



**READY, RESPECTFUL, SAFE**

**Diary dates:**

**SUMMER TERM**

Monday 1 June	Pupils return to school
Thursday 4 June	Year 5 NWRFC rugby festival
Friday 5 June	FKJS Carnival 2.30-5pm <b>POSTPONED</b>
Tuesday 9 June	Year 5 Pensthorpe trip
Tuesday 9 June	SACT - Norfolk STEPS workshop for parents part 1
Thursday 11 June	Year 6 NWRFC rugby festival
Thursday 11 June	Year 5 Harry Potter Day
Friday 12 June	Sports day
WB 15 June	FKJS Father's Day shop
Tuesday 9 June	SACT - Norfolk STEPS workshop for parents part 2
Wednesday 17 June	Rocksteady Concert
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
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**

**Year 6 PE**

**TUESDAY**

**Year 6 Swimming  
Year 4 PE**

**WEDNESDAY**

**Year 5 PE**

**THURSDAY**

**Year 3 PE**

**FRIDAY**

**Other news ... Important information - please read**



Wishing you all a very happy half-term holiday. Stay safe and we will see you all on Monday 1st June.

**Sports Day**

We are rapidly approaching our annual Sports Day. A letter will be sent out after the half-term holiday with timings etc.. In the meantime, I can confirm that Years 3 & 4 will have their events in the morning, and Years 5 & 6 in the afternoon.

### Warm weather

As the weather is getting warmer (hopefully it will continue throughout the summer) the children will need a hat to wear at break and lunchtime, and a water bottle to ensure that they stay hydrated. Please make sure that sunscreen is applied in the morning before coming to school - staff are not permitted to apply it to children. The pollen count has also risen over the last few days. Please make sure that if your child requires anti-histamine medication for hay fever it should be administered before leaving home for school.

### Congratulations!



Congratulations to Mrs King and her husband on the safe arrival of their baby girl last week. Both mother and daughter are doing well.

### 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 

### 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.