

Date:
12/01/24



HEMPNALL NEWSLETTER

SUNFLOWER FEDERATION



We have had a good first week back, with curriculum cafes running on Friday, which will explain some of the exciting things we have planned for this term. We have also had our willow tunnel completed by Greener Growth, so we look forward to seeing it grow when the weather becomes warmer. We have been discussing lunchtime clubs, and along with lego club, we will be running some additional clubs this term, more details to follow soon.

Safeguarding Update:

Safeguarding children is the action we take to promote the welfare of children and protect them from harm. Safeguarding is everyone's responsibility. Every single person who comes into contact with children and families has a role to play. You will see on the right of this page information about who to speak to if you have concerns about a child's safety or welfare, however all our staff are trained in safeguarding if you want to discuss any concerns with them.

Spotlight on: County lines.

County Lines is when gangs and organised crime groups exploit children to transport and sell drugs, normally between big cities where the exploiters are based to smaller towns, sometimes across county boundaries but also locally and within the county. Children as young as 6 are known to have been targeted by gangs for this purpose.

Please watch this video: <https://www.leics.police.uk/police-forces/leicestershire-police/areas/leicestershire-force-content/c/campaigns/2020/are-you-listening/>

SPORTS NEWS THIS WEEK

1.



This half-term KS1 will be learning dance and gymnastics. This week we have begun dance lessons where we are focusing on counting to the beat and keeping in time with music when dancing. A special mention goes to Theo in Kestrels Class for showing excellent effort to keep in time with music when dancing.

KS2 have also begun their dance lessons where this week we have been working on line dancing and performing movements in unison. A special mention goes to Esme O in Marsh Harriers Class for demonstrating fantastic creativity and dance techniques when creating their own line dancing routines.

Mr Green - Sunflower Federation Sports lead



On Wednesday, South Norfolk Council made an unplanned visit to the school to carry out a food hygiene audit. We are pleased to let you know that we have retained our 5* rating, which is the highest rating you can get. A big thanks goes to Sally, Marilyn and Maria, our kitchen staff!

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.

MACARONI CHEESE

Ingredients

- 50g baguette, cut into small chunks
- 2 tbsp butter, plus 1 tbsp melted
- 350g spiral or other short pasta
- 1 garlic clove, finely chopped
- 1 tsp English mustard powder
- 3 tbsp plain flour
- 500ml whole milk
- 250g vegetarian mature cheddar,
grated
- 50g parmesan (or vegetarian
alternative), grated



Method

- STEP 1
- Heat the oven to 200C/180C fan/gas 6. Spread the baguette chunks over a baking sheet, drizzle with the melted butter and season. Bake for 6 mins until crisp, then set aside.
- STEP 2
- Boil the pasta for 2 mins less than stated on the pack, then drain. Meanwhile, melt the butter in a saucepan. Add the garlic and English mustard powder, cook for 1 min, then stir in the plain flour.
- STEP 3
- Cook for 1 min more, then gradually whisk in the milk until you have a lump-free sauce. Simmer for 5 mins, whisking all the time until thickened. Take off the heat, then stir in the cheddar and half the parmesan.
- STEP 4
- Stir the pasta and some seasoning into the cheesy sauce. Tip into a large ovenproof dish, or four individual dishes.
- STEP 5
- Scatter over the bread and the remaining parmesan, then bake for 20 mins until crisp and golden. Can be frozen before baking – defrost thoroughly before cooking.

3.

