



It's been a very busy week for our year 5 children, who were at Aylmerton Residential Centre from Monday to Wednesday - I have loved hearing about the wonderful activities they took part in - please do take a look at our Facebook page and further down the newsletter to see some photos. Yesterday we had Zac from Game Changers come in and do an equality and inclusion workshop with some of our children. Next Thursday we will be celebrating World Book Day, which we are very much looking forward to!

Mrs Lewis- Head of School

SPORTS NEWS THIS WEEK

1.



This week KS1 has started to work on whole body movements (gross motor skills) with a focus on coordination. This has included participating in a range of activities that include moving at speed and throwing and catching. A special mention goes to Tia in Falcons Class for showing brilliant control and coordination in her PE lessons.

KS2 has started their Ultimate Frisbee lessons. Ultimate Frisbee is a very unique sport where the game is self governed meaning players referee and officiate the match themselves. This sport gives pupils an opportunity to develop conflict resolution skills and leadership. A special mention goes to Leo in Marsh Harriers Class for demonstrating fantastic leadership and honesty in his PE lessons.

2.



RECIPE OF THE WEEK

A firm favorite in the school kitchen to bake and eat, why not have a go this weekend and make your own at home!!

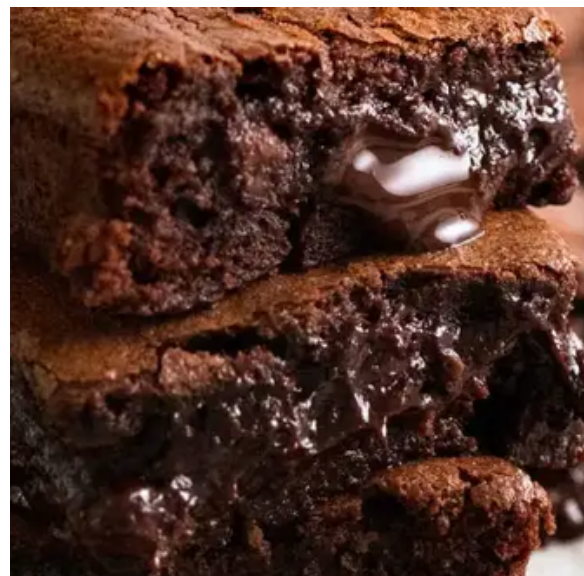
BROWNIE

Ingredients:

200ml Oil
150g Caster Sugar
2tsp Vanilla Extract
3 Eggs
60g Cocoa
100g Self Raising Flour
1/4tsp Salt
1/4 tsp Bicarb
100g anything of choice- raisins/
sultanas/ cherries/
nuts/
chocolate nibs

Method:

- Place all ingredients into a bowl.
1. Mix thoroughly
 2. Mix thoroughly
 3. Line a baking tin 8inch/
10inch
 4. Pour mixture into the lined tin
 5. Bake on 160 celcius for 30 mins

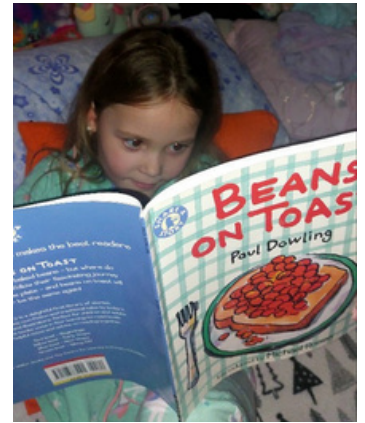


3.

READING CORNER

WORLD
**BOOK
DAY**

7 MARCH 2024



We are looking forward to celebrating World Book Day Next week on Thursday, 7th of March. Remember children can come to school dressed up as a book character (with the related book if possible) or in their comfortable reading clothes. Children were given their £1 book tokens before the half term holiday - we hope you all managed to find a book to enjoy!

Families are invited to a class read aloud session at 2:45pm on the day. Class teachers will read aloud before children and families have some time together to independently enjoy exploring a range of books and reading together. Please register your intent to attend here:

Link for Hempnall: <https://forms.gle/Ggdv4i6vuKJ5unti9>

The theme of World Book Day this year is Read Your Way! We would love for children to post a photo of themselves reading their favourite genre (e.g. fiction, non-fiction, comic book etc) in their favourite reading spot on our Digital Reading Log. We will share these photos of how we like to read on World Book Day with our class. Here are some recent photos from the log of children enjoying reading at home.

MISS RINGWOODS BOOK REVIEW.....

4.

