



As we approach the end of another busy half term, it has been a pleasure to reflect on the remarkable learning that I have witnessed throughout school from all year groups. From Shakespeare enriched learning to culinary experimenting from KYFS. The dedication and enthusiasm of our students, teachers, and staff has made a brilliant start to 2024.

Our talent show held by Farah & Kenny House was a great end to this half term, giving our students an opportunity to showcase their unique abilities and talents, it was a celebration of creativity, confidence, and the vibrant spirit that defines our school community.

We look forward to welcoming the children back on the 26th February, where Year 5 children kick start the term with their residential trip to Aymerton.

Wishing you all a wonderful half term break.

Sarah Lewis - Head of School

SPORTS NEWS THIS WEEK

1.



This week KS1 have been continuing their gymnastics lessons where we have been working on using their key movement skills of balances, travels and rotations to create short routines. A special mention goes to Iris in Falcons Class for showing brilliant creativity in their gymnastic lessons.

KS2 have also been continuing their gymnastics lessons where we have been focusing on creating group routines that involve lifts, counter balances and a variety of rotations and travels. A special mention goes to Holly in Red Kites Class for demonstrating fantastic creativity and choreography when performing their routines.

HALF TERM - RECIPE OF THE WEEK BREAKFAST!!!

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.

BLUEBERRY SMOOTHIE

Ingredients

- 175g blueberries
- 1 small banana, sliced
- 1 tbsp natural or Greek yogurt
- 100ml apple juice, chilled
- 3-4 mint leaves (optional), plus extra to garnish



2.

Method

STEP 1

- Put the blueberries, banana, yogurt, apple juice and mint, if using, in a blender and blitz until smooth. Add a splash of water if it seems too thick.

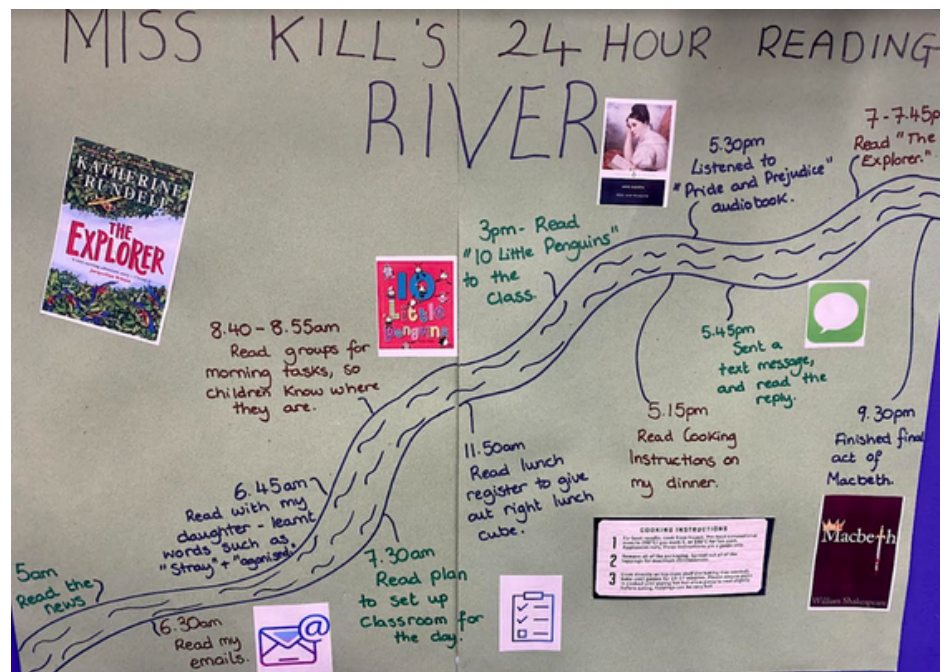
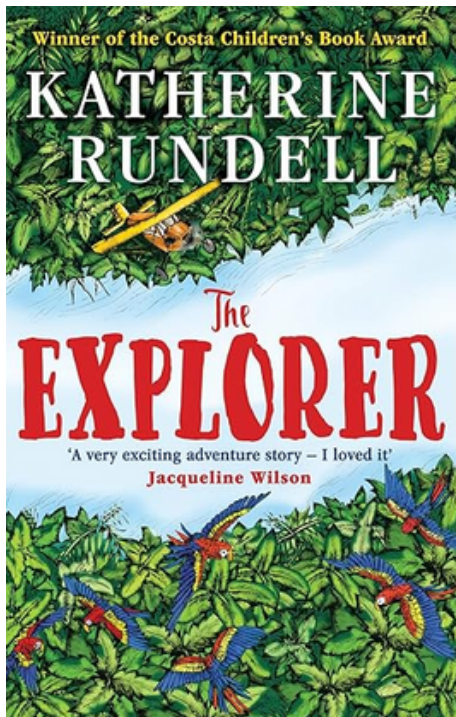
STEP 2

- Pour the smoothie into a tall glass with a glass straw to serve. Garnish with a sprig of mint, if you like.

