

Date:
08.12.23



HEMPNALL NEWSLETTER

SUNFLOWER FEDERATION



Dear families,

We are one step closer to Christmas – which the children are very excited about, and the schools are looking very festive with decorations and Christmas trees as well as singing and Christmas performance practice which is always a lovely time of year!

It was great for the leadership teams to host the family view sessions with class representatives in school today and yesterday. The discussion was really great, and feedback really insightful into what we can do and offer differently as a federation moving forwards. The outcomes and actions of these meetings will be shared more widely really soon, and hopefully changes will be seen too off the back of this feedback. This will include our schedule of family information cafes in each school, changes to the school website, and changes to the reporting, consultation and APDR meeting processes for all and SEND children.

On another note, I have been selected as Primary chair of Educate Norfolk. This is a chance to represent the views of all Norfolk Primary Headteachers on systemic issues and impact on change for those of us working in Primary Schools in Norfolk. This is a really great opportunity to enact systemic change for the better for children primarily, and as a consequence staff and schools in general. The reports on the inquest of Ruth Perry's death this week have been particularly troubling, and really outline that leadership need to work towards changes for the better for all in schools, if I can lead and support this in Norfolk over the next couple of years, I will be delighted. I will keep you updated on this element of my work as the year progresses.

Thanks for your continued support,
Alex Griffiths, Executive Headteacher

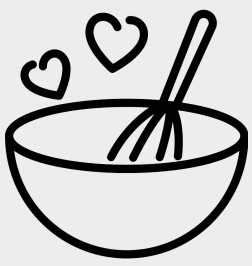
SPORTS NEWS THIS WEEK

1.



This week in PE, KS1 have been continuing their focus on developing their throwing and catching skills. The children focused on improving passing techniques whilst moving in spaces and playing small sided games. A special mention goes to Ben from Falcons Class for showing brilliant chest and bounce passes.

KS2 have been continuing their unit of Netball & Korfbal for this half-term. Pupils have been working hard this week to develop their knowledge and understanding of the rules and techniques of shooting. A special mention goes to Thea in Red Kites Class for demonstrating an excellent understanding of shooting rules and techniques.



2.

RECIPE OF THE WEEK

Why not find your cooking apron and chef hat (if you have one or make one), get creative in the kitchen this weekend and try the following recipe. Don't forget to send the office a pictures of your creation.



GINGERBREAD MEN

Ingredients:

150g butter
60g caster sugar
60g soft dark brown sugar
110g Golden Syrup
360g Plain flour
1 tsp bicarbonate of soda
1 ½ tsp ground ginger
1tsp ground cinnamon



METHOD

1. Pre heat oven to 180 degrees Celsius. Line baking tray with grease proof paper.
2. In saucepan, melt butter with the sugars and syrup. Sift flour, bicarbonate of soda, ginger and cinnamon into bowl. Add melted butter, sugar and syrup and mix.
3. Knead for a few seconds until it comes together, adding a teaspoon or so of water if necessary, but without allowing it to get too wet. Flatten dough into round about 2cm thick, wrap in cling film and place in the fridge for at least 30 mins or overnight.
4. Remove dough from the fridge, dust work surface with flour and roll out to approx. 5mm thick. Cut out gingerbread men shapes using a cutter and transfer onto baking sheet. Cook in the pre-heated oven for about 12 minutes until they are slightly firm, a little darker round the edges and slightly drier on top. Allow the shapes to firm for a few minutes then place on a wire rack to cool.



3.

USEFUL INFORMATION

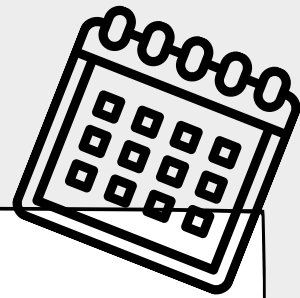
MILD ILLNESS GUIDANCE

We know that winter is one of the peak times for adults and children to come down with mild illnesses such as colds, coughs and sore throats. To help make judgements about mild illness, as well as wider guidance:

- NHS Guidance: Is my child too ill for school?

UP COMING EVENTS

4.



09/12/23 FOHS CHRISTMAS PARTY 5-8PM (TICKETS NEEDED)

13/12/23 KS2 CHRISTMAS PERFORMANCES 9.30AM & 1.30PM

14/12/23 RED KITE PERFORMANCE @ HEMPSTALL MILL

15/12/23 KESTREL & FALCON CHRISTMAS PERFORMANCE 9.30 AM

18/12/23 KESTREL & FALCON CHRISTMAS PERFORMANCES 9.30AM

19/12/23 WHOLE SCHOOL CHURCH SERVICE 9.15- ALL WELCOME

20/12/23 CHRISTMAS LUNCH

20/12/23 LAST DAY OF THE AUTUMN TERM

23/12/23 FOHS FESTIVE SLEIGH RIDE

04/01/24 FIRST DAY BACK- SPRING TERM 1

16/02/24 LAST DAY OF HALF TERM

W/C 19/02/24 HALF TERM

26/02/24 FIRST DAY BACK SPRING TERM 2

READ MORE AT

www.hempnall.norfolk.sch.uk

www.brooke.norfolk.sch.uk

FOHS ANNOUNCEMENTS

5.

