

Date:
01/03/24



BROOKE NEWSLETTER

SUNFLOWER FEDERATION



It has been a lovely (although slightly wet) week at school this week! The year 5s enjoyed an incredible residential and have certainly been tired out by it. A huge thank you to all the staff across both Brooke and Hemphall that went on the residential and ensured that the children had such an amazing time! In school, we had our first game changers session with year 5 where they looked at what Equality, Diversity and Inclusion means. All classes have started some new topics this week as well and infants have been enjoying creating some 'Arctic Art'!

All parent meeting forms have now gone live, so don't forget to book in for your appointments with the class teachers!

<https://forms.gle/PG44AF5RUi2Pg2xG6> **Poppy**

<https://forms.gle/yfh8pNE4USDtAWCg7> **Buttercups**

<https://forms.gle/U4fXTEcm59yXPQD7A> **Daisy**

<https://forms.gle/sBbq3cYzb7tUHTqcA> **Bluebell**

<https://forms.gle/8dY1EQoNq7evvKuH8> **Lavender**

Ms Weal - Head of School



1.

SPORTS NEWS THIS WEEK

This week KS1 has started to work on whole body movements (gross motor skills) with a focus on coordination. This has included participating in a range of activities that include moving at speed and throwing and catching. A special mention goes to Nuku in Buttercup Class for showing brilliant control and coordination in his PE lessons.

KS2 has started 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. This sport gives pupils an opportunity to develop conflict resolution skills and leadership. A special mention goes to Ella in Daisy Class for demonstrating fantastic leadership and honesty in her PE lessons.

2.

READING CORNER

WORLD BOOK DAY®

7 MARCH 2024



We are looking forward to celebrating World Book Day Next week on Thursday, 7th of March. Remember children can come to school dressed up as a book character (with the related book if possible) or in their comfortable reading clothes. Children were given their £1 book tokens before the half term holiday - we hope you all managed to find a book to enjoy!

Families are invited to a class read aloud session at 2:45pm on the day. Class teachers will read aloud before children and families have some time together to independently enjoy exploring a range of books and reading together. Please register your intent to attend here:

Link for Brooke: <https://forms.gle/K99sNoprscFDVnZg9>

The theme of World Book Day this year is Read Your Way! We would love for children to post a photo of themselves reading their favourite genre (e.g. fiction, non-fiction, comic book etc) in their favourite reading spot on our Digital Reading Log. We will share these photos of how we like to read on World Book Day with our class. Here are some recent photos from the log of children enjoying reading at home.

