



# WESTWOOD NEWS



## Spring Term (2) 2024

Dear Families,

Well, where did that term go? It has been a short but very busy term with lots of exciting things packed in. I wanted to say an enormous thank you for the turn out at Parents Evening and hope that you enjoyed the opportunity to discuss your child's successes.

A few updates for staffing next half term: Miss Sam High will be joining the team as our new Pastoral & Family Liaison Officer. She will be out on the playground at the start of every day so please do pop and say hello to her. Sadly, Mrs Kim Andrews has made the decision not to return to Westwood following her recent maternity leave. She popped in to say goodbye to us this morning and we hope to see her again soon as she will be taking on a role with the local supply agency.

This term saw Rock Choir take the stage at Snape Maltings for a fantastic performance which included audience participation - it really was special to see Westwood and Grove come together as one! Unfortunately, our Rock Choir will not be continuing after the Easter break so we said a very sad farewell to Mr Syed. I would like to take this opportunity to thank Mr Syed for all he has done here at Westwood; we were one of the first schools in the area to join in Rock Choir and we will continue to support all of their events. There are sessions in the community if your child wants to continue performing with him - more information on this is available from the school office or by following his Facebook page! Rock on Mr Syed!

Thank you to all the parents that came in for our Science Week share sessions and getting stuck into all of the activities. We finished off with a Silly Science workshop - it was great to see all of the children so engaged with his wild experiments!

In terms of fundraising this term, our Community Champions asked us to wear something funny for money on Red Nose Day and raised £106. Our Eco Champions organised a day for us all to wear blue in aid of Water Aid. Each class has made a water pledge to help them to save water and we raised £68!

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 Easter break and we look forward to welcoming the children back on  
**Monday 15th April**  
Mrs Barnes





# Nursery & Reception Spring 2



## Nursery

This half term our topic has been 'Eggs'. We have been looking at the animals which hatch from eggs.

Our first book was 'Am I yours?' and we learnt about different dinosaurs. The following week we found out about chameleons and why they camouflage. We read 'The Gingerbread Man' and made our own. Our last two books were 'Oi Duck-Billed Platypus' and 'Sea Turtles'. We listened to words which rhyme and discussed why sea turtles are endangered. We started our phonics and learnt the phonemes s/a/t/p/i.

We learnt about AB/ABC patterns in Maths and made our own. We used the vocabulary heavier/lighter/shorter/taller/ and full/empty to compare quantities.

Nursery really enjoyed having the parents in for our Science 'Stay and Play' sessions, thank you to all the parents who attended. Well done Nursery, and enjoy your Easter break.



## Reception

This half term our topic has been 'Whats on Your Plate?' The children were excited to meet Bernie Bear in the woods who invited them to make healthy foods for a teddy bears picnic.

We tasted food from around the world to decide what food we would like to make Bernie for his picnic. The children discussed if the foods were healthy or unhealthy. The children expressed if they liked or disliked the different foods. Throughout the term we have learnt about where different foods come from if they can be grown or reared on a farm. We had ago at growing our own carrots in class and have even designed our own farms thinking about the food we like to eat.

This term we have enjoyed inviting parents in to help us celebrate World Book Day as well as Science Week where we had ago at taking part in different science experiments.



Have a wonderful Easter break!



# Nursery & Reception Summer 1



## Nursery

In Summer 1 our topic will be Growing. We will be exploring different types plants, fruits and vegetables in the provision. We will continue ELS phonics with a sound a week and activities the sound will be sent home for you to share. In maths we will be exploring shapes, patterns and numbers within play. We will also be looking at famous pieces of artwork and creating our own.

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 continue to visit the library each week and bringing home a library book to share at home.

## Reception

In Summer 2 our topic will be Once Upon a Time. We will be looking at fantasy stories and ending with a Royal Ball (please keep this as a surprise).

We will be looking at historical buildings and castles and creating these in the provision.

We will be exploring stories, how they are written, the characters used and becoming authors and writing stories of our own.

In maths we will be exploring weight, capacity, composition of 10 and more and less

In the woodlands we will be exploring, making potions and safely making a fire for the dragon.



