



HEMPNALL NEWSLETTER

SUNFLOWER FEDERATION



As we come to the end of the term, we reflect on all of the amazing opportunities the children have had over the last weeks. With sports tournaments, residential, game changer workshops, NSPCC workshops, outdoor learning, ultimate frisbee galore, incredible art projects and starting our journey with Tilia Market gardens! It never ceases to amaze me the incredible creativity that the children at Hempnall have!

A huge thank you to all of the staff and families that make everything in school possible. A particular thank you to our fabulous FOHS who continually raise money for us to spend on opportunities in school. Look out for improvements in EYFS playground and outside space.

Mrs Lewis- Head of School

1.

SPORTS NEWS THIS WEEK



This week KS1 are continuing to work on whole body movements (gross motor skills) with a focus on coordination and agility. This has included participating in a range of activities and games that focus on the development of these key movement skills. A special mention goes to Layla in Falcons Class for showing brilliant coordination and agility in her PE lesson.

KS2 are continuing 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. We have been focusing on developing on attacking play and working in teams to create scoring opportunities. A special mention goes to Olivia in Buzzards Class for demonstrating brilliant teamwork and attacking skills in her PE lessons.

FOHS NEWS

2.



Easter Disco- 27th March
after school. Bring your
party clothes and money for
the tuck shop.

PRE LOVED UNIFORM

OUR PRE LOVED UNIFORM WILL BE AVAILABLE
AFTER THE TALENT SHOW ON 25TH MARCH IN THE
SCHOOL PLAYGROUND

ALL ITEMS WILL BE FREE OF CHARGE BUT
DONATIONS FOR FOHS ARE WELCOMED

IF YOU HAVE ANY UNIFORM TO DONATE PLEASE
PASS TO SARAH BATCHELOR



The Friends of Hempnall School

PUPIL VOICE NEWS....

3.

On Wednesday Yellow and blue team held two assemblies. Yellows was about animal guinness world records, the children loved the record that 109 dogs held treats on their noses at the same time. Blues was about transport form 1920's to 2020's, the children all gasped at the pictures of the Bugattis and Porsches. Next week is the talent show, we are all excited about it and showing the school will be shown the hedgehog home and cameras that have been bought with the money raise. From

Holly Captain of Kenny.

4.

READING CORNER

Inspiring Reading

We know how deeply children need support to develop the habit and love of reading, and the long-term benefits this can bring. This poster is full of excellent ideas to inspire children to read for pleasure. So 'just relax and read'. Time and space to hear stories and to read and talk informally about what you're reading makes a difference to children's pleasure in reading. Enjoy!



READING
FOR PLEASURE



Inspiring Reading

Children need support to develop the habit and love of reading. How can you be their inspiration?

Tempt

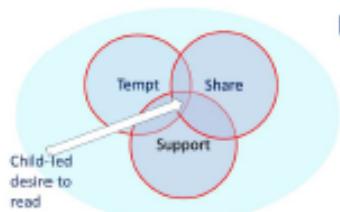
- Talk about their interests. Find connected texts that tempt to explore and discuss together. Explore by going on a reading treasure hunt!
- Find regular opportunities to visit your local or school library.
- Recognise and celebrate diversity in texts.
- Empower your child to read a wide range of texts - magazines, comics, graphic novels and reading that reflects different realities.

Share

- Make reading time relaxed and interactive - chat about pictures, characters, likes, dislikes and interesting facts.
- Find regular time to read aloud and share texts together.
- Invite others into the reading space - welcome siblings, grandparents and other family members to share and talk about top reads together.

Support

- Be a reading role model - share what you like to read in your own time.
- Ensure that reading and book chat are part of the everyday family routine. Think about when and how this could best fit into your day.
- Join in with opportunities to build a home-school reading connection.



