



# WESTWOOD NEWS



## Spring Term (1) 2024

Dear Families,

It has been a great first half term of 2024 with exciting learning taking place throughout the school. We have welcomed a number of visitors from other schools to see the excellent practice here at Westwood and have events planned for next half term to showcase our curriculum offer and support other schools, including hosting the first ever Oxford University Press Open Day for the Essential Letters & Sounds Phonics scheme.

We are looking forward to welcoming families in to school too next half term for our Spring Parents Evenings and for our Share Sessions. Please do come along to those but if you want to come and see our school in action at another time, get in touch with the school office and will be happy to organise that for you – we love to share what's going on here at Westwood!

We have been lucky enough to have a number of visitors in school this half term to bring the children's learning to life, including bakery workshops with Caterlink, Lego building with East Norfolk Sixth Form College and a team of firefighters to help KSI put out their replica Great Fire of London.

There are a few changes to staffing to share with you. Mrs Obree (EYFS Teaching Assistant) left us a couple of weeks ago and Ms Taylor (Family Support Worker) will be leaving us at the end of February. We are so grateful to them both for all their hard work during their time at Westwood and wish them both all the very best for the future. Mr Duncan Freeman has already joined the team to take on the role of EYFS Teaching Assistant and we will be interviewing for our new Family Support Worker after the half term break.

Miss Shuffle will be returning to Westwood to complete her teacher training in Year 1 having completed her second placement at Grove. Mrs Ball will not be returning to us as originally planned as she is going to extend her placement at Grove and finish her training year there. Mrs Swan has completed her placement with us but has decided not to finish her course and will instead be leaving to pursue a career working in SEND.

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 half term break and we look forward to welcoming the children back on

**Monday 26th February**

Mrs Barnes





# Nursery & Reception Spring 1



## Nursery

The Nursery children have enjoyed a successful half term exploring the topic of 'Feelings' we have looked at different feelings, how to recognize them, communicate them share them through a range of story books. In Maths we have had a strong number focus and we are become very good at recognising an amount 1-5 without counting.

We have introduced the children to our nursery string, which sees the children learning a new nursery rhyme each week, so far we have learnt Twinkle Twinkle Little Star, Row Row Row your Boat, Incy Wincy Spider and Hickory Dickory Dock.

We have had a particular focus on name writing this half term and lots of the children are becoming confident in this area.

In the provision the children have enjoyed lots of different sensory play and team work, we have been working hard on turn taking and sharing too. The children have been enjoying our transient art table where they create a picture from lots of different loose parts. They are very creative, we love them!

We have enjoyed some yoga and breathing exercises this half term too. I am sure they would love to show you.

A big well done to all the children that are using our book box system and borrowing a book from the box to read at home. We will be promoting reading and sharing books at home further next half term as we will be visiting the library each week and bringing home a library book to share at home.

Well done Nursery, and enjoy your half term.



## Reception

This term Reception have been taking part in the topic '3, 2, 1 Blast Off', where they have been learning about space. The children were excited to discover a space rocket crash landing site and a friendly alien called Zaip, The children helped teach Zaip about planet Earth and what there was to do on our planet. Throughout the topic the children have created their own non-fiction books creating fact files using their phonic knowledge to write simple sentences about the different planets Zaip had visited. We have explored the famous composer Gustav Holst listening to his music 'The Planets' the children used instruments, practised being a composer and created their own piece of music about Earth using body percussion and their voices. Last week we enjoyed taking part in science experiments finding out how gravity works and how craters on the moon are created. In Maths this term we built on our previous knowledge of 2D shapes exploring the artists Mondrian and Jennifer Teo and looked at the characteristics of 3D shapes. We have been learning about ordinal numbers and identifying one less than and one more than.





# Nursery & Reception Spring 2



## Nursery

In Spring 2 our topic will be Eggs. We will be exploring different types of eggs and experimenting in the provision. We will start ELS phonics with a sound a week and activities the sound will be sent home for you to share. In maths we will continue to explore pattern and also capacity

A big well done to all the children that are using our book box system and borrowing a book from the box to read at home. We will be promoting reading and sharing books at home further next half term as we will be visiting the library each week and bringing home a library book to share at home.

