



Heacham Junior School Newsletter

February 2023

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Dear Families,

We hope you are looking forward to a good half-term break, which is nearly here! We have been proud of the learning undertaken across the school since January.

Our knowledge rich curriculum allows pupils to learn and remember so much! Please ask them about Science and see if they can talk to you about these units. Y6 are learning about plants, photosynthesis and capillary action, Y5 and Y4 are defining and exploring states of matter; gas, solid and liquids. Y3 are able to talk about rocks, soils and how fossils are made. We are always impressed by how much our pupils can remember and explain. There is much to celebrate with visitors commenting on the good behaviour of pupils in lessons.

We were proud to show families around the school recently for our Math Café and parents complimented behaviour then too. We hope to see you on our Times Tables Rock Star day on 10th February.

Best wishes

Louise Jackson

Executive Headteacher

Our Learning

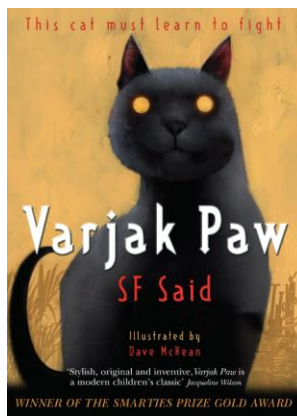
Year 3 – Oystercatcher

Oystercatchers have had a great start to 2023! The children have been studying measurement in Maths, converting measures as well as adding and subtracting units of length. They have also learnt that perimeter is the distance all around the outside of a 2D shape. It was wonderful to spend the morning sharing our learning with parents on 25th January at our Maths Café. In English, they have been looking at the beautiful book 'The Land of Neverbelieve' by Norman Messenger to explore information texts. As part of this work, they have written wonderful descriptions of dragons inspired by the model text The Manchester Ridgeback. In Science, they have been closely examining different types of rock including sedimentary, igneous and metamorphic. They were surprised to discover that they were all formed in different ways and have different levels of hardness. The children have really enjoyed learning about the parts of the body in French, including the eyes, ears and nose. They are also becoming more familiar with the days of the week. Finally, in Geography the children have been comparing urban and rural areas, examining population density and representing this information in pictograms.



Year 4 – Avocet

Another great half-term Avocets! We have been investigating different states of matter in our Science unit. The children enjoyed observing how many gases were produced in various solids when adding water. Avocets have impressive artistic skills. They have created some wonderful collages with contrasting materials. In English, we loved our last book 'The Boy at the Back of the Blass'. Now we are reading our new book 'Varjak Paw' – the suspense keeps us on the edge of our seats!



Our Learning (cont'd)

Year 5 – Albatross

We have had another busy half-term in Albatross Class; in History we've all loved learning about the French Revolution and how Napoleon became the Emperor of France meeting his match in British Admiral Nelson when he tried to conquer Europe at the Battle of Trafalgar! In Geography, we've enjoyed learning about different regions of the UK comparing East Anglia with The Midlands, Yorkshire and Humberside; the children were tasked with investigating facts about Birmingham and why its industrious past played an important role in the industrial revolution - as well as the importance of the production of Cadbury's chocolate of course! We've also conducted some super science experiments in class testing the density of different objects and predicting whether or not they will sink or float based on their density. Amongst all of this, we've learnt about the beautiful art of Chinese painting using ink sticks and stones as well as getting a full understanding of the selfless and caring nature of Sikhism who strongly believe in equality and above all else helping others before themselves which a lovely message for us all to learn from.



Year 6 – Royal Tern

We started the spring term with algebra in maths – the children were fantastic at it! They could create equations from mathematical diagrams and solve them. We have also been going into more depths with decimals and percentages in Maths and have continued to develop our speed and fluency with arithmetic. Times Table Rock Stars is really helping fluency with multiplication so keep it up Year 6! In English, we have used the book 'Stay Where You Are and Then Leave' and 'Call of the Wild'. The children produced amazing pieces of written work when we were writing a discursive text. We have learnt about Nazi Germany and the lead up to World War Two in history and in science we have been learning about plants and have conducted a range of investigations to learn about all about them, including capillary action. Design and Technology lessons have been fantastic this half term. We have studied the Dyson company – did you know James Dyson comes from Cromer!? We became design engineers, and designed and built our own fan. The children created prototypes, which they had to keep adapting as challenges, and problems were found. Geography has been South America and it has been interesting learning about how diverse it is.





Hello from our Governor Co-Chairs

Hello!

