



# Heacham Junior School Newsletter

## October 2022

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### Our Learning

#### Year 3 – Oystercatcher

Year 3 have settled really well into their new school and have been working incredibly hard! We have been looking at place value and have moved onto addition and subtraction. We are continuing to work on our times tables and are very excited about challenging ourselves and each other on Time Tables Rockstar, as well as Tackling Tables. Any practice you can do at home will help the children enormously. We are working on 2, 3, 4, 5, 6, 8, 10 tables. In English, we have written warning tales based on Icarus and are now working on persuasive texts. In history, we have been learning about the ancient Egyptians including the importance of the River Nile and being historians understanding hieroglyphics and artefacts. In geography, we have learnt all about compasses and grid reference. The children have also enjoyed starting their new learning in French, as well as creating their own rangoli patterns on the playground and baking some Hindu sweets to help us understand Diwali.



#### Year 4 – Avocet

Avocets have had a great first half term. In Geography, we have been exploring our local area and developing our map skills such as finding the scale and working out the distance between two places. We have also learnt about light and dark Artwork. They have been drawing still life objects using the 'chiaroscuro' eyes technique to see shadows. We are just starting out final outcomes and carefully thinking about the order to paint the light and dark colours to create dramatic effect. The final picture shows the children acting out how Leon may have felt when leaving the place between in English. This was a great book to start this year with! Super efforts this term Avocets, keep it up! Looking forward to next term learning about Henry VIII and the Tudors in History and Mediterranean Europe in Geography- we even get to try some of their cuisine!



Love of learning, bright futures, happy memories!

## Our Learning (cont'd)

### Year 5 – Albatross

We've had a very busy first half term in Albatross Class learning about some fascinating topics in all of our foundation subjects. In history we've been learning about the Islamic Golden Age and the creation of the progressive 'City of Peace' Baghdad in 972 CE where scholars would travel from all over the world to learn, study and share ideas. In RE the children now have a great understanding of the importance of Muhammad to Muslims and why the Muslim holy book, the Qur'an is so precious to all followers of Islam? These have linked perfectly with our art unit where we've learnt about the intricate nature of Islamic architecture. The children have designed and created their own clay tiles influenced by the geometric and vegetal patterns in the Islamic style we've been studying. We've also conducted some super science experiments in class measuring our lung capacity and making blood using marshmallows and cheerios to represent white blood cells and platelets! We have packed in so much this half term including learning to play the recorder and enjoying a fantastic day out at Holkham Hall where the children had the opportunity to listen to some fantastic performances by Classical Music Rocks. The children have consistently demonstrated excellent learning behaviors and we're so proud of them for all their hard work during this first half term. We can't wait to see what exciting things we'll get up to next half term!



### Year 6 – Royal Tern

Year 6 have made a great start to the year. This half term in English we have been studying the book 'The Arrival' by Shaun Tan which is a beautiful and very moving book with no words. It follows the story of a man who is an immigrant and how he builds a new life for himself and his family. Royal Terns wrote amazing poetry using this book and our 'hot writes' were a meeting tale. ! In Art, we enjoyed learning about William Morris and 'decorative arts'. Children designed and printed their own wallpaper using reduction printing techniques. In History, we have been learning about World War One, the causes, how it was fought and the consequences of the war. They have learnt all about the periodic table in Science and conducted an experiment using an air freshener. PE has also been thoroughly enjoyable this half term; learning to play rounders and developing fitness in cross-country. We also got to go to the oldest theatre in the country – the Guildhall in King's Lynn – to watch a play! Our main focus for this term is to make sure all children know all of their times tables (please keep working on these on Times Table Rockstars and Tackling Tables) and also read as much as possible! Reading is so important, even just reading a few pages with an adult each day and answering a couple of questions will make such a difference!