We will be having a parent share week w/c 11th March, we hope to see you there!

## Reception

In Spring 2 our topic will be What's on your plate?

We will be walking to the local shop to buy ingredients, writing shopping lists, recipes preparing and making food. We will be exploring food from around the world ending with a Teddy Bears Picnic (which will be a surprise until next half term) which we would like to invite you to on the last day of term.

For science week we will be having a special assembly and will be inviting you in for a stay and play session.

In maths we will be exploring pattern, shape and sequencing.



# Years 1 & 2 Spring 1



.This half term, we have been learning all about the Great Fire of London. We have had so much fun with a visit from the local fire officers to put out our recreation of the fire. We have enjoyed developing our team work and ball skills in PE.



In our Literacy and History, we have been recounting the events of the Fire of London .



In Art, we have been creating clay structures in response to stories.



We enjoyed our visit from the East Norfolk Lego workshop and got to use the most amazing kits to build our structures.





# Years 1 & 2 Spring 2



Next half term we will be learning all about

Florence Nightingale and Mary Seacole

As **Writers**, we will be writing a non chronological report on the life of Mary Seacole..

As **Readers**, we will be continuing to develop our fluency skills as well using information we retrieve from texts to answer questions.

As **Mathematicians**, we will be exploring fractions and time.

As **Scientists**, we investigating what plants need to grow:

As **Historians**, we will be researching the life of both Florence Nightingale and Mary Seacole and why they are remembered figures today.

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

As **Design Technologists**, we will be exploring wheels and axles to make a moving vehicle..

As **Athletes**, we will be creating different movement sequences in Gymnastics.

As **Computing Experts**, we will be creating algorithms to move a beebot.

During **Religion and World Views**, we will be learning all about how Christians belong to their family faith.



# Years 3 & 4 Spring 1



We have had a fabulous term in Year 3 and 4. We have been super busy and the children have worked very hard.

In Art, we have learned about the artist Wassily Kandinsky and explored his abstract art. We looked at the features of his work and discussed what we liked and didn't like about it. This then inspired us to create our own design of abstract work using shapes and colours.

Then we made a 3d bowl out of paper mache. This was great fun! To make our bowls even better we copied our art work onto the bowls and added shapes and texture. Once dry we painted it using bright and bold colours. They look amazing.



During the term we also had a wonderful morning making some bread. This was brilliant and smelled delicious. We had to knead the bread first to activate the yeast and then we manipulated our dough into our chosen shapes.

Geography saw us learning all about why the climate is important. We started by finding out what is the difference between weather and climate and then went on to learn about what a climate zone is. Finally, we looked at some of the different biomes and how the climate effects these. We displayed our findings by creating mini biomes and fact files.





# Years 3 & 4

## Spring 2



### English

This half term we will be writing our own story from a different point of view. We will be using the text Stone Age Boy to support us with this. Our focus will be adverbial clauses, noun phrases, personification, paragraphs and varying sentence types..

### Maths

In maths the children will be completing their units on fractions. Year 4 will move on to looking at decimals and year 3 will focus on mass and capacity.

### Science—Rocks

The children will have the opportunity to compare and group together different kinds of rocks. They will exploring their appearance and simple physical properties and describing how fossils are formed.

### Computing—Repetition in games

In this unit the children will practice using loops in a game on the programme scratch. They will learn to animate their name by choosing an action that will be repeated. The final outcome of this unit will be to design and create a game using all of our prior learning.

### History— The Stone Age

In this unit the children will be investigating what was new about the New Stone Age. Children will understand the Stone Age and its different periods. They will use evidence to understand what life was like in the old and middle Stone Ages and investigate what life was like in the Mesolithic settlement.

### DT

The children will have the opportunity to create a nightlight by investigating and creating a simple circuit with a switch. They will understand how a simple circuit is made and electrical systems.

### Religion and World Views

In this unit the children will be looking at sacrifice. They will be answering the units Big Question— What does sacrifice mean? They will be discussing Why Muslims fast? Discussing if Easter is a festival of sacrifice or new life? And exploring the beliefs and practices of Humanists.