Reading River Half Term Challenge

This half term we are challenging children to create a 'Reading River'. Reading Rivers support children in not only recalling and reflecting on all the things they have read but also offers teaching staff insights into what children are reading for pleasure when not in school. Reading Rivers show the journey of reading over a set time, in this case, half-term. You can see an example of Miss Kill's reading river below.

Essentially, it is a personalised list, in the shape of a river's journey, with all the things you read marked along it. What extra information you add to it is up to you. You can add details to your Reading River through writing, drawing or using pictures and labels. As well as story or non-fiction books you might read, you may also include things from the following list of ideas: Newspapers and magazines, road signs, maps, cereal boxes, menus, instructions and manuals, online reading, gaming menus, social media, e-books or audio books. You might add where you read these things or what you learn from them. You may also include a red, amber or green smiley face to indicate how well you feel you read these or how much you enjoyed reading them. The choice is yours! Be inventive, read lots, have fun! We can't wait to see the children's reading rivers when they come back to school!



Miss Kill's Book Review

The Explorer by Katherine Rundell

I recommend this book for upper KS2 children because it is full of adventure and mystery! The characters are all strangers and all children striving to survive in the Amazon! I like that you aren't given the main characters ages making it easy to see the story through one of the characters eyes. It has really got me hooked!

4.

BIRTHDAY ANNOUNCEMENTS THIS WEEK

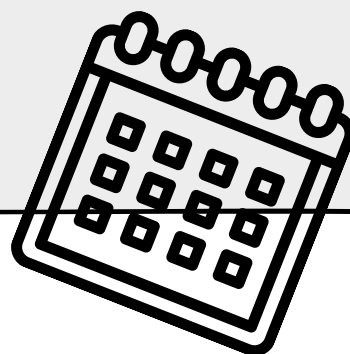


Happy 6th Birthday to Jed Yr 1
(14th February)

Happy 9th Birthday to Sylvie Yr4
(17th February)

Happy 8th Birthday to Leo H Yr
2 (17th February)

UP COMING EVENTS



5.

WEEK COMMENSING 19/02/24 HALF TERM

26/02/24 FIRST DAY BACK SPRING TERM 2

26-28TH FEB YR 5 RESIDENTIAL TRIP- AYL MERTON (WITH BROOKE PUPILS)

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

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

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

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

Week 10

6.

Norfolk Positive Behaviour Strategies (PBS)



Positive Behaviour Strategies (PBS) is a programme for families of children with additional needs produced by our partners in Norfolk Community Health and Care and Family Action. It was developed originally to give group support to families of children who had been referred for assessment by a specialist team. These sessions have been developed during the Covid-19 outbreak to offer support to all families with additional needs.

During the course you will hear the term neurodevelopmental disorder which refers to conditions such as autism (autistic spectrum disorder, ASD), and attention deficit hyperactivity disorder (ADHD). It is really important to remember that having a name for your child's condition does not alter how your child behaves.

This course will help you think about the messages your child is trying to communicate to you and some practical skills and strategies to help you manage your child in a positive way.

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

EVERY RELATIONSHIP
MATTERS IN NORFOLK
(REDUCING PARENTAL
CONFLICT) **TRIPLE P**



The Every Relationship Matters Team are starting **Triple P Family Transition groups** for parents and carers.

Triple P Family Transitions is for parents who are divorced, separating, or separated and are finding it difficult to communicate in a healthy form, and the child/ren are getting caught in the middle of their conflict.

Parents/carers can both attend the group, just in separate groups and not together.

You will find attached:

- Triple P Information

- Two request forms. One, is a self-request for the parent, and the other is a referral request from a professional working with the family.

- Triple P Family Transition Posters for local areas (waiting dates for Broadland)

<https://www.norfolk.gov.uk/children-and-families/early-childhood-and-family-service/extra-support/courses>

AUTISM ACCEPTANCE WEEK



7.

Free Flow Friday – Autism-Friendly Live Music

To celebrate Autism Acceptance Week in Norfolk, we are delighted to offer an autism-friendly, fun live music performance for families with young people between 5 and 25, in partnership with The Pavilion Theatre, Gorleston and Norfolk County Council.

This performance will include all your favourite sing-along pop and musical songs in a safe family environment, where families can enjoy the music together, joining in singing and dancing with a live band and dancers.

Venue:

The Pavilion Theatre, Pier Gardens, Gorleston-on-Sea, Great Yarmouth NR31 6PP

Date: Friday 5th April

Times: Age 5-12: 1pm-1.45pm

Age 13-25: 2.45pm-3.30pm

Follow the link to register your interest: <https://www.norfolkmusichub.org.uk/site/free-flow-friday>

PUPIL VOICE NEWS....

8.

Wednesday Redgrave and Whitlock presented their Assemblies:

Whitlock made some fantastic posters about recycling and managed to pull together a really good slide show . Everyone tried their best to make it as good as possible. Everyone had an idea in the assembly and the PowerPoint.

Redgrave made a PowerPoint presentation all about sports and Olympics. We had one or two older children in each sport group to help the younger children with their speeches to read out in the assembly. We made great posters about sports and everyone persevered in the assembly even though everyone got really worried .

