

Date:
19/01/24



HEMPNALL NEWSLETTER

SUNFLOWER FEDERATION



Dear families,

We have had a very cold but busy week. On Thursday we had our termly fire drill, which the children were really sensible and quickly exited the school safely. On Monday we hosted the Year 5 and 6 children from Brooke, who joined our children from Year 5 and 6 for a PE Careers day. The afternoon had a wide variety of speakers and opened the children's eyes to the variety of opportunities within the field of sport. In class the children in Kestrels and Falcons have been enjoying learning about food and farming. My family spent an afternoon at Old Hall Farm last week and I would recommend going to see the baby calves. In Marsh Harriers the class have been learning about the Egyptians, and a number of the children could tell me about the River Nile. I hope you have a lovely weekend, many thanks

Sarah Lewis

SPORTS NEWS THIS WEEK

1.



This week KS1 have been continuing their learning in dance lessons where we are focusing on lyrical dancing. This is where the pupils get to learn and then create their own routines to represent and interpret the lyrics of a song. We have been using the song Surface Pressure from Encanto. A special mention goes to Imogen in Falcons Class for showing excellent creativity in their dance lessons.

KS2 have also been continuing their dance lessons where this week we have been working on lyrical dance to the song Quiet Uptown from Hamilton the musical. A special mention goes to Suki in Red Kites Class for demonstrating fantastic creativity and dance techniques when creating their own lyrical dance routines.



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.



2.

FRUITY FLAPJACKS

Ingredients:

- 150g Marg or Butter
- 10ml Golden Syrup
- 150g Caster Sugar
- 175g Oats
- 75g Plain Flour
- 1/4 tsp Bicarbonate of Soda
- 1/2 tsp tsp Vanilla Essence
- 150g Dried Fruit (Dates, Figs Apricots)



Method:

1. Warm juice on stove, add dried fruit and leave to soften
2. Melt marg/ butter and golden syrup
3. Add all dry ingredients and mix well
4. Drain fruit and blend to form a fruit puree
5. Brush a 20cm tin with melted butter
6. Spread 1/2 of your oat mix in the in, push down firmly.
7. Spread the fruit puree over the oat mix
8. Add the second half of your oaty mixture over the fruit puree and pat down firmly.
9. Bake for 30-35 mins on 180 celcius

3.

READING CORNER

Encourage your child to read more with Libby.

Borrow ebooks, audiobooks, magazines, and more from your local library for free! Libby is the newer library reading app by OverDrive, loved by millions of readers worldwide!

You will need to be a member of the library.

Simply download the free app. Add your child's Norfolk library card and there are 1000s of titles and audiobooks available.



Download Libby today!

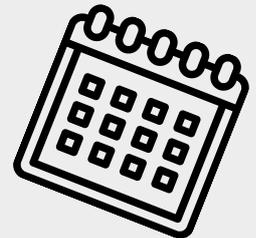


or read & listen online at [Libbyapp.com](https://libbyapp.com)



UP COMING EVENTS

4.



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

Kestrel

Aya - for using a growth mindset to finish her work to the best of her ability

Megan - for concentrating and writing amazing writing, independently

Cody - for using a growth mindset and never giving up with his writing

Dexter - for using a growth mindset to improve his writing

Falcons

Barnaby - for concentrating hard in maths making number bonds and managing distractions. He has been using the resources to work out his answers. Well done Barnaby for being a great self-manager!

Edward B - for having a go and trying to improve in his maths work. He has been a great effective participator always contributing within lessons, wanting to get better and challenging himself with his division.

Well done Edward!

Marsh Harrier

Esme C - for managing distractions and having great concentration, but also for the lovely presentation of her work this week.

Zoe - for managing distractions and having great concentration - Well done!

Maya - for managing distractions and having great concentration, but also for improved participation in class.

Buzzards

Hugo - For consistently having a go at answering questions across all subjects

Jack - For being helpful and kind with others during lunch break

Sylvie - Excellent efforts in RE creating a google doc about christian charities

Red Kites

Marnie and Nathaneal - from Red Kites this week for excellent newspaper reports.