For more inspiration, visit
<https://ourfp.org/>
X @OpenUni_RfP

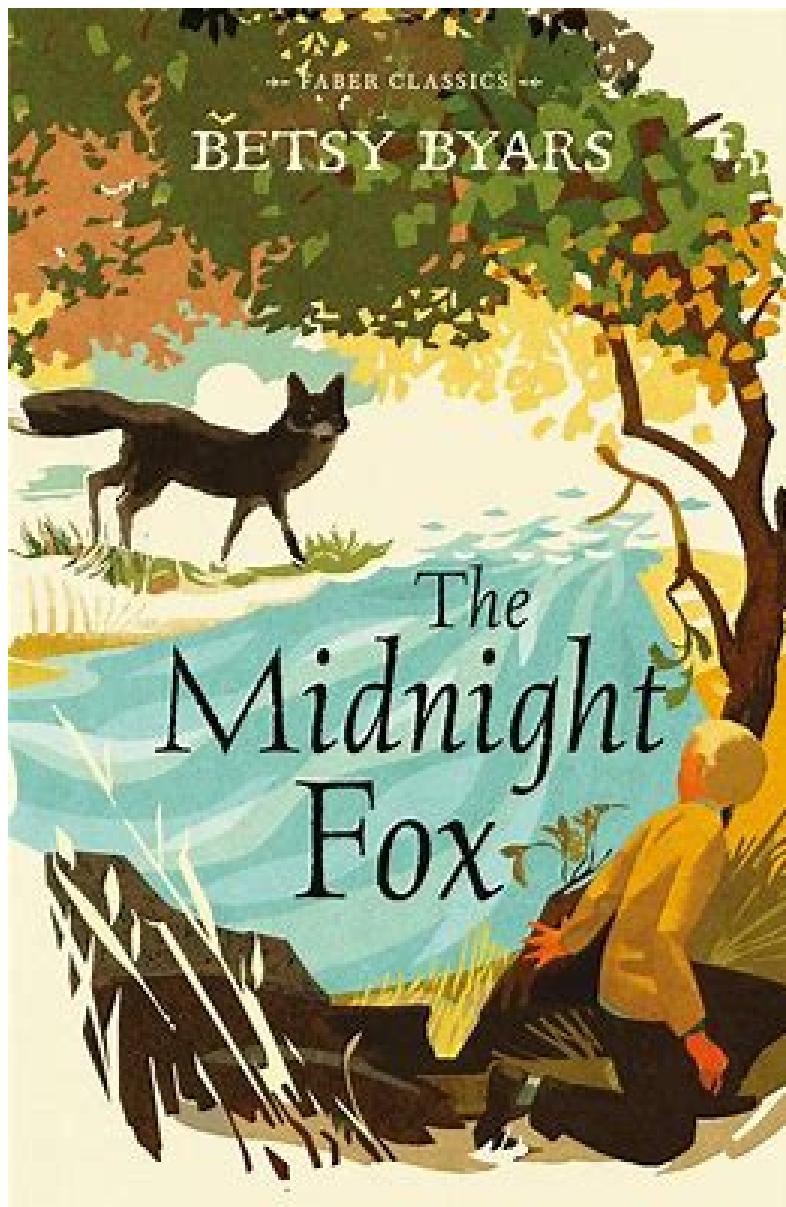


5.

BOOK REVIEW FROM MRS GATESHILL- RED KITE CLASS, HEMPNALL

The Red Kites have really enjoyed this book this half term. It tell the tale of Tom, a city boy, who must go and stay at his Aunt Millie's farm for the summer. His relationship with a beautiful black fox comes to a dramatic conclusion when Uncle Fred captures the fox's cub!

A great read for KS2



6.

CERTIFICATE WINNERS

Kestrels

Logan - for concentrating in Phonics with Miss Waller and Mrs Kill this week

Cody - for self-improving his writing and being resilient

Henry - for self-improving in his learning and confidence in choosing time

Falcons

Jesse - For always concentrating throughout our learning day. Especially in our English letter writing this week when listening to the instructions. Jesse completed a brilliant persuasive letter, using facts, explaining his ideas and then suggesting solutions. Super work this week Jesse!