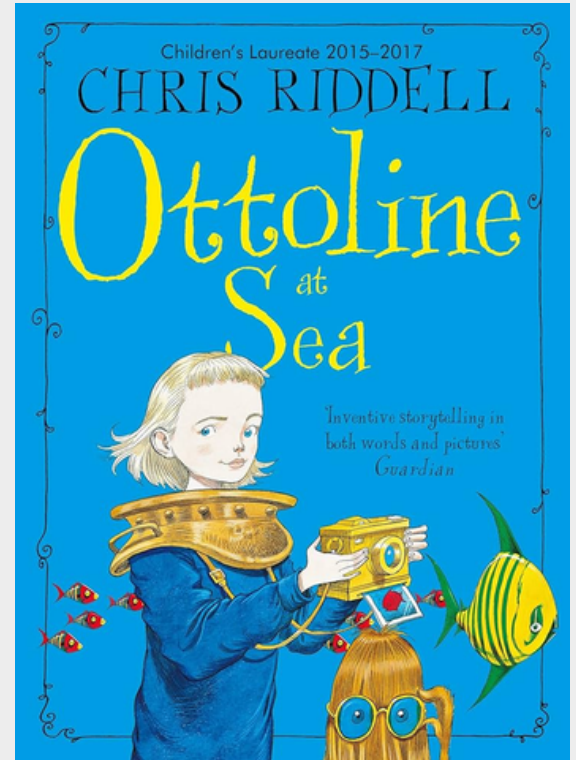
READING CORNER

The Reading Corner will be a regular feature in each newsletter. It will include special ideas we are trying at school to inspire children to engage with reading and develop a love of books and stories. We will also be sharing information about reading at school, news about reading events, top tips for supporting your child and recommended reads. We would appreciate your ideas too! If you have any reading related ideas, we would love to hear them.

This week we are encouraging children to include a review of their favourite book or text type on We Read, our digital reading log. We are looking forward to learning about each child's favourite book, magazine, poetry or comic and why they like it! This will enable us to make sure our school and class libraries include elements we all enjoy.

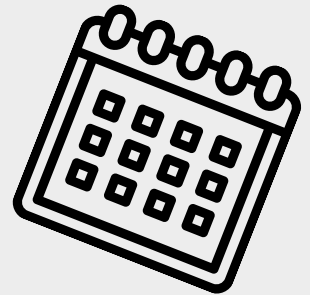
Mrs Perry's Review

My favourite book (at the moment!) is Ottoline at Sea by Chris Riddell. I am reading the Ottoline Series at home with my 7 year old daughter. We love reading about the adventures that Ottoline goes on with her best friend, Mr Munroe, a small and furry creature from the bogs of Norway! The books are beautifully illustrated and have lots of funny and interesting captions to keep all readers engaged.



UP COMING EVENTS

4.



12/01/24 CIRRICULUM CAFE EACH CLASS

15/01/24 PE SPORTS CAREERS AFTERNOON (YR 5/6) 1.30-3PM

29/01/24 EARLY WRITING CAFE- BROOKE 3.30PM (ALL WELCOME)

30/01/24 STEPS PARENT CAFE- BROOKE (ALL WELCOME)

30/01/24 MACBETH DAY- BUZZARDS AND RED KITES

09/02/24 YR 5/6 FLAG FOOTBALL AT WOODLANDS PRIMARY ACADEMY 1-3PM

WEEK COMMENSING 19/02/24 HALF TERM

26/02/24 FIRST DAY BACK SPRING TERM 2

26-28TH FEB YR 5 RESIDENTIAL TRIP- AY/LMERTON (WITH BROOKE PUPILS)

28/02/24 READING SET 2&3 SOUNDS VIRTUALLY 8PM (RECEPTION & KS1 PARENTS)

29/02/24 DYSLEXIA OUTREACH SERVICE PARENT CAFE- HEMPALL 3.15PM (KS2/SEN/READING CHALLENGES)

14/03/24 THE IMPORTANCE OF MOVEMENT 3.15PM RECEPTION/EYFS HEMPALL

W/C 18/03/24 & 25/03/24 PARENT FORUMS

READ MORE AT

www.hempnall.norfolk.sch.uk

www.brooke.norfolk.sch.uk

5.

SCHOOL INFORMATION



Thank you so much for supporting
Sugar for Shelters (BEFA) Charity
www.befafoodappeal.co.uk
Between Brooke & Hempnall we
managed to collect nearly 240 kg
of sugar!



Every Day Counts ✓

Missed minutes =

missed learning =

missed opportunities

Guidance for Parents / Carers

Good attendance at school is one of the most important factors in ensuring that children and young people have the best opportunities in adult life.

justonenorfolk.nhs.uk/attendance

Norfolk
County Council

Being around teachers and friends in a school or college environment is the best way for pupils to learn and reach their potential. Time in school also keeps children safe and provides access to extra-curricular opportunities and pastoral care. That's why school attendance is so important and why the Government is committed to tackling the issues that might cause some children to miss school unnecessarily.