## **2022/2023**

Every Wednesday – Swimming AM

Every Thursday – Music Tuition with Ms Collins

Please check PE days with your class teachers

21/10/22 – Closed for Training Day

31/10/22 – Halloween Special Lunch

01/11/22 – Parents' Evening

02/11/22 – Year 5 Swimming begins

03/11/22 – Parents' Evening

04/11/22 – Cross Country at Snettisham

07/11/22 – After School Clubs start this week

09/11/22 – Flu Immunisation

11/11/22 – 2 mins silence for Armistice Day

15/11/22 – Y4 Remembrance Rehearsal/Concert

16/11/22 – Primaries Instrumental Performance

22/11/22 – Y3 Trip to King's Lynn Museum

25/11/22 – Classical Music Rocks performance @ HJS

25/11/22 – Y4 West Stow trip

28/11/22 – Mini Medics 16xY4

01/12/22 – Anti-Bullying Training @ Springwood JLT/HP

02/12/22 – Christmas Concert Rehearsal

07/12/22 – Christmas Concert @ St Nicholas

09/12/22 – Panto Performance at HJS

23/04/23 – Y6 Leavers' Photo - Tempest Photography

**Twitter** Please follow us on twitter as we are using that social media platform more regularly than facebook



Snettisham, Heacham Infant and Junior WNAT

## **Health Support & Advice for children and young people**

<https://www.justonenorfolk.nhs.uk/>

**0300 300 0123**

The Just One Norfolk website has refreshed its look and is now offering a range of new and updated features to enable families access to safe, accessible and up to date information, advice and self-care support through their parenthood journey - <https://www.justonenorfolk.nhs.uk/>

## **Coronavirus (COVID-19)**

While you're no longer required by law to self-isolate if you have COVID-19, the Government still recommends that you stay at home for at least 5 days until you have 2 negative LFT and avoid contact with other people. This helps reduce the chance of passing it on to others.

The school continues to encourage thorough hand washing and follows the guidelines laid out by Public Health England for schools.

Please see our letter dated 27/2/22

<https://www.heachamjunior.co.uk/attachments/download.asp?file=165&type=pdf>

For further information please visit:

<https://educationhub.blog.gov.uk/2022/02/21/what-the-latest-advice-on-testing-and-self-isolation-means-for-education-settings/>



## **Lunch Menu**

The Winter starts on 31/10/22 – view it on our website. Vegan, Gluten/Dairy/Egg-free versions are available on request.

<https://www.heachamjunior.co.uk>

**Not bookable online**



## **Term Dates:**

Please note that our term dates are not the same as those published by Norfolk County Council.

Please see our website for further information.

**Last day of Term is Thurs 20/10/22.**

**Children return on Mon 31/10/22.**

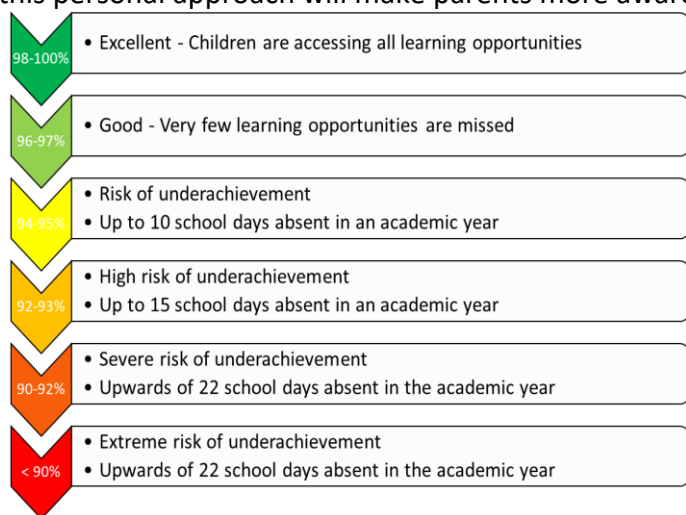
**Love of learning, bright futures, happy memories!**

## The importance of good attendance

The Government strives for **every pupil to achieve 97% attendance**. Every day away from school is a day away from learning and this can have an impact on a child's education and future accomplishments.

