

Heacham Junior School Newsletter

email: office@heachamjunior.co.uk Tel: 01485 571013

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



July 2026



Dear Parents and Carers

What a busy term! We have had plenty of successes over this year across the schools. Our achievement, sporting success, enrichment and learning have brought some fantastic moments where the children have shone. We aim to give every child opportunities whilst they are in Primary School to build confidence, resilience and skills. Thank you for supporting us with this.

In addition, our Chair of Governors, Barbara Herring, will be leaving us this term. Barbara has worked diligently for our schools as a Governor starting in 2021. She took the role of Chair of Governors in 2022 working to support our schools. I would like to thank Barbara for her dedication over this time. Barbara will hand over to our new Chair of Governors Mrs Emma Champion from September. All the best to Barbara from our governors, pupils, staff and families.

Finally, I hope you all enjoy a lovely summer break - see you on 3rd September as we start another academic year!

Louise Jackson

Executive Headteacher

OUR LEARNING

Year 3/4 Oystercatcher

Oystercatchers have had a fantastic and busy half term, filled with exciting learning opportunities. We enjoyed an amazing visit to the Science Centre in Cambridge, where we explored hands-on experiments and discovered lots of fascinating scientific ideas. Our trip to BeWILDerwood was another highlight, with plenty of adventure, teamwork and fun! In Art, we created beautiful Emma Bridgewater-inspired clay mugs, showing great creativity and care. In Geography, we have loved learning about Asia, while in History we explored our local area and discovered how it has changed over time. The children have worked incredibly hard this half term, making excellent progress both academically and socially. We are so proud of their enthusiasm, resilience and kindness.



Year 4 – Avocet

Avocets have had a wonderful half term and should be incredibly proud of everything they have achieved. The children have worked exceptionally hard in preparation for the Multiplication Tables Check, showing great determination and perseverance. In Latin, they have enjoyed learning about numerals, while in RE they have explored the beliefs and values of Humanism. In Science, they have been investigating ecology, with a particular focus on animals and the environment. We also enjoyed an exciting visit to the Cambridge Science Centre, where the children took part in hands-on investigations, and had an unforgettable day at BeWILDerwood, exploring the zip wires and tackling new challenges. Well done, Avocets, on a fantastic half term filled with hard work, enthusiasm and success!



Year 5 – Albatross

This half term, Year 5 have had another busy and engaging term of learning across the curriculum. In Design and Technology, the children explored different printing techniques to create their own unique prints, developing their creativity and precision. In Science, they investigated meteorology, learning about weather, climate and the tools used to observe and forecast weather patterns. As part of our Geography topic, the class carried out a local study in Heacham, venturing out to investigate land use and consider how different areas of the village are used. In RE, the children learnt about Judaism, exploring key beliefs, traditions and festivals, while in History they travelled back in time to the Victorian era, discovering what life was like during this fascinating period and how it shaped modern Britain. We have been incredibly impressed with the enthusiasm, curiosity and excellent effort shown by the class throughout the half term.



Year 6 – Royal Tern

Our final half-term! It is crazy to think this is the last chapter in our pupils' Heacham Junior journey. Fortunately, we have been doing plenty to ensure it is a memorable one. A residential trip to Hilltop, a whole class trip to Hunstanton for bowling, a graduation ceremony at Cambridge University and that's not to mention all we have been doing in school too! We have constructed bird houses – learning the skills of carefully measuring and safely cutting wood. We took part in the school 'Fieldathon', despite the heat! We also participated in 'Intrasports' where we tried out some slightly different sports: footgolf and frisbee! Back in class, our pupils worked exceptionally well on their Maths as we revisited topics in preparation for secondary school, English, where we explored stories of transitioning to new places and new beginnings as well as History, where we studied the Civil Rights Movement and its impact on the world. It has been a delight to teach every one of the pupils in Year 6, as I'm sure you will see is reflected in their reports. Best of luck in the next phase of your education Year 6!



Love of learning, bright futures, happy memories!

AWARDS PRESENTED THIS TERM



Congratulations to the receivers of the following awards...

