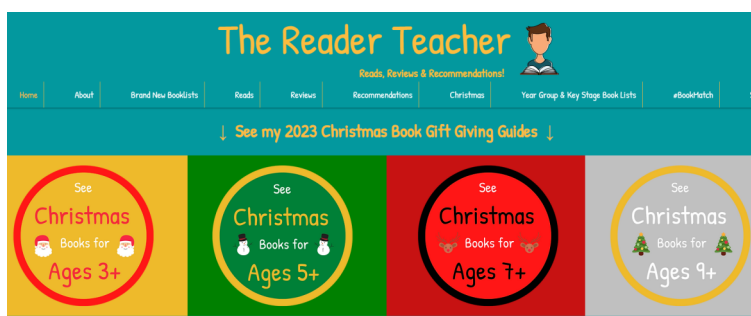
KS2 enjoyed their session with poet Joshua Seigal this term. He was very funny and everyone loved his cat Bluebell. Most importantly, the children loved hearing his poems and enjoyed writing their own, inspired by his work.



Thank you to everyone who attended the bedtime story event this term. We hope the children enjoyed the stories and the hot chocolate.



Are you looking for inspiration for books to get your children this Christmas? Try looking at this website, which is full of brilliant recommendations.



The web address is:  
[https://  
www.thereader  
teacher.com/](https://www.thereaderteacher.com/)



# Special Educational Needs & Disabilities



## Managing meltdowns

Anger is a normal and healthy feeling which we all experience. Over time we have learnt ways to manage this. Children and young people can sometimes be scared by the feeling of anger. They may not always have the words or understanding to manage this emotion. Anger can be a way for them to show their frustration or unhappiness, or they may not even know what is making them feel this way.



Youngsters can be taught to identify and label intense emotions like rage. In order to learn how to manage their emotions, express them safely, and self-soothe, children frequently require assistance.

### The Anger Iceberg

Consider your child's rage as an iceberg; it may assist.

It's possible that your child is experiencing a range of emotions beneath the surface if they are displaying numerous indicators of anger.

Sometimes expressing anger is the quickest and easiest thing to do. Consider the different possibilities that your child may be experiencing right now. Discuss with them any underlying emotions they may be experiencing.

### How can you help your child

Encouraging your child to express their anger in healthy ways can benefit the whole family. Providing your kids with a place to retreat to when they're upset can also help them feel safer.

Your child can express their anger in these safe ways:

- Playing or listening to music
- Putting their feelings in writing or artwork
- hitting or pounding a pillow or cushion
- Counting slowly to ten
- Engaging in physical activities like football kicking or trampoline jumping
- tearing up an older magazine or newspaper
- Making notes using a marker pen.

Watch the following video (press control and click)

(7) The TIPP Technique - YouTube

[https://youtu.be/8nVady7A3Qo?list=PLFowEOaumCQ5oGJ4GDAMD\\_mgHaYeNLMZH](https://youtu.be/8nVady7A3Qo?list=PLFowEOaumCQ5oGJ4GDAMD_mgHaYeNLMZH)

Just One Number on 0300 300 0123 or texting Parentline on 07520 631590





# Safeguarding & Mental Health



## The 5 scams of Christmas

- Scam delivery texts
- Fake and copy-cat websites
- Bogus charities
- Gift card scams
- Social media fake giveaways



SEE IT • RECOGNISE IT • REPORT IT



Are you dreaming of a ~~White~~ Christmas?  
**SAFE**

**DOMESTIC ABUSE is WRONG**  
pick up the phone  
**MAKE IT STOP**

24hr Domestic & Sexual  
Violence Helpline  
0808 802 1414

CALL THE POLICE **101**

Keeping People Safe

## Holiday Tree Safety Tips

Ensure a merry and bright holiday season by safely maintaining your tree with the following tips.

**Keep away from heat:**  
Make sure your tree is at least three feet away from any heat source, like an air duct, fireplace or space heater.

**Examine cords:**  
Examine extension cords and lights for signs of damage. Frayed electric cords should be discarded.

**Inspect lights:**  
Carefully inspect all electrical decorations before you use them. Cracked or damaged sockets and/or loose or exposed wires can cause serious shock or start a fire.

**Trim the stump:**  
Trim the tree's stump by at least two inches on freshly cut trees. Allow it to absorb water for 24 hours before bringing it inside.

**Keep it watered:**

Fill the water reservoir daily and check the condition of the trunk bark and branches for moisture. Shedding or dry needles could mean the tree is drying out, increasing overall fire risks.

Source: National Fire Protection Association

"The way you spend Christmas is far more important than how much."

