



This week we have welcomed IRock and the Air Ambulance in for assemblies. The children were really inspired by the musicians and I know that the children really enjoyed all singing along to the music. As we know, the Air Ambulance do such important work locally and the children were really keen to find out about the charity and their work. Both assemblies were really inspiring and link to our work on developing career education by introducing children to opportunities.

We look forward over the next few weeks learning about Ramadan and then Eid after Easter, we are keen for children to learn about different religions and culture. This forms part of our work on Diversity and we hope that over the next two weeks the children share their learning with you. Over the next few weeks, you may also begin to see the Early Years and Ks1 outside area begin to be developed, this is thanks to the Friends and also some parents who have kindly brought in pallets and cable reels.

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 balance and flexibility. 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 Freddie in Kestrel Class for showing brilliant improvement and progression in his PE lessons.

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 team tactics such as player marking and defending and applying these tactics to game situations. A special mention goes to Kieran in Red Kites Class for demonstrating brilliant teamwork and communication skills in his PE lessons.

FOHS NEWS

2.

Our next meeting is Wednesday 20th March, 6.30pm the school, all welcome!

We will actively be looking for key committee members to replace of our current Chair, Vice- Chair and Secretary from September '24, so we would welcome new members, friendly faces and fresh ideas. Please do come along if you wish to get involved!

Katie Barnes- Chair of FOHS

PUPIL VOICE NEWS....

3.



We are thrilled to inform you that the children from Redgrave & Whitlock, have been working diligently and are preparing some wonderful performances, in preparation for the talent show on 25th March



4.

READING CORNER

Children need support from the adults around them to develop the habit and love of reading. Alongside reading aloud to your child we encourage families to participate in "Book Chat".

What is "Book Chat"?

Book Chat is the informal interaction that accompanies reading to and with children, developing children's language and comprehension and nurturing a love of reading. 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. Below is a guide to Book Chat produced by The Open University

In addition, you can use the following links to watch short films which model this relaxed interaction through the use of open questions, comments and prompts.

Have fun reading and chatting at home!

Ben Harris reads One Fox by Kate Read for 5+

Richard Charlesworth reads A House that Once Was by Julia Fogliano and illus. by

Lane Smith for 7+

Professor Teresa Cremin reads The Same Inside Poems about Empathy and

Friendship, by Liz Brownlee, Matt Goodfellow and Roger Stevens for 9+



Book Chat
Developing a Love of Reading

Book Chat encourages readers. Open questions, comments and prompts get the Book Chat going. Invite your child to make connections and share views. Join in with your thoughts too!

Book Chat develops language, comprehension and pleasure.

For more information visit:
bit.ly/RFPHome

The Open University



A Guide to Book Chat

Research indicates that parents who regularly read with their children at home lay solid foundations for language and literacy development. It's a precious time for you both to relax, share your thoughts and feelings, have fun and chat together. Whilst sharing books, your child has your undivided attention, and the conversation, connection and enjoyment they experience is invaluable.

To promote children's pleasure in reading and foster the habit, we need to read **to** children and **with** them and to **talk** to them about books. These conversations are crucial as they help children to engage and think deeply.

There are several ways to prompt book chat, these are our Top Tips.

- Watch and listen carefully to follow their interests**
Observe and respond: Pay attention to what captures your child's attention and build on their interests, for example, 'Oh, you've spotted the...!'
- Invite your child to get involved**
Leave pauses: So they can look closely and think, this will lead to comments on the pictures or questions. Respond to their lead and let the book chat flow.
Pose questions: Open questions encourage thinking and discussion, such as, 'How do you think the boy is feeling?'. Try to avoid closed questions, such as 'What colour is that?'; these have a single answer and don't keep the conversation going.
Draw attention to illustrations: Encourage your child to notice details in the pictures and think what they might mean, for example, 'Look! What's that hiding, what do you think it might be?'.
- Wonder and connect to your lives**
Ponder and wonder: Encourage your child to think about what might happen, using phrases such as, 'I wonder if/whether/what/why/what...?'.
Make personal connections: Picture storybooks not only allow children to empathise with the experiences of fictional characters but enable them to make sense of events in their own lives. Talk about connections, for example, 'That reminds me of when...'
- Share your emotional responses!**
Comment on your feelings: By sharing your emotional response to a character or something that's happened you encourage your child to do the same, helping them engage and learn to express their emotions.
- Keep it light and enjoyable!**
Your combined pleasure counts: Bring the story to life with facial expression, actions and sounds, encouraging your child to join in! Do offer information to help with unfamiliar words, such as 'That's the hencoop, it's where the hens live', but keep the focus on fun.