As we are both new to the role of Co-Chair of Governors this year, we wanted to introduce ourselves and tell you a little bit more about the role of Governors. Heacham Infants, Heacham Junior and Snettisham have a joint Governing body, reflecting the way our schools are managed. We meet every half-term, rotating our meetings around the three schools. We regularly visit each school to observe learning in action, talk to pupils, attend school events, review books, and meet with staff.

Our Governing body is made up of parents, carers and local people appointed by the Trust who are committed to supporting the schools to provide the best education and environment they can. Our role is to review school targets, policies, plans and school data. We challenge and support the Senior Leadership Team. As “critical friends” we ask questions to check the best course of action is being taken. The operational management of all three schools remains the responsibility of the Executive Headteacher.

Kirsty Kerr

I have two children, one of which is currently at Heacham Junior School in year 4, and the other is now at high school, having transitioned from Heacham Junior. I am fortunate enough to have worked in all 3 of our wonderful schools but have held my role as a Governor since Spring 2021. In addition to being Co-Chair, I have responsibility for SEN. I am passionate about ensuring all children have the opportunity to achieve and experience success and I am very proud to be able to play a part in this with West Norfolk Academies Trust.

Barbara Herring

I have two children at Snettisham, Aidan in year 3 and Eloise in year 6, and I have also been a Governor since Spring 2021. I have been a Governor before at another primary school and, in addition to being Co-Chair, I have responsibility for safeguarding. I got involved as I am passionate about ensuring all children have access to a high quality of education. I have enjoyed getting more involved with the schools and the Trust and working alongside the other Governors.

If you'd be interested in finding out more about how the Governing body works then do feel free to get in touch with us, we'd love to tell you more.



2023

Every Wednesday – Swimming AM

Every Thursday – Music Tuition with Ms Collins

Please check PE days with your class teachers

10/02/23 – Times Tables Rock Stars Dress-Up Day

10/02/23 – Parents invited in 2.45pm Times Tables etc.

13/02/23 – Half-term Holidays

20/02/23 – Children return to school

20/02/23 – Drama Club (no other clubs this week)

21/02/23 – Special Lunch

21/02/23 – Parents' Evening

22/02/23 – Y4 Swimming starts

23/02/23 – Parents' Evening

27/02/23 – After School Clubs begin this week

02/03/23 – Parent Reading Café 9-10am

02/03/23 – Special Lunch

02/03/23 – World Book Day Dress-Up

08/03/23 – Primary Literary Event @ Corn Exchange

16/03/23 – Y56 BEE Netball @ Smithdon

16/03/23 – Friends PTA meeting 2.30 **new members welcome**

17/03/23 – Red Nose Day Dress-Up £1

27/03/23 – Y34 Football Festival @ Smithdon

29/03/23 – Y6 Trip to IWM Duxford

30/03/23 – Y34 BEE Netball @ Lynnsport

30/03/23 – Y56 Croydon Trophy2 @ Hunstanton

03/04/23 – Easter Holidays

18/04/23 – Children return to school

24/04/23 – Special Lunch

26/04/23 – TriGolf Festival @ HJS

27/04/23 – Y6 Leavers' Photo - Tempest Photography

01/05/23 – Bank Holiday

03/05/23 – Y3 Swimming starts

08/05/23 – Bank Holiday

09/05/23 – SATS WEEK Y6

10/05/23 – Y4 Trip to Norwich Castle Museum

15/05/23 – Cricket @ Snettisham Memorial Field

18/05/23 – Special Lunch

26/05/23 – Mini Tennis Y34 @ Lynnsport

29/05/23 – Half-term Holidays

05/06/23 – Children return to school

12/06/23 – Girls Dynamo Cricket @ North Runcton CC

15/06/23 – Cluster Cycle Races @ Glebe House 6pm

27/06/23 – Special Lunch

29/06/23 – Area Sports @ Smithdon 4.30-6.30pm

04/07/23 – Special Lunch

06/07/23 – Y3 Trip to Sedgeford Archaeological Dig

06/07/23 – Quadkids Athletics Y56 @ Lynnsport

20/07/23 – Last Day of Term

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 are no longer required by law to self-isolate if you have COVID-19, the Government still recommends that

Children stay at home for at least 3 days

If they test positive 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.