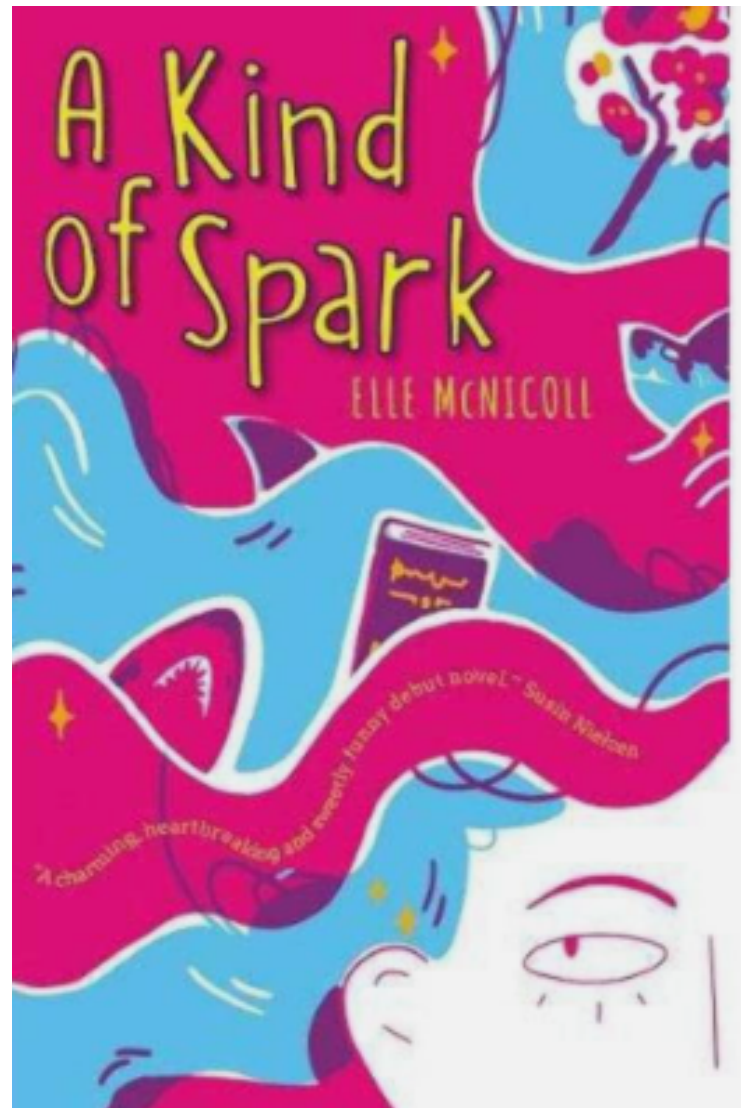
A Kind of Spark

(Recommended age 9+)

This debut novel from Elle McNicoll centres around the character of Addie, an 11 year old autistic girl. The author is able to draw upon her own experience of autism, to create a narrative for Addie at home, in school and in her community; exploring themes of friendship, courage, self-belief and acceptance.

The book's message is cleverly linked to a topic which Addie is learning at school: the historic Witch Trials. Addie knows there's more to the story of these 'witches', just like there is more to hers. Addie campaigns to challenge how the people in her town see her (and her autism) and bravely makes her voice heard.

The narrative sensitively and authentically touches on experiences of being neurodivergent, to include stimming, masking, sensory overload, meltdowns, special interests and navigating social interactions. Addie embodies a character in whom neurodivergent children could relate, and neurotypical children can learn from. A Kind Spark is published by 'Knights Of' - an inclusive publisher focused on bringing underrepresented voices to the forefront of commercial children's publishing. The Author, Elle McNicoll is an autistic writer and the front cover was designed by Kay Wilson , an illustrator with ADHD.



5.

CERTIFICATE WINNERS

Kestrels

Thomas - for concentrating really well and managing distractions during literacy. Also for confident reading and looking for phonics sounds that he already knew in simple phrases and sentences

Colton - for showing resilience and a growth mindset in his literacy and phonics

Cody - for co-operating well with other children and lending a helping hand when other children find something difficult. For being kind to others.

Taylor - for being curious and asking adults questions such as 'what if I put these blocks on this tower?' in Maths

Falcons

Iris - for working hard in all aspects of learning this week even if she finds something challenging. She always tries to improve and be better than last time. Well done Iris, we are proud of you!

Theo B - for being resilient when writing his sentences and has focused on writing on the line and using the correct letter formation. He works hard to complete his learning and uses his growth mindset to improve his work. Keep up your hard work!

Blake - for carefully selecting the correct resources to be successful in finding halves in fractions this week. Blake uses concrete resources to enhance and improve his work. Super maths this week Blake!

Marsh Harrier

Mikey - For improving his handwriting and making his work neater and persevering with his work. He is trying to be more independent in his work, trying to work out problems before asking for help.