Reading Awards - £10 Voucher & Certificate:

Presented for commitment to daily reading and/or most improved readers

Oystercatcher: **Rowan**

Avocet: **Leo**

Albatross: **Isabelle M**

Royal Tern: **Gracie**

100% Attendance Whole Year

Certificate for attending everyday this year 1/9/26-13/7/26:

Year 3: **Eva**

Year 4: **Jamie**

Year 5: **Ava K, Isabelle M, Niamh**

Year 6: **Rutendo, Gracie, Max**

Every Year our Year 6 Leavers are considered for the following awards:

HJS Citizenship Award - £10 Voucher & Certificate: Congratulations to **Bobby** and **Izabella** for being good citizens and making positive contributions to our school community.

The Davies-Oakland Art Award - £10 Voucher & Certificate: Congratulations to **Jack A** for being a talented artist.

The Darley Sports Cup - £10 Voucher & Certificate: Congratulations to **Fred** for outstanding contribution to sport, always supportive to others and participating in a range of sporting events and activities.

The Harby-Mackay Cup - £10 Voucher & Certificate: Congratulations to **Max** for an outstanding attitude to learning, always leading by example and being a role model to others.



The following pupils have been chosen from Year 5 to be **Head Pupils** in September:
Congratulations to **Kobe** and **Ava S!** They will receive a certificate.

STAFFING

We would like to wish Ms Cornwell all the best as she returns to Heacham Infant & Nursery School in September.

We are pleased to welcome Miss Munson who will be joining us as Year 3 Teacher in September.

Mrs Ellie Jones will be taking on the role of Executive Headteacher working alongside Ms Louise Jackson who will be retiring in December. Mrs Jones was previously a Year 6 Teacher and Assistant Head at Heacham Junior before she transferred to Snettisham Primary a few years ago.

NEW SCHOOL UNIFORM SWAP SHOP

Please join our new online swap shop by visiting [FreeSchoolClothes.com](https://www.FreeSchoolClothes.com).

[Register](#) for a free account and search for [HEACHAM JUNIOR SCHOOL](#) to join our school community.

You can use the site to offer outgrown school clothes to other families in our school community, or to browse and request items you need. Everything is free and local.

By joining, you'll be part of a growing community helping school clothes go further, reducing waste, protecting the planet, and saving families money too.

If you have any questions or would like more information, please contact: Support@FreeSchoolClothes.com

**FREE
SCHOOL
CLOTHES.com**



BREAKFAST CLUB – BOOKING DETAILS

Session Details: includes breakfast

Days: Monday to Friday Time: 7:45am – 8:45am

All bookings can be made online via Premier-Education's website:

<https://www.premier-education.com/parents/venue/search/?school=Heacham+junior>

Bookings can be made daily, weekly, or monthly but must be pre-booked as they will cancel sessions if there are no bookings.



THE FRIENDS OF HEACHAM JUNIOR

Email: friendsofheachamjunior@gmail.com

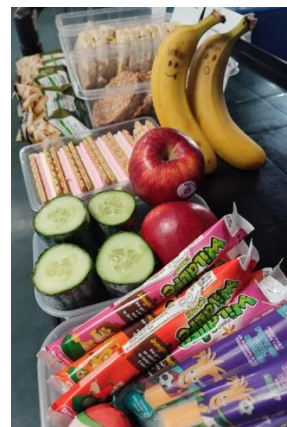
Thank you for your support this year what a busy fun filled year! We are planning next year's events and will continue to keep you updated on Class Dojo, Facebook and in Newsletters.

What Fundraising Events have we put on this year?

Spooky Bake-Off	Christmas Festive Fayre (New)
Christmas Hamper Raffle	Pupil designed Christmas Cards and Gifts online shop
Matchbox Challenge (New)	Sold second hand uniform
Spring & Summer Discos	Easter Eggstravaganza
Family Bingo Night (New)	Cookie & Doughnut Days
Fieldathon	Healthy Tuck Trolley
Summer Rainbow Raffle	Bag2Schools Textile Recycling
Non-Uniform Days (New)	Taken part in the Village Yard Sale
Applied for Grants *	

How have our children benefitted?