# Years 1 & 2 Spring 2



This half term, we have been learning all about Florence Nightingale and Mary Seacole and how they are remembered. We have written our own fact files about Florence Nightingale to share all of the knowledge we have learnt.



We have also been developing our sawing and joining skills in Design Technology to make a moving ambulance with working axels. We held a show case gallery of our vehicles to help evaluate these against our success criteria.



In Woodlands, we have been exploring making natural art with materials around us in our local environment.



Thank you for all of you that attended our 2 parent shares this half term, the children love to welcome you into school and share their learning.



# Years 1 & 2 Summer 1



Next half term we will be learning all about

## The Wonders of our World

As **Writers**, we will be writing a persuasive leaflet about one of the wonders of our world as well as using our imaginations to write a narrative all about a mysterious rock.

As **Readers**, we will be sharing text and looking at the meaning of vocabulary as well as the authors choice of language.

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

As **Scientists**, we will be naming and investigating plants and animals in their habitats

As **Geographers** we will be researching and exploring the different wonders of our world and their locations

As **Musicians**, we will be identify tempo and pace.

As **Artists** we will be exploring weaving techniques to make mobiles.

As **Athletes**, we will be developing our net and wall skills and playing tennis.

As **Computing Experts**, we will be exploring technology around us.

During **Religion and World Views**, we will be learning all about Shabbat and Pass over.



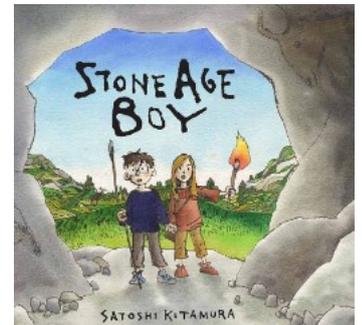
# Years 3 & 4 Spring 2



We have had a brilliant term in Year 3 and 4. We have been extremely busy and the children have been working very hard.

In Literacy this term, we have immersed in the story of the Stone Age Boy by Satoshi Kitamura. We started by imagining we were in the Stone Age by creating some cave paintings, this got us hooked! We then developed our writing skills creating a story as the Stone Age girl arriving in the present time. We explored using personification, adverbial and non-finite clauses and noun phrases to enhance our stories. Once our writing was edited and published we took a trip to the woods where we shared our stories with each other.

In History, we continued learning about the Stone Age and the three different periods within it. We looked at why each period was important and how it changed. We focused on the local Stone Age site, Star Carr and explained how it became an important piece of history surrounding East Anglia.



Rocks have been the focus of our science unit this term. We have learnt the three rock types; Igneous, Sedimentary and Metamorphic and investigated how they are formed. After learning the rock cycle we went on to research fossils and the fossilization process. We learnt all about the famous fossil hunter Mary Anning and how her findings were an important part of history.



This term saw the celebration of British Science Week. We really enjoyed sharing our afternoon with some of our grown ups. Thank you to all those who were able to make it. The free standing structures looked incredible and the engagement from both children and adults was great to see.



To end the Science Week, we had a brilliant interactive visit from a crazy scientist who showed us some fantastic explosive experiments using all sorts of ingredients and equipment.





# Years 3 & 4 Summer 1



## English

This summer term we will be writing an explanation text using inspiration from the book "The Street Beneath Our Feet" and a newspaper report based on archaeologist findings

## Maths

In maths the children will be exploring money and time. By the end children should be able to confidently tell the time with 5 minute intervals, understand a digital clock and read roman numerals.

Year 4 will also be learning to convert between analogue and a digital clock.

## Science— Living Things and their Habitat.

In this unit we will be describing how living things are classified into broad groups according to common observable characteristics, similarities and differences. The children will have the opportunity to visit Carlton Marshes this term to support our learning within this topic.

More information will come out to you nearer the time.

## Computing— Photo editing

In this unit the children will practice and learn how to edit photographs, explain that colours can be changed in digital images, explain how cloning can be used in photo editing and combine images for a purpose.

## History— The Bronze Age and Iron Age

Our big question this term is Which was more impressive - the Bronze Age or the Iron Age?

We will be investigating both of these time periods in more depth to find answers to our question.

## Art—Printing

We will be exploring a range of printing techniques; mono printing, relief blocks and collographs. Our end product will be designing a shield and decorating it using one of the skills we have learnt.