BIRTHDAY ANNOUNCEMENTS THIS WEEK

Happy 7th Birthday to George, Yr
2 on 20th January

Happy 6th Birthday to Isabella, Yr
1 on 21st January



6.

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

7.

Understanding Your Child's Behaviour

Week 7

Children and young people's brains continue to develop and grow until they are around 20 years old. This development can take longer for some and may affect their ability to control emotions, manage behaviour and learn positive ways to communicate.

All behaviour has a purpose. It is a way of communicating needs and feelings, although it is not always easy to work out what that purpose is.

- Watch out for patterns in the behaviour (keep a 'behaviour diary') - what do you notice makes things worse or better?
- Try and predict situations and experiences that are triggers for your child. Avoid or distract if you can.
- Put yourself in your child's shoes and try to understand why your child may be acting in the way they are. Are they tired? Overwhelmed? Hungry? Bored?
- Remember you know your child best - you probably know the challenges, worries and experiences that cause them to behave in certain ways better than anyone.

More information available through:

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

In blue we were telling everyone about the clubs that are starting next week at lunchtime, computing, sewing, arts and crafts, singing and dancing. We were also getting children into groups and suggesting to the children the different talents they could do for the show or if they didn't want to do a talent they could make tickets or banners. They could do a rap, bucket drumming, dance and loads more. From Orla vice captain Farah house.

In green we made posters about saving the environment and how the earth is getting sick, helping the planet, sharing about reduce, reuse, recycle. This is in preparation for an assembly at the end of this half term. From Thea vice captain Whitlock house.

Sir David Attenborough's Urgent Message in song!!

9.

SIR DAVID ATTENBOROUGH'S URGENT MESSAGE IN SONG - FREE TO EVERY SCHOOL

Sir David Attenborough's inspirational message about the urgent need to address climate change has been set to music by former Lancashire and North Yorkshire headteacher Brian Beresford, as a completely free song for all schools and children.

A group of children from Whalley CE Primary School, Lancashire, was given the honour of recording the special song. During the project the children discussed climate change, as highlighted by Sir David, and the words used in the song, including, 'There is a moment when we can change the world and make it better: this is the moment'. They also learnt about the recording process, including the way instruments have been mixed with their voices to produce a performance. Brian explained that he wanted to help children to understand the climate emergency and to share Sir David's inspiration with those singing and hearing the song. He said, "I hope the song reaches a wide audience that can also be inspired by Sir David's message."

The song is found on YouTube channel, by searching for 'This is the Moment (Life on Earth)'. The direct link is. <https://youtu.be/dZNPdG3MQsE> There is also a separate backing track on YouTube <https://youtu.be/Cu3W8zThzms>



Children from Whalley CE Primary School, Lancashire - singers on the recording Brian Beresford, children's songwriter and author





MEET THE TEAM

10.

Who are you?
Caroline Cracknell

What is your role in the
Sunflower Federation?

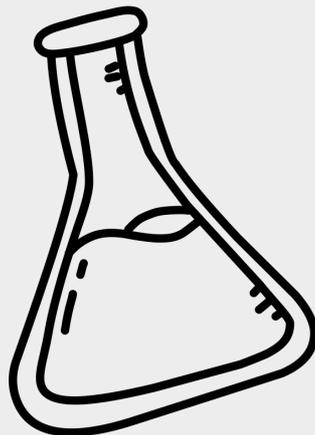
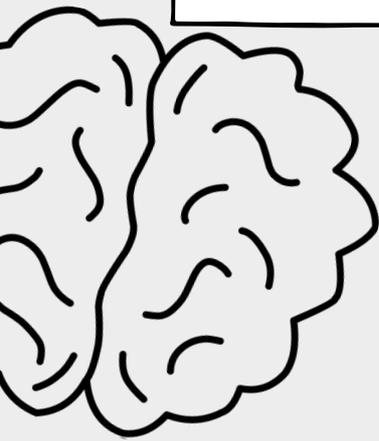
Secretarial Assistant at Brooke

How long have you worked in one of
our schools?