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 Fri 10/02/23
Children return on Mon 20/02/23**

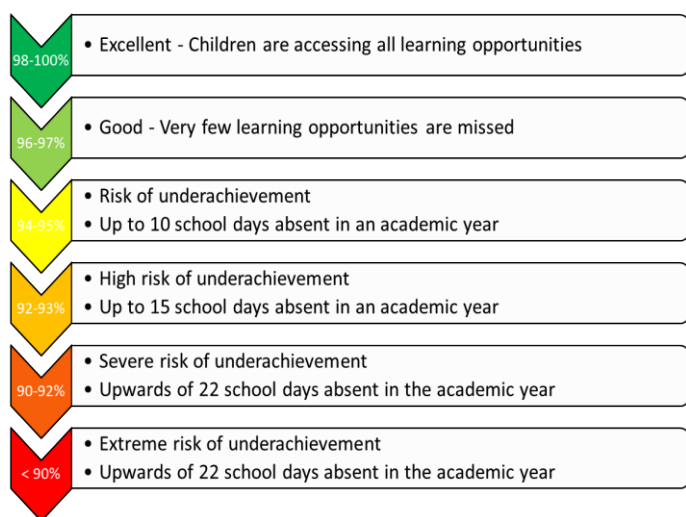
Love of learning, bright futures, happy memories!

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 was 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-HfjFmGLwKL7zsv9QVbkEfY1uKETvz0cDSIcQ>

Junior Leadership Team (JLT)

This article has been written by Archie, JLT member from year 6



In November, the JLT and head pupils were lucky enough to attend and learn a lot on the subject of anti-bullying at Springwood high school.

We have taken all of this knowledge into mind and we have been promoting anti-bullying in our school doing things such as: presenting assemblies about anti-bullying and choosing two anti-bullying ambassadors from each class that will help people to play together or just help them feel happy or joyful when they are feeling down.

We have a special way of remembering the three main types of bullying – VIP. You may be thinking that this means very important person, but no; it means **V**erbal bullying, **I**ndirect bullying and **P**hysical bullying.

At Heacham Junior School, we say “**NO TO BULLYING !**”



Love of learning, bright futures, happy memories!

Young Carers



WEST NORFOLK CARERS...

Is there a child in your home who is a young carer? A young carer is anyone under 18 who helps to look after a relative (parent/sibling) with a disability (including learning disabilities, e.g. ASD/ADHD), an illness, a mental health condition, or drug or alcohol problem.

Registered or not, we have secured some much needed outreach support from West Norfolk Carers in our schools every half-term.

Please let us know if you would like your child to benefit from this – office@heachamjunior.co.uk

**Young carers:
Who are they?
What do they do?**

Who are young carers?
A young carer is someone **under 18** who regularly helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

How many young carers are there?

- There are about **700,000** young carers in the UK. (BBC 2010)
- That's about **1** in **12** secondary aged pupils.
- There are likely to be young carers in every school and college.

*The Census identified over 200,000 young carers, but many remain hidden.

Who do young carers care for?
Young carers care for someone:

- With an illness or disability.
- With a mental health condition.
- Who misuses drugs or alcohol.

What might a young carer do?

- Practical tasks, such as cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give someone their medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

Young carers should have:

- The time to be a young person.
- The same opportunities as their friends.
- Good support for the person they help look after.

Information and support
www.youngcarers.net (18 and under)
www.youngcarersmatter.org (16-25)
www.makewav.es/YCif

Which one is the young carer?

Young carers are just young people – with caring responsibilities! They look the same as everyone else but they can lead very different lives!

The average age of a young carer
= 12

**“Don’t stereotype us, we are all individuals.”
Young carer**

1 in 3 young carers spend between **11–20 hours** each week caring.

We have been busy!

NATIONAL LEAGUE TRUST TOURNAMENT 2-3 FEB

Ms Prosser took two amazing teams to take part in the National League Trust Tournament Football this month. The boys' team finished 5th overall out of 19 teams and the girls' 6th out of 12 teams. They all demonstrated great skills and sportsmanship and provided lots of nail-biting moments!



CHEMISTRY KITCHEN Y5 10 JAN

Year 5, along with other Trust Primary Schools, had a fun morning at Springwood watching and conducting science experiments using everyday kitchen equipment and foods.

PARENT MATHS CAFÉ 25 JAN

We hope that you enjoyed taking part in this parent drop-in. There will be an opportunity to join in with some multiplication fun activities with our Times Table Rock Star Parent session on 10/2/23 at 2.45pm and then a Reading Café at 9am-10am on 2/3/23.



CHILDREN'S MENTAL HEALTH WEEK 6-10 FEB 2023

This year's theme was 'Let's Connect.' It encouraged children to explore how cultivating meaningful connections in their lives helps to support their mental health and wellbeing. We explored daily themes and activities including random acts of kindness, friendship and the power of music. We talked about how we feel and how important our family and friends are to us.