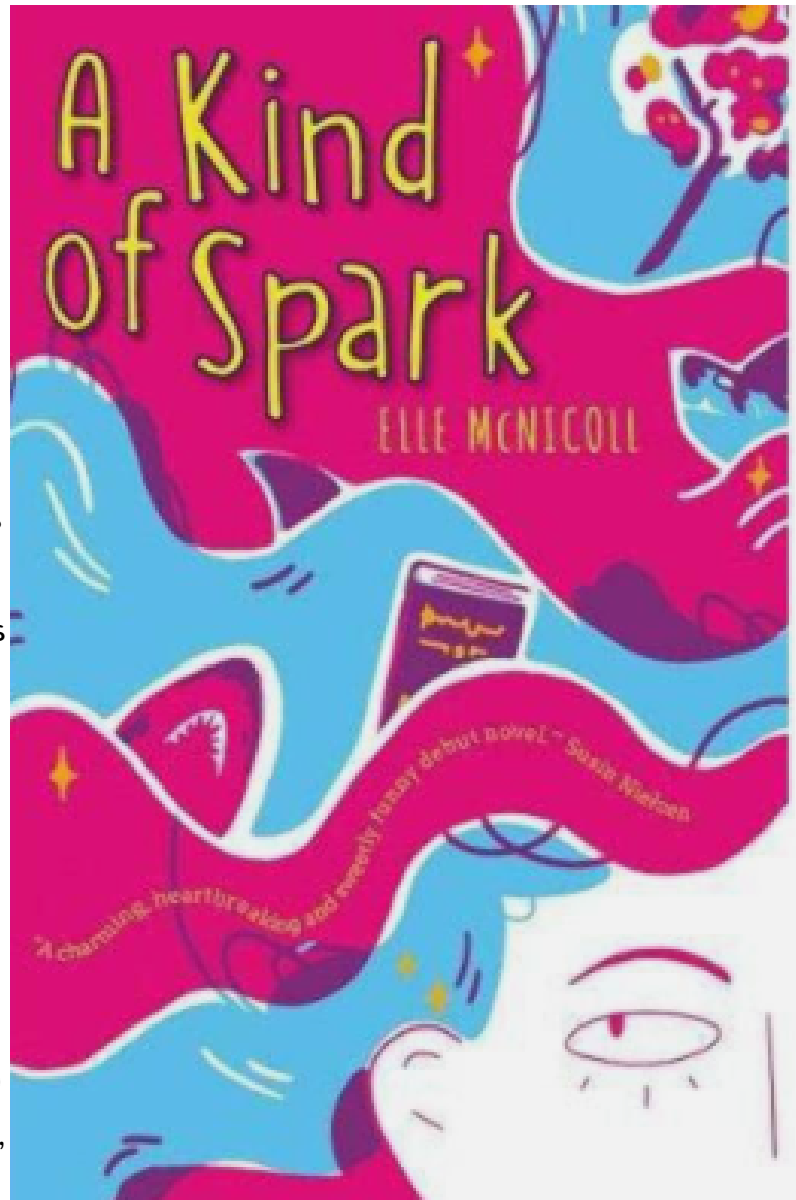
MISS RINGWOODS BOOK REVIEW

A Kind of Spark
(Recommended age 9+)

This debut novel from Elle McNicoll centres around the character of Addie, an 11 year old autistic girl. The author is able to draw upon her own experience of autism, to create a narrative for Addie at home, in school and in her community; exploring themes of friendship, courage, self-belief and acceptance.

The book's message is cleverly linked to a topic which Addie is learning at school: the historic Witch Trials. Addie knows there's more to the story of these 'witches', just like there is more to hers. Addie campaigns to challenge how the people in her town see her (and her autism) and bravely makes her voice heard.

The narrative sensitively and authentically touches on experiences of being neurodivergent, to include stimming, masking, sensory overload, meltdowns, special interests and navigating social interactions. Addie embodies a character in whom neurodivergent children could relate, and neurotypical children can learn from. A Kind Spark is published by 'Knights Of' - an inclusive publisher focused on bringing underrepresented voices to the forefront of commercial children's publishing. The Author, Elle McNicoll is an autistic writer and the front cover was designed by Kay Wilson , an illustrator with ADHD.



PTFA EASTER RAINBOW RAFFLE

Donations to the office
11th-15th March

*

Ticket sales on the playground
after school 18th-22nd March:
£1 per strip, cash or card.

*

Raffle drawn on
Monday 25th March



Red:
Poppies

Yellow:
Buttercups

Pink:
Daisies

Blue:
Bluebells

Purple:
Lavender

ALSO, PLAY £1 A
SQUARE TO WIN A
BIG CUDDLY
EASTER BUNNY!

Donations of goodies needed
please!

This could be anything
non-perishable like sweets,
chocolate, crisps, biscuits, soft
drinks, drinks for grown-ups,
crafts, little toys/cuddlies,
books, toiletries, anything you
might like to win in a
colour-themed goody bag!

designed by freepik

Rainbow Raffle Examples



Week 12

Rules & Boundaries

Having a few rules and boundaries that you feel strongly about and the family can stick to, is better than lots of rules that are not listened to.