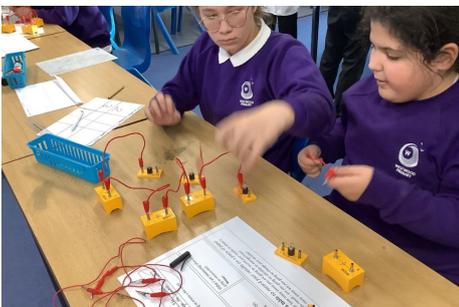
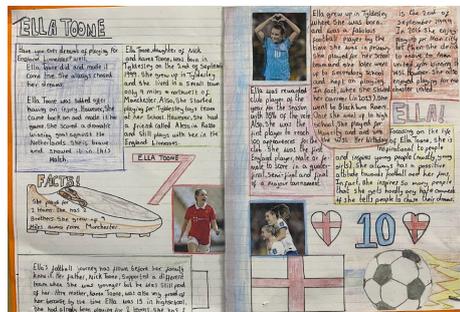
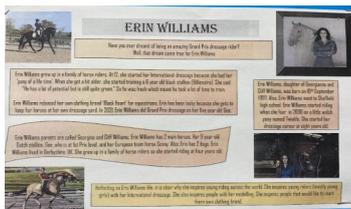
# Years 5 & 6 Spring 1



Another excellent term! Year 5 and 6 worked extremely hard and created some wonderful learning outcomes in the build up to half term. Here are some of our highlights:

In Literacy, the pupils were given the opportunity to research someone who was inspirational to them. Some children chose to interview family friends or relatives whilst others researched their chosen person online.

After collating their research together, pupils drafted their Biographies, carefully considering how to implement all of our steps to success in the process. We published our final outcomes on laptops or on double page spreads in our books—look at our fantastic display!



In Science we developed our knowledge of how Electricity is transported in closed circuits. We investigated how the function of different components changes when the voltage supplied to the circuit is increased or decreased.

In Art, we were inspired by the work of Alberto Giacometti. After identifying the key features of his art style, the children designed, created and evaluated their own models inspired by his work.





# Years 5 & 6

## Spring 2



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 mathematicians we will be learning about decimals, percentages, area and perimeter and Statistics. We will answer variety of fluency, reasoning and problem solving questions in all of these topics!

As geographers we will be answering our big question—'What is life like in the Amazon?' To do so, we will locate the Amazon on maps, use research to identify the climate and weather conditions that exist there and use research to identify how the Amazon has changed over time.

In Music we will develop our rhythm and coordination when creating rhythmic dances.

In RWV we will be discussing the theories behind the world's creation— creation by God or evolution by Science.

### Reminders

Please make sure your child has their PE and woodland kit in school all week. Our uniform policy is a white top, black bottoms and appropriate footwear.

As writers we will be writing suspenseful narratives based on the video clip titled 'Francis'. This work will be inspired by the book 'Water Tower' by Gary Crew.

As scientists we will be learning about Living Things and their Habitats. In particular, we will consider the differences and similarities that exist between the life cycles of humans, amphibians, insects and birds, as well as the life processes and reproduction of some animals and plants.

In Design Technology we will design and create a toy car powered by pulleys and gears.

### Homework

Well done to all of the children who handed in outstanding homework last term. We would love to see this continue in Spring 2. Remember to check out our homework menu to see what you could do to impress your teachers next term!



# 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 UKS2 mixed basketball team started off the year with a fantastic effort achieving them 4th place.
- Our KS1 mixed panathalon team took part in a range of activities and came away with 4th place.
- Our UKS2 indoor athletics team finished 7th in their tournament and our UKS2 ten pin bowling team finished 5th in theirs.
- We sent two teams to the KS1 mixed matball event, which saw them both achieve 4th place.
- Our final tournament of this half term was the LKS2 girls football event which saw our Year 3 team finish in 3rd place and our Year 4 team finish in 2nd place with Bella being named player of the tournament in the Year 4 event.

## Sports Clubs

Our after school clubs have been very well attended. KS1 have been developing their matball skills. Year 3 & 4 have been practising football skills. Years 4, 5 & 6 have been improving their basketball skills and Year 5 & 6 have explored athletics.