## Religion and World Views

In this unit the children will be looking at Christianity and the question, Why is there so much diversity of belief with the Christian faith?



# Years 5 & 6 Spring 2



Another busy term for Year 5 and 6! We've had an action packed term, here are some of our highlights:

As apart of National Science Week, KS2 held a science workshop in the hall where we were able to witness some jay-dropping science experiments!

As well as this, we invited our parents into school for a parent share. We had the opportunity to share our fantastic science learning with them by looking through our books and also created water clocks!



In Woodlands, we compared our Woodlands to the Amazon rainforest. We identified the species of trees present in our woods and considered why the same species are not present in the Amazon rainforest.



In Science, we have been keeping plant diaries to document the growth of seeds when germinating and the growth of roots from a cutting.



We also celebrated World book day – check out our amazing costumes!





# Years 5 & 6 Summer 1



## 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 properties of shapes and position and direction, including reflection and translation. We will answer a variety of fluency, reasoning and problem solving questions in all of these topics.

As geographers we will be answering our big question—'How will our world look in the future?' To do so, we will research different forms of energy production and sustainable energy. We will also look at the impact of human behaviour on the natural environment.

In Spanish we will be learning vocabulary associated with pets.

In RWV we will be discussing the big question, 'How do beliefs shape identity for Muslims?'.

## Reminders

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

As writers we will be writing discussion texts to debate the use of mobile phones in school. As well as this, we will write explanation texts on specific subjects we have researched.

As scientists we will be learning about Evolution and inheritance. We will look at how plants and animals are adapted to their environments and how living things have changed over time. We will learn about how Science developed its understanding of evolution.

In Art we will create textile art inspired by the work of Jane Davywinter, using her art style to guide our finished pieces.

## Homework

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



# Sporting Success



Although a shorter half term, there has still be plenty of sporting activity!

## Tournaments

A quiet half term on the tournament front but a very successful one for different reasons:

- Our Mixed KSI Skittleballers came 3rd in the A league and 2nd in the B league in the ALT competitions.
- This Girl Can was a brilliant event for our UKS2 girls to have fun and engage with some sports.
- Our Year 6 boys footballers finished in 3rd place at their ALT competition.
- Our Year 6 girls footballers also finished in 3rd place in both their leagues!
- Our Year 3 Skittleballers received a trophy for the most passes in the tournament!

## Sports Clubs

Our after school clubs have been very well attended. KSI have been developing their ball skills. Years 3 & 4 have been practising their hockey skills. Years 4, 5 & 6 have been improving their dodgeball skills and Year 5 & 6 have focussed on football.

## Upcoming Fixtures & Events

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

Friday 26th April	14:00–17:00	Year 4 Mixed Dodgeball	Ipswich
Friday 26th April	15:45–17:30	Year 3 & 4 Cricket	Red Oak
Thursday 2nd May	14:00–17:00	Year 5 & 6 Netball	EPA
Friday 10th May	13:15–15:00	KS2 SEND Football	Red Oak
Friday 17th May	TBC	Year 5 Girls Football	Red Oak
Wednesday 22nd May	15:45–17:30	Year 5 Boys Football	Red Oak

[#BETHEBESTTHATYOU CAN BE](#)

### 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.

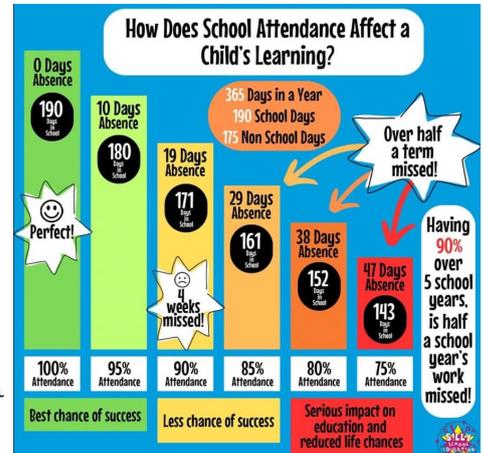
Thursday 28th March	Last day of the half term
Friday 29th March to Friday 12th April	Easter Holiday
Monday 15th April	Children return to school Years 5 & 6 Water Safety Talks
Tuesday 16th April	School Nurse visiting for Reception screening
Thursday 18th April	UKS2 Money Matters workshop with ENSFC
Friday 19th April	Non uniform day – Dress as your favourite sport! (Organised by the Play Leaders)
Thursday 25th April	UKS2 Money Matters workshop with ENSFC
Monday 6th May	Bank Holiday – School Closed
Monday 13th May – Friday 17th May	SATs testing week (KS1 & KS2)
Wednesday 22nd May	James Campbell author visit Year 6 at Benacre
Thursday 23rd May	Last day of the half term
Friday 24th May	School Closed – PD day
Friday 24th May to Friday 31st May	Half term holiday
Monday 3rd June	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 1	93.8%
Week 2	Year 3 & Year 5	96.8%
Week 3	Year 6	98%
Week 4	Year 1	98.5%
Week 5	Year 3	93.9%