We want every child to enjoy school and achieve their potential in education and life beyond. We are always here to talk through any issues and help find solutions. Parents are always a phone call away if a child is too ill to continue their day, please encourage them to try to give the day a go, children often feel much better once they are in class.

The Government has issued new attendance guidance and targets to all schools, you may receive regular texts informing you of the number of days that your child has been absent in a term/year. The Government hope that this personal approach will make parents more aware of how the odd day adds up and help keep you informed.



## Vouchers for Free School Meal Eligible Pupils – October 2022 to March 2023

**Support has been extended for the period 1 October 2022 to 31 March 2023** for pupils eligible for means-tested Free School Meals (FSM). Families who are eligible for Free School Meals will receive Edenred vouchers to the value of £15 per month per child with an additional £30 voucher in December. The Vouchers can be spent at many major retailers including supermarkets.

**Families in hardship and needing wider support** In addition to the offer of FSM vouchers for eligible families, there is support available for families who are facing hardship and need support. Anyone experiencing hardship may be able to receive support through the Norfolk Assistance Scheme (NAS), which may be able to provide support for food, fuel, clothes and other essential household items to families experiencing hardship. Families may get in touch with NAS via their website which includes an online application form, or they can call **0344 800 8020**.

<https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme>

## Have your circumstances changed recently? You may be eligible for Free School Meals.

The school receives funding for each child who comes under Pupil Premium (including free school meals), so it is worth applying even if you don't have school meals!! You can apply online

<https://fiso.norfolk.gov.uk/synergy/Enquiries/Citizen/FreeSchoolMeals.aspx/>

<https://www.norfolk.gov.uk/education-and-learning/schools/school-meals-and-milk?fbclid=IwAR181hWbnsrWnVeC-KZ31j-HfjFmGLwKL7zsv9QVbkEfY1uKETvzOcDSIcQ>

\* Subject to changes \*

## Term Dates 2022-2023

September 2022						
M	T	W	T	F	S	S
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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October 2022						
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31						

November 2022						
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December 2022						
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January 2023						
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February 2023						
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27	28					

March 2023						
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April 2023						
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May 2023						
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June 2023						
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July 2023						
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31						

August 2023						
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28	29	30	31			

Key: White dates – school open to pupils  
Orange dates – pupil holiday  
Purple dates – staff training day  
Red dates – bank holiday

Staff training days are:  
Thursday 1st September, Friday 2nd September, Friday 21st October, 3rd January and Monday 17th April

## PRIMARY SCHOOLS - Term Dates 2023-2024

September 2023						
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October 2023						
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November 2023						
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January 2024						
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March 2024						
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April 2024						
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July 2024						
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26	27	28	29	30	31	

Key: White dates – school open to pupils  
Orange dates – pupil holiday  
Purple dates – staff training day  
Red dates – bank holiday

Staff training days are – Monday 4th September and Tuesday 5th September, Wednesday 3rd January and Thursday 28th March 2024 as whole training days.  
Monday 22nd July 2024 is disaggregated.



### **Primaries Dance Festival -West Norfolk Academies Trust**

After being cancelled last year due to the extreme hot weather, our Y4 finally got to perform at Springwood. Well done everyone, it was a joyous evening with lots of positive feedback.



### **Hunstanton Lions Donate Books and Bird Boxes**

In September, 6 children, Ms Prosser and children from Snettisham Primary, attended Hunstanton Library where they were presented with environment themed books and bird boxes



### **Bikeability Y56**

This proved very popular this year. The Cycle Trainers were very impressed with our group who all did extremely well and were presented with certificates. Congratulations!



Love of learning, bright futures, happy memories!





### Little Inventors

We had a very successful exhibition open to the public here on 29<sup>th</sup> September. Mrs Tillbrook curated plans, photos and model inventions from all 3 school. These were created by the children last year during our 'Day to Create'. The children were tasked with inventing and making things that would 'improve their world'. We had drink dispensing headgear, robotic pets, pet scratchers, pic & mix machines, in fact pets and treats featured highly!



