



Newsletter ~ December 2020

Heacham Junior School

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Dear Parents and Carers,

Thank you for your smiles and help this term. It has been a pleasure to support your child's full return to school as we help them catch up in their learning and meet with school friends. The children are ready for a break as we come to the end of term, but they have been so strong, clever, and resilient as they take on new routines and systems.

We have been teaching across a breadth of subjects using our knowledge rich curriculum this term and it has been rewarding to see how much impact this has had on all our pupils across our schools. We are using every minute of the day, between handwashing, to promote learning. Follow our Twitter page to see the best moments as we capture them!

We would like to support our families more in the Spring Term. We wonder if you would be interested in any zoom clinics for Early reading support? Mathematics? Behaviour? Special Educational Needs? Perhaps help accessing health and mental health resources? We will plan a weekly forum for these starting January and forward dates for you to zoom in or email questions.

Finally, Christmas is still happening inside school - plenty is going on! We will add as much as we can to dojo and the website as soon as possible. Our PTA and Friends groups have kindly donated bits for everyone (please quarantine) and we have decorations and games planned for the last week alongside a Panto performance from Kitty In Wonderland! Please don't send cards and presents to school - an email to thank staff, friends and families is much appreciated this year - a kind heart and a smile is all we need!



See you in January - best wishes for a happy and peaceful New Year!

Louise Jackson and Emma Hunt



Donations for Christmas Hamper Raffle

If you would like to donate items for the Christmas Hampers this year thank you but please **do not** bring them into school. Instead phone organiser Kelly Hall, chair of our PTA, to arrange drop-off at her house

01485 572969 kelly.hall.1@talktalk.net

All covid precautions will be in place.



Term Dates:

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

Please see our website for information

The Last day of Term is Friday 18th December.

Children return on Monday 4th January 2021.



If you have a matter you wish to discuss with our Headteacher Ms Jackson, or our Deputy Head, Mrs Hunt, please make a telephone or Zoom appointment with Mrs Bridge in the school office and we will be very happy to chat to you. We want everyone to feel welcome in our school and also to ensure that the children's safety, learning and happiness are always our priority. ☺

Love of Learning, Bright Futures, Happy Memories

Our Learning

Well we've almost reached the end of a very unusual and busy term and it is always nice to reflect upon the fantastic learning that has taken place..

SANDERLINGS have been exploring and comparing countries in Western Europe. We have explored the climate in Germany and important parts of French culture. We have also explored trading in Western Europe, acting out the trade between countries, importing and exporting items to and from our countries using euros. We have had a lot of fun!



AVOCETS have learnt in Geography about Mediterranean Europe and foods that they produce such as: Feta Cheese, Sundried tomatoes, Olives and Dried Apricots. George found out he now loves Olives! What's coming next? In History, we are learning about James I and the gunpowder plot and exploring Design in Art.



LAPWINGS have had a busy half term exploring perimeter and area in maths, as well as multiplication and division. In English, they have been taking inspiration from our class text, Narnia, to write a portal story with some impressive results! The children have enjoyed performing a Christmas song for the Trust and a reading for the Christmas Carol Service. They have even contributed to the festival of stars at the church too! Among the many things we will be studying next term are 'British Geography', the 'French Revolution' in history and 'Forces' in science.



Next Term

SANDERLINGS Next term we will be writing information texts about dragons and we will be creating our own seascapes inspired by Turner!

AVOCETS in History, we will be learning about James I and the gunpowder plot and exploring Design in Art.

LAPWINGS Among the many things we will be studying next term are 'British Geography', the 'French Revolution' in history and 'Forces' in science.

ALBATROSS have enjoyed reading The Lion, the Witch and the Wardrobe. We have used it to inspire the writing of our own portal stories. We have also enjoyed making African masks in art whilst learning all about wonderful African artwork such as the Benin Plaques. In history we have spent our time finding out all about the birth of the British Empire and how it came to be so powerful. Our geography lessons have taken us around the world to learn about some of our planet's most significant mountain ranges. We have enjoyed our football and athletics lessons with Edufit and have loved getting out for a bit of afternoon fresh air to attempt a daily mile!



OYSTERCATCHERS have been learning about the Suffragettes' fight for equality for women in history and linking that to our learning about WW1. We have also been applying this knowledge to our English writing in discursive texts such as should shell-shocked soldiers have been sent back to the Front Line? We have just finished our fractions block in maths and the children have grown in confidence using four operations with fractions. Our geography focus has been on North America and we have compared Heacham to Anchorage in Alaska. We have enjoyed developing our tennis skills and team building through outdoor activities in PE.



This half-term the children have really enjoyed taking part in The Daily Mile project. The aim is to complete a marathon before the end of 2020! [To find out more to go www.thedailymile.co.uk](http://www.thedailymile.co.uk) and see the information on the last page.



Next Term

ALBATROSS we'll be delving into the French Revolution, Art from the East and British Geography, to name a couple of our Spring units.

OYSTERCATCHERS The rise of Hitler in the lead up to WW2, South America and our writing focus is a tale of fear!