PARENT CAFES

Thank you for showing your interest in the cafes we have on offer for parents this term. Please continue to update the google form if you wish to attend any cafes in the future.

<https://forms.gle/oti1PjX6zjvXDmrVA>

The next cafe we are holding is **EARLY WRITING CAFE** with Mr Goodson and Mrs Perry at Brooke Primary School on 29 January at 3.30pm- Reception parents only.

Kestrel

Caiden - for being curious, asking lots of questions and noticing things in our learning

Logan - for concentrating well and managing distractions in all lessons

Harry C - for co-operating and working well with other children, being kind to grown ups and children.

Falcons

Dexter - has shown great concentration in his spellings this week. He has practised writing and making sentences and he got all of his spellings correct!
Keep up the good concentration and hard work!

Lennon - has made amazing nonsense poetry this week in English. He came up with his own ideas using his imagination and drew his poem beautifully. Well done Lennon keep up the good work!

Marsh Harrier

Seb - for improved concentration and presentation of work. Always willing to answer questions and give tasks a go.

Elsie - for trying hard in all she does. Even when things are tricky she puts 100% into it. Her presentation has improved and her contribution to class discussions.

Buzzards

William S- For having a positive outlook about his own work in Art and making great improvements.

Taleya - For showing the character traits of honesty and openness in recent conversations- Displaying great maturity.

Lola, Molly, Chole, Annie, Olivia: All for their fantastic attitude in Maths , showing resilience and not giving up with things are tricky

Red Kites

Logan D - for being an "Effective Participator" and working extremely hard to improve his work all week.

Bea - for being an amazing "Team Worker" - I have seen great maturity from Bea this week as she organized and led the Pupil Voice assembly very effectively. She is very co-operative in class and works well with others.

BIRTHDAY ANNOUNCEMENTS THIS WEEK

Happy 9th birthday to Chloe Y4 (6th
January)

Happy 6th birthday Otto Y1 (9th January)

Happy 5th Birthday Freddie YR (10th
January)

Happy 10th Birthday Lara Yr5 (12th
January)

Happy 10th birthday Lily- Rose Yr5 (12th
January)

Happy 7th birthday Ada Yr 2 (13th
January)

7.



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

8.

Behaviour

Week 6

Children show us how they are feeling in the way they behave. The reasons might be more obvious at some times than others. It is affected by age, understanding, experiences and personality.

Behaviour is a way of communicating. It can take time to work out what children are trying to tell us. Changes in behaviour might be because of;

- Change or family difficulties such as starting school or parental conflict.
- A need for more boundaries, routines or activity in day to day life.
- How they deal with information from their senses – finding some noises, smells or situations 'too much'.



It is common to worry that behaviour is caused by a condition or diagnosis, but it is always important to think about other causes for behaviour. These could be worries, frustration, tiredness, hunger or pain.

Children with additional needs that experience some behaviour difficulties will still benefit from being responded to in a calm, kind way and from routines and boundaries, alongside any extra help they might need.

Please visit the link for more information

<https://www.justonenorfolk.nhs.uk/child-development-additional-needs/behaviour-sleep/behaviour/>

Happy New Year everyone! We're looking forward to organising some exciting fundraisers for 2024. Our next meeting is held on 31st January 2024 at School 6.30pm, during the meeting we will be laying out the dates for the rest of the year! If you'd like to have some input into how we raise funds and where they are spent then please do come along. Alternatively please contact one of our committee for more information. Everyone is welcome!

Friendsofhempnallschool@outlook.com

We'd also like to extend our thanks once again, to the school and wider community for supporting our Christmas fundraisers, we're so thrilled with the money we raised from the school Disco, Teatowels and Sleigh-ride and have already put our minds to fundraisers for Christmas 2024

Katie Barnes- Chair of FOHS

Pupil Voice News

10.