BAGS FOR LIFE

The Friends of Hempnall School bags have now been delivered via the children! Its lovely to see some being used in school already!

If you haven't received yours or would like to buy one please contact Sarah Batchelor as there are a limited number of spares.



The FOHS are looking forward to seeing those of you who have booked to come to the Christmas Party on Saturday.

THE TREE IS LOOKING
FABULOUS IN ALL OF ITS
CHRISTMAS GLORY
JUST IN TIME FOR THE
CHRISTMAS
PERFORMANCES TO
START NEXT WEEK!

6.



CERTIFICATE WINNERS OF THE WEEK!!

7.

Kestrels

Dexter - for self-improving his writing this week and working well independently

Theo - for working well and concentrating on all his work

Finley - for having a really positive attitude and coming in well each morning

Sophie - for always showing kindness and respect to others

Falcons

Leo E - for his fantastic writing and maths work. He always challenges himself and adds extra detail in his writing skills. He has been a great self-manager this week. Sometimes he can become distracted but he has shown me great concentration in science and English. Leo has been using adjectives, capital letters and full stops. Keep your hard work up Leo!

Jesse - for working hard in his phonics lessons. He has been carefully thinking about his spellings and choosing the correct 'Special Friends'. He has also been using a super Story Teller voice in his reading too!

Marsh Harrier

Ada - For great imagination in her writing. Also good editing skills in her English. Presentation has improved and she takes pride in her work.

George- For great improvement in his attitude to learning. He is willing to have a go and will ask when he needs it.

Bennett- For always working hard and putting 100% into his work. He is willing to help adults and other children in class.

Buzzards

Olivia, Annie, Jess ,Evie H - For being consistently kind and supportive of other children

Molly - for being supportive during lessons and taking pride in her work

Lily - for her fantastic efforts in WCR and having a really good go at more challenging work in Maths

Red Kite Class

Immy - For using her imagination and sharing her ideas especially in our writing and whole class reading lessons.

Isobel C: For being reflective about her learning and trying to constantly improve - especially with overall presentation.

Evie H: For concentrating extremely well in maths and making lots of connections with prior learning so that she can confidently learn new concepts.

WELL DONE EVERYONE



What a fantastic morning of dome building it was in the sunshine. Each class had that chance to help take part in building our two willow domes with our incredible parent and grandparent helpers. Spring is going to be an exciting time- watching the domes spring to life with foliage.

BIRTHDAY
ANNOUNCEMENTS THIS
WEEK

9.

Happy 7th Birthday to Hadley
Yr 2

Happy 8th Birthday to Elsie
Yr 2



MESSAGE FROM OUR SENCO, MISS RINGWOOD
THIS WEEK.....

10.

Neurodivisity



Do you have concerns around Neurodevelopmental
differences for your child?

This information sheet is for families who are worried
about autism/ADHD/additional needs. The signposted
services attached are here to support you on your
journey. Please reach out to them for help.

This week's SEN focus is all about teeth. We know that some children with additional needs can find elements involved with brushing teeth challenging. Just One Norfolk have put together a list of top tips to support children. More information available via : <https://www.justonenorfolk.nhs.uk/healthy-lifestyles/teeth-and-toothbrushing/>

Week 4

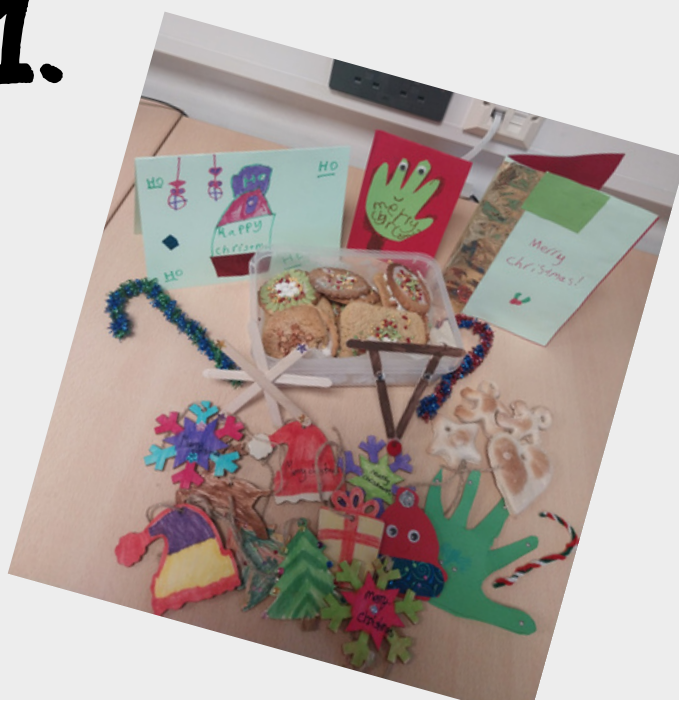
Teeth and Toothbrushing

- Start brushing teeth as soon as they come through with a fluoride toothpaste 1350-1500 ppm and make it part of your child's routine.
- Support you child/ young person with tooth brushing, breaking it down into small steps.
- Reduce sugar intake, especially in between meals and ask you doctors/ pharmacist for sugar free medicines.
- Offer water or milk to drink where possible.
- Think of rewards such as a favorite activity rather than offering food, sweets or snacks.
- Mouth and dental care is particularly important in children and young people who are tube fed.
- There are unflavoured toothpastes available which are non foaming and 3 sided toothbrushes which may also be helpful for some children.