George - has improved his handwriting and he is now beginning to join. He completes his work well and asks for help when needed. He is working hard with his maths problems and is trying to be more independent.

Tommy W - has worked hard with the presentation and joining of his handwriting. he has made contributions to class discussions and working independently on working out problems.

Buzzards

Noah - for excellent work building a set for his play scene. Being really focused and working meticulously.

William S - for being incredibly resilient and persevering with activities during the residential.

Matilda - for showing great creativity and ingenuity with her set building.

Red Kites

Jonah - as the work done on his theme park project was exceptional!

BIRTHDAY ANNOUNCEMENTS THIS WEEK

Happy 6th Birthday to Theo Year
1 (19th February)

Happy 6th Birthday to Lennon Yr
1 (20th February)

Happy 11th Birthday to Paige
(23rd February)



UP COMING EVENTS



7.

07/03/24 WORLD BOOK DAY

14/03/24 THE IMPORTANCE OF MOVEMENT 3.15PM RECEPTION/EYFS PARENTS, LED
BY EMMA MUNTINGH

19/03/24 PARENT CURRICULUM CAFE 3.15

21/03/24 STEPS PARENT CAFE 3 - HELD AT BROOKE 3.30PM WITH MISS RINGWOOD

27/03/24 END OF TERM DISCO- FOHS 3.30-5.00PM

27/03/24 END OF TERM

EASTER HOLIDAYS

15/04/24 FIRST DAY OF THE SUMMER TERM

SCHOOL REMINDERS

8.



Can we kindly remind all parents that the staff car park is reserved for staff and blue badge holders ONLY. We understand that parking on the roadside is limited, please park carefully and respectfully.

Thank you for your understanding and cooperation.

Rules & Boundaries

9.

Having a few rules and boundaries that you feel strongly about and the family can stick to, is better than lots of rules that are not listened to.

Think about the language you use. Children and young people can struggle with 'no' but understand better when you tell them the behaviour you want to see;

- Instead of 'don't poke the dog' try 'we stroke the dog gently'.
- Rather than 'how dare you shout at me like that' try 'shouting upsets me and it makes it harder for us to listen to each other, try again using a quieter voice.'

As your child gets older you might discuss rules together and ask them for their ideas. If they feel involved and listened to it will be easier for them to stick to.

Choose family rules, just three or four and write them up somewhere you can all see them. Remember rules can be updated as things change for your family.

Be Consistent

Stick to the boundaries you set. If you react one way one day and differently another day your child will get confused.

It is important that everyone in your family deals with your child's behaviour in the same way.

Have Realistic Consequences

Saying you will 'ground them for a month' or 'you can't see Granny on Tuesday' is pointless if you know that you can't stick to it.

Consequences should never include physical punishments like smacking. It is a sign you have lost control. This is frightening for your child and for you. Frightened children do not learn a lesson and their trust in you will be damaged.

If you feel like you may hurt your child walk away until you feel calmer.

Stick To Consequences

Once a consequence is in place don't let your child negotiate out of it unless there is a very good reason.

It is better to say 'You can't go out with Jane on Saturday' or 'You can't watch your favourite TV show this week' and be able to follow through on it.

Move On

Once you have pointed out the unwanted behaviour, talked it through, set a consequence and followed through - let it go.

Move on and be warm and loving towards your child. They need to know that everyone makes mistakes and your love and care for them is not affected.

Set a Good Example

Sometimes we need to remember that our children are watching and learning from us. If we manage our own feelings and frustrations calmly and keep to the rules ourselves our children will be more likely to do the same.

Ask for help

Some children and young people find any rules / boundaries or requests really difficult to follow. This can be exhausting and impact on your relationship with your child.

If you are finding your child struggles to cooperate with rules and you are finding their behaviour hard to manage speak to nursery / school or call us at Just One Number to talk to a health professional.

More information available via :<https://www.justonenorfolk.nhs.uk/child-development-additional-needs/behaviour-sleep/behaviour-troubleshooting/>



MEET THE TEAM

10.

Who are you?

Mr Thurston

What is your role in the
Sunflower Federation?