Friends of Heacham Junior School



THE FRIENDS OF HJS raise funds throughout the year to pay for fun activities, rewards and gifts for our pupils. Their numbers are very low and we would very much like to see our PTA grow. We want to welcome members from families in our school. If you would like to join, help host and support events, fundraise for our school and contribute to enriching the children's experience come along to one of our meetings or contact the PTA chair, Kelly Hall kelly.hall.1@talktalk.net or speak to Mrs Bridge in the office.

The next meeting will be in the school hall at 2.30-3.20pm on Thursday 16th March 2023.

DISCO

Fancy a boogie? The Friends are currently organising a Disco one evening before Easter. More information will be posted on Dojo shortly.

JOLLY JARS

We are doing Jolly Jars again this year. The children decorate a jar in an Easter theme and then fill them with sweets, toys, games etc. We then sell them to raise funds. Start saving your jars! More info will follow.

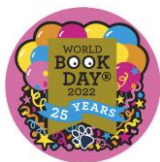


This week we say goodbye to one of our longest serving members of staff, Julie Hunt. Julie started as school crossing patrol in the 1990's then joined our site staff shortly after. She has had 30 years of very early starts as her day finishes just as we come in each morning! We wish her all the best as she begins her retirement.

Upcoming Events!

PARENTS' EVENINGS

We are having face to face Parents' Evenings in the hall on Tues 21st and Thurs 23rd February. Appointment times have been sent to parents, via Dojo message, this week. If you haven't received an appointment please Dojo message Mrs Bridge Y3, Mrs Tilbrook Y4, Mr Agate Y5, Mrs Jones Y6 and we will get back to you. If you can't attend on these days please let the member of staff know and an alternative meeting or phone call can be made.



WORLD BOOK DAY 2/3/23

If you like to dress up, you can come dressed as your favourite book character (no charge). We also have a competition for the children to design a new book cover for their favourite book (or for their own book) and write a blurb on the back. There will be prizes for 1st, 2nd and 3rd place! Continue reading for more information. There will be an assembly for the children to launch this competition shortly.



RED NOSE DAY 17/3/23 - £1

We are encouraging all children to dress-up in a 'Super Hero' theme or they could wear red! We want everyone to take part and, if you are able, a £1 donation via ParentPay for Comic Relief would be great. We understand that not all children like to dress up and that is OK too!

YEAR 6 LEAVERS' HOODIES 2023

Letters will be coming home in March with details of how to purchase Leavers' Hoodies for your Year 6 children. We are looking into a local supplier in an effort to reduce costs to parents. We will send home more information after half-term.



EXCITING OPPORTUNITY COMING IN THE SUMMER TERM...

Mrs Bridge, Miss Pateman and Mrs Taylor are hoping to put on a musical production and will be looking for budding actors, singers, dancers and entertainers to rehearse and perform after-school. We are currently looking for a suitable script, but hope to involve as many of our children as possible and then put on a performance to parents. It's an exciting opportunity! Keep your eyes peeled for more information next half-term. **Please email office@heachamjunior.co.uk if your child would be interested in taking part.**

PANCAKE DAY



TUESDAY 21ST FEBRUARY

Sausage Roll ^{(G)(W)(SU)} or Vegan Sausage Roll ^{(G)(W)} served with Chips and Beans or Garden Peas

Followed by our Fabulous Pancakes ^{(G)(W)(E)(MK)} with Amazing Toppings, including...

Chocolate Sauce, Strawberry Sauce, Squirty Cream, Sprinkles and Fresh Fruit Cocktail

Allergen key: (E) Egg, (G) Gluten, (MK) Milk, (SU) Sulphites, (W) Wheat

LUNCHTIME CŲ

WORLD BOOK DAY



THURSDAY 2ND MARCH

Ratburger ^{(G)(W)(SE)} or Lord Voldemort Veggie Burger ^{(G)(W)(E)(MK)(SE)} served with Mr Skinny Chips, Jack's Magic Beans and Gangsta Granny's Salad Bar

Orange Squash

Willy Wonka Chocolate Chip cake ^{(G)(W)(E)(MK)} or James & The Giant Peach Fruit Selection

Allergen key: (E) Egg, (G) Gluten, (MK) Milk, (SE) Sesame Seeds, (W) Wheat

LUNCHTIME CŲ

LET'S CONNECT



TIPS FOR PARENTS AND CARERS

Dear parents and carers,

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

WHAT'S IT ALL ABOUT?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

WHAT CAN YOU DO?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

1. Connect with your child in everyday ways

Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

With your older child, you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

2. Talk to your child about important connections

This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died.

Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

3. Talk to your child about their friends

As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.