## Upcoming Fixtures & Events

We have booked onto the following NSSP & ALT tournaments for next half term:

Friday 1st March	15:45-17:30	KS1 Skittleball	Red Oak
Wednesday 13th March	12:45-15:00	KS2 Girls This Girl Can Festival	Water Lane
Thursday 14th March	14:30-17:00	Year 6 Boys Football	EPA
Thursday 21st March	14:30-17:00	Year 6 Girls Football	EPA
Wednesday 27th March	13:00-15:00	Year 3 Mixed Skittleball	Pakefield High

[#BETHEBESTTHATYOU CANBE](#)

### 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.

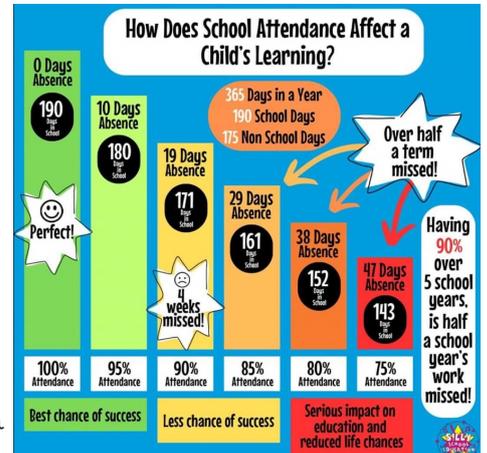
Friday 16th February	Last day of the half term
Monday 19th to Friday 23rd February	Half Term Holiday
Monday 26th February	Children return to school
Wednesday 28th February	LKS2 Problem Solving Workshops
Thursday 7th March	World Book Day
Monday 11th – Friday 15th March	Nursery Science Parent Shares
Monday 11th March	Class Photographs Silly Science Workshops
Wednesday 13th March	Rock Choir at Snape Maltings
Thursday 14th March	Year 1 & 2 Science Parent Shares
Friday 15th March	Red Nose Day Reception, Years 3, 4, 5 & 6 Science Parent Shares
Monday 18th March	Theatres for School Performance
Wednesday 20th March	UKS2 at Pakefield High performance
Friday 22nd March	Whole School NHS Dental Screening
Tuesday 26th March	14:30 – 15:15 Year 1 Poetry Parent Share 15:15 – 18:00 Parent's Evening
Wednesday 27th March	14:30 – 15:15 Year 2 Poetry Parent Share 15:15 – 18:00 Parent's Evening
Thursday 28th March	14:00 – 15:00 Reception Teddy Bear's Picnic Parent Share 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:

Week 1	Year 3	96%
Week 2	Reception & Year 3	96.4%
Week 3	Year 3	97.6%
Week 4	Year 1 & Year 6	97.6%
Week 5	Year 1 & Year 6	93.6%
Week 6	Year 2 & Year 6	96.8%



This table shows the weekly percentage for each class as you can see there is still a lot of work to be done to hit that 95% target...

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Nursery	94.1%	95.3%	76.6%	59.3%	87.2%	85.4%
Reception	88.5%	96.4%	86.2%	80.0%	82.3%	86.7%
Year 1	88.1%	90.5%	91.0%	97.6%	93.6%	92.38%
Year 2	93.3%	92.0%	82.7%	89.3%	89.7%	96.8%
Year 3	96.0%	96.4%	97.6%	89.2%	92.0%	90.4%
Year 4	85.6%	92.0%	91.0%	93.2%	81.6%	90.0%
Year 5	94.5%	84.8%	92.8%	89.2%	87.2%	95.6%
Year 6	90.0%	91.2%	94.4%	97.6%	93.6%	96.8%

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:

Sapphire = 2108

Ruby = 2130

Diamond = 2231

Emerald = 2313

Congratulations Emerald—your house captains are busy organising your treat!

