



As we come to the end of the term, we reflect on all of the amazing opportunities the children have had over the last weeks. With sports tournaments, residentials, game changer workshops, NSPCC workshops, outdoor learning, ultimate frisbee galore, incredible art projects and starting our journey with Tilia Market gardens! It never ceases to amaze me the incredible creativity that the children at Hempnall have!

A huge thank you to all of the staff and families that make everything in school possible. A particular thank you to our fabulous FOHS who continually raise money for us to spend on opportunities in school. Look out for improvements in EYFS playground and outside space.

Mrs Lewis- Head of School

# 1.

## SPORTS NEWS THIS WEEK



This week KS1 are continuing to work on whole body movements (gross motor skills) with a focus on coordination and agility. This has included participating in a range of activities and games that focus on the development of these key movement skills. A special mention goes to Layla in Falcons Class for showing brilliant coordination and agility in her PE lesson.

KS2 are continuing their Ultimate Frisbee lessons. Ultimate Frisbee is a very unique sport where the game is self-governed, meaning players referee and officiate the match themselves. We have been focusing on developing on attacking play and working in teams to create scoring opportunities. A special mention goes to Olivia in Buzzards Class for demonstrating brilliant teamwork and attacking skills in her PE lessons.

# 2.



Easter Disco- 27th March  
after school. Bring your  
party clothes and money for  
the tuck shop.

## PRE LOVED UNIFORM

OUR PRE LOVED UNIFORM WILL BE AVAILABLE  
AFTER THE TALENT SHOW ON 25TH MARCH IN THE  
SCHOOL PLAYGROUND

ALL ITEMS WILL BE FREE OF CHARGE BUT  
DONATIONS FOR FOHS ARE WELCOMED

IF YOU HAVE ANY UNIFORM TO DONATE PLEASE  
PASS TO SARAH BATCHELOR



The Friends of Hempnall School

## PUPIL VOICE NEWS....

# 3.

On Wednesday Yellow and blue team held two assemblies. Yellows was about animal guinness world records, the children loved the record that 109 dogs held treats on their noses at the same time. Blues was about transport form 1920's to 2020's, the children all gasped at the pictures of the Bugattis and Porsches. Next week is the talent show, we are all excited about it and showing the school will be shown the hedgehog home and cameras that have been bought with the money raise. From

Holly Captain of Kenny.

## Inspiring Reading

We know how deeply children need support to develop the habit and love of reading, and the long-term benefits this can bring. This poster is full of excellent ideas to inspire children to read for pleasure. So 'just relax and read'. Time and space to hear stories and to read and talk informally about what you're reading makes a difference to children's pleasure in reading. Enjoy!



## Inspiring Reading

Children need support to develop the habit and love of reading. How can you be their inspiration?

## Tempt

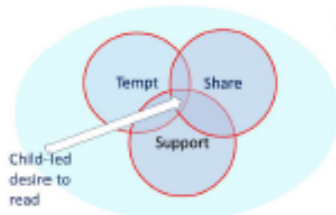
- Talk about their interests. Find connected texts that tempt to explore and discuss together. Explore by going on a reading treasure hunt!
- Find regular opportunities to visit your local or school library.
- Recognise and celebrate diversity in texts.
- Empower your child to read a wide range of texts - magazines, comics, graphic novels and reading that reflects different realities.

## Share

- Make reading time relaxed and interactive - chat about pictures, characters, likes, dislikes and interesting facts.
- Find regular time to read aloud and share texts together.
- Invite others into the reading space - welcome siblings, grandparents and other family members to share and talk about top reads together.

## Support

- Be a reading role model - share what you like to read in your own time.
- Ensure that reading and book chat are part of the everyday family routine. Think about when and how this could best fit into your day.
- Join in with opportunities to build a home-school reading connection.



