



Whole School Values

This half term we will be focusing on our school value of **Healthy**.

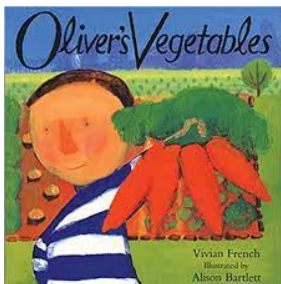
My mind and body are well and I look after them so I am ready to grow.

Thinking of how we can have active and healthy bodies and minds.

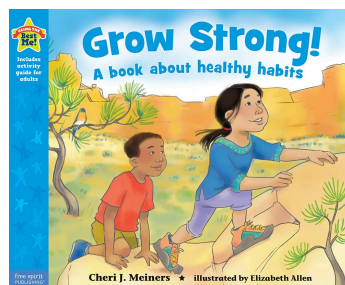


Being healthy is important as it allows us to live our life to the fullest: being positive, happy and successful by challenging ourselves and living for as long as we can.

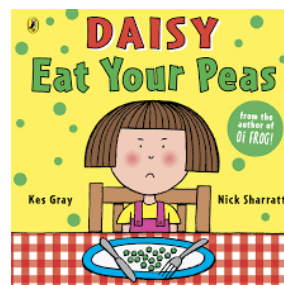
Stories to share about HEALTHY



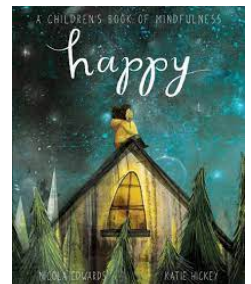
<https://www.youtube.com/watch?v=I94vTFr4LQs>



<https://www.youtube.com/watch?v=Hg2dJqENCCU>



<https://www.youtube.com/watch?v=Rab3lw0qTlU>

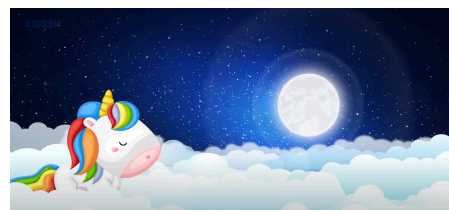


https://www.youtube.com/watch?v=q7o_ciE8fjo

Other videos and songs about Healthy



<https://www.youtube.com/watch?v=dhpCdqOtui0>



Relaxing sleep music to help you get a good nights sleep which is important to staying healthy.

<https://www.youtube.com/watch?v=SDr0bmEPoxE>

Whole School Attendance for Autumn Term 94.9%

January 2024							February 2024							March 2024							April 2024						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5	6	7				1	2	3	4					1	2	3	1	2	3	4	5	6	7
8	9	10	11	12	13	14	5	6	7	8	9	10	11	4	5	6	7	8	9	10	8	9	10	11	12	13	14
15	16	17	18	19	20	21	12	13	14	15	16	17	18	11	12	13	14	15	16	17	15	16	17	18	19	20	21
22	23	24	25	26	27	28	19	20	21	22	23	24	25	18	19	20	21	22	23	24	22	23	24	25	26	27	28
29	30	31					26	27	28	29				25	26	27	28	29	30	31	29	30					

KEY: - schools open to pupils - bank holiday
 - pupil holiday - Wensum Trust Inset Day

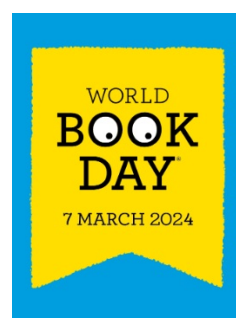
Welcome back! We hope you all had a happy and healthy break! It has been lovely to see the children back in school and settling into school life again.

Diary Dates - More information to follow



Parents Evening

Tuesday 5th and Thursday 7th March



World Book Day

Thursday 7th March

We will be asking the children to bring in just a prop from their favourite story.
No costumes or dressing up

E- Safety

Some children may have received new devices for Christmas so we wanted to share and remind all children of our rules to stay safe online, whether this be on phones, tablets or game consoles. We revisit this regularly when we use technology in school to access the internet as well as our half termly e-safety lessons.