Book chat develops language, comprehension and pleasure

The Open University

5.

BOOK REVIEW FROM MISS SEMINERIO- FALCON CLASS, HEMPSTALL

Falcon class have really enjoyed reading 'Who Ate All The Bugs?' This book is perfect for KS1 and can be linked into science work or for children interested in bugs and the outdoor world!

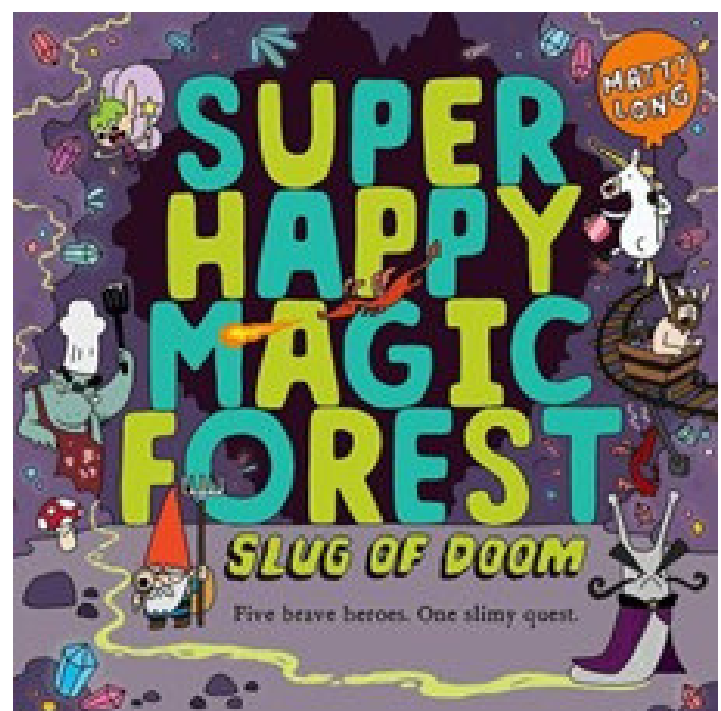
Matty Long, the author has written over ten picture books exploring ecosystems and the creatures within them. It combines non-fiction and activity elements with the story of a snail who is curious about what has happened to his friends!!

We found the pictures funny and loved all the characters, especially the snail!



I wonder if you can find a comfy space in your house this weekend to explore a read your favourite book!

Miss Seminerio



6.

CERTIFICATE WINNERS

Kestrels

Dulcie - For improving her learning and producing brilliant independent literacy work .

Lewy and Freddie - for being curious in provision and always asking questions. For sharing resources and being kind to other children.

Miles - for concentrating well in Maths and literacy this week.

Dexter, Poppy and Chloe - for brilliant determination and improvement in their writing. All of them showed resilience and produced high-quality writing.

Falcons

Ada F - For super reading in phonics lessons. She has been using a fabulous storyteller voice and has been resilient, always wanting to improve in her reading. Mrs Cooper has been really impressed! Well done Ada.

Leo E - For showing independence in researching his facts in English this week. He has been really curious and asking lots of questions to enhance his learning. Keep it up Leo!

Naomi - Every week Naomi always sets a good example of being a fantastic role model. She concentrates on the carpet and is always showing me, she is ready to learn. During independent learning she uses resources to aid her learning.

Marsh Harrier

Zoe - For trying hard in English. Taking part in class discussions. Working well with others especially in ICT.

Esmaj B - For working well and being kind to others. Improved handwriting and presentation of work.

