

Date:
26/01/24



HEMPNALL NEWSLETTER

SUNFLOWER FEDERATION



We have had a productive week and I have taught in a number of the classrooms, which is always a pleasure. I really enjoyed spending time in the farm shop in Kestrels; smelling yeast and olive oil with Year 1s; calculating decimals with Buzzards and looking at Australia with Red Kites. Our school has been learning the song-Living and Learning so you may hear your child humming along to a new tune. On Thursday a number of children from across the school joined with children from Brooke to try a wide range of sports, including curling, at the UEA.

Have a lovely weekend.

Mrs Lewis

SPORTS NEWS THIS WEEK

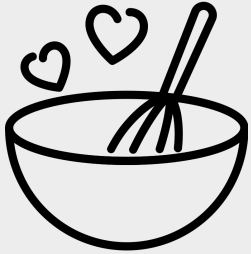
1.



This week KS1 have been continuing their learning in dance lessons where we are focusing on ceremonial dancing. This is where the pupils get to learn traditional dances from different cultures. A special mention goes to Colton in Kestrels Class for showing excellent intensity in his lessons.

KS2 have also been continuing their dance lessons where this week we have been working on the Haka from New Zealand, a ceremonial dance used by the New Zealand All Blacks Rugby Team. A special mention goes to Layla in Buzzards Class for demonstrating fantastic intensity and intimidating facial expressions when completing their Haka.

On Thursday, Brooke and Hempnall had 60 Year 2-4 children attend a Spirit of the Games Festival at the UEA. The pupils got to try a variety of the and exciting activities such as crazy golf, curling and boccia. It was a brilliant afternoon where the children got the opportunity to experience new sports and enjoy learning new skills!



2.

RECIPE OF THE WEEK



Why not find your cooking apron and chef hat (if you have one or make one), get creative in the kitchen this weekend and try the following recipe. Don't forget to send the office a pictures of your creation.

ROASTED MEDITERRANEAN VEGETABLE TARTE TATIN

INGREDIENTS

- 2 tbsp. olive oil
- 1 large red onion, chopped
- 2 large cloves of garlic, finely chopped
- 2 red or orange peppers, seeded and cut lengthwise into 2cm wide strips
- 450g courgettes, cut into 1cm slices
- 1 ½ tbsp. red wine vinegar
- 1 ½ tbsp. brown sugar
- 300g cherry tomatoes
- 1 ½ tbsp. fresh chopped parsley
- 1 ½ tbsp. fresh chopped marjoram
- Salt
- Fresh ground pepper
- 300g puff pastry
- 150g (1/2 cup) Feta or mozzarella cheese



METHOD

Pre-heat oven to 200°C (400°F), Gas mark 6, Fan-assisted oven 180°C (350°F)

Heat the oil in the Tatin dish and then add the red onion, garlic and pepper. Fry gently on a low heat. Add the courgettes and fry a minute longer.

Add the red wine vinegar and sugar. Cook until the juices turn syrupy.

Remove from the heat. Add the tomatoes, herbs and seasoning. Leave to cool.

Spread the dough in a circle of similar diameter to the top of the dish. Place it over the vegetables and tuck in the edges. Punch two or three airing holes in the pastry.

Bake in the centre of the oven for 20-25minutes, or until puffed and golden.

Leave to cool in the dish for 5-10minutes, then separate the edges with a knife. Turn the Tatin dish over on a large serving plate.

Dice the cheese and scatter over the top just before serving.

“Sharing a story with your child is one of the most incredible things you can do for them.” (The Book Trust)

Research has found that reading enjoyment is the greatest predictor of a child’s educational success and future life attainment (OECD, 2002). Reading together in a fun and relaxed way not only helps children get hooked on reading, but it is also one of the best ways for families to bond, spend quality time together and make memories that will last a lifetime. Sharing books with children and talking about the story will also help to deepen understanding and develop language. Please see our 5 top tips for reading at home with your child.

Encourage curiosity

Asking questions and talking about the book is a great way to form connections, develop understanding and make reading even more enjoyable. Start by discussing the front cover and what it suggests the book could be about. Then share ideas about what you’ve been reading. You could talk about the characters, something that has surprised you, what something reminds you of or how it made you feel.