Nearly 12



Caroline



What is the thing you most enjoy
about your job?

The diversity of my job role.
It is also a pleasure to be part of
such a fantastic school community.

What do you enjoy doing when not at
work?

Walking, paddle boarding, baking and
spending time with family and
friends.

What is your favourite flower?
(Giant Sunflowers)

Can you tell us a joke.....

What is a snakes favorite subject at
school??

Hissstory



What's on in Norwich.....

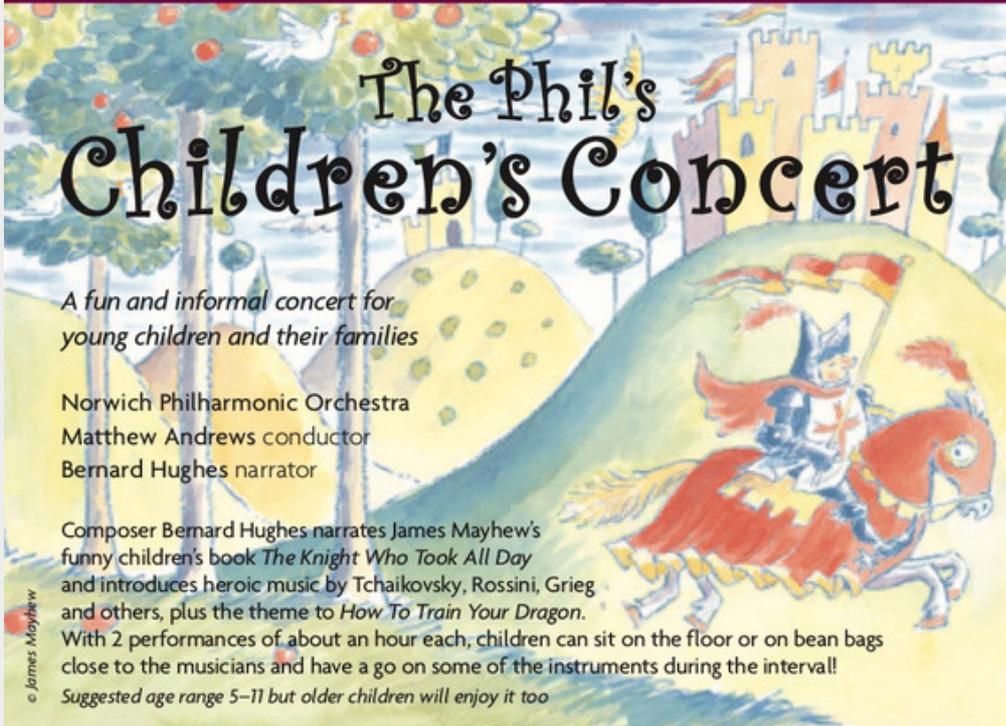


NORWICH

Dhil

NORWICH PHILHARMONIC
ORCHESTRA AND CHORUS
SEASON 2023/24

SATURDAY
10 FEBRUARY
2024
2.30 & 4.30pm
THE KING'S
CENTRE
NORWICH



The Phil's Children's Concert

*A fun and informal concert for
young children and their families*

Norwich Philharmonic Orchestra
Matthew Andrews conductor
Bernard Hughes narrator

Composer Bernard Hughes narrates James Mayhew's
funny children's book *The Knight Who Took All Day*
and introduces heroic music by Tchaikovsky, Rossini, Grieg
and others, plus the theme to *How To Train Your Dragon*.

With 2 performances of about an hour each, children can sit on the floor or on bean bags
close to the musicians and have a go on some of the instruments during the interval!

Suggested age range 5-11 but older children will enjoy it too

© James Mayhew

TICKETS £12 (£5 children/students/under 26)

ONLINE www.ticketsource.co.uk/norwichphil

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INFO www.norwichphil.org.uk



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