Libby - Libby has completed great fraction work this week. She carefully selected her resources and used this to enhance her learning and successfully completed her work. This has been lovely to see, keep up the hard work Libby!

Marsh Harrier

Esme O - for great concentration in lessons. Improved participation in class discussions. Working well with a partner to research what is under the ground.

Sophie - For being a great role model in class for working hard. Being focussed on her tasks and not being distracted. Trying maths problems independently and having a go.

Harlie - For trying hard in all lessons, improved handwriting and spelling.

Buzzards

Lola and Pippa for showing creativity and focus making their clay teeth in science.

William H- for fantastic independant work recently and great creativity in his writing.

Red Kites

Orla C - for working so hard with her Pupil Voice team to produce a great assembly on Wednesday. Well done for going the extra mile

Henry W - For a fantastic biography this week on Chadwick Boseman. Amazing concentration and research skills - well done

Charlie C - for working really hard with Mrs Jenner on handwriting and spellings skills. Excellent progress this week Charlie

BIRTHDAY ANNOUNCEMENTS THIS WEEK

Happy 6th Birthday to Poppy Yr 1 (21st March)

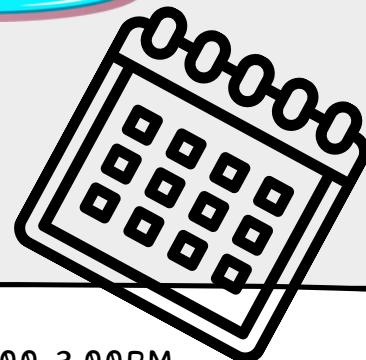
Happy 8th Birthday to Esme O Yr 3 (24th March)



7.

UP COMING EVENTS

8.



25/03/24 TALENT SHOW (REDGRAVE & WHITLOCK) - 2.00-3.00PM

26/03/24 EYFS & KS1 Aquarium Trip- Gt Yarmouth Sealife Centre 9-3.15pm

27/03/24 Hockey Festival Yrs 3 & 4 9.15-2.45pm

27/03/24 End of term disco- FPHS 3.30-5.00pm

15/04/24 First day of the summer term

18/04/24 Tag Rugby Year 5-6 at Wymondham Rugby Football Club

19/04/24 Parent Curriculum cafe 3.15

23/04/24 & 24/04/24 - Yr 3 The Garage Days

29/04/24 Yr 3/4 RE Trip to Norwich Cathedral 9.15-3.00pm

W/C 13/05/24 KS2 SATS

20/05/24 Yr 6 Trip to London

W/C 27/05/24 HALF TERM

SCHOOL REMINDERS.....

9.



Week 14

Night Time Fears

Building on last week's theme of good sleep hygiene we are focusing on night time fears this week.

Some children go through times when they have bad dreams – this might tie in with worries they have or they may be part of their busy imaginations.

Many children also go through periods where they feel frightened of the dark, ghosts or monsters but this often passes with reassurance and time.

If your child is having night time fears, try;

- A night light or door left slightly open
- Checking the room for any 'monsters'
- Making a dream catcher together lets your child know you take their fears seriously
- Make sure your child is not seeing or hearing things on TV, social media or from friends and family that are too scary for them to cope with.

If your child wakes in the night after a bad dream;

- Go to them and reassure them they are safe.
- Don't ask them about their dream as this might make it feel more 'real'.
- Keep the lights low and talk to them quietly – once they have calmed down settle them back in bed.
- Tell them you are close by and will come back if they need you.

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

MEET THE TEAM

11.