You might ask questions like, “how did it make you feel when...”, “why do you think this happened?”, or “what do you think will happen next?” then give children time to think and respond (you can count to six in your head if that helps!). Don’t worry too much about them getting things ‘right’, everyone uses their imagination to think about what happens in stories and there are often no right or wrong answers, especially as children have the best imaginations!

Make sure you give your child the chance to ask questions too. Children, (and adults!), often enjoy reading the same book again and again – this provides an important opportunity for children to get to know the story well, develop confidence and increase comprehension and vocabulary.

1

Get playful

Think about where and when to read together – curl up on the sofa, in bed, or even make a book den out of blankets and pegs! You might be reading the same book together, reading different things at the same time or getting your children to read together. Children who are worried about reading aloud sometimes love reading to a family pet. This can be relaxing and fun for you all and just a few minutes each day can have a big impact on children of all ages. Be guided by your child about when you feel is the best time to read together – what matters most is that they enjoy it.

Why not try acting out your favourite parts of the story together, using different voices and dramatic actions. Have fun letting go!

Helping your child to see reading as play time rather than work time is one of the most powerful ways to help your child engage in books and become a lifelong reader.

2

Get creative

Bring reading to life by getting involved in some crafty activities related to the book. It provides the perfect opportunity to talk about the story you’ve been reading too.

Why not try drawing some of the characters or creating a picture to show a different setting. You could then use these to retell the story or make up your own version.

3

Get imaginative

Help engage your child in a way that suits them. This could mean creating treasure hunts that include finding similar objects that were in the book you shared, making a recipe that you read together or play a game where you pretend to be the characters in the book. Try using different voices, sound effects or actions as you read, you could even make sock puppets if you enjoy crafting.

Gift books as presents. Encourage book swaps between friends and family and encourage your child to always carry a book with them, so they are never bored! Charity shops often have good selections of children’s books and mean children can have access to a variety of stories they can read. Reading can be encouraged to read on the bus, while waiting for a sibling to do an activity, or when they need a bit of quiet in a busy household.

4

Get ready to read anywhere, anytime!

Reading isn’t limited to storybooks! We are immersed in a world of print, which can be shared anywhere and at any time. Read yourself and help your child to join in, this could be anything, including... road signs, leaflets, magazines, recipes, comic books, travel brochures, sports programmes, toy boxes, or the back of the cereal packet! There are some great children’s magazines that school or parents might want to subscribe to such as The Week Junior, National Geographic Kids and First News. Local libraries are perfect for finding a rich and diverse mix of story and factual texts, as well as poetry and audiobooks.

5



Kestrel

Chloe - for concentrating hard in all her learning

Dulcie - for continuously improving and creating some amazing writing in her choosing time

Theo - for being curious and exploring water during his choosing time

Flori - for some amazing maths work in choosing time with Mrs Lewis

Taylor - for some amazing maths work in choosing time with Mrs Lewis

Falcons

Imogen - for being a reflective learner. Imogen has demonstrated great resilience in her maths work. She has been using her growth mindset to solve multiplication and division questions. Super work in Maths this week, keep it up!!

Joseph - for being a fantastic team worker, Joseph has been very co-operative by helping children on his table. He explains his ideas to the class and is a respectful listener. Well done Joseph, keep up your hard work.

Magnus - for being a great resourceful thinker. In English Magnus uses his imagination and shows creativity by adding extra details such as adjectives and verbs. Well done Magnus, this is great to see!

Marsh Harrier

Isaac for always being focussed on his work. Great presentation, polite and respectful and a great member of the class.

Hailie for her fantastic concentration, especially in maths where she has been working systematically through her calculations.

Hector for good concentration, his great word choices in English and good participation in class.

Buzzards

Ellie - For applying new learning to her work in English, challenging herself to use the correct features for the genre of writing, in this case a Newspaper report.

Noah - For showing perseverance in Maths and always being ready.