Welcome Event for the families of the new Y3
£2000 new books for the Library *
KAPLA Club (STEM Workshop) *
Purchased school set of KAPLA planks to be put to use next year
Annual Panto Performance for HJS and Y1/2 from the Infants School
Christmas Gift for each pupil
Subsidised Y6 Leavers Hoodies
Donated £2,000 towards the cost of trips making them more affordable
Personal Packs for Y5 girls
Not to mention the fun of taking part in the fundraising activities themselves!



Events at the planning stage for next term

Welcome Event for Y3 families 10/9/26 TBC
AGM (all welcome) 30/9/26, 2.15pm @ HJS
Family Bingo Night (October)
Spooky Bake Off (October)
Pupil designed Christmas Gifts online shop
Christmas Hamper Raffle
Panto Performance

You have also supported The Purfleet Trust by donating coats for World Kindness Day and Year 6 ran stalls at the Easter Eggstravaganza raising money for Make a Wish Foundation and East Anglia's Children's Hospices.

Why not come to our AGM, everyone is welcome: 30th September, 2.15pm at HJS

DIARY DATES 2026-2027

Every Monday –String Tuition with Miss Johnson 1-3PM

Every Wednesday – Friends' Healthy Snack Trolley 40p/item, Swimming 11am, Tuition with Mr Howell 1-3pm

Please check PE days with your class teachers

16/07/26 – Hawaiian Disco 4.30-6pm £3 **TONIGHT**

17/07/26 – Y6 Trip to Hunstanton Bowling

03/09/26 – Children return to school

09/09/26 – Y6 Swimming

09/09/26 – Friends Meeting 10.30-12

10/09/26 – TBC Friends Y3 Welcome Event 2.30-3.30

14/09/26 – Bikeability Day 1 Y56

15/09/26 – Bikeability Day 2 Y56

15/09/26 – Portrait and Sibling Photos

17/09/26 – Y6 Trip to Robert Armin Festival, KL Minster 12-3.45pm

18/09/26 – Y34 Bikeability Level 1

21/09/26 – NSPCC Speak Out Stay Safe assembly

30/09/26 – Friends of HJS Annual General Meeting – all welcome 2.15-3.25

19/11/26 – Y6 Chemistry Kitchen @ Sprngwood TBC (early lunch)

24/11/26 – Y6 Measurement Programme (NCMP)

02/12/26 – Trust Christmas Carol Service 6pm @ St Nicolas Chapel

23/02/27 – Trust instrumental 'PlayDay' afternoon rehearsal, 4.15pm performance @ St Nicolas Chapel

07/07/27 – Trust Vocal Celebration @ Springwood

Copies of any menus, trip letters, Parent Forms, previous newsletters can be found on our website

<https://www.heachamjunior.co.uk> May be subject to changes/cancellations.



PLEASE REMEMBER TO PRE-BOOK

You are now able to book and pay in advance for the following through the MCAS website or App:

School Lunches

After-School Clubs

Trips and Events

Music Tuition (Min 6 week notice period)

SWIMMING ROTAS 2025-26 & 2026-27 *(may be subject to change)*

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), spare underwear/ socks. Earrings must be removed.

SWIMMING 2026-2027

Wk No.	Date	Class/Year
1	09/09/2026	Royal Terns Y6
2	16/09/2026	Royal Terns Y6
3	23/09/2026	Royal Terns Y6
4	30/09/2026	Royal Terns Y6
5	07/10/2026	Royal Terns Y6
6	14/10/2026	Royal Terns Y6
7	21/10/2026	Royal Terns Y6
X	28/10/2026	Half-Term
8	04/11/2026	Albatross Y5
9	11/11/2026	Albatross Y5
10	18/11/2026	Albatross Y5
11	25/11/2026	Albatross Y5
x	02/12/2026	Pool Closed
x	09/12/2026	Pool Closed
x	16/12/2026	Pool Closed
x	23/12/2026	Xmas
x	30/12/2026	Xmas
12	06/01/2027	Albatross Y5
13	13/01/2027	Albatross Y5
14	20/01/2027	Albatross Y5
15	27/01/2027	Albatross Y5
16	03/02/2027	Avocet Y4
17	10/02/2027	Avocet Y4