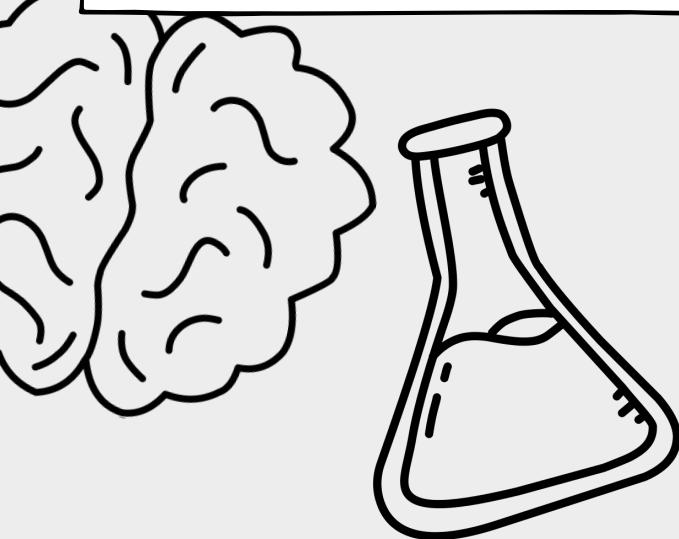
Who are you?
Katie Challen

What is your role in the
Sunflower Federation?
**Apprentice Teaching Assistant in
Poppy Class- Brooke**

How long have you worked in one
of our schools?
Just over a year



Miss Challen



What do you enjoy doing when not
at work?
**Spending time with my friends,
shopping and getting my nails done**

What is your favourite flower?
Pink tulips

Have you got a joke to tell us?

Why did an old man fall in a well?
Because he couldn't see well!!!!

What is the thing you most enjoy
about your job?

**Seeing the children progress in all
different ways.**



HOUSE COLOURS AND TEAMS

The athlete behind the names of our houses within school.

12.

Farah- Green

Mo Farah is a British long-distance runner and the most successful British track athlete in modern Olympic Games history. He is the 2012 and 2016 Olympic Gold Medalist in both the 5000 m and 10,000 m.

Kenny - Yellow

Laura Kenny, is an English cyclist who specialises in track endurance events. With six Olympic medals, having won both the team pursuit and the omnium at both the 2012 and 2016 Olympics and madison at the 2020 Olympics, along with a silver medal from the team pursuit at the 2020 Olympics, she is both the most successful female cyclist, and the most successful British female athlete, in Olympic history.

Redgrave - Red

Sir Steven Geoffrey Redgrave is a British retired rower who won gold medals at five consecutive Olympic Games from 1984 to 2000. He has also won three Commonwealth Games gold medals and nine World Rowing championship golds. He is the most successful male rower in Olympic history, and the only man to have won gold medals at five Olympic Games in an endurance sport.

Whitlock - Blue

Max Antony Whitlock is a British artistic gymnast. He is a six-time Olympic medalist winning three golds and three bronzes, and a five time world medalist on the pommel horse with three gold and two silvers.

TILIA MARKET GARDEN

13.



So on our final week before the Easter break we have had an exciting time. Thursday's trip to Tilia saw us helping with planting Thyme, Oregano and Sage. We were able to see the progress from the peas we planted two weeks ago. We also helped clear a bed ready for me plants to go in. Fridays group had excitement with seeing the progress of the broad beans we planted a few weeks ago. This also meant that we needed to create the tipi's to grow the beans up. This was fantastic fun and the children enjoyed this and demonstrated great team work! After Easter we look forward to planting more vegetables and herbs. - Mr Thurston.

14.

EASTER HOLIDAY CLUB AT HEMPNALL- PLACES ARE FILLING UP- BOOK NOW TO SECURE YOUR CHILDS PLACE .

Funfilled 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.

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

-pm



The poster for Big Norfolk Holiday Fun features the text "Big Norfolk Holiday Fun" in large, colorful letters. It includes logos for active Norfolk, Norfolk County Council, and the Department for Education. The main message is "Spring into action-packed activities! Join us from 2-12 April". Below this, there are two bullet points: "Fantastic sport, creative and outdoor activities with a free healthy meal" and "FREE for all children eligible for benefits-related free school meals". A note states: "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." It also mentions that funding from the Department of Education has enabled them to run their four-year programme. At the bottom, there is a QR code, three location pins with small images of children, and the text "Booking now open Find an activity near you Visit www.everymove.uk".