— HENRY DAVID THOREAU

FS



## CHRISTMAS HOLIDAYS

## MENU

DATE	MEAL	TIME	VENUE	VENUE ADDRESS	MAIN	DESSERT
Thursday 21 December (WE ARE SORRY BUT SGT PEPPERS IS NOW FULLY BOOKED)	Lunch	12 noon sit in	Sgt Peppers (FULLY BOOKED)	167-168 High Street, Lowestoft. NR32 1HU	Hot and cold buffet. eg sandwiches, sausage rolls, quiche, pizza, crisps etc	
Friday 22 December	Lunch	12 noon sit in	St Margaret's Church Hall	The Church Hall 147 Hollingsworth Road, Lowestoft. NR32 4BW	Shepherd's Pie, Vegetables and Gravy	Apple Pie and Custard
Wednesday 27 December	Breakfast	9.30 am sit in	Gunton Baptist	Montgomery Avenue, Lowestoft. NR32 4DZ	Cooked breakfast to include: Bacon, Sausage, Beans, Hash Browns, Bread, Toast, Jam, Croissants, Yoghurts, Orange juice, Cereal	
Friday 29 December	Breakfast	9.30 am sit in	St Benedict's Church	Hollingsworth Road, Lowestoft. NR32 4AX	Cooked breakfast to include: Bacon, Sausage, Beans, Hash Browns, Bread, Toast, Jam, Croissants, Yoghurts, Orange juice, Cereal	
Tuesday 2 January	Lunch	Takeaway - Times for collection will be advised when booking	Pakefield Church Hall	Pakefield Church Hall, Sunningdale Avenue, Pakefield, NR33 7DB	Sausage and Mash	Warm Pudding



If you need help with money, call us for free on:

**0808 802 2000**

We are open Monday to Friday, 9:00am-5:30pm.



### BENEFITS CALCULATOR

We can tell you what benefits you are entitled to and show you how to claim them.



### GRANTS SEARCH

Thousands of charities offer cash grants to help with living costs and more. Find out what you are eligible for.



### INFORMATION AND SUPPORT

Call us, or visit our website, to find out what other financial support is available to you.

**WWW.TURN2US.ORG.UK**

**TURN2US**  
FIGHTING UK POVERTY

## SETTING UP A DEVICE SAFELY FOR KIDS



## COPING AT CHRISTMAS

Christmas can be tough. That's why it's important to know there's always someone you can talk to.



0300 123 3393  
Helpline  
mind.org.uk

**shout**  
85258

Text SHOUT to 85258  
24/7 text service  
giveushout.org

**SAMARITANS**

116 123  
24/7 helpline  
samaritans.org

**YOUNG MINDS**

Text YM to 85258  
24/7 text service  
youngminds.org.uk

**CALM**

0800 58 58 58  
Helpline for men  
thecalzone.net

**PAPYRUS**  
National helpline for young people

0800 068 4141  
Under 35s Helpline  
papyrus-uk.org

## People who can help

In addition to your child's class teacher, who should always be your first point of contact, the following people are readily available to help you with any issue, if needed.



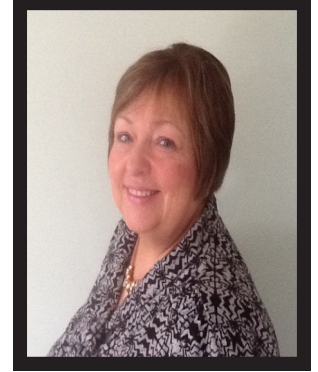
*Mrs Rae Aldous*  
Executive  
Head Teacher



*Mrs Lauraine Barnes*  
Westwood  
Head of School



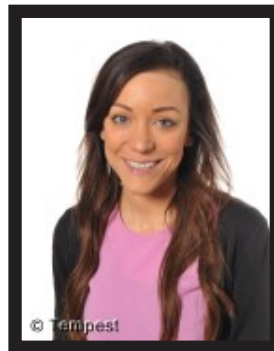
*Mrs Rachel Kounnas*  
Grove  
Head of School



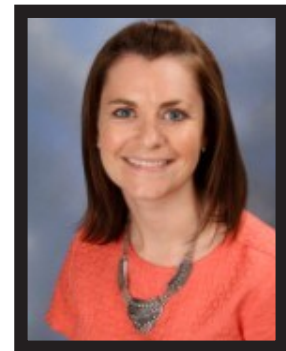
*Mrs Jackie Cutchey*  
Chair of Governors



*Mrs Danielle Gillings*  
Assistant Head Teacher  
EYFS Lead



*Miss Beth Jones*  
Assistant Head Teacher  
KSI Lead



*Mrs Kelly Hough*  
Assistant Head Teacher  
Staff Development



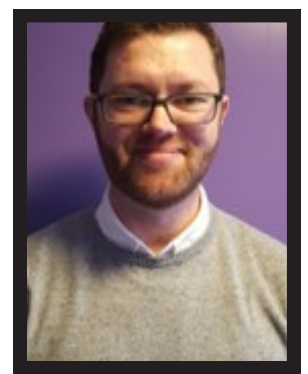
*Mrs Sarah Bayfield*  
SENDCo



*Mrs Chloe Kippen*  
SEND Support  
Worker



*Miss Natalie Taylor*  
Family Support  
Worker



*Mr Stephen Clarke*  
Safeguarding  
Governor