Love of learning, bright futures, happy memories!

### CROYDON CUP

The Croydon Cup is, without doubt, the hardest competition on our calendar and our two teams for this year gave it everything they had. Our Yr 6s were amazing in the Champion's League - only conceding one goal all evening! They literally gave their blood, sweat and tears. Our Yr 5 team were equally fantastic and so unlucky to miss out on the final of the Premier League by just one goal. Triumphant in the 3rd/4th place play-off though, we came away with super-shiny bronze medals!!



**Better Health** every mind matters

**NHS**

Take this moment to

notice  
**the world**  
around  
**you**

Search **Every Mind Matters**  
for your personalised Mind Plan.



## Dictionaries

In September, our Y56 each received a beautiful illustrated Dictionary kindly donated by the Hunstanton Rotary.



## Remembrance Service



On Sunday 18<sup>th</sup> September 2022 our families were invited to Heacham Parish Church for a service of thanksgiving and remembrance for the life and reign of Her Majesty Queen Elizabeth II. Our Head Pupils, Freya and Jake, along with Ella were ask to give a reading.



## 2022-2023 School Leaders

Junior Leadership Team (JLT):



Art leaders:



Eco leaders:



Reading Ambassadors:



Sports Leaders:



Head Pupils (HP):







## AFTER-SCHOOL CLUBS

Next half-term we will be offering the following after-school clubs (3.30pm-4.15pm). Spaces are limited and will be allocated on a first come, first served basis. Clubs run by school staff are free, Clubs run by visitors may be chargeable (see below).

***Please note that children in Years 3 & 4 should be collected by an adult usually from the back playground.***

### IF YOU ARE CURRENTLY IN YOGA YOU DO NOT NEED TO RE-APPLY

#### MONDAY

Board Games with Miss Pateman open to all x 16 spaces

#### TUESDAY

Yoga with Kyra Cruise open to all x 20 spaces children will need a small blanket and cushion (funded by HJS)

Art Club with Miss Kissock open to all x 16 spaces

#### WEDNESDAY

Chinese Football with Mr Agate open to all x 20 spaces

#### THURSDAY

Singing Club – Christmas Songs with Mrs Bridge open to all x 16 spaces

**To apply for a space please email [office@heachamjunior.co.uk](mailto:office@heachamjunior.co.uk) and state the following**

**I give permission for (Child's Name) to attend the following clubs**

**Club Names:**

**Medical Condition:**

**Name of Parent:**

**Emergency Contact phone no:**

**I will collect my child from the back playground at 4pm or;**

**My child has permission to walk home alone (Y5/6 only)**



## Amended Swimming Rota

May be subject to further changes

SWIMMING 2022-2023						
Wk No.	Date	Class/Year		Wk No.	Date	Class/Year
7	02/11/2022	Albatross		20	15/03/2022	Avocet
8	09/11/2022	Albatross		21	22/03/2022	Avocet
9	16/11/2022	Albatross		22	29/03/2022	Avocet
10	23/11/2022	Albatross		X	05/04/2022	Easter
x	30/11/2022	Pool Closed		X	12/04/2022	Easter
x	07/12/2022	Pool Closed		23	19/04/2022	Avocet
x	14/12/2022	Pool Closed		24	26/04/2022	Avocet
x	21/12/2022	Xmas		25	03/05/2022	Oystercatcher
x	28/12/2022	Xmas		x	10/05/2022	SATS - NO SWIM
11	04/01/2023	Albatross		26	17/05/2022	Oystercatcher
12	11/01/2023	Albatross		27	24/05/2022	Oystercatcher
13	18/01/2023	Albatross		28	31/05/2022	Oystercatcher
14	25/01/2023	Albatross		29	07/06/2022	Oystercatcher
15	01/02/2023	Albatross		x	14/06/2022	Half-Term
16	08/02/2023	Albatross		30	21/06/2022	Oystercatcher
x	15/02/2023	Half-Term		31	28/06/2022	Oystercatcher
17	22/02/2023	Avocet		32	05/07/2022	Oystercatcher
18	01/03/2023	Avocet		33	12/07/2022	Royal Terns
19	08/03/2023	Avocet		34	19/07/2022	Royal Terns

Swimmers leave at 11am and return for lunch at 1pm. They need a one piece swimsuit/trunks, towel, waterproof bag (hat and goggles are optional).