This week in pupil voice we have been beginning to plan the next term. We will be re-introducing our lunchtime clubs run by the year 5 and 6's. We will also have a recorder club, which will be run by Mrs Broom, for Buzzard and Red kite class. Kenny and Farah (Yellow and blue) team will also be preparing a talent show which we will present to parents and carers for £1 ticket to fundraise for our wildlife cameras, and in the meantime Redgrave and Whitlock will be preparing to do a whole school assembly, including all ages, whilst they wait for turn to present a talent show next half term.

Written by the Kenny vice Captain- Abigail



MEET THE TEAM

11.

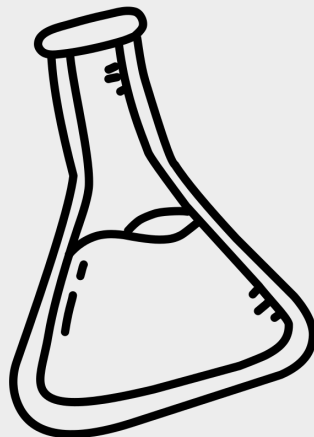
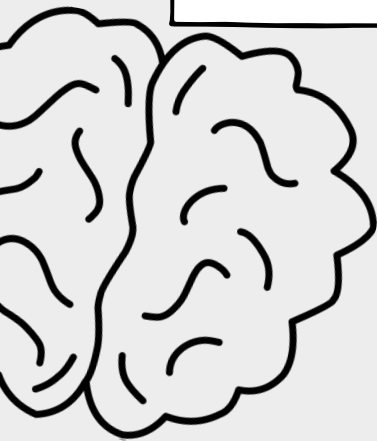
Who are you?
Vicky Gateshill

What is your role in the
Sunflower Federation?
Year 5/6 teacher

How long have you worked in one of our
schools?
I started last week- I previously worked
at Hethersett VC Primary & toftwood
Junior in Dereham.



Mrs Gateshill



What is the thing you most enjoy
about your job?

I love to work in Upper KS2, as I have
the pleasure of preparing the children
for their transition to High School and
the next stage of their educational
journey. My favorite subjects in school
are maths, art, drama and acting. Red
Kites have already acted out the first
scene from Macbeth and it was great
fun!

What do you enjoy doing when not
at work?

Outside I love gardeing and going
on nice walks with my sisters' mad
Pomeranian.
Inside I like to read and cook,
aswell as watching films on the TV.

What is your favourite flower?
Snowdrop

Can you tell us a joke.....

What do you call a Frenchman in
sandals?

Philippe Phillopoe



What's on in February half
term....

12.

Norwich Science Festival Week

<https://norwichsciencefestival.co.uk/whats-on/costessey-science-satellite>



HEMPNALL

Olipa theatre company

Vocal technique class 7-13 4-5pm

Vocal technique classes. Thursdays in hempnall based on learning songs and the correct ways to control the voice ! all what you would learn in private singing lessons for less than half the price ! We will work on stage confidence skills and singing in group and individual settings

dance choreography classes 13-17

dance choreography classes. Thursdays at hempnall 5-6pm
we will work towards 2 big shows a year. classes will include learning dance routines in all different styles .
classes are great for gaining confidence and stage skills . Your dance technique doesn't need to be perfect! These classes are about learning dance routines and having fun !! Technique will come as we go alone :)

Musical theatre classes ages 6-12

Musical theatre classes for ages 6-12 run on a Wednesday evening from 4:45-5:45pm
we work towards two big shows a year a summer and a winter production .
children will perform on stage to a audience.
we study dancing singing and acting .

Contact us to book for the
class of your choice !
olipatheatrecompany@gmail.com

FIRST FREE TRIAL
HEMPNALL

<https://olipatheatrecompany.com>

Norfolk
Music HUB

THE
GARAGE
NORWICH

Tuesdays 6.10pm - 7.00pm at The Garage

Book your place here: <https://www.thegarage.org.uk/classes/>

FREE

Norfolk
COUNTY YOUTH
CHOIR

Norfolk County Youth Choir is a choir for young people from across Norfolk. Open to young people from Year 6 upwards; there is no audition required, it is free to attend, and all you need to join is a love of singing and a desire to improve your skills.

This is a great way to reconnect with live singing; a relaxed and welcoming space to explore music, performance and share the fantastic benefits of singing together.

The Choir is free to attend but booking is required.