LET'S CONNECT



Ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

4. **Connect by taking an interest in your child's world**

As adults we can sometimes be dismissive of the things that our children and teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.

5. **Find time to connect as a family**

Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.

6. **Try to resolve conflict and re-connect after arguments**

Arguments and moments of disconnection are bound to happen in families - between your children, between yourself and your children and between yourself and your partner, if you have one. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

Video activities from Place2Be

Puzzle Pieces – aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? childrensmentalhealthweek.org.uk/puzzlepieces

Connecting Paperchains – developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to. childrensmentalhealthweek.org.uk/paperchains

Exchanging Postcards – developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. childrensmentalhealthweek.org.uk/postcards

Looking for free practical advice to help you support your child?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. parentingsmart.org.uk

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help

Ice safety and winter water safety

Children are attracted to frozen lakes, canals and Lochs as they present natural play opportunities. Ice, however, can be a serious hazard in the UK in the winter.

We most often hear of people falling through the ice as a result of incidents with dog walkers, ramblers, and members of the public where it is used as a walking route/shortcut, or through play.

Ice safety advice for visitors to waterways

- Plan your route if you're going out and about near waterways in winter
- Look out for the signs and warnings. They are placed to warn of non-obvious hazards
- Stay off the ice and frozen waters they will not be able to hold a person's weight
- Keep away from the edge, and be aware that snow and leaves may obscure the edge
- Supervise children around ice and waterways
- Keep your dog on a lead near ice and frozen waters and don't throw sticks or balls onto the ice for them.

In an emergency



If you see a person in the water:

- Call 999 and shout for help
- Stay off the ice: Help from the land to the best of your ability. Try to keep your eyes on the person at all times, especially in moving water
- Shout to the casualty to keep still to maintain heat and energy, use a calm reassuring voice if possible: Float To Live
- Look for rescue equipment or anything that will extend your reach such as a rope, pole, branch or item of clothing.
- Reach or throw out to the casualty with it. Gently guide and move the person to the shore. Make sure that you are on stable ground.
- Keep the casualty warm and make sure they go to hospital.

* Subject to changes *

Term Dates 2022-2023

September 2022	October 2022	November 2022	December 2022
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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	October 2023	November 2023	December 2023
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January 2024	February 2024	March 2024	April 2024
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May 2024	June 2024	July 2024	August 2024
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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.

BLUE PETER WRITING COMPETITION



Calling all budding authors...

Blue Peter has launched its latest competition – ‘Amazing Authors’ – and the winning story will be brought to life and read by mega popstar and author **Tom Fletcher** as a CBeebies Bedtime Story!

All you need to do is come up with a short story or poem with an amazing adventure for an equally as brilliant main character.

With a blank page in front of you, you could write absolutely anything! Your main character could be a human, animal or even something you’ve made up. Think about what your character is going to get up to and then you can put that pen to paper... you could end up winning a once in a lifetime prize!

The winner will have their work turned into an actual book and an animation as well as having their story read by Tom Fletcher himself both on Blue Peter, CBeebies Bedtime Stories and a podcast on BBC Sounds. If that wasn’t enough, they also get to meet Tom and go behind the scenes at HarperCollins and Aardman to see the book and their characters brought to life.

The winner will also receive a printed version of their story to keep, a framed picture from the animation and a Blue Peter competition winner’s Orange Badge.

Tom said: “I’m still enthralled by children’s books even as an adult, so it will be a real privilege to see what ingenious ideas and characters the kids themselves come up with.”

All the information for the competition can be found on the [Blue Peter website](https://www.bbc.co.uk/cbbc/joinin/bp-competition):
<https://www.bbc.co.uk/cbbc/joinin/bp-competition>.

The competition is open for entries from 27th January and closes at 5pm on 8th March 2023.



AFTER-SCHOOL CLUBS

Next 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).

MONDAY

Drama Club with Mr Giller open to all £20 for the 5 remaining sessions

WEDNESDAY

Tri-Golf Club with Mr Agate open to all x 20 spaces

THURSDAY

Singing Club with Mrs Bridge open to all x 16 spaces

All clubs end at 4.15pm. Pickup is from the back playground except Drama & Singing Clubs where pickup is from the outer hall doors (opposite the bike sheds).

To apply for a space please email office@heachamjunior.co.uk and state the following:

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

Club Names:

Medical Conditions:

Emergency Phone:

Name of parent giving permission:

My child will be (select one): Collected or Walk home:

BREAKING NEWS!!! COMING IN THE SUMMER TERM...