Earrings must be removed.





### **Reading**

We love reading at Heacham Junior School! Children should be reading everyday and recording this reading in their school planners. Teachers check school planners at least weekly to make sure children are reading their books at home. This could be reading on their own, to someone else or even to a pet! When a child finishes their library book they will complete an Accelerated Quiz at school to check their understanding. It really is so important and helps your children make great progress in their learning across all subjects.



### **Times tables**

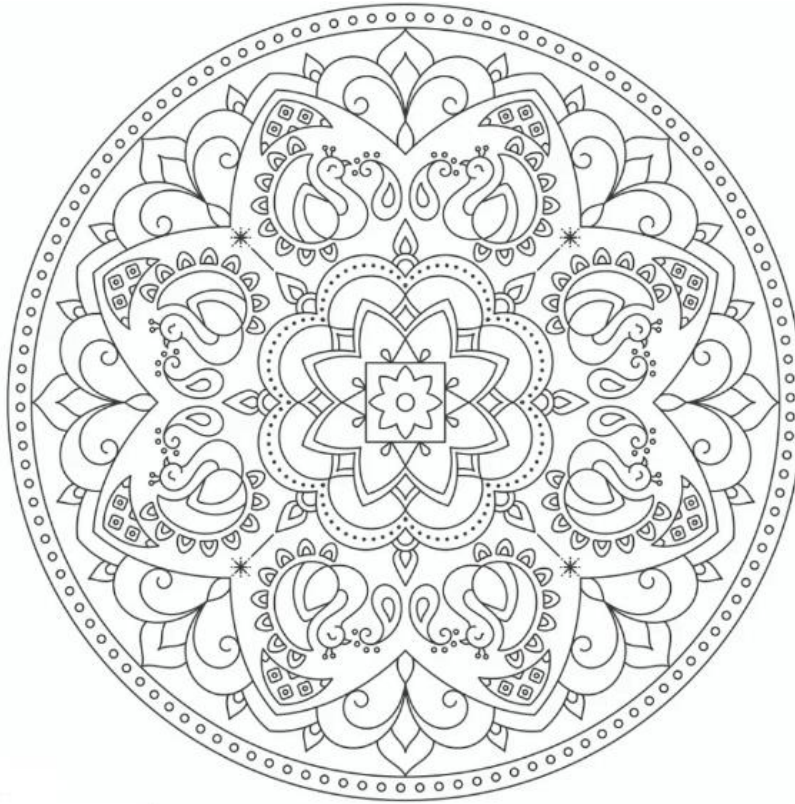
We have recently started using a new and exciting resource for learning our times tables: Times Table Rockstars! All children should have their login and be using this regularly. It is a really addictive site - teachers are also using it (and getting very competitive)! Children can practise the times tables they need to work on, enter the 'studio' to improve their speed and even challenge their friends or teachers to 'rockslam' times table battles!



### **Parents' Evenings**

We are holding our Parents' evenings w/c 31/10/22. Please see the recent Dojo Post/Email. Please message your class teacher on Class Dojo with your preferred date (either 1<sup>st</sup> or 3<sup>rd</sup> November) and whether you would like an earlier appointment before 5pm or later, after 5pm. The children's English and Maths exercise books will be available for you to have a look through and it will be so nice to have face to face meetings with you all once more.