Wk No.	Date	Class/Year
x	17/02/2027	Half-Term
18	24/02/2027	Avocet Y4
19	03/03/2027	Avocet Y4
20	10/03/2027	Avocet Y4
21	17/03/2027	Avocet Y4
22	24/03/2027	Avocet Y4
X	31/03/2027	Easter
X	07/04/2027	Easter
23	14/04/2027	Avocet Y4
24	21/04/2027	Oystercatcher Y3/4
25	28/04/2027	Oystercatcher Y3/4
26	05/05/2027	Oystercatcher Y3/4
x	12/05/2027	SATS - NO SWIM
27	19/05/2027	Oystercatcher Y3/4
28	26/05/2027	Oystercatcher Y3/4
x	02/06/2027	Half-Term
29	09/06/2027	Oystercatcher Y3/4
30	16/06/2027	Oystercatcher Y3/4
31	23/06/2027	Oystercatcher Y3/4
32	30/06/2027	Royal Terns Y6
33	07/07/2027	Royal Terns Y6
34	14/07/2027	Royal Terns Y6

The children would benefit from a good breakfast and a morning snack on the days that they swim.
PLEASE WEAR A COAT.

PUNCTUALITY

Please aim to be at school ready to line up with your Teacher at 8.45am. The Government states that children who arrive after registers close at 9.15am are marked as unauthorised absence. Regular lateness will be a focus in September.

EVERY DAY IN SCHOOL COUNTS...

and every minute counts...

Late by these minutes per day? Here's what it means...



LOST PROPERTY

To help reduce our lost property in school, please try to name all of your child's uniform, PE kit, coats and shoes. Why not try Stikins? Our fundraising number is **9245** and the Friends of HJS earn 30% commission.

Avoid The Lost Property Box

Every day in school, possessions are swapped or misplaced.
Stikins® make sure they are returned easily to your child.

Recommended by thousands of schools and PTAs.

Millions of Stikins® washed every week in UK homes.

Stikins® Actual Size

Fundraising Number
9245

Use this number when you order to earn 30% commission for school.

Visit www.stikins.co.uk to learn more & to order.

Perfect Name Labels Sent Out Same Day

Changes to Free School Meals

Free School Meals (FSM) is changing from September 2026. Please see below, as this may affect your eligibility.

1. More families are becoming eligible

All households on Universal Credit are becoming eligible, with two tiers of entitlement:

- Targeted: if you earn under £7,400 a year, your children will be entitled to FSM and extra support for their school

- Expanded: if you earn above £7,400: your children will be entitled to FSM only

All households who receive other qualifying benefits will also receive Targeted FSM. A full list of qualifying benefits is available on [Norfolk County Councils free school meals website](#) You will only need to apply once per child.

2. Protected entitlements are ending

Children who were previously assessed as eligible for FSM had their eligibility protected. This meant they could not lose their FSM, even if the household was no longer eligible. These protections are ending in September 2026, meaning some children may lose their existing eligibility. Norfolk County Council will contact you to confirm your eligibility before the end of the summer holiday.

3. Annual Eligibility rechecks

Norfolk County Council will recheck the eligibility of all children on an annual basis. Parents already in receipt of benefits related FSM do not need to reapply, as your eligibility will be rechecked and confirmation of this will be sent to you before the end of the summer holiday

4. No Recourse to Public Funds

Due to these changes, all households that qualify as No Recourse to Public Funds (NRPF) and receive FSM must reapply or you will lose your entitlement.

Questions

If you have any questions following receipt of your updated eligibility, please contact Norfolk County Council at: fsm@norfolk.gov.uk The easiest and quickest way to apply for FSM is online [via Norfolk Education Online \(NEO\)](#) visit the link and click 'Apply for free school meals'.