Matilda - For showing perseverance in Maths with a great attitude towards her learning

Red Kites

Elena GS - for working really hard in all her lessons

Immy - for amazing artwork this week

Otto - for using all the tools in the 'writing toolbox' to make his newspaper report as good as possible

BIRTHDAY ANNOUNCEMENTS THIS WEEK

Happy 7th Birthday to Sam, Yr 2 on
22th January

Happy 8th Birthday to Seb, Yr 3 on
25th January

Happy 9th Birthday to Layla, Yr 4 on
26th January

Happy 6th Birthday to Reuben, Yr 1
on 26th January

Happy 6th Birthday to Caiden, Yr 1
on 26th January



Pupil Voice News....

This week in Whitlock we made a really big poster about recycling and saving the planet . We are also making a powerpoint on how to recycle and we will be putting up posters around Hempnall and the school. Preparations for the assembly are going well. From Annie vice captain of Whitlock

This week in Redgrave we helped children research famous athletes. We made posters and slide shows to show in our assembly on the Olympics. From Jess vice captain of Redgrave.

MESSAGE FROM OUR SENCO, MISS RINGWOOD THIS WEEK.....

Behaviour Troubleshooting

Week 8

Sometimes children's behaviour can really challenge us; it is not easy. Remember to take a deep breath and try to ignore unwanted behaviour where it is safe to do so. It can help to say to yourself 'I am the grown up, you are a child.'

Distract your child into another activity and praise good behaviour. Whatever the behaviour, all children need a calm and kind response and some help to unpick the cause. There may be times when the stress gets to you – this is not surprising. If you are with others and feel your own frustrations building up ask someone to take over. If you are on your own make sure your child is safe, then give yourself a few moments of head space to breathe slowly and allow yourself to feel calmer again.

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

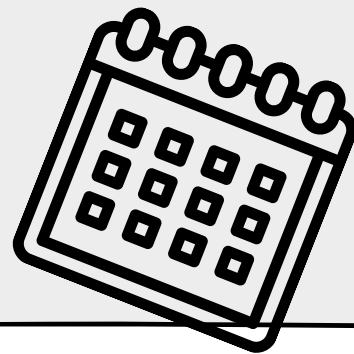
Occupational Therapy- Digital Library

Norfolk and Waveney Integrated Care Board have produced the Occupational Therapy Digital Library – a new digital resource for parents, carers, educators and health and social care professionals seeking expert guidance and tools to support children's success in everyday activities.

Please follow this link: www.justonenorfolk.nhs.uk/occupational-therapy-for-parents-carers to find an extensive collection of articles, videos, interactive activities and downloadable resources that cover topics such as personal care, toileting, using cutlery, skills for learning and play, sensory and emotional regulation and much more.

UP COMING EVENTS

8.



29/01/24 EARLY WRITING CAFE- BROOKE 3.30PM (ALL WELCOME)

30/01/24 STEPS PARENT CAFE- BROOKE (ALL WELCOME)

30/01/24 MACBETH DAY- BUZZARDS AND RED KITES

31/01/24 FOHS MEETING 6.30PM IN THE SCHOOL HALL

09/02/24 YR 5/6 FLAG FOOTBALL AT WOODLANDS PRIMARY ACADEMY 1-3PM

WEEK COMMENSING 19/02/24 HALF TERM

26/02/24 FIRST DAY BACK SPRING TERM 2

26-28TH FEB YR 5 RESIDENTIAL TRIP- AY/LMERTON (WITH BROOKE PUPILS)

28/02/24 READING SET 2&3 SOUNDS VIRTUALLY 8PM (RECEPTION & KS1 PARENTS)

29/02/24 DYSLEXIA OUTREACH SERVICE PARENT CAFE- HEMPALL 3.15PM (KS2/SEN/READING CHALLENGES)

14/03/24 THE IMPORTANCE OF MOVEMENT 3.15PM RECEPTION/EYFS HEMPALL

W/C 18/03/24 & 25/03/24 PARENT FORUMS



MEET THE TEAM

9.

Who are you?

Mrs Rawlingson

What is your role in the Sunflower Federation?

