



READY, RESPECTFUL, SAFE

Diary dates:

SUMMER TERM

Monday 18-Wednesday 20 May	7Cs Parent appointments
Thursday 21 May	Year 4 NWRFC rugby festival
23 May - 31 May	Half term week
Monday 1 June	Pupils return to school
Thursday 4 June	Year 5 NWRFC rugby festival
Friday 5 June	FKJS Carnival 2.30-5pm
Thursday 11 June	Year 6 NWRFC rugby festival
Friday 12 June	Sports day
WB 15 June	FKJS Father's Day shop
Friday 19 June	Back up sports day
Wednesday 1 - Friday 3 July	Year 6 residential
Thursday 2 July	Rhys Carter NSKA Karate taster sessions
Monday 6 July	Young Carers trip - TBC
Wednesday 8 - Friday 10 July	Transition days
Monday 13 July	School reports sent home
Thursday 16 July	Year 6 Leavers assembly 2pm
Friday 17 July	Last day of the academic year

MONDAY

TUESDAY

**Year 6 Swimming
Year 6 PE**

WEDNESDAY

Year 3 PE

THURSDAY

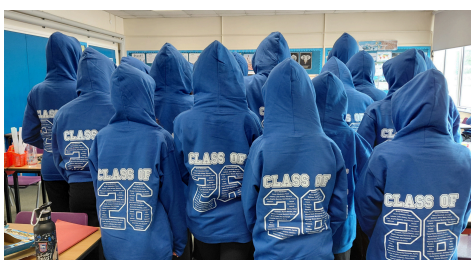
Year 4 PE

FRIDAY

Year 5 PE

Other news ... Important information - please read

Congratulations!



A very big 'well done' to all our Year 6 pupils. As you know we had SATs last week and our Year 6 pupils did extremely well. They coped with the rigours of the exams and did themselves and the school proud.

Today they had a more relaxed school day to make up for the demands of the week. We were very pleased to be able to give them their Leavers hoodies today. Please make sure they are all named ready for next week. Our Year 6's are welcome to wear these for

school in place of their school jumper or PE hoodie.

Online Safety

Below are two links to websites which have excellent advice and guidance to help parents support their child in being safe online. The first one, called 'Find the Right Words', has been written by Virgin Media and Internet Matters. The second link may be of more use for parents of pre-teen and teenage children, but it is worth reading nonetheless. It is called 'Omoggle and the PSL Scale - a guide for parents'.

[Find The Right Words - Virgin Media O2](#)



<https://www.waynedenner.com/omoggle-parent-guide/>

A message from our Mental Health Support Team

As a school we work with the Mental Health Support Team (MHST) for Schools, in order to provide support and help for our pupils and families. Below is a link to Just One Norfolk for anyone wishing to find out more about the support on offer.

[Norfolk & Waveney Access to Mental Health Advice & Support](#)

They have asked us to share the below information with you too.

 **Parent Tip of the Month: The Worry Box** 

From the Mental Health Support Team


Looking for a simple way to help your child share their worries? Try making a Worry Box together at home!

 **What is a Worry Box?**

A Worry Box is a safe place where children can write or draw their worries and pop them inside. It can be especially helpful for children who find it hard to talk about their worries out loud.

 **How to Make One**


- Find a small box (a shoebox or container works well)
- Decorate it together using pens, stickers, or drawings
- Keep paper and pencils nearby

 **How to Use It**

- Encourage your child to put a worry in the box whenever they need to
- Choose a regular time to look inside together
- Listen calmly and thank your child for sharing
- Remember: you don't need to fix every worry straight away — feeling heard really helps

 **Why It Helps**

Using a Worry Box helps children understand their feelings, feel supported, and build confidence in sharing what's on their mind.

Small steps can make a big difference 

Don't forget about our upcoming webinars which may be of help to you. Please find the remaining dates and times below along with the link:

Upcoming Webinars for Parents and Carers

We also run a series of free online webinars designed to help parents and carers better understand and support their child's emotional wellbeing. These sessions are relaxed, informative, and open to all families in our partner schools.

Our upcoming topics include:

- Understanding anxiety
- Helping your child manage big emotions
- Support with sleep

Please find below the dates and times of the upcoming webinars:

Friday 15th May at 10:00am- Managing big emotions

Wednesday 20th May at :300pm- Sleep

Please click on the link to join our webinars: <https://nhs.vc/norfolk-waveney-mhst-webinars>

Summer uniform reminder

As we are now in the summer term we have changed to our summer uniform. Ties do not need to be worn unless we ask that the children do so for a specific event, and blue school summer dresses can be worn.

A gentle reminder that if your child wishes to wear shorts as part of their uniform, these should be tailored school

shorts not cycling shorts or football/leisurewear shorts.

Playground drop-off

In the mornings please can we ask that parents come right on to the back of the playground and do not block the walkway between the gate and the playground. Once pupils are on the playground they must not exit through the pedestrian gate. We will have staff monitoring this going forward to keep all pupils safe. Please can we politely request that parents and pupils do not sit or stand on the concrete wall.

Reporting absence

Please can we remind you of the importance of reporting your child's absence as early as possible on the day. This is via the school absence line on 01603 425662, press 1 and leave your child's name, class and the reason that they are not in school. This saves the office calling to find out the reason for absence. Thank you for your cooperation with this.

Illness

Please see the NHS guidance [here](#) regarding keeping children off school if they are ill.

Parking & Driving on site

Please do not drive onto or park on the school grounds when dropping off for breakfast club in the mornings. This is the time staff are arriving for work and need access to parking spaces. Please also be mindful when parking on Kinsale Avenue and Middletons Lane in the morning and after school. These are residential areas and driveways and footpaths need to be kept clear. This applies to everyone unless you have been issued with a parking permit by the school. Staff will be checking parking passes at the bottom of the drive over the coming weeks.

Uniform

Please could we remind you all that our uniform is **black school shoes NOT trainers, black** skirts, shorts or trousers (no leggings), a **white shirt (no t-shirts or polo shirts)** and **royal blue** cardigan or jumper and a **tie**. Girls skirts must be of a modest length please. This also applies to the girls PE shorts, which must not be too short. They will be asked to wear an alternative if they deemed an inappropriate length. If you are having any difficulty in purchasing a uniform please come and speak to Miss Atton in the office, in the strictest confidence. Children should come to school wearing their PE kit on their PE day and swimming day. Long hair must be tied back for health and safety reasons. Please, **name all items of school uniform** if you would like it returned to your child. The lost property box will be emptied every half term and put in the clothes collection charity box in the school foyer.

Road Safety

If your child cycles or scooters to school please can you discuss road safety with them. We have had a few reports of children not crossing roads safely. We would like to see children wearing safety helmets too please.

Healthy Lunches

We have noticed that some children do not have what is considered to be a balanced healthy lunch in their packed lunch box. In order for the children to feel 'full' and have the energy for learning throughout the afternoon they need to have a balanced lunch. Below is a link to the NHS Healthier Lunchboxes webpage. This includes recipes and tips on what should be included for a healthy and filling packed lunch.

[Lunchbox ideas and recipes – Healthier Families - NHS](#)

Allergy Awareness



As has been the case for a number of years, we aim to be a nut free school. This is due to severe allergies of some children in our school. Please help us to keep them safe by refraining from including nut products in your child's lunchbox. This includes whole nuts, nuts in cereal bars, peanut butter and Nutella.



We are now also asking for **no egg** in packed lunches, this is due to severe allergies, including airborne allergies, of children in our school. Please help us to keep them safe by refraining from including boiled eggs and egg mayonnaise in your child's snack and lunchbox.