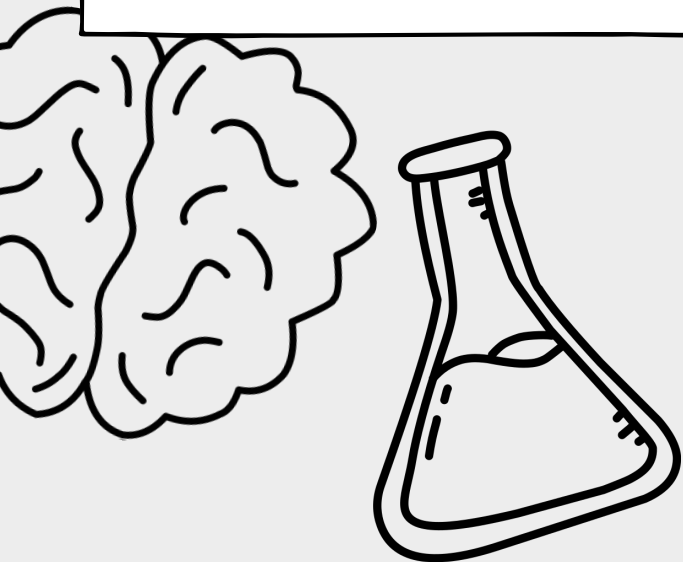
Apprentice Teaching Assistant,
MSA & ASC Lead

How long have you worked in one
of our schools?

Since October 2023



Mr Thurston



What is the thing you most enjoy
about your job?

I love everything about my job,
from greeting children at the main
gate in the morning, to helping on a
1:1 basis in the classroom. I am also
looking forward to starting the
outdoor learning.

What do you enjoy doing when not at
work?

Spending time with family and friends,
travelling and when I get the chance
reading a good book.

What is your favourite flower?

Lilies

Have you got a joke to tell us?

What do cats eat for breakfast?

Mice Crispies



The Year 5's have had a wonderful few days earlier this week at Aylmerton, in North Norfolk. Activities included, woodland hide building/campfire making, twilight safari walk (meeting lots of frogs en route). Visiting the beach for exploring, lifeboat museum and town trail and story telling. A MASSIVE thank you to Mrs Gateshill, Ms Wilkinson, Mrs Saul and the staff at Brooke, for making sure the children had an amazing time.



READ MORE AT

www.hempnall.norfolk.sch.uk

www.brooke.norfolk.sch.uk

EASTER HOLIDAY CLUB AT HEMPNALL

12.

We're delighted to be participating in the Big Norfolk Holiday Fun programme this Easter. We've got fun activities designed for children aged 5-11 during the holidays, and we're offering free slots for children who receive benefits-related free school meals. For paid places, please book via SchoolMoney, free places will be available on EveryMove from 4pm today!

Add a little bit of body text

Read more on Big Norfolk Holiday Fun: www.activenorfolk.org/bnhf

Find out if your child is eligible for a free place:

www.norfolk.gov.uk/freeschoolmeals



The poster features a light blue sky background with a yellow paper airplane flying from the left. In the top right corner, there are logos for 'active norfolk', 'Norfolk County Council', and the 'Department for Education'. The main title 'Big Norfolk Holiday Fun' is written in large, colorful, playful letters. Below this, the text 'Spring into action-packed activities!' is written in a bold, pink font, followed by 'Join us from 2-12 April' in a large, dark blue font. A list of bullet points describes the activities and eligibility. To the right, there are three circular inset photos showing children participating in activities, each framed by a colorful location pin graphic. At the bottom left, there is a QR code with an arrow pointing to it. To the right of the QR code, the text 'Booking now open Find an activity near you Visit www.everymove.uk' is written in a bold, white font. The bottom of the poster has a green grassy field background with two colorful Easter eggs and small white star icons.

active norfolk Norfolk County Council Department for Education

Big Norfolk Holiday Fun

**Spring into
action-packed activities!**

Join us from 2-12 April

- Fantastic sport, creative and outdoor activities with a free healthy meal
- **FREE** for all children eligible for benefits-related free school meals

We want activities to be inclusive. To ensure the right support is in place, please notify the activity provider if your child has special educational needs or a disability.

The funding from the Department of Education has enabled us to run our four-year Big Norfolk Holiday programme. Share with us your memorable experiences of the scheme so far, email: bnhf@norfolk.gov.uk



Booking now open
Find an activity near you
Visit www.everymove.uk

Easter Activities

INTENSIVE SWIMMING COURSES

Suitable for 4 years+

max 4 swimmers per class

30mins each day



COLNEIS POOL FELIXSTOWE

4 Day Course
2nd - 5th April
£39.80

OAKLANDS LEISURE POOL FLIXTON RD

3 Day Course
8th - 10th April
£29.85

REDLINGFIELD

3 Day Course
10th - 12th April
£29.85

HARLESTON

4 Day Course
8th - 11th April
£39.80

ACTIVITY SESSIONS

1 hour - Harleston Pool only

Boogie Board &
Fin swimming

Diving

Junior
Lifeguarding

YOXFORD

4 Day Course
8th - 11th April
£39.80

BEACON HILL POOL MARTLESHAM

5 Day Course
8th - 12th April
£49.75

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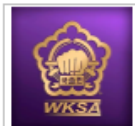


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