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
Nursery	93.8%	87.0%	91.2%	91.2%	87.8%
Reception	85.0%	87.7%	85.4%	90.4%	87.8%
Year 1	93.8%	93.8%	96.0%	98.5%	93.1%
Year 2	93.0%	91.0%	85.3%	95.0%	92.5%
Year 3	91.2%	96.8%	92.8%	96.4%	93.9%
Year 4	91.0%	91.4%	91.1%	96.2%	90.5%
Year 5	92.4%	96.8%	77.9%	94.6%	92.5%
Year 6	90.0%	95.6%	98.0%	97.2%	93.7%

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 = 1623  
 Diamond = 1683  
 Sapphire = 1703  
 Ruby = 1792

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

Our new range of extra-curricular clubs will start from Monday 15th April

**P.E SHED/SCHOOL STAFF**

Day	Breakfast 8.00am - 8.30am	Lunch 12pm - 1pm	After School 3.15pm - 4.15pm
<b>Monday</b>	Reading - Miss Bow Years 1-6  Multisports - Mr Freestone Years 1-6	Tournament Prep/Team Games - Mr Freestone	Feathers & Friends - Miss Bow & Mrs Eccleston Years - 3, 4, 5 & 6  Lego - Mrs Batty - Years 1 & 2  Football - Years 1 & 2
<b>Tuesday</b>	Reading - Miss Bow Years 1-6  Multisports - Mr Freestone Years 1-6	Tournament Prep/Team Games - Mr Freestone	Drawing - Miss Bow - Years - 1 & 2  Rounders - Mrs Batty - Years 1 & 2  Cricket - Years 3, 4, 5 & 6
<b>Wednesday</b>	Reading - Miss Bow Years 1-6  Multisports - Mr Freestone Years 1-6	Tournament Prep/Team Games - Mr Freestone	Feathers & Friends - Miss Bow & Mrs Eccleston Years - 1 & 2  Board Games - Miss Thompson Years 3, 4, 5, & 6  This Girl Can - Years 3, 4, 5 & 6
<b>Thursday</b>	Reading - Miss Bow Years 1-6  Multisports - Mr Freestone Years 1-6	Tournament Prep/Team Games - Mr Freestone  12-12:30 Dance Festival Prep Invited attendees only - Miss Gardener	Messy Play - Mrs Batty - Years 1 & 2  Choir - Miss Bow & Mrs Eccleston - Years 1 to 6  Multi-Sports - Years 3 & 4  Monster Maths - Miss Fayers & Miss Longthorne Year 6 (by invite only)
<b>Friday</b>	Reading - Miss Bow Years 1-6  Multisports - Mr Freestone Years 1-6	Tournament Prep/Team Games - Mr Freestone	

We will have a new lunch menu for the Summer term...