Our new range of extra-curricular clubs will start from Monday 26th February

Day	Breakfast 8.00am - 8.30am	Lunch 12pm - 1pm	After School 3.15pm - 4.15pm
<b>Monday</b>	Reading - Miss Bow Years 1-6	Tournament Prep/Team Games - Mr Eley	
	Multisports - Mr Hepburn Years 1-6	Colouring Miss Clark	Colouring Miss Harvey
<b>Tuesday</b>	Reading - Miss Bow Years 1-6	Tournament Prep/Team Games - Mr Eley	
	Multisports - Mr Hepburn Years 1-6	Construction Mrs Gee	Construction Miss Fayers
<b>Wednesday</b>	Reading - Miss Bow Years 1-6	Tournament Prep/Team Games - Mr Eley	Feathers & Friends - Miss Bow & Mrs Eccleston Years - 1 & 2
<b>Thursday</b>	Reading - Miss Bow Years 1-6	Tournament Prep/Team Games - Mr Eley	
	Multisports - Mr Hepburn Years 1-6	Board Games Miss Spry	Board Games Miss Trussler
<b>Friday</b>	Reading - Miss Bow Years 1-6	Tournament Prep/Team Games - Mr Eley	
	Multisports - Mr Hepburn Years 1-6	Computing Miss Bailey	Computing Mrs Kinder

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 NEW 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 NEW 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> 18/11/2023 04/12/2023 08/01/2024 29/01/2024 26/02/2024 16/03/2024	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 NEW Chocolate Orange Cookie	Cheese Pizza with 1/2 Jacket Potato NEW 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 Wholemeal Vegan						
<b>Available Daily</b> - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily - Daily salad selection						
<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.



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

## 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.



# Reading



# Save the Date!

World Book Day is Thursday 7 March.

World Book Day is coming up next month. There will be a separate letter with information about school activities but we wanted to share some of the excellent resources that are available on the World Book Day Website.



## World Of Stories – Free Audiobooks

A brand-new collection of fantastic, free audiobooks has landed! We have a large range suitable for all ages, providing a great way to enjoy books with family or friends, or by listening on your own.

You can find more audiobooks with our official audio partner, **Yoto**, via the **Yoto App**.

[Explore our World of Stories collection](#)

## Share A Story Corner

Our video stories have familiar characters, easy to follow stories, and tips for reading together with your little ones. Snuggle up and enjoy our latest story, Elmer.



[Watch together](#)

Our 2024  
£1/€1.50  
books



These are the books that can be purchased using the world book day vouchers this year. You can find them in all good book shops. There is a great range of books this year. We hope your children find something that interests them!



# Special Educational Needs & Disabilities



## SEND Team details



Mrs Sarah Bayfield  
SENCO  
(Based at Westwood)  
sbayfield@westwoodprimary.org

Mrs Chloe Kippen  
SEND Support Worker  
(Based at Grove)  
ckippen@westwoodprimary.org



If you have any concerns regarding SEND for your child, please get in contact with us to see what support we can offer.

## Helpful tips and Advice

This website has excellent support and advice on the following:



Just One Norfolk



Telephone Number:  
0300 300 0123



Website Address:  
<https://www.justonenorfolk.nhs.uk/>

## Speech and Language

Useful links on supporting Speech and Language Development

<https://www.bbc.co.uk/tiny-happy-people>

<https://speechandlanguage.org.uk/>



# Safeguarding & Mental Health



FEBRUARY HALF-TERM					MENU	
DATE	MEAL	TIME	VENUE	VENUE ADDRESS	MAIN	DESSERT
Monday 19th February	Lunch	12 Noon sit in	St Margaret's	The Church Hall 147 Hollingsworth Road, Lowestoft. NR32 4BW	Cottage Pie with Peas and Carrots	Apple Pie and Custard
Monday 19th February	Lunch	12 Noon Sit in	Christ Church	Whapload Road, Lowestoft, NR32 1XD	Sausage Plait and Vegetables	Homemade Chocolate Brownie, custard/Icecream
Tuesday 20th February	Lunch	Takeaway (Times for collection will be advised when booking)	St Benedict's Church	Hollingsworth Road, Lowestoft. NR32 4AX	Sausage and Mash, Vegetables and Onion Gravy	Cake
Tuesday 20th February	Lunch	12 noon sit in and takeaway (Times for collection will be advised when booking)	St Marks Church	Bridge Road, Outton Broad. NR33 9JX	Bolognese and Pasta Bake with Cheese Topping., Garlic Bread and Broccoli.	Cake
Wednesday 21st February (Fully booked)	Breakfast	9.30 am sit in	Gunton Baptist Church (Fully booked)	Montgomery Avenue, Lowestoft. NR32 4DZ	Cooked breakfast to include: Bacon, Sausage, Beans, Hash Browns, Bread, Toast, Jam, Croissants, Yoghurts, Orange juice, Cereal	
Thursday 22 February	Breakfast	9.30 am sit in	Whitton Life	4 The Green, Whitton, Lowestoft. NR33 9AZ	Bacon Rolls, cereals, toast and pasties	
Thursday 22 February	Lunch	Takeaway (Times for collection will be advised when booking)	Pakefield Church	Pakefield Church Hall, Sunningdale Avenue, Pakefield, NR33 7DE	Sausage and Mash, Vegetables and Gravy	Crumble and Custard
Friday 23 February	Lunch	12 Noon Sit in	Salvation Army	9 Carlton Road, Lowestoft. NR33 0RU	Pasta Bake	Fruit and Icecream