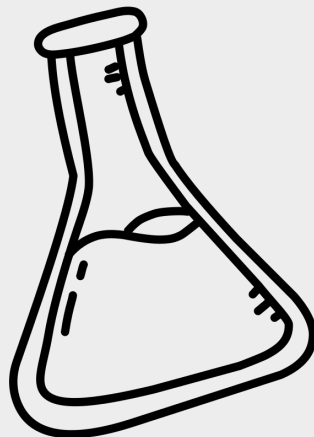
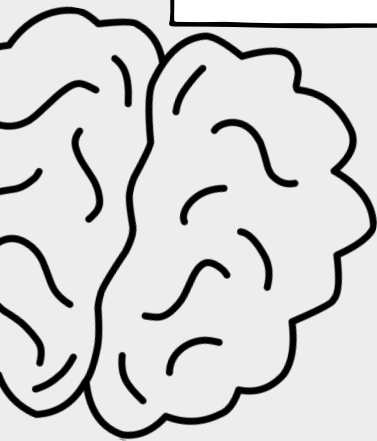
I am a teaching assistant at Hempnall school in kestrel class, and also an MSA.

How long have you worked in one of our schools?

14 Years



Mrs Rawlingson



What is the thing you most enjoy about your job?

Being with our lovely children and working with such amazing members of staff.

What do you enjoy doing when not at work?

Looking after my Grandson, gardening, reading, cycling and going on long walks

What is your favourite flower?

Sweetpea, because my Dad used to grow them and they really remind me of my childhood.

Can you tell us a joke.....

What do you call a pony with a sore throat and cough.....A little horse!!!





Kestrel and Falcon Class have been exploring the journey "Food to Fork" in their Design Technology lessons this term. This engaging topic aims to teach them about the various stages involved in bringing food from its origin to the dinner table, emphasizing the importance of understanding where our food comes from and the processes involved in its preparation.

As part of this learning experience, the children had the wonderful opportunity to put their knowledge into practice by making their very own pizzas. This hands-on activity not only allowed them to apply the concepts they've learned but also provided a fun and interactive way to reinforce their understanding of the food production process.

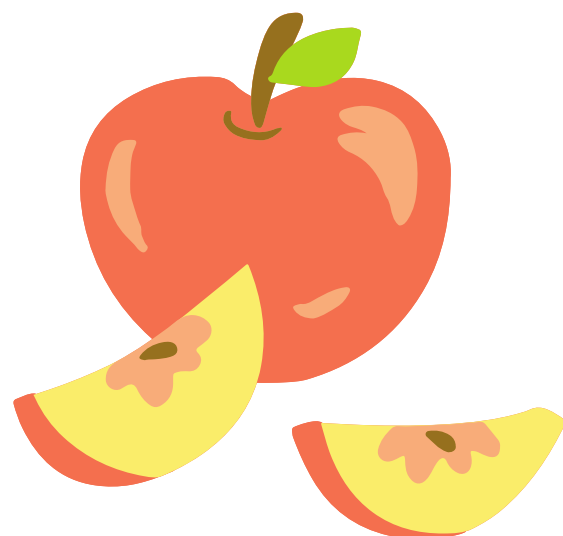


SCHOOL REMINDERS

11.

To ensure that we are promoting and valuing the health of our children, we politely remind you that breaktime snacks should be a healthy snack (no sweets, chocolate or crisps) and if you wish these to be provided, should be provided separately to any packed lunch. We give all of our infant children a fruit or vegetable snack each break time, so you should not need to provide any additional snack for your child in Reception, Year 1 or Year 2. Also, a polite reminder that we encourage children to have water in their water bottles rather than other sugar based drinks.

Thanks for your continued support.



CATERING UPDATE

In house catering coming to Hempnall.

We are very excited to share, from the 1st April 2024, we will be operating an in house catering service.

As our contract with Norse was due to be updated this year, so we felt it was a good opportunity to work alongside our colleagues at Brooke, to become a federated kitchen.

both schools will run their own individual kitchens to provide the children with tasty and nutritious meals. Louise Grimwood has been appointed Catering Manager across both schools.



FOHS NEWS

12.

The next meeting is 31st January at
6.30pm 6.30pm in the school hall -
everyone welcome!