LUNCHTIME CQ®

WEEK 1 MENU

WEEKS: 13/04, 04/05, 01/06, 22/06, 13/07, 31/08, 21/09, 12/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Baked Sausage Roll served with Seasoned Cubed Potatoes & Baked Beans or Fresh Salad

Meat Feast Wholemeal Pizza served with Jacket Potato Wedges, Crunchy Carrot & Cucumber Sticks

Meatballs in a Tomato Sauce served with Pasta, Homemade Wholemeal Garlic & Herb Bread and Seasonal Vegetables

Roast Chicken served with Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding and Gravy

Chicken Nuggets served with Chips, Garden Peas or Baked Beans & Ketchup

MEAT FREE

Vegan Sausage Roll served with Crispy Cubed Potatoes, Peas & Sweetcorn

Cheese & Tomato Wholemeal Pizza served with Jacket Potato Wedges, Crunchy Carrot & Cucumber Sticks

Vegan Meatballs in a Tomato Sauce served with Pasta, Homemade Wholemeal Garlic & Herb Bread and Seasonal Vegetables

Quorn Roast served with Roast Potatoes, Carrots, Cabbage, Yorkshire Pudding and Gravy

Vegan Quorn Sausage served with Chips, Garden Peas or Baked Beans & Ketchup

PASTA & JACKETS

Jacket Potato with Choice of Toppings served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

LUNCHTIME LUNCHBOX

Choice of Ham, Cheese or Tuna Mayo Sandwich Savoury Snack Duo of Salad Sticks

Choice of Ham, Cheese or Tuna Mayo Sandwich Savoury Snack Duo of Salad Sticks

Choice of Ham, Cheese or Tuna Mayo Sandwich Savoury Snack Duo of Salad Sticks

Choice of Ham, Cheese or Tuna Mayo Sandwich Savoury Snack Duo of Salad Sticks

Choice of Ham, Cheese or Tuna Mayo Sandwich Savoury Snack Duo of Salad Sticks

DESSERTS

Choose One of Our Fabulous Desserts Shortbread Biscuit Fruity Jelly Fresh Fruit Pot

Choose One of Our Fabulous Desserts Strawberry Mousse with Berry Coulis Fruit Yogurt & Coulis Fresh Fruit Pot

Choose One of Our Fabulous Desserts Peach Cake Fruity Jelly Fresh Fruit Pot

Choose One of Our Fabulous Desserts Fruity Lolly Fruit Yogurt & Coulis Fresh Fruit Pot

Choose One of Our Fabulous Desserts Chocolate Iced Sponge Fruity Jelly Fresh Fruit Pot

LUNCHTIME CQ®

WEEK 2 MENU

WEEKS: 20/04, 11/05, 08/06, 29/06, 20/07, 7/09, 28/09, 19/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Hot Dogs served with Jacket Wedges, Sweetcorn & Ketchup

Chicken Wholemeal Pizza served with Baked Potato Wedges, Peas & Sweetcorn

Chicken Korma served with Rice, Naan Bread finger & Seasonal Vegetables

Pork Sausage served with Potatoes, Yorkshire Pudding, Carrots, Broccoli and Gravy

Fish Fingers served with Chips, Garden Peas or Baked Beans & Ketchup

MEAT FREE

Quorn Dog served with Jacket Wedges, Sweetcorn & Ketchup

Margherita Wholemeal Pizza served with Baked Potato Wedges, Peas & Sweetcorn

Macaroni Cheese served with, Naan Bread Finger & Seasonal Vegetables

Vegan Quorn Sausage served with Potatoes, Yorkshire Pudding, Carrots, Broccoli and Gravy

Vegetable Nuggets served with Chips, Garden Peas or Baked Beans & Ketchup

PASTA & JACKETS

Jacket Potato with Choice of Toppings served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

LUNCHTIME LUNCHBOX

Choice of Ham, Cheese or Tuna Mayo Sandwich Savoury Snack Duo of Salad Sticks

Choice of Ham, Cheese or Tuna Mayo Sandwich Savoury Snack Duo of Salad Sticks

Choice of Ham, Cheese or Tuna Mayo Sandwich Savoury Snack Duo of Salad Sticks

Choice of Ham, Cheese or Tuna Mayo Sandwich Savoury Snack Duo of Salad Sticks

Choice of Ham, Cheese or Tuna Mayo Sandwich Savoury Snack Duo of Salad Sticks

DESSERTS

Choose One of Our Fabulous Desserts Marble Shortbread Fruity Jelly Fresh Fruit Pot