Spring Summer 2024	WESTWOOD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b>  15/04/2024 06/05/2024 09/06/2024 24/06/2024 15/07/2024 02/09/2024 23/09/2024 14/10/2024	Option One	Tomato Pasta	Chicken filled Pita with Rice	Pasta Bolognese	Pork Sausages with Roast Potatoes and Gravy	Fishfingers with Chips & Tomato Sauce
	Option Two	Cheese & Tomato Pizza with Pasta Salad	Cheesy Whirl with Rice	Vegan Pasta Bolognese	Vegan Sausages with Roast Potatoes and Gravy	BBQ Quorn with Chips
	Option Three	Jacket Potato with Tuna	Jacket Potato with Beans	Ham Roll Packed Lunch	Jacket Potato with Cheese	Fish Finger Wrap
	Dessert	Fruit Jelly and Ice Cream	Chocolate and Apple Cake	NEW Berry Mousse	Iced Vanilla Sponge	Vanilla Shortbread
<b>WEEK TWO</b>  22/04/2024 13/05/2024 10/06/2024 01/07/2024 09/09/2024 30/09/2024 21/10/2024	Option One	Pasta Kitchen Tomato Pasta or Macaroni Cheese	Burger with Potato Wedges & Tomato Sauce	Meatballs with Rice	Roast Chicken, Stuffing, Roast Potatoes, & Gravy	Fishfingers with Chips & Tomato Sauce
	Option Two	Jacket Potato with Tuna	Vegan Burger with Potato Wedges & Tomato Sauce	Vegan Meatballs with Rice	Vegetable Wellington, Stuffing, Roast Potatoes & Gravy	NEW Vegan Sausage Roll with Chips & Tomato Sauce
	Option Three	Jacket Potato with Tuna	Jacket Potato with Beans	Jacket Potato with Cheese	Cheese Roll Packed Lunch	Fish Finger Wrap
	Dessert	Jelly with Mandarins	NEW Iced Biscuit	Peach Cake	Chocolate Brownie	Oaty Cookie
<b>WEEK THREE</b>  29/04/2024 20/05/2024 17/06/2024 08/07/2024 16/09/2024 07/10/2024	Option One	NEW All-Day Vegetarian Breakfast	Chicken Wrap with Rice	Macaroni Cheese with Bacon and Garlic Bread	Roast Chicken, Roast Potatoes & Gravy	Fishfingers with Chips & Tomato Sauce
	Option Two	Vegan Chili with Rice	Vegetable stack with Rice	Vegan Curry with Rice	Parsnip & Sweet Potato Loaf with New Potatoes or Mashed Potatoes & Gravy	Cheese & Bean Pasty with Chips
	Option Three	Jacket Potato with Tuna	Ham Roll Packed Lunch	Jacket Potato with Beans	Jacket Potato with Cheese	Fish finger Wrap
	Dessert	Chocolate Crunch with Ice Cream	Fiapjack	Summer Lemon Cake	Chocolate Shortbread	Coconut Jam Sponge
<b>MENU KEY</b>		Added Plant Power	Wholemeal	Vegan	Chef's Special	<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
Available Daily: - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily- Daily salad selection						

## 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



We enjoyed World Book Day this term. Thank you to all the grown ups who came in to read with their children, it was lovely to see the classrooms buzzing with activity. As always, there were some very impressive costumes! We also enjoyed our costume parade. and the chance to swap a book from home to take a new one to read.



As you know, we think reading is extremely important. Children who read regularly, and read for pleasure, do better at school and often get better exam results when they go to high school than children who don't choose to read. If you want any support with engaging your children in reading then please speak to us, we are happy to help. But we can also recommend these websites which are full of great resources and ideas to support your children with reading.

World Book Day:

[https://  
www.worldbook  
ay.com/](https://www.worldbookday.com/)

Book Trust:

[https://  
www.booktrust.o  
rg.uk/](https://www.booktrust.org.uk/)

**Changing lives through a  
love of books and reading**

**BookTrust is the UK's largest children's  
reading charity**

We get millions of children reading by supporting families to start sharing stories and books together from the earliest possible age.

**National Literacy Trust**

We empower people with the literacy skills they need to succeed in life. Together we're helping people change their stories.



Change your story





# 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.

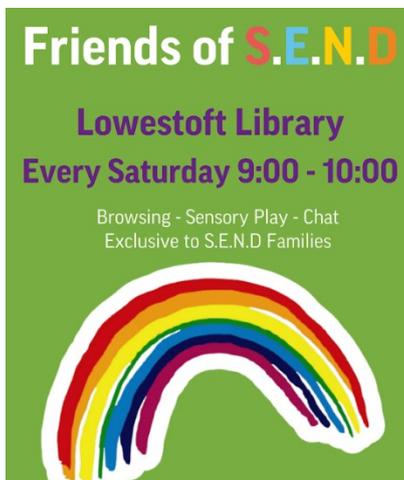
## Individual Education Plans and SEND Register

We are currently in the process of reviewing children's Individual Education Plans (IEP) and updating our SEND Register.