Mrs Bridge, Miss Pateman and Mrs Taylor are hoping to put on a musical production and will be looking for budding actors, singers, dancers and entertainers to rehearse and perform after-school. We are currently looking for a suitable script, but hope to involve as many of our children as possible and then put on a performance to parents. It's an exciting opportunity! Keep your eyes peeled for more information next half-term.

Please email office@heachamjunior.co.uk if your child would be interested in taking part.

Swimming Rota

May be subject to further changes

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



Fundraising



Thank you for continuing to support our chosen charities by joining in with donations and dress-up days. We appreciate that not everyone can afford to give money – we would still want your children to join in with the event. So far this academic year we have raised **£215.00** for charity:

£105.00	Hello Yellow for Young Minds 20/10/22
£ 38.00	Odd Socks Day for Anti-Bullying Alliance 14/11/22
£ 72.00	BBC Children In Need 18/11/22
£	Red Nose Day 17/03/23
£215.00	Total raised for Charity since September 2022.

FREE FOOTBALL OPPORTUNITY

Alive **Social Soccer**

Borough Council of King's Lynn & West Norfolk

FREE Fun sociable football session for people of all ages and abilities

FREE!

The Walks - King's Lynn
MUGA Fridays 4-5pm

Downham Memorial
Fields MUGA
Thursdays 5-6pm

Hunstanton Rec Ground
MUGA Tuesdays 5-6pm



Contact us for more info at
community@alivewestnorfolk.co.uk

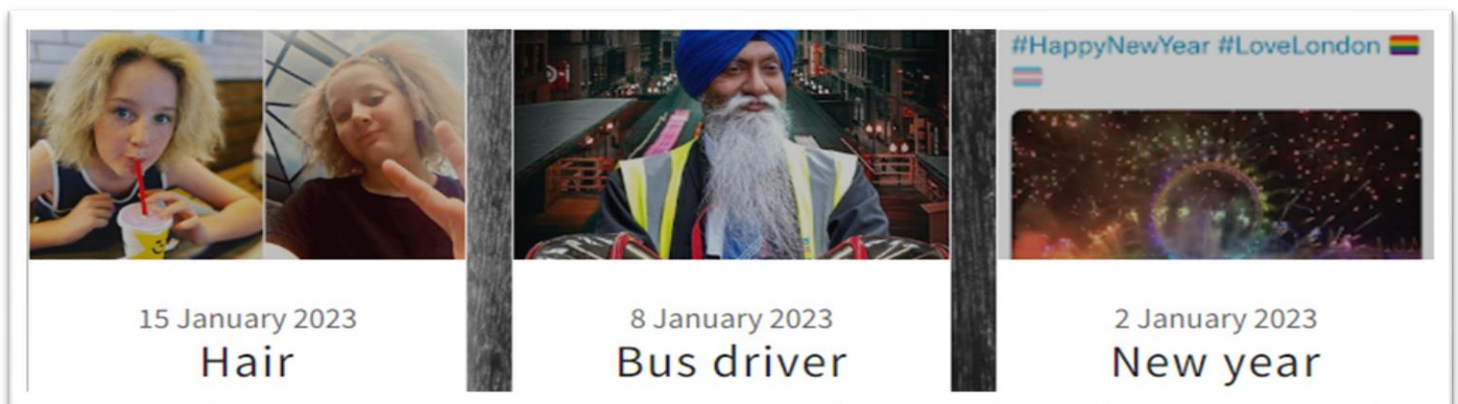


NO OUT SIDERS

'All different, All welcome'

No Outsiders!

This year we have been using the website 'No Outsiders' each week during our class discussion time. The website is to prepare children for life in modern Britain. Each week, a new photo is uploaded to the website with some information and thought-provoking questions. Last term we have discussed ear defenders, gender stereotypes, the 'one love' armband in football, the equality act and ballet shoes! Our discussions promote a sense of inclusion and belonging; we empower our children as they articulate themselves in class debate. We encourage you to explore the website for yourself! We have created a display in our entrance hall where we have also put our Diversity and Equality pledge. This was written by our Junior Leadership Team – if you agree with the pledge please sign the signature book and take a badge!



Equality and Diversity Pledge

H - Heacham Junior School's Equality & Diversity Pledge

J - Justice for all students

S - Skin makes no difference

P - Prejudice will not be tolerated

L - Let everyone have equal rights

E - Everyone should be respected and treated equally

D - Differences are important and should be respected

G - Grow together

E - Everyone is always welcome

Love of learning, bright futures, happy memories!



Christmas Present Appeal

Be a star and donate a toy to our appeal



The Salvation Army Christmas Present Appeal

Thank you for your support to this cause last year.
JLT are pictured with all of the lovely gift donations.