Choose One of Our Fabulous Desserts Mixed Berry Muffin Fruit Yogurt & Coulis Fresh Fruit Pot

Choose One of Our Fabulous Desserts Rice Krispie Cake Fruity Jelly Fresh Fruit Pot

Choose One of Our Fabulous Desserts Chocolate Crunch Fruit Yogurt & Coulis Fresh Fruit Pot

Choose One of Our Fabulous Desserts Jaffa Style Sponge Fruity Jelly Fresh Fruit Pot

Love of learning, bright futures, happy memories!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Crispy Chicken Bites served with Sliced Sauté Potatoes, Peas & Sweetcorn	<u>Lunchtime Breakfast Brunch</u> Pork Sausages, Hash Browns & Baked Beans	Beef Bolognese Pasta served with Garlic & Herb Bread and Seasonal Vegetables	Roast Chicken served with Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding and Gravy	Fish Fingers served with Chips, Garden Peas or Baked Beans & Ketchup
MEAT FREE	Crispy Vegetable Bites served with Sliced Sauté Potatoes, Peas & Sweetcorn	<u>Lunchtime Breakfast Brunch</u> Quorn Sausages, Hash Browns & Baked Beans	Vegetable Bolognese served with Pasta Garlic & Herb Bread and Seasonal Vegetables	Quorn Sausage served with Roast Potatoes, Carrots, Cabbage, Yorkshire Pudding and Gravy	Fishless Fingers served with Chips, Garden Peas or Baked Beans & Ketchup
PASTA & JACKETS	Jacket Potato with Choice of Toppings served with Fresh Salad	Jacket Potato with Choice of Toppings served with Fresh Salad	Jacket Potato with Choice of Toppings served with Fresh Salad	Jacket Potato with Choice of Toppings served with Fresh Salad	Jacket Potato with Choice of Toppings served with Fresh Salad
LUNCHTIME LUNCHBOX	Choice of Ham, Cheese or Tuna Mayo Sandwich Savoury Snack Duo of Salad Sticks	Choice of Ham, Cheese or Tuna Mayo Sandwich Savoury Snack Duo of Salad Sticks	Choice of Ham, Cheese or Tuna Mayo Sandwich Savoury Snack Duo of Salad Sticks	Choice of Ham, Cheese or Tuna Mayo Sandwich Savoury Snack Duo of Salad Sticks	Choice of Ham, Cheese or Tuna Mayo Sandwich Savoury Snack Duo of Salad Sticks
DESSERTS	Choose One of Our Fabulous Desserts Fruity Flapjack Fruity Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Chocolate Brownie Fruit Yogurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Sprinkle Cookie & Orange Wedge Fruity Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Carrot Cake Fruit Yogurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Lemon Drizzle Cake Fruity Jelly Fresh Fruit Pot

Is my child too ill for school?

Does your child have a high temperature (38°C or more)?

YES Keep them off school until it goes away.

NO Follow the guidance below.

Your child can usually go to school with a mild cough or cold if they are otherwise well. If you do keep your child at home, it's important to phone the school or nursery on the first day and give them the reason.

Should go in	Should go in (let the school know)	Seek treatment before returning to school	Keep them off (at first)
A cough, cold or sore throat Fine with slight cough or common cold symptoms, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature.	Cold sores Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.	Impetigo They'll need treatment from a pharmacist or GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.	Ear infection If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.
Threadworms Speak to your pharmacist, who can recommend a treatment.	Conjunctivitis Fine unless they are feeling very unwell. Seek advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.	Ringworm See your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.	Measles They'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily. Keep your child off school for at least 4 days from when the rash first appears. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.
	Head lice & nits You can treat head lice and nits without seeing a GP.	Scarlet fever They'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.	Vomiting & diarrhoea Stay away from school until they have not been sick or had diarrhoea due to illness for at least 2 days (48 hours).
	Hand, foot & mouth disease If they seem well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.	Chickenpox Keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.	
	Slapped cheek syndrome Once the rash appears, they're no longer infectious. Let the school or teacher know if you think your child has slapped cheek syndrome.		