BE SMART ONLINE!

S

SAFE
 Keep your personal information
PRIVATE!

M

MEET
 NEVER meet a stranger you met
 online.

A

ACCEPTING
 Think **BEFORE** you click! Do you
 know what you're clicking on?

R

RELIABLE
 You cannot trust everything you see
 or read. Ask or check 3 places.

T

TELL
 ALWAYS tell a trusted adult if you
 get upset or worried.

♥

BE SMART WITH A HEART!
 Always be kind and respectful.
REMEMBER our school code.

www.thinkuknow.co.uk

Spring 1 Learning Themes

Little Swallowtails Nursery: Snowflakes, Robins, Ice and more



This half term as our children continue to learn through seasons about 'what is outside our window'. We will be finding out more about snowflakes, robins and ice.

Reception: Salhouse and Filby: Can we fix it?



In Reception, we have started learning about the Arctic and Antarctic and finding out about what lives there and what it is like there. The children will be finding out more about Hellesdon and the people who built it. The children will visit local landmarks and find out about a local builder from the past. They will then compare buildings and builders now and in the past, making meaningful links with local trades and people who help us in the community.

Year One: Ranworth and Wroxham: Would you rather be a farmer in Norfolk or the Amazon?



Year One's will be curious about farming in our local area and learning that Norfolk, where we live, is flat and good for farming crops. They will then compare this to the wider world, looking at how farming happens in the Amazon Rainforest. They will find out about where the Amazon rainforest is in the world, why this is such a special place in the world and how people farm there. They will look at jungle paintings by Rousseau and create their own jungle animal artwork. They will complete field work in our local area and become more familiar with the countries of the United Kingdom and its surrounding bodies of water.

Year 2: Hickling and Barton: How do we grow?



In Year 2 we will be finding out about the wonderful world of food and farming too. We will start with recalling how the flat farming fields of Hellesdon and Norfolk are good for growing and the journey of our food from field to fork. After this we will compare how people live and farm in China and how the staple of rice is an important part of a healthy balanced diet in our country and around the world.

If you think you or a member of your family or a friend could offer any exciting experiences or information that link to any of our classes themes we would love to hear from you. Please contact the school office as we are always keen to make, maintain and strengthen links with our families and community. With all children, getting interested in their learning at home always helps them connect their learning. You could talk to them about what they have been learning about, go on days out that may link or visit our local library at Hellesdon for books to share about their topic or anything!



WHAT IS A MENTAL HEALTH SUPPORT TEAM (MHST)?

MHSTs are intended to provide early mental health support to children and young people in education settings with mild to moderate mental health concerns. Your child's school has signed up to be part of this government programme to support children and young people with mild to moderate emerging mental health issues, and so, has a team of NHS staff now linked to the school and available to support and help.

The team is made up of different clinical staff who are trained in mental health. They are able to provide:

Individual face-to-face work (online or in-person), such as brief, low-intensity interventions for children, young people and families experiencing anxiety, low mood or behavioural difficulties.

Group work for pupils or parents, such as Cognitive Behavioural Therapy (CBT) informed guided self help for young people with conditions such as anxiety.

Ask to speak to schools mental health lead about referrals. Our mental health lead is: Sarah Waterfield



Family Voice Norfolk is the [parent carer forum](#) for Norfolk. We work with (not for) the local authority, health and social services to improve services for children and young people with special educational needs and/or disabilities (SEND) and their families.

We are not a support or information service, but communication is key to what we do. We listen to the experiences and wishes of families and make sure that those views are heard by those providing services, so that we can be part of every stage of planning and decision-making. Wherever possible, we aim to work in [co-production](#). We are an independent, voluntary organisation, funded by the Department for Education, Norfolk County Council and the Norfolk and Waveney ICB – Integrated Care Board.