Love of learning, bright futures, happy memories!



Reading

We love reading at Heacham Junior School! Children should be reading every day 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 pets! 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 Tables Rock Stars! 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 practice 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!



Lunch Menu

The current menu is available to view on our website. Vegan and free-from versions are available on request.
<https://www.heachamjunior.co.uk>

MORNING DROP-IN

Just a reminder that we have a morning drop-in every day from 8am. This is payable via ParentPay at the end of each week. Daily rates: £2 per child from 8am or £1 per child from 8.20am (additional siblings are charged half-price), this includes a small breakfast item such as a breakfast bar or pastry etc.



WORLD
**BOOK
DAY**

2 MARCH 2023



World Book Day at Heacham Junior School!

Thursday 2nd March

Come in dressed as a book character!

Competition:

Could you be an illustrator? Do you have a love of books?

We are inviting children to design and make a beautiful book cover

Children need to create the cover, spine and blurb.

There will be prizes for 3rd, 2nd and 1st place and designs will be proudly displayed in our library.

Deadline: Friday 10th March

Reading Café for Parents – 2nd March 9am-10am

Come in and join your child! We will be creating posters of our favourite book or book character and we would love parents to join us and create a poster for their favourite childhood book!



February Wordsearch

E W L L E A P Y E A R C R O C U S H
H Y S W J V A U C O L D M O R X L W
I Z N Z Z M Z X X W I N D B E P R V
B H O P F P Y Y Q N I N D O O R S A
E A W P A N C A K E D A Y S Z X O L
R L D V K X Q Q D A F F O D I L S E
N F R I R A I N Y J P W Z K R E L N
A T O R S O S S H O R T D A Y S D T
T E P T W E N T Y N I N E D A Y S I
E R S G P H I A B W I N T E R O Q N
S M Y Y T U L I P U S N O W M A N E
T W E N T Y E I G H T D A Y S T A Q

Find the following words in the puzzle.
Words are hidden → ↓ and ↘.

COLD
CROCUS
DAFFODILS
HALF TERM
HIBERNATE
INDOORS
LEAP YEAR

PANCAKE DAY
RAIN
SHORT DAYS
SNOW DROPS
SNOW MAN
TULIP
TWENTY EIGHT DAYS

TWENTY NINE DAYS
VALENTINE
WIND
WINTER

Created using Word Search Generator on
Super Teacher Worksheets (www.superteacherworksheets.com)

February Recipes

<https://www.bbcgoodfood.com/recipes/easy-teriyaki-chicken>

<https://www.bbcgoodfood.com/recipes/spiced-carrot-apple-muffins>

Easy teriyaki chicken



Prep: 5 mins
Cook: 15 mins



Easy



Serves 4



Ingredients

- 2 tbsp toasted sesame oil
- 6 skinless and boneless chicken thighs, sliced
- 2 large garlic cloves, crushed
- 1 thumb-sized piece ginger, grated
- 50g runny honey
- 30ml light soy sauce
- 1 tbsp rice wine vinegar
- 1 tbsp sesame seeds, to serve
- 4 spring onions, shredded, to serve
- sticky rice, to serve
- steamed bok choy or spring greens, to serve

Method

- Step 1** Heat the oil in a non-stick pan over a medium heat. Add the chicken and fry for 7 mins, or until golden. Add the garlic and ginger and fry for 2 mins. Stir in the honey, soy sauce, vinegar and 100ml water. Bring to the boil and cook for 2 - 5 mins over a medium heat until the chicken is sticky and coated in a thick sauce.
- Step 2** Scatter over the spring onions and sesame seeds, then serve the chicken with the rice and steamed veg.