Feeling worried or anxious: It's normal for any of us to feel worried sometimes. We may get a tummy ache or headache, or have problems eating or sleeping. Avoiding school can sometimes make a child's worries about going to school worse. If your child is struggling, please speak to school as soon as possible to explore available help. If your child is still struggling and it's affecting their everyday life, you should contact GP or school nurse.

To find out more, search www.NHS.uk for the specific illness or infection, or 'Is my child too ill for school?'



Love of learning, bright futures, happy memories!

Term Dates 2026-2027 – Primary and Secondary Schools

September 2026						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2026						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 2026						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December 2026						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 2027						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2027						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2027						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2027						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

May 2027						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2027						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July 2027						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2027						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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

Staff training days are – Tuesday 1 September, Wednesday 2 September, Monday 4 January and Monday 12 April as whole training days.
Monday 23 October 2026 is disaggregated.

Term Dates 2027-2028 – Primary and Secondary Schools

September 2027						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2027						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2027						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2027						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

January 2028						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 2028						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

March 2028						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April 2028						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May 2028						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2028						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July 2028						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2028						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Key: White dates – school open to pupils
Orange dates – pupil holidays
Purple dates – staff training days
Blue – Disaggregated staff training days
Red dates – bank holidays

Staff training days are – Wednesday 1 September, Thursday 2 September and Tuesday 4 January as whole training days.
Friday 22 October and Friday 21 July are disaggregated.

Join The Friends of Heacham Junior School PTA!

Help make a difference for
our children and school community.



Meet new people



Support exciting
school events



Help raise funds for
resources and activities



Give as much or as little
time as you can—every
contribution matters!



Together we can
make great things happen!

Every little bit
helps make a
big difference!



Interested? We'd love to hear from you!

Come along to our next meeting
or contact us to find out more.

NEXT MEETING

9/9/26 @ 10.30am

AGM

30/9/26 @ 2.15pm



Email:
friendsofheachamjunior@gmail.com



Find us on: Facebook:
The Friends of Heacham Junior School





WILDlings

Family Fun Day 10-12

Thursday 23rd July

Thursday 6th August

Monday 27th July

Thursday 20th August

Thursday 27th August

(WILDlings Home Educated families welcome usual times on these days 12-2)



Summer Adventures at WILDlings, on the Ken Hill Estate, Snettisham.

Let the kids run wild, get muddy, explore, create and enjoy nature!
Sessions include den building, bug hunting, nature crafts, campfire treats
and plenty of child-led woodland fun.

£5 per child • All ages welcome

Pre-walkers attend free with a paying sibling.

Message WILDlings to book. Please check our Facebook page before
attending, as sessions may be cancelled in high winds. All children must
be accompanied by an adult.

See you in the woods! 🐾



Love of learning, bright futures, happy memories!



Showcasing uniformed services across Norfolk

Frontline Festival



Saturday 22 August | 10am to 5pm
The Walks, King's Lynn, PE30 1PE

Come and celebrate our uniformed services in Norfolk and beyond!

- Fancy dress competition
- Prison dog display
- Police and fire service demonstrations
- Fitness challenges
- Live music
- Over 40 organisations with interactive activities
- Food trucks
- ...and much more!



Norfolk Fire and
Rescue Service



Norfolk County Council

ALIVE

OPEN WATER SWIM SAFE SESSIONS



FREE!
7-14yrs

**22
drownings in
Norfolk over
last 5 years!**

**Must be able
to swim a
minimum of
25m unaided**

- A fun & structured 60 minute swimming session
- Water safety advice with qualified lifeguards
- Up to 30 minutes in-water tuition
- Outdoor swimming kit provided



Book now

The sessions are designed to educate children with the risks of open waters and how to explore them safely.

**22 July 11am & 12.30pm
23 July 12pm & 2.30pm
1 hour sessions**



FREE Open Water Swim Safe Sessions

Teaching children water safety in the sea! Such a valuable life lesson!

The sessions are designed to educate children with the risks of open waters and how to explore them safely.

A fun & structured 60 minute swimming session with water safety advice with qualified lifeguards. Up to 30 minutes in-water tuition & outdoor swimming kit provided.

Click this link to book your child's place - <https://swimsafe.org.uk/locations/hunstanton>

Love of learning, bright futures, happy memories!