**MACMILLAN
CANCER SUPPORT**

MIGHTY HIKES



PLEASE SUPPORT WHERE YOU CAN OUR
FEDERATED TEAM OF WALKERS TO SUPPORT
THIS AMAZING CHARITY- THANK YOU!!

[https://www.justgiving.com/fundraising/sunflowerfederation?
utm_source=facebook&fbclid=IwAR2LVEFrSrhyGM6S9IDjd629DxOyNeY8RYjKRRatChZxCFFlIoRIV81InMY](https://www.justgiving.com/fundraising/sunflowerfederation?utm_source=facebook&fbclid=IwAR2LVEFrSrhyGM6S9IDjd629DxOyNeY8RYjKRRatChZxCFFlIoRIV81InMY)

WOULD YOUR CHILD LIKE TO PLAY FOOTBALL?

TASBURGH UNITED FC

ARE LOOKING FOR NEW PLAYERS



We are a local football team with fully trained, dedicated coaches and enthusiastic players

We train on a Tuesday evening 5.45 – 7pm @ Long Stratton Leisure Centre

If your child is in school year 5/6 and has an interest in football we would love to hear from you

Please contact Mick Berry

07877 604689

Find us on facebook -

www.facebook.com/TasburghUnitedFc

Or through our website

www.tasburghunited.com



NORWICH
CATHEDRAL

WOOFYT WORKSHOPS

MONDAY 8 JULY

WEDNESDAY 10 JULY

THURSDAY 11 JULY

2-HOUR MORNING OR AFTERNOON SESSIONS AVAILABLE FOR
UP TO 30 PUPILS AT A TIME



WOOFYT (abbr.) Wooden One-octave Organ For Young Technologists; n. a novel and challenging experience combining Music, Science & Technology

Where music and technology meet

Although music can seem like a world apart from science, technology and engineering, there are lots of connections to be explored. The WOOFYT makes these connections visible and audible, linking music in a simple and direct way with the physics of fluids and the technology of pumps and valves.

MUSIC AND SCIENCE WORKSHOPS USING THE NEWLY REFURBISHED CATHEDRAL ORGAN AS INSPIRATION. VISIT THE ORGAN AND HAVE A GO AT PLAYING THE WOOFYT - AN AWARD WINNING SINGLE INSTRUMENT WHERE CHILDREN CAN EXPLORE AIR FLOW, VALVES/PUMPS AND MAKE SOUND WORK AS A TEAM!