## Colouring Page





## Vegan Pumpkin Bread

Vegan pumpkin bread - this spiced pumpkin loaf cake tastes like autumn in cake form! This one-bowl pumpkin cake is soft, moist, spicy, easy to make, full of flavour and perfect for snacking on. Eggless and dairy-free.

Prep Time 10 minutes, Cook Time 1 hour 10 minutes

Servings 8 people

### Ingredients

- 280 g (2 ¼ cups) plain (all-purpose) flour
- 135 g (¾ cup) light brown soft sugar
- 100 g (½ cup) caster sugar
- 2 ¼ tsp baking powder
- ¾ tsp bicarbonate of soda (baking soda)
- 2 ½ tsp pumpkin spice/mixed spice (or use 1 tsp cinnamon, 1 tsp ginger, ¼ tsp nutmeg, ⅛ tsp allspice and ⅛ tsp cloves)
- ½ tsp salt
- 320 g (1 ⅓ cups) tinned pumpkin puree (NOT pumpkin pie filling) (see instructions above to make your own)
- 120 ml (½ cup) sunflower oil (or another flavorless oil)
- 100 ml (⅓ cup + 1 Tbsp + 1 tsp) unsweetened non-dairy milk (I used oat)
- 1 tsp cider vinegar/white wine vinegar
- 1 tsp vanilla extract
- a handful of pumpkin seeds to decorate (optional)

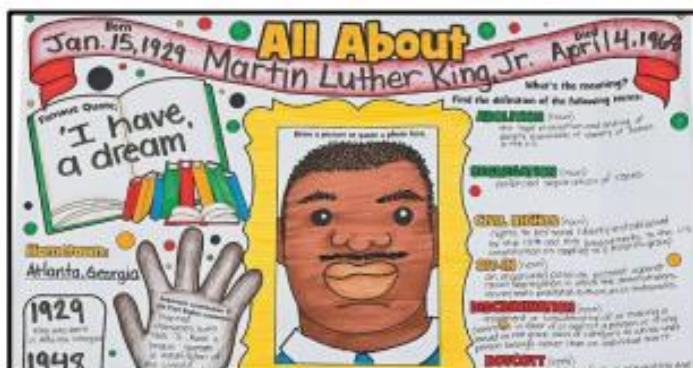


### Instructions

1. Preheat the oven to 180C/350F/gas mark 4. Grease an approx 11.5 x 21.5 cm / 4.5 x 8.5 in loaf tin and line it with a strip of baking parchment that comes a little way above the sides so that you can easily lift the cake out once it is baked.
2. Whisk together the plain flour, light brown soft sugar, caster sugar, baking powder, bicarbonate of soda, pumpkin spice and salt in a large mixing bowl.
3. Add the pumpkin puree, sunflower oil, non-dairy milk, vinegar and vanilla extract and whisk gently until no dry lumps remain but be careful not to over-mix.
4. Transfer the batter to the prepared loaf tin and spread it level. Scatter a handful of pumpkin seeds over the top then bake for 60-75 minutes until a skewer inserted into the centre comes out clean or with a few moist crumbs but no wet batter. Loosely cover the top with tin foil for the last 20 minutes of baking if it starts to get too dark.
5. Leave the cake to cool in the tin for 10 minutes then carefully lift it out onto a wire rack and leave to cool completely before slicing. Store leftovers in an airtight container for up to five days.

## Black History Month

### Home Challenge



## October is Black History Month!

This year we are inviting all students to design a poster that celebrates a famous or significant Black individual.

Students from **all year groups** are invited to take part.

Winners from each school will be chosen by the school's Equality and Diversity Committee and will receive a £20 Amazon voucher.

Your poster must include your **name, year group and school** and be presented as neatly as possible.

Entries can be emailed to:

- [e.harvey@stclementshigh.org.uk](mailto:e.harvey@stclementshigh.org.uk)
- Posters can also be handwritten and handed in to the school office by the deadline.

**Entries should be submitted by 31st October, 2022**