Buzzards

Rosie and Louie for always being ready and well organised, being a fantastic role models for the class.

Red Kites

Izzy - for working amazingly hard in all her lessons this week

Ronnie - for always being so enthusiastic and for answering very sensibly and intelligently in science this week

Holly - for always taking such care and pride in her work. It's a pleasure to read and mark

BIRTHDAY ANNOUNCEMENTS THIS WEEK

Happy 11th Birthday Thea, Y6
(13th March)

Happy 8th Birthday George M-W,
Y3 (14th March)

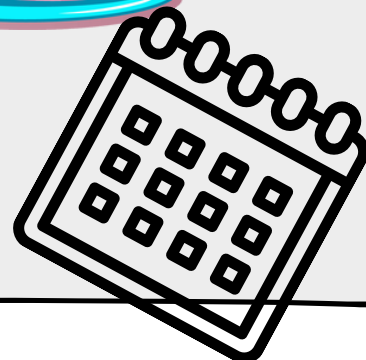
Happy 9th Birthday Lola, Y4 (15th
March)



7.

UP COMING EVENTS

8.



w/C18th March - Parent Consultations

25/03/24 Talent Show (Redgrave & Whitlock) - 2.30-3.15pm

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.

We are currently undergoing an email address migration.

Most importantly the primary school email addresses have changed:

Brooke office: brookeoffice@sunflowerfed.org.uk

Hempnall office: hempnalloffice@sunflowerfed.org.uk

SENDCO (Miss Ringwood): SENDCO@sunflowerfed.org.uk

Executive Headteacher (Mr Griffiths): exechead@sunflowerfed.org.uk

Chair of Governors (Neil Batchelor): chairofgov@sunflowerfed.org.uk

Please save these and ensure that they are stored as "safe senders" in your inbox to avoid them going into your junk mail.

Until April 1st, any previous email addresses used in school will automatically forward to these new inboxes, from 1st April, please only use the email addresses listed above.

Children's Sleep

Week 13



Getting enough sleep is important for our physical and mental wellbeing. Getting the right amount of sleep will;

- Improve concentration and attention span.
- Give the brain time to 'file' in your memory what it has learnt in the day.
- Let the body rest and repair - this helps to keep the immune system ready to protect from illnesses.
- Reduce stress hormones and is good for emotional and mental health.

Making sure children and young people get enough sleep helps them keep well, thrive and reach their potential.

Sleep Difficulties

Sometimes sleep is more difficult. There are many things that get in the way of a good night sleep for children. It could be;

- Life changes and / or worries about things happening in their lives
- Bad dreams and night time fears
- Not having a regular bedtime and getting up time
- Being 'over-stimulated' before bedtime by some foods or drinks, screen time or social media
- The room being too hot, too cold, too light / too dark.

There are things you can do to help your child get enough rest, this is called sleep hygiene.

Please see the downloads section below for more information about sleep hygiene.

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

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



MEET THE TEAM

11.

Who are you?

Miss Marsh

What is your role in the Sunflower Federation?

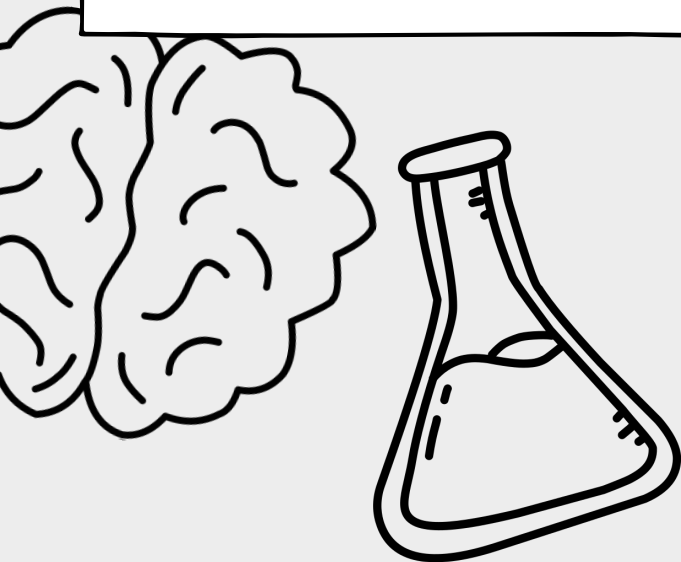
Kestrel Class Teacher
(Reception/Year 1)
Teacher trainee mentor and RE lead!