SUMMER AT SANDRINGHAM

Join us at Sandringham Estate for an adventurous summer of mini-golf, family archery and forest school!



FOREST SCHOOL



10.30am - 12pm
£12 per child
Adults free.

Tue 4th Aug
Wed 5th Aug
Thur 6th Aug

Tue 11th Aug
Wed 12th Aug
Thur 13th Aug

Tue 25th Aug
Wed 26th Aug
Thur 27th Aug



FAMILY ARCHERY

Sun 2nd Aug
Sun 9th Aug
Sun 16th Aug
Sun 30th Aug

30 minute slots
available from
10am - 3.30pm

£35 for 6 people



MINI GOLF

Open daily from
1st July - 21st July then
27th July - 18th August.
Slots available from 10am - 4pm

Adults - £8
Ages 5-15 - £7
Under 5 - £5



HOUSE AND GARDENS TICKETS

Don't forget children 16 years and under receive free access to Sandringham House and Gardens.

All activities are bookable on our website www.sandringhamestate.co.uk

Love of learning, bright futures, happy memories!

Viking Crafts Family Event

Thursday 30 July 10am-4pm

Design your own brooch patterns, try your hand at traditional weaving, and master the art of ancient runes.

Activities run from 10am-1pm and 2-4pm, with a break at lunchtime.
£3 for adults, £2 for children and 50p for under 5s.

Viking Jewellery Workshop for Children

Thursday 6 August 2026, 10.30am & 1pm

Tutor Brian London will be sharing his knowledge of Viking craft skills and helping attendees to create their own jewellery to take home.

This workshop will run twice, at 10.30am and 1pm, and will last approximately 90 minutes. Tickets cost £5 per child, accompanying adults free. This workshop is aimed at 6-12-year-olds, but older children are welcome too.

Viking Archaeology Experience Day for Families

Thursday 13 August 2026, 10am-4pm

On 13th August, families are invited to explore a recreated Viking grave and learn what it takes to be an archaeologist! Investigate grave goods, learn to measure broken pottery, and discover what our fallen Viking ate for his final meal! Activities run from 10am-1pm and 2-4pm, with a break at lunchtime. £3 for adults, £2 for children and under 5s go free

Viking Warrior School Workshop for Children

Thursday 20 August 2026, 10.30am and 1pm

Travel back in time to the 11th Century and learn all about Viking raids, weapons, and battle strategy in our new Viking Warrior School workshops. This workshop will run twice, at 10.30am and 1pm, and will last approximately 90 minutes. Tickets cost £5 per child, accompanying adults free. This workshop is aimed at 6-12-year-olds, but older children are welcome too.

A Viking Summer at Lynn Museum

Viking Crafts Family Event
Thursday 30 July



Viking Jewellery
Workshop for Children
Thursday 6 August



Viking Archaeology Experience
Day for Families
Thursday 13 August



Viking Warrior School
Workshop for Children
Thursday 20 August



Scan the QR code for
details and booking.



Free SEND Specific holiday activities for eligible children –

- Norfolk Hoopstars
- Oak Circus Centre
- Norwich City CSF
- Premier Education
- Whitlingham Adventure
- Natural Wonder
- Able2B
- ESKA
- Aylsham Sports Hub
- Seabreeze
- Little Miracles

Booking now open! [Sign up here](#)

**** To book any of the NCC activities go to: <https://eequ.org/bignorfolkholidayfun> ****

Free holiday activities near you for eligible children –

- Sports
- Film making
- Outdoor adventure
- Dance & Theatre
- Hair & Beauty
- Cycling
- Sailing
- Cooking
- STEM
- And lots more!

Booking now open! [Sign up here](#)

**** To book any of the NCC activities go to: <https://eequ.org/bignorfolkholidayfun> ****

NO PLANS? SORTED.

- Dance
- Circus skills
- Sports
- Outdoor adventure
- Camping
- Paddle boarding
- Sailing
- Cooking

Booking now open! [Sign up here](#)

**Big
Norfolk**
Holiday Fun



Norfolk
County Council



active
norfolk

**BEST
START
IN LIFE**



UK Government