As the weather starts to improve, more of our children will use bikes and scooters to come to school. We ask parents and carers to ensure that children are wearing properly fitting bike helmets to protect them on their journey's to school, as well as regularly checking the maintenance on bikes, particularly brakes and lights.

**Suffolk Safeguarding Children Board**

**Safeguarding is everyone's responsibility**

If you are concerned about a child you should make a referral to Children and Young People's Services by contacting 'Customer First' on:

**0808 800 4005**

You may become aware of a concern by:

- Your own observations
- Being told by the child or young person
- Being told by another person
- Being told by the abuser

In an emergency you can telephone 999 and contact the Police

Guidance and Procedures for Safeguarding children are available online [www.suffolkscsb.co.uk](http://www.suffolkscsb.co.uk)

**ACT**

**Anglia Care Trust**

Support • Advice • Action

The Anglia Care Trust offer support and advice for a whole range of situations including housing, safety, wellbeing and health and offering advocating support.



The IWF offers support for parents and carers around the risks for children online and the best way to support them, along with guidance for parents around managing concerns that come from online platforms.

If you need urgent mental health help, call 111 and select the 'mental health option'



Mental health crisis support 24/7 for people of all ages in Norfolk and Suffolk

LEARN THE UNDERWEAR RULE

TALK PRIVATE PARTS AND YOU'VE GOT IT COVERED!

PRIVATES ARE PRIVATE

ALWAYS REMEMBER YOUR BODY BELONGS TO YOU

NO MEANS NO

TALK ABOUT SECRETS THAT UPSET YOU

SPeAK UP, SOMEONE CAN HELP

ChildLine

NSPCC

## 4 POWERFUL ways to MANAGE BACK-TO-SCHOOL ANXIETY

**1 PREPARE**

- Establish and maintain a connection to school by attending fun events together.
- Initiate early discussions about the upcoming school year with books like 'Noni is Nervous' by Heather Hartt-Sussman and 'Mae's First Day of School' by Kate Berube
- Let them know it is normal to worry. Simply knowing to expect some jitters early on, and even hearing about yours, can be very reassuring.
- Help them build resilient mindsets. Tune in to a few episodes of the Big Life Kids podcast together to learn more about facing challenges.

**2 IDENTIFY SPECIFIC FEARS**

- When delving into specific fears, be sure to phrase questions positively. "Do you know who you might play with at recess?" versus "Are you worried no one will play with you?"
- Consider some of the most commonly-reported school fears. Your child may worry about academics, social interaction, having the "right stuff" for school, or separating from you.

**3 FOCUS ON POSITIVES**

- Encourage your child to write about their school fears.
- Start by grabbing a piece of construction paper, and label one side "Worry Thoughts," and the other "Happy Thoughts." Draw a line down the center of the page. Then, have them either write or draw in each column.
- Have your child name all the fun things that happen at school that can't happen anywhere else.
- Remind your child that all the thinking they've done means they're ready for the year.

**4 STAY CONNECTED**

Consider adding one of the following acts to your morning routine to maintain the connection with your child all day and soothe worries:

- Draw reminders on hands (a heart or kiss)
- Give them a worry stone or bead to keep in pocket and rub when feeling nervous
- Apply fragrances like your perfume or lotion to hands/arms that can be sniffed during the day. The more the scent wears off, the closer they are to seeing you again!
- Put your photo in their backpack
- Place encouraging notes or messages in lunch box.

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## 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