Upcoming Events



Christmas Jumper Day – 11th December

£1 via ParentPay (select 'active payment items' and scroll down)
– No cash please

Children are invited to wear their Festive tops with their uniform to raise funds for Save the Children. There is also an opportunity to wear them on 17th for Christmas Dinner. Clothes must be suitable for the cold, wet weather.



Christmas Lunch – 17th December

The window to book your Christmas Lunch on ParentPay closed on 6th December. If you did not book please send a packed lunch with your child on this day as there are no meals available to book on the day. Please wear your Festive tops on this day.



Finding this winter even harder because of Coronavirus?

We are here to help.

Norfolk County Council's Covid Winter Support scheme can help with:

- Day to day living costs including food & energy bills
- Daily essentials such as toiletries & nappies
- Food vouchers for school holidays

Find out more online or call us now
www.norfolk.gov.uk/covidwintersupport
0344 800 8020
Or visit your local library for help with applying

– ❄️ –
Contact us today

Online via Parent Pay only – No cash in school



(please don't bring donations for Hampers into School) ★

Christmas raffle

Winners to be drawn by the wheel of numbers online!

Friends of
Heacham Junior
Covid Safe
Christmas
Hamper raffle

Draw date –
Wednesday
16th December

Donations to be dropped at 29 Meadow Road
Alternatively email at: Kelly.hall.1@talktalk.net
01485 572969

£1 per number
Buy as many as
you want

Enter via
ParentPay!

MERRY CHRISTMAS

★ ALL ITEMS GRATEFULLY APPRECIATED CHILDREN'S AND ADULTS ★

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

Lots of helpful information about pregnancy, childhood illnesses, child development, emotional health & Covid FAQs

Covid-19 Updates

The school continues to encourage thorough hand washing and follows the guidelines laid out by Public Health England for schools. The Government currently advises to self-isolate (stay at home) for 14 days and/or take a test if you or someone you live with has a 'new' persistent cough, a temperature or a loss of smell/taste.

There are three simple actions we must all do to keep on protecting each other



Wash hands

keep washing your hands regularly



Cover face

wear a face covering in enclosed spaces



Make space

stay at least 2 metres apart - or 1 metre with a face covering or other precautions

Please refer to the government website for updates

<https://www.gov.uk/coronavirus>

Be kind. Keep your distance. Stay safe.



get connected

Norfolk County Council

Get connected with our free digital equipment scheme

Does this sound like you?

- On a low wage, or recently been furloughed?
- Claiming universal credit or other benefits?
- Struggling to apply for jobs without access to a laptop?
- Is your child finding it difficult to do home learning without a computer?

Reconditioned laptops, access to wifi, broadband dongles are just some of the items being distributed to families like you unable to access the internet during the Coronavirus pandemic. Getting online at home can help with home learning, job applications and helps you to connect with friends and family.

Find out what help is available from the Norfolk Assistance Scheme, give us a call on 0344 800 8020



West Norfolk Academies Trust is on easyfundraising. If you would like to help raise funds for the schools across the trust, every time you shop online, please take a look on [easyfundraising.com](https://www.easyfundraising.com)

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



A personalised pre-recorded Pantomime, kindly purchased by the Friends of Heacham Junior, will be something exciting to look forward to next week. "Oh, yes it will!"

Christmas Art This half-term our children have cut out the shape of their hands and this was turned into a wonderful window display by Kemps Fruit & Veg shop in Hunstanton. The children also designed baubles which are part of the Hunstanton Tree Festival and made Stars for the Festival of Stars at St. Mary's Church, why not join in and display stars in your windows at home?



TOWNANDAROUND.NET

HDFA 'Christmas Tree Forest' brings some much-needed cheer to Hunstanton!





The benefits of physical activity

How The Daily Mile can help

Taking part in regular physical activity has lots of benefits for children's physical health, mental health and wellbeing, and their learning.¹



It improves **bone health** and **muscle strength** in children.²



It **enhances fitness** and improves **heart health**.^{3, 4}



It **reduces body fat** and promotes **healthy body composition**.^{4, 5}



It supports **self-esteem** and **happiness**.^{6, 7, 8}



It helps **reduce anxiety** and **increases confidence**.^{9, 10}



It improves **focus and concentration**¹¹ and can help improve **classroom behaviour**.¹²



It improves **memory function**,³ **maths problem solving** and **performance**.^{13, 14}



It supports improved **academic attainment** and **cognitive performance**.^{15, 17, 18}

... physical health and wellbeing

The Daily Mile helps children be more active and less sedentary^{22, 23} and significantly increases their fitness levels.^{22, 24, 25, 26, 27}

The Daily Mile improves children's body composition by reducing body fat²³, and has a positive impact on body mass index in girls²⁸

... mental health and wellbeing

Children report feeling happier, more awake and calmer after doing The Daily Mile^{23, 29, 30} and improves attitudes towards physical activity.²³

Teachers report that The Daily Mile improves teacher-child and peer-to-peer relationships.^{23, 31, 32}

... learning

The Daily Mile increases children's alertness and can help increase verbal memory - these skills enhance children's ability to learn.³⁴

Teachers report that The Daily Mile helps children's attention, focus and concentration in class^{31, 32, 33, 34} and its social nature supports children to work better together.^{23, 35}