Think about the language you use. Children and young people can struggle with 'no' but understand better when you tell them the behaviour you want to see;

- Instead of 'don't poke the dog' try 'we stroke the dog gently'.
- Rather than 'how dare you shout at me like that' try 'shouting upsets me and it makes it harder for us to listen to each other, try again using a quieter voice.'

As your child gets older you might discuss rules together and ask them for their ideas. If they feel involved and listened to it will be easier for them to stick to.

Choose family rules, just three or four and write them up somewhere you can all see them. Remember rules can be updated as things change for your family.

Be Consistent

Stick to the boundaries you set. If you react one way one day and differently another day your child will get confused.

It is important that everyone in your family deals with your child's behaviour in the same way.

Have Realistic Consequences

Saying you will 'ground them for a month' or 'you can't see Granny on Tuesday' is pointless if you know that you can't stick to it.

Consequences should never include physical punishments like smacking. It is a sign you have lost control. This is frightening for your child and for you. Frightened children do not learn a lesson and their trust in you will be damaged.

If you feel like you may hurt your child walk away until you feel calmer.

Stick To Consequences

Once a consequence is in place don't let your child negotiate out of it unless there is a very good reason. It is better to say 'You can't go out with Jane on Saturday' or 'You can't watch your favourite TV show this week' and be able to follow through on it.

Move On

Once you have pointed out the unwanted behaviour, talked it through, set a consequence and followed through – let it go. Move on and be warm and loving towards your child. They need to know that everyone makes mistakes and your love and care for them is not affected.

Set a Good Example

Sometimes we need to remember that our children are watching and learning from us. If we manage our own feelings and frustrations calmly and keep to the rules ourselves our children will be more likely to do the same.

Ask for help

Some children and young people find any rules / boundaries or requests really difficult to follow. This can be exhausting and impact on your relationship with your child.

If you are finding your child struggles to cooperate with rules and you are finding their behaviour hard to manage speak to nursery / school or call us at Just One Number to talk to a health professional.

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

BEHAVIOUR CAFE

7.



Behaviour Cafe was busy this week. Well done everyone- Hope you all enjoyed a sweet treat with Miss Berry.



SCHOOL REMINDERS

Please allow 48 hours notice for booking after school club- this is to enable us to ensure adequate staffing and food for the children.

CERTIFICATE WINNERS

9.

Poppy

Sophia - for fantastic participation in learning this week

Ezra - following school rules and being a brilliant role model for her peers

Florence - excellent effort with writing this week and creating a great 'Advert' in English!

Buttercup

Felix - for his fantastic work in Geography and Maths

Jaydon - for his positive resilient attitude to all areas of learning this week!

Indy - for excellent phonics practice with Mrs Perry

Ruby - For her fantastic listening to instructions!

Daisy

Maya - Daisy Class are really sad to see Maya go but we wish her the best of luck! Effort this week has gone to Maya because of the great attitude she has with all of her learning, throwing herself into every lesson and producing great work.

Jacob - For following our school rules of ready, respectful and safe.

Stella - For a fantastic start back to school. Stella has put great effort into all of her work this week and has settled back into routine independently.

Bluebells

Sergio - for being a fantastic member of Bluebell class, always making us laugh and smile we will miss you!

Eleanor - for drawing some great diagrams in science to demonstrate the particles in solids, liquids and gases.

Junior - a fantastic week back!

Lavender

Olivia - for her impeccable manners and for being a delight to take on the residential.

Isaac - for thinking of others and being a helpful and caring friend on the residential.

Felix - for demonstrating our school rules: ready, respectful and safe and for being a super star on the school trip!

These boys aren't in my class but I really want to recognise them in assembly tomorrow!!

Jonty, George, Toby A and Harry - for supporting one another and for being so tidy, organised and mature on the residential.

10.

RECIPE OF THE WEEK

A firm favorite in the School kitchen to make and to eat, why not have a go this weekend and make your own at home!!