Pupil Voice News

11.

Hi this is Bea, house captain of Redgrave. Yesterday afternoon we had a craft afternoon and we were making decorations and little ornaments to sell at our stall today and tomorrow after school. We created salt dough decorations, Christmas biscuits, Christmas cards and all sorts of different decorations. We hope it will be successful.





MEET THE TEAM

13.

Who are you?

Chris Sanford

What is your role in the Sunflower Federation?

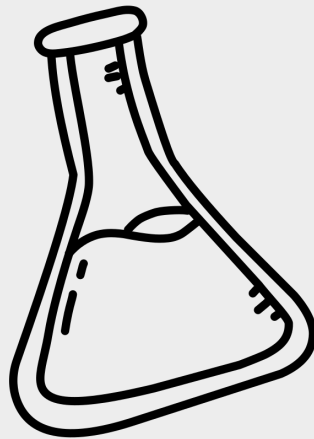
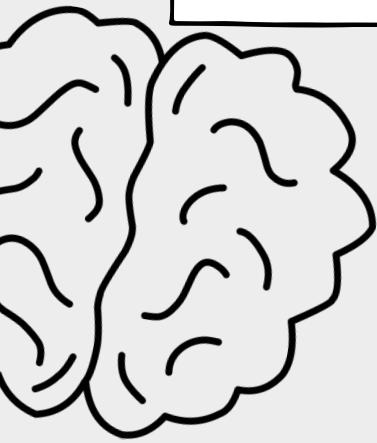
Caretaker over both schools.

How long have you worked in one of our schools?

Just over 8 months



Mr Sanford



What is the thing you most enjoy about your job?

I most enjoy fixings problems and putting smiles back on children's and adults faces when I'm able to sort it for them.

What do you enjoy doing when not at work?

I enjoy spending time with my family and swimming if I find the time.

What is your favourite flower?

My favourite flower is a lily as I think they look like fireworks

Can you tell us a joke?

Why was the broom late for work?
Because he over swept



CHRISTMAS
HOLIDAY CLUB

14.

CHRISTMAS CHILDCARE CLUB

THURSDAY 21ST & FRIDAY 22ND

DECEMBER

9.00AM-3.00PM

BROOKE PRIMARY SCHOOL

£25.00 PER SESSION - £15.00 PER SIBLING CAN BE BOOKED ON SCHOOL
MONEY

IF YOUR CHILD IS ENTITLED TO FSM (NOT UNIVERSAL) PLEASE BOOK VIA
WWW.EVERYMOVE.UK





**IN PARTNERSHIP WITH BUNGAY TOWN FOOTBALL CLUB
SOCCER IN THE COMMUNITY .CO.UK**



To Book, Call or Text Darell Sibbons 07985 75 80 80

Christmas Holiday 2023

Matches Day For School Years 1,2,3,4,5,6,7.

Thursday 21st December

Thursday 28th December

**All dates are 10am-2pm and cost £12.00 per day.
(Please note younger age groups will be separate)**

ALL SOCCER SCHOOLS ARE HELD @ BUNGAY TOWN FC GRASS PITCH NR35 2RU

FREE Medal for everyone, and chances to win other Medals, Trophies and Prizes

Coaches are FA and COERVER qualified, with

Emergency Aid, Safeguarding, and DBS Certificates

Players of all abilities are welcome, however exceptional quality players will be recommended to Ipswich Town Fc

Please get your child to bring with them, SHIN PADS, WATERPROOF JACKET, FOOTBALL BOOTS,

DRINKS (not fizzy) and PACKED LUNCH.



**Payments by Cash, Cheque payable to D.Sibbons, or Bank Transfer, Account Number 10742341, Sort Code 20-92-08
together with this completed form are needed on the day of the Soccer School**

Please text me for availability on the number above, as dates regularly SELL OUT

Child Name.....D.O.B.....

Address.....

Postcode.....Email.....

Home/Mobile...../.....

School Name.....School Year.....

PLEASE CIRCLE DATE(S) REQUIRED

21st

28th

Does your child suffer from any illness or disabilities, which should be brought to our attention?

YES

NO

If Yes please give details on reverse of form.

DECLARATION BY PARENT OR GUARDIAN

I wish for my child to be accepted on the above course, and I agree to the terms and conditions, and confirm that any medical condition that may affect my child's participation on the course has been fully disclosed.

HEALTH AND SAFETY / CHILD PROTECTION

I also give permission for Bungay Town Fc / Soccer In The Community, to take and use photographs of my child for future publications and publicity, and to administer first aid if necessary, and to transfer my child to hospital, should an emergency arise.

Signature of Parent or Guardian.....Date.....