How long have you worked in one of our schools?

6 months, since September 2023



Miss Marsh



What is the thing you most enjoy about your job?

Seeing the children work together and telling me things they have learnt. Also working in an incredible team!

What do you enjoy doing when not at work?

Going to spin class, reading, watching hockey/rugby, running 10km and half marathons, swimming.

What is your favourite flower?
Sunflowers, peonies and gypsophila

Have you got a joke to tell us?

Why do golfers wear two pairs of trousers?

In case they get a hole in one!



Another exciting week for us with out outdoor learning with Tilia market garden. Some of the students and I visited the farm on Thursday and were shown that some of the peas that we had sown last week had started to sprout shoots. We then assisted Livvy with weeding between the already growing Spinach. Strangely the kids appeared to enjoy the weeding process! On Friday Tilia came in and with our two groups were able to set our rules for our sessions such as 'Listen to others' 'have fun' 'Listen to adults' and 'be safe with tools'.



We have also had a huge pile of compost delivered to the school. The groups were able to utilise this compost and put some on our beds. We were able to weed the bed for our herb garden area and plant some herbs. We also sprinkled bee and insect wild flower seeds in the borders. We were also excited to find little creatures today such as beetles and a newt! See if you can spot the newt in one of the pictures! I look forward to giving you further updates next week. – Mr Thurston.

READ MORE AT

www.hempnall.norfolk.sch.uk

www.brooke.norfolk.sch.uk

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

12.

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.

- **Wednesday 3rd April** - Sport with Nikki 9.00-12.00pm
- **Thursday** - Music with Pete Murdock
- **Fridays** - Nutritional Learning & Gardening



Big Norfolk Holiday Fun

Spring into action-packed activities!
Join us from 2-12 April

- Fantastic sport, creative and outdoor activities with a free healthy meal
- **FREE** for all children eligible for benefits-related free school meals

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.

The funding from the Department of Education has enabled us to run our four-year Big Norfolk Holiday programme. Share with us your memorable experiences of the scheme so far, email: bnhf@norfolk.gov.uk

Booking now open
Find an activity near you
Visit www.everymove.uk

Read more on Big Norfolk Holiday Fun: www.activenorfolk.org/bnhf
Find out if your child is eligible for a free place:



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=IwAR2LVEFrSrhyGM6S9IDjd629DxOyNeY8RYjKRRatChZxCFFIIoRiv81InMY

Norfolk and Waveney Compassionate Communities event

Imagine if everyone across Norfolk and Waveney knew where to find support if they experience serious illness, sudden loss, or bereavement.

Together we can spread the word about what is available across our region and find new ways to work alongside each other as a Compassionate Community.

If you would like to find out about how we can

- map and advertise our local community treasures for palliative and end-of-life care
- increase a concept known as Death Literacy in our schools, workplaces, and across our neighbourhoods
- evaluate our work in a meaningful way that tells a story about what has been achieved and learned
- extend our Compassionate Communities network wider across Norfolk and Waveney

... then this event is for you.

Please join us on Wednesday, 27th March, 10:00-16:00 at the Thomas Paine Study Centre, University of East Anglia

You will hear from representatives from TimeNorfolk, Off the Twig, Healing Harbour, Music Mirrors, MensCraft, the Norfolk Hospice, Rosedale Funeral Home, Compassionate Communities – East, Norfolk and Waveney NHS Integrated Care Board, as well as Childhood Bereavement Specialists, and others.

We will provide free lunch and refreshments.

If you choose to join us, we ask that you:

- Come ready to participate
- Adopt the mindset of 'everyone a teacher, everyone a learner' throughout the event
- Make a pledge to tell others about what we discuss.

[Click here to register](#)

For more details contact: g.peryer@uea.ac.uk