BROWNIE

Ingredients:

200ml Oil
150g Caster Sugar
2tsp Vanilla Extract
3 Eggs
60g Cocoa
100g Self Raising Flour
1/4tsp Salt
1/4 tsp Bicarb
100g anything of choice- raisins/
sultanas/ cherries/ nuts/
chocolate nibs

Method:

1. Place all ingredients into a bowl.
2. Mix thoroughly
3. Line a baking tin 8inch/ 10inch
4. Pour mixture into the lined tin
5. Bake on 160 celcius for 30 mins



BIRTHDAY ANNOUNCEMENTS

11.

Happy 6th Birthday to Ivor Yr 1 (19th February)

Happy 11th Birthday to Archie Yr 6 (20th
February)

Happy 6th Birthday to Louie Yr 1 (26th February)

Happy 6th Birthday to Olly Yr R (28th February)

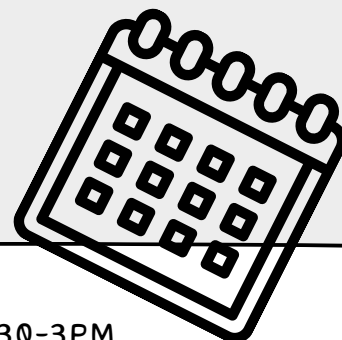
Happy 7th Birthday to Austin Yr 2 (28th February)

Happy 9th Birthday to Stella Yr 4 (2nd March)



UPCOMING EVENTS.....

12.



06/03/24 Y6 KORFBALL AT UEA SPORTSPARK- 12.30-3PM

08/03/24 THE IMPORTANCE OF MOVEMENT 3.15PM RECEPTION/EYFS PARENTS, LED BY
EMMA MUNTINGH

21/03/24 STEPS PARENT CAFE 3 - HELD AT BROOKE WITH MISS RINGWOOD 3.30PM

25-27TH MARCH BIKEABILITY FOR YEAR 6'S

17/04/24 PARENT CURRICULUM CAFE 3.15PM

27/03/24 LAST DAY OF TERM

EASTER HOLIDAYS

15/04/24 FIRST DAY OF THE SUMMER TERM



READ MORE AT

www.hempnall.norfolk.sch.uk

www.brooke.norfolk.sch.uk

MEET THE TEAM

Who are you?

Mr Thurston

What is your role in the Sunflower Federation?

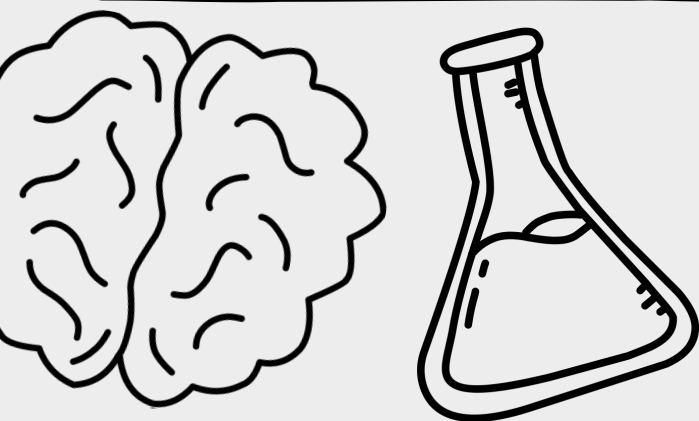
Apprentice Teaching Assistant, MSA
& ASC Lead at Hempnall

How long have you worked in one of
our schools?

Since October 2023



Mr Thurston



What is the thing you most enjoy
about your job?

I love everything about my job,
from meeting the children on the
main gate in the morning to
helping on a 1:1 basis in the
classroom. I am also looking
forward to starting the outdoor
learning too.

What do you enjoy doing when not at work?

Spending time with my family and friends,
travelling, and when I get the chance
reading a good book.

What is your favourite flower?

Lilies

Have you got a joke to tell us?