It may be that we have noticed that your child requires some extra support in one or more key areas of learning. Staff regularly assess, plan and target interventions and resources to support your child to make progress. Your child may be added to the SEND register - this register of children is required so that we can monitor their progress more carefully and provide appropriate resources and training.

Your child may also have a written IEP, which is a cycle of Assess, Plan, Do, Review (APDR). This outlines the individual targets your child is currently working towards and the strategies your child's class teacher has put in place to achieve these targets. Please continue to work on these at home. Your child's teacher will be happy to discuss these targets with you at any time.

We will be sending out IEPs and updating the SEND Register from Monday 15th April.



## Friends of S.E.N.D Group

This is a SEND Friendly session every week at Lowestoft Library.

You can access the main library but also access sensory toys, lights, sensory tent and sensory books

Every 3 months they are joined by SENDIASS who help advise families about SEND and Education.



# Safeguarding & Mental Health



## CHILDREN ARE BEING EXPLOITED BY GANGS INVOLVED IN DRUG CRIME. Know the signs to spot.

County lines gangs use children and vulnerable people to courier drugs and money. A young person who is involved in county lines activity might exhibit some of these signs:

Persistently going missing from school or home, or being found out-of-area	Unexplained acquisition of money, clothes or mobile phones	Excessive receipt of texts or phone calls	Relationships with controlling older individuals or gang association	Leaving home or care without explanation
Suspicion of self-harm, physical assault or unexplained injuries	Parental concerns	Significant decline in school performance	Significant changes in emotional well-being	

If you have concerns, follow your safeguarding procedures and share your concerns with local authority social care services.

If you have information about drug dealing in your community, call Suffolk Police on 101. Alternatively, you can also contact Crimestoppers anonymously on 0800 555111.

Anyone needing help and support to deal with substance misuse issues is encouraged to contact Turning Point on 0300 123 0872.



## MENTAL HEALTH

Wellbeing Norfolk and Suffolk promote 5 ways to better wellbeing:

1. Be active and step outside
2. Connect with people around you
3. Keep learning and try new things
4. Take note of your surroundings and reflect on experiences
5. Give by doing something nice for someone

### MORE SUPPORT

IN CASE OF AN EMERGENCY ALWAYS CALL 999

- Children & young people: [www.justonenorfolk.nhs.uk](http://www.justonenorfolk.nhs.uk)
- Norfolk & Suffolk Foundation Trust: [www.nsf.nhs.uk/Find-help](http://www.nsf.nhs.uk/Find-help)
- Norfolk Mind crisis helpline: [www.norfolkandwaveneymind.org.uk/](http://www.norfolkandwaveneymind.org.uk/)
- Wellbeing Norfolk & Suffolk: [www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)



#30days30daysuk

## Young Minds Parents' Information Service (Helpline)

We offer three different services to parents and carers who are concerned about their child's mental health, up to the age of 25. Here, you can find out more about our Parents Helpline, Webchat and Email service.

### Who to contact

Telephone  
0808 802 5544  
Website  
[www.youngminds.org.uk](http://www.youngminds.org.uk)



SUFFOLK DOMESTIC ABUSE  
FREE 24/7 HELPLINE  
0800 977 5690



Q: WHICH ONE IS THE ABUSER?  
#YOUARENOTALONE  
PLEASE SHARE



Anglia Care Trust  
Support - Advice - Action

WHAT IF NO ONE IS THERE?