Spiced carrot & apple muffins



Prep: 10 mins
Cook: 20 mins
Plus cooling



Easy



Serves 9



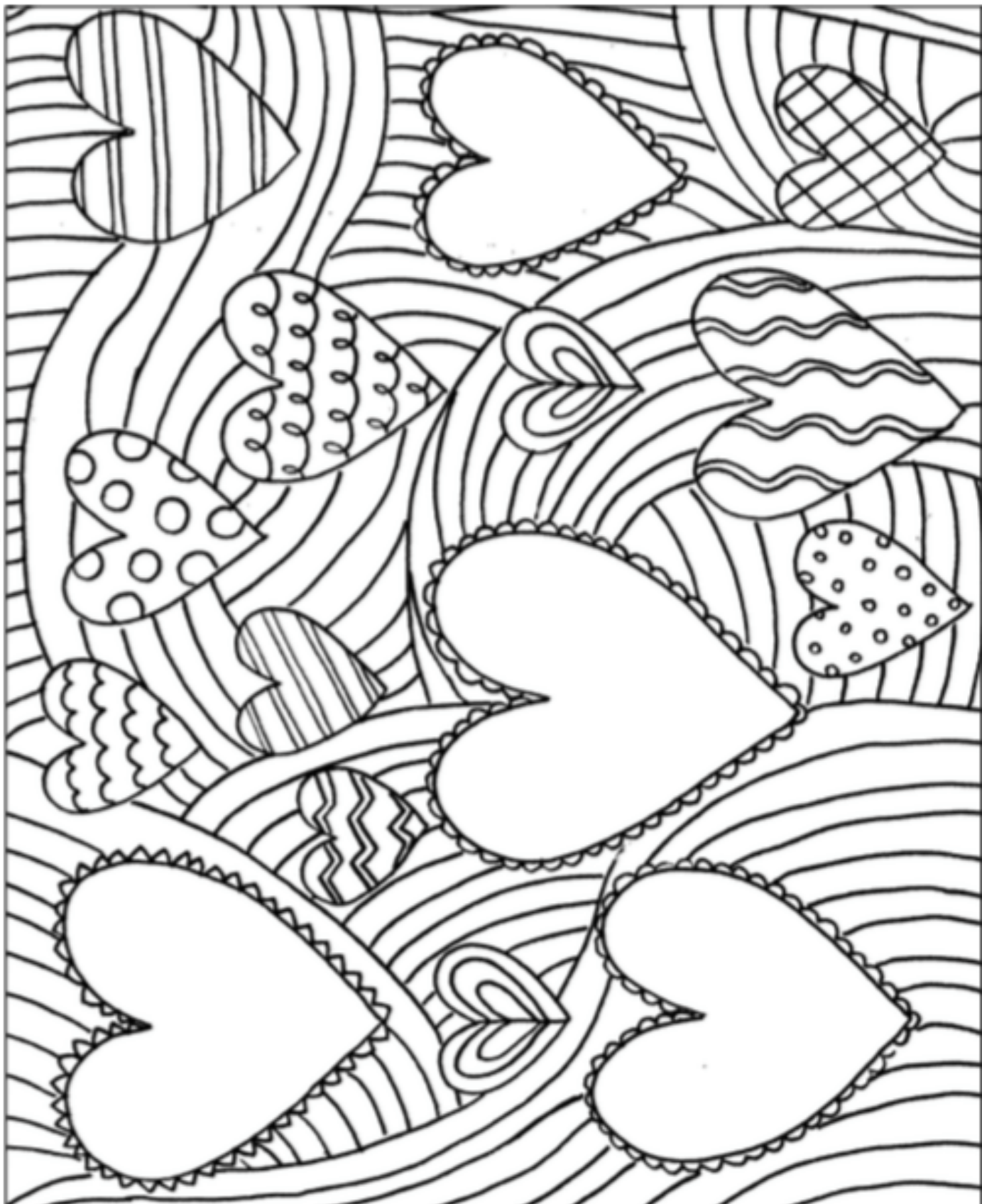
Ingredients

- 100ml rapeseed oil
- 100ml natural yogurt
- 50ml runny honey
- 2 eggs
- 1 tsp vanilla extract
- 200g self-raising flour
- 1 tsp bicarbonate of soda
- 1½ tsp ground mixed spice
- 1 apple, grated
- 1 carrot, grated
- 50g sultanas, raisins, chopped nuts or seeds (optional)

Method

- Step 1** Heat oven to 180C/160C fan/gas 4 and line a muffin tin with nine cases (alternatively, use squares of baking parchment). Mix the oil, yogurt, honey, eggs and vanilla in a jug. In a bowl, combine the flour, bicarb, mixed spice and ¼ tsp salt. Pour the yogurt mixture into the flour mixture and add the apple and carrot, as well as any extra ingredients you're using. Mix with a spatula until well combined, then spoon the mixture into the muffin cases.
- Step 2** Bake for 20-22 mins, or until a skewer inserted into the middle of a muffin comes out clean. Leave to cool for at least 5 mins. *Can be stored in a tin for three days or frozen for two months; defrost overnight before serving.*

February Colouring Page





SAVE THE DATE

Annual Conference Saturday 11th March 2023


John Innes Centre, Norwich NR4 7UH


Find out about all things SEND from

- *information stands*
- *workshops*
- *face-to-face meetings with professionals*
- *keynote speaker*



Find out more at
www.familyvoice.org.uk

 FamilyVoiceNorfolk

 @familyvoicenfk