We are all looking forward to watch the talent show and cheering our friends on to do their best .

By Evie, Jess and Annie



MEET THE TEAM

9.

Who are you?

Sarah Lewis

What is your role in the Sunflower Federation?

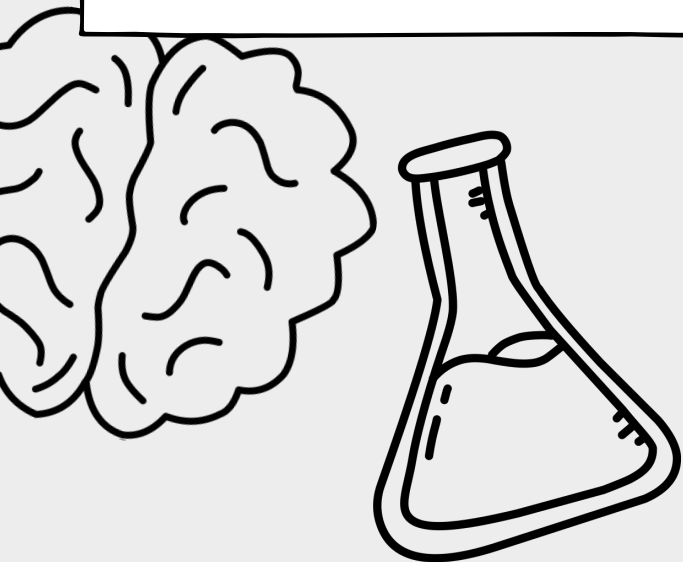
Head of School at Hempnall

How long have you worked in one of our schools?

One and half years



Mrs Lewis



What is the thing you most enjoy about your job?

I really enjoy getting to know the children and families- it is amazing when I see children grow and flourish.

What do you enjoy doing when not at work?

I am a rugby team manager, and I really enjoy cheering the team on and travelling to games across the county at weekends.

What is your favourite flower?

My favourite flower is a freesia, I had them in my wedding bouquet in Italy and every time I smell them it reminds me of Italy.

Have you got a joke to tell us?

Q: Teacher: If I had 6 oranges in one hand and 7 apples in the other, what would I have?

A: Student: Big hands!



A team from Year 5 and 6 from Hempnall and Brooke, enjoyed an afternoon at East Norfolk 6th Form College on the 4g pitches, playing in an American Tag Football tournament.



RED KITES MAKE OOBLEK....

The Red kites mixed together cornflour and water to make Ooblek. This is a non-Newtonian fluid which can be a solid and a liquid depending on the pressure that is applied to it!

It was good fun and we are sorry Mr Sandford about the mess on the floor.

Mrs Gateshill



READ MORE AT

www.hempnall.norfolk.sch.uk

www.brooke.norfolk.sch.uk

Please don't forget to sign up to easy fundraising.
We have been offered an exclusive incentive for a
limited time only - end of February 2024 - When a
new supporter registers, easy fundraising will
generously give us £2.
Many thanks for your support.

11.

FOHS News.....



The poster features a dark blue background with a blurred image of a crowd. It includes three orange circular icons: a shopping bag in the top left, a shopping bag in the middle right, and a shopping bag in the bottom left. A white shopping cart icon is in the bottom right. The text is white and orange, providing information about the Easy Fundraising platform and a QR code for sign-up.

EASY FUNDRAISING

DID YOU KNOW YOU CAN RAISE MONEY FOR OUR CHARITY EVERY TIME YOU SHOP ONLINE? AND THE BEST PART? IT DOESN'T COST A PENNY!

Introducing Easyfundraising, the free fundraising platform that lets The Friends of Hempnall School earn donations when you shop online. With 8100+ brands to choose from, including Tesco, Sainsbury's, John Lewis & Partners, Sports Direct, ASOS, M&S, Boots, Just Eat, and Booking.com.

Here's how it works:

1. Download the easyfundraising app - scan here:
...or sign up using your usual website browser.



2. Once you are signed up, choose Friends of Hempnall School as your chosen cause and simply start your shopping journey. The retailer you shop with sends us a free donation based on your spendingwith ZERO additional cost to you. Registering yourself takes just 2 minutes and all you need is your email address .

And don't worry..... if you forget you can 'allow the donations reminder' on your app and browser, so that easyfundraising will remember for you! Hurray!

But wait, there's more! To help us get up and running, we've been offered an exclusive incentive for FEBRUARY '24 only. When a new supporter registers easyfundraising will generously give F.O.H.S £2! Please sign up as soon as you can, and start raising money as you shop.

Is your child wanting
to join Rainbows?

12.



'We play loads
of fun games,
do activities and
challenges and
sometimes get
badges'

Matilda

**43rd
Saxlingham
Nethergate
Rainbows
Tuesdays 4.20
places available**




Rainbows

**Girls play, learn and
have tons of fun**

for ages 4 to 7

At Rainbows, we welcome all girls to play,
learn and have fun in a creative,
safe space for all abilities.



Registered charity number: 306016



Join a local Rainbows group [girlguiding.org.uk/joinus](https://www.girlguiding.org.uk/joinus)