DISCOUNTED PRICE OF £3 PER PUPIL
SUITABLE FOR UPPER KS2 AND KS3

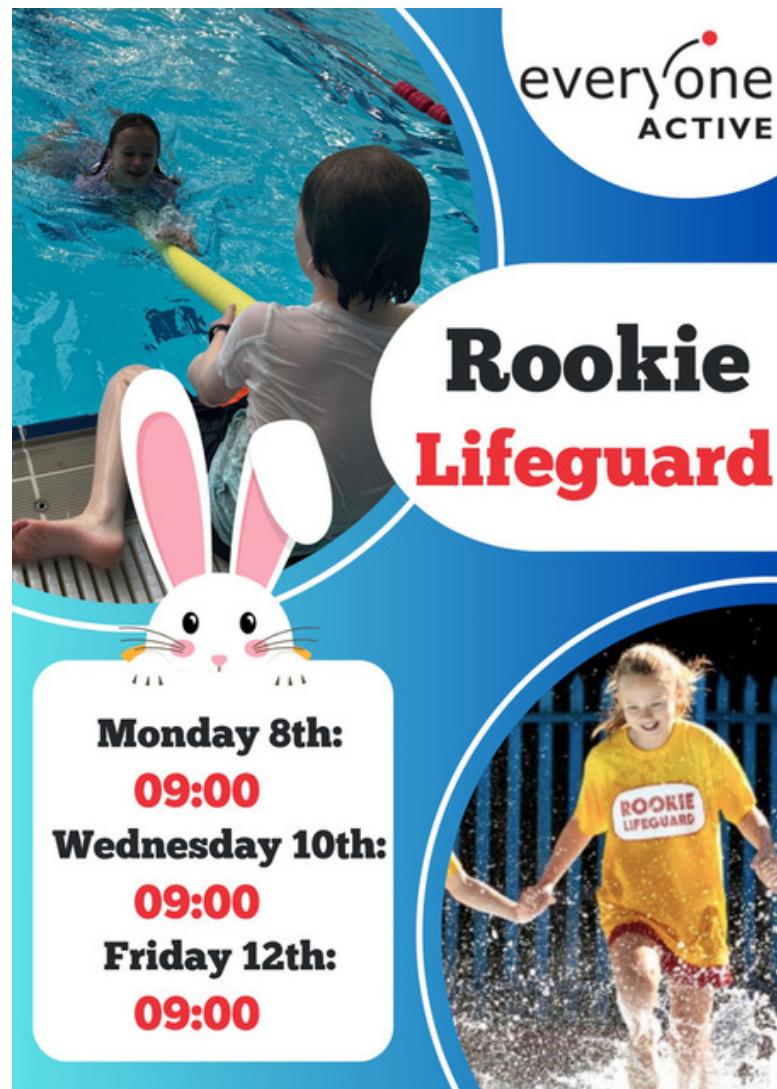
BOOK EARLY AS PLACES ARE LIMITED

HEADOFSCHOOLS@CATHEDRAL.ORG.UK
01603 218320

WAVENEY VALLEY LEISURE CENTRE

Crash courses running over the Easter holidays here at Waveney Valley Leisure Centre.

We are also offering free spaces to any children on means tested free school meals. If you have any children that you feel would benefit from these lessons, please ask the parent/guardian to email me directly for a space. There will be limited availability for these places.



A promotional poster for the 'Rookie Lifeguard' course. It features a large photo of children swimming in a pool. A white speech bubble contains the text 'Rookie Lifeguard'. The 'everyone ACTIVE' logo is in the top right. A cartoon rabbit is on the left. A schedule on the bottom left lists sessions: Monday 8th at 09:00, Wednesday 10th at 09:00, and Friday 12th at 09:00.

Rookie Lifeguard

everyone ACTIVE

Monday 8th:
09:00

Wednesday 10th:
09:00

Friday 12th:
09:00



A promotional poster for the 'SWIMMING Crash Course Easter Half term'. It features a large photo of children swimming in a pool. A cartoon rabbit is on the left. Two circular inset photos show a person in a red shirt standing by a pool and a person in a blue swimsuit in the water. The 'everyone ACTIVE' logo is in the bottom right. A schedule on the right lists sessions: Wednesday 3rd, Wednesday 10th, Friday 5th, Monday 8th, and Friday 12th, each with three stages at 08:00, 08:30, and 09:00.

SWIMMING
Crash Course
Easter Half term

BOOK NOW!
DISCOUNTED RATE IF
ON SWIM LESSONS

Wednesday 3rd - 08:00 Stage 1
08:30 Stage 2
09:00 Stage 3

Wednesday 10th - 08:00 Stage 1
08:30 Stage 2
09:00 Stage 3

Friday 5th - 08:00 Stage 1
08:30 Stage 2
09:00 Stage 3

Friday 12th - 08:00 Stage 1
08:30 Stage 2
09:00 Stage 3

Monday 8th - 08:00 Stage 1
08:30 Stage 2
09:00 Stage 3

everyone ACTIVE