What do cats eat for breakfast?
Mice crispies



WHATS BEEN GOING ON IN SCHOOL.....

14.

The Year 5's have had a wonderful few days earlier this week at Aylmerton, in North Norfolk. Activities included, woodland hide building/campfire making, twilight safari walk (meeting lots of frogs en route). Visiting the beach for exploring, lifeboat museum and town trail and story telling. A MASSIVE thank you to Miss King, Miss Ringwood, Miss Challen and all the staff at Hempnall, for making sure the children had an amazing time.



My favorite part of the trip was the food!! Millie



My favorite part was the beach- Toby A



My favorite part of the trip was the zip line across the water - Cecily

Our favorite part of the trip was the high ropes at the lodge. - Tilly S, Isaac, & Toby B



My favorite part of the trip was holding fire, Olivia



Our favorite part of the trip was the den building, holding fire and the woods Huxley & Katie B

EASTER HOLIDAY CLUB AT BROOKE

15.

We're delighted to be participating in the Big Norfolk Holiday Fun programme this Easter. We've got fun 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 from 4pm today!

Read more on Big Norfolk Holiday Fun: www.activenorfolk.org/bnhf

Find out if your child is eligible for a free place:

www.norfolk.gov.uk/freeschoolmeals



The poster features a light blue sky background with a yellow paper airplane flying from the left. In the top right corner, there are logos for 'active norfolk', 'Norfolk County Council', and 'Department for Education'. The main title 'Big Norfolk Holiday Fun' is in large, colorful letters. Below it, the text 'Spring into action-packed activities!' is in red, and 'Join us from 2-12 April' is in dark blue. A list of bullet points describes the activities and eligibility. A section of text explains the inclusive nature of the program and provides contact information. On the right side, there are three circular photos of children in different settings, each inside a colorful location pin shape. At the bottom left, there is a QR code with an arrow pointing to it. To the right of the QR code, the text 'Booking now open Find an activity near you Visit www.everymove.uk' is displayed in white and blue. A small yellow star is in the bottom right corner.

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

Easter Activities

INTENSIVE SWIMMING COURSES

Suitable for 4 years+

max 4 swimmers per class

30mins each day

COLNEIS POOL FELIXSTOWE

4 Day Course
2nd - 5th April
£39.80

OAKLANDS LEISURE POOL FLIXTON RD

3 Day Course
8th - 10th April
£29.85

REDLINGFIELD

3 Day Course
10th - 12th April
£29.85

HARLESTON

4 Day Course
8th - 11th April
£39.80

YOXFORD

4 Day Course
8th - 11th April
£39.80

BEACON HILL POOL MARTLESHAM

5 Day Course
8th - 12th April
£49.75

ACTIVITY SESSIONS

1 hour - Harleston Pool only

Boogie Board &
Fin swimming

Diving

Junior
Lifeguarding

PRIVATE TUITION

1:1 and 2:1 suitable for adults
and children available at all pools

**BOOK
NOW**



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COUNTY LINES WEBINAR

A webinar for all
parents and carers.
Join our panel and
find out about
county lines in your
area, how to keep
your child safe and
what to do if you
have concerns.

Parent webinar County Lines in Norfolk

Hosted by

Iverson Trust,
a parent with lived experience & a
local police officer.

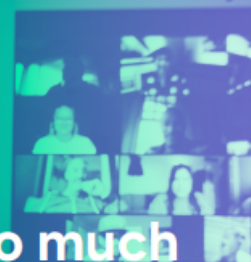
Register today

www.iversontrust.org.uk/webinars

7-8.30pm
12th
March



i feel so much
more confident to
to talk to my child



CO-ORDINATION CONCENTRATION CONFIDENCE

**BOOK
A FREE***
TRIAL
LESSON

**BEGINNERS
WELCOME**

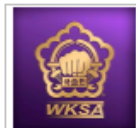


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FREE**

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