Suffolk Collective

citizens  
advice

Will be at F.I.S.H on:

- Tuesday 2nd April - St Lukes Church
- Thursday 11th April - Whitton Life



EASTER HOLIDAYS					MENU		
DATE	MEAL	TIME	VENUE	VENUE ADDRESS	MAIN	DESSERT	
WEEK 1	Tuesday 2nd April (Sorry but St Lukes are now fully booked. If you would like to go on the waiting list incase of any cancellations, please send us a private message)	Lunch	12 Noon sit in lunch or Takeaway (Collection times will be advised when booking)	St Lukes Church	62 Homefield Avenue, Lowestoft. NR33 9BX	Jacket Potatoes with choice of TWO fillings of Cheese, Beans or Tuna (Please advise choice when booking and if choice is for a child or adult)	Treacle Sponge and Custard
	Wednesday 3rd April	Breakfast	9.30 am sit in	Gunton Baptist Church	Montgomery Avenue, Lowestoft. NR32 4DZ	Cooked breakfast to include: Bacon, Sausage, Beans, Hash Browns, Bread, Toast, Jam, Croissants, Yoghurts, Orange juice, Cereal	
	Thursday 4th April	Lunch	Takeaway (Collection times will be advised when booking)	St Benedicts Church	Hollingsworth Road, Lowestoft. NR32 4AX	Meatballs in Tomato Sauce with Jacket Potato, Garlic Bread and Veg	Cake
WEEK 2	EASTER HOLIDAYS					MENU	
	DATE	MEAL	TIME	VENUE	VENUE ADDRESS	MAIN	DESSERT
	Monday 8th April	Lunch	12 Noon sit in	Christ Church	Whapload Road, Lowestoft, NR32 1XD	Sausage Plait, Potatoes and Vegetables	Sponge Pudding with Custard / Icecream
	Monday 8th April	Lunch	12 Noon sit in	St Margaret's Church	The Church Hall 147 Hollingsworth Road, Lowestoft. NR32 4BW	Cottage Pie with Peas, Carrots and Gravy	Apple Pie and Custard
	Tuesday 9th April	Lunch	Takeaway (Collection times will be advised when booking)	St Benedicts Church	Hollingsworth Road, Lowestoft. NR32 4AX	Sausages, Jacket Potatoes, Veg and Gravy	Cake
	Wednesday 10th April	Lunch	Takeaway (Collection times will be advised when booking)	Pakefield	Pakefield Church Hall, Sunningdale Avenue, Pakefield, NR33 7DB	Chicken Pasta Bake	Iced Sponge
	Thursday 11th April	Breakfast	9.30 am sit in	Whitton Life	4 The Green, Whitton, Lowestoft. NR33 9AZ	Bacon Rolls, Cereals, Toast and Pastries	
Thursday 11th April (Sorry but Sgt Peppers are now fully booked. If you would like to go on the waiting list incase of any cancellations, please send us a private message)	Lunch	12 Noon sit in	Sgt Peppers	167-168 High Street, Lowestoft. NR32 1HU	Chicken Nuggets and Chips OR Jacket Potato with Chilli and Cheese (Vegetarian Chilli can be available too). Please advise choice when booking and if choice is for a child or adult.	Cake and Icecream	



## 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



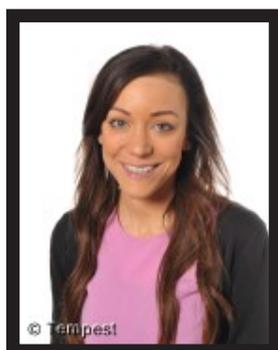
*Mrs Rachel Kounnas*  
Grove  
Head of School



*Mrs Jackie Cutchey*  
Chair of Governors



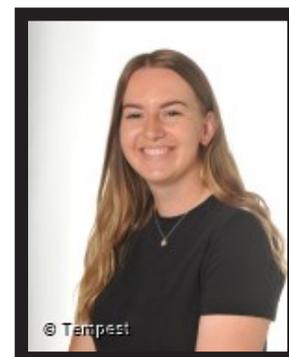
*Mrs Danielle Gillings*  
Assistant Head Teacher  
EYFS Lead



*Miss Beth Jones*  
Assistant Head Teacher  
KSI Lead



*Mrs Kelly Hough*  
Assistant Head Teacher  
Staff Development



*Miss Lucy Fayers*  
KS2 Lead



*Mrs Sarah Bayfield*  
SENDCo



*Mrs Chloe Kippen*  
SEND Support  
Worker



*Miss Samantha High*  
Pastoral & Family  
Liaison Officer



*Mr Stephen Clarke*  
Safeguarding  
Governor