For more inspiration, visit  
<https://ourfp.org/>  
 X@OpenUni\_RFP

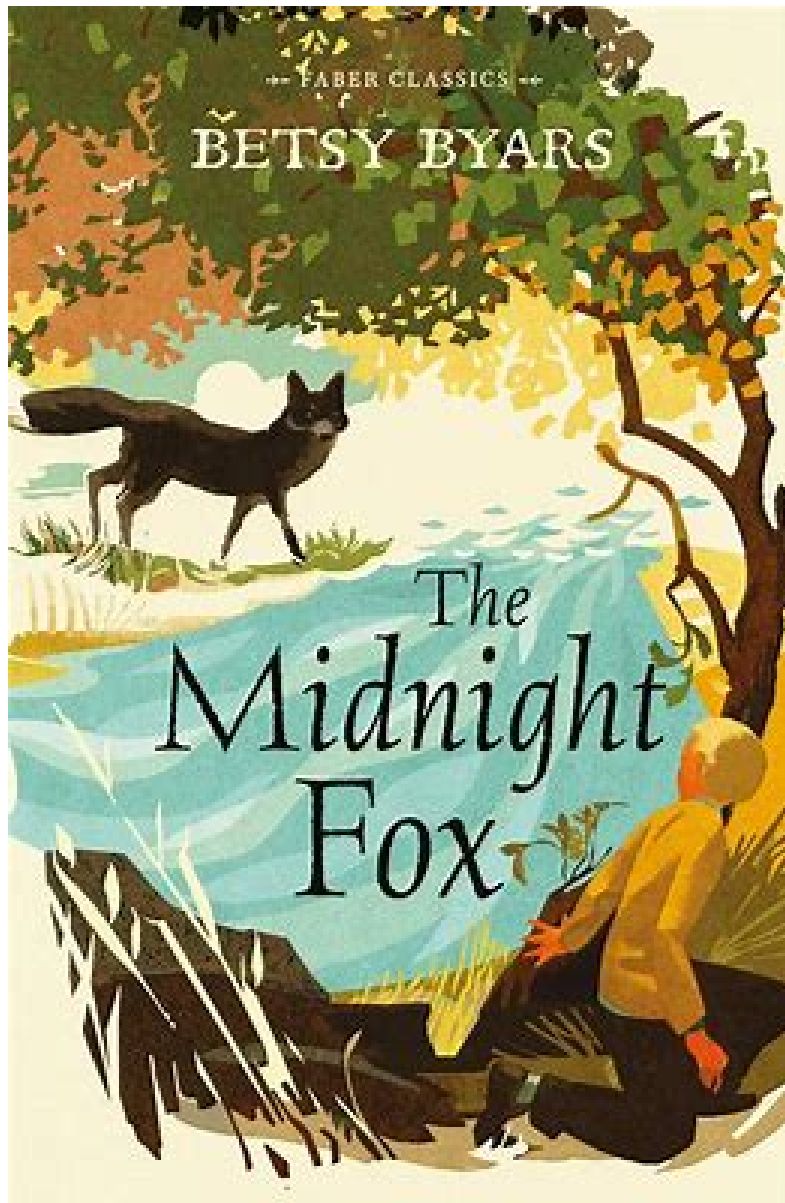


# 5.

## BOOK REVIEW FROM MRS GATESHILL- RED KITE CLASS, HEMPSTALL

The Red Kites have really enjoyed this book this half term. It tell the tale of Tom, a city boy, who must go and stay at his Aunt Milllie's farm for the summer. His relationship with a beautiful black fox comes to a dramatic conclusion when Uncle Fred captures the fox's cub!

A great read for KS2





# 6.

## CERTIFICATE WINNERS

### Kestrels

**Logan** - for concentrating in Phonics with Miss Waller and Mrs Kill this week

**Cody** - for self-improving his writing and being resilient

**Henry** - for self-improving in his learning and confidence in choosing time

### Falcons

**Jesse** - For always concentrating throughout our learning day. Especially in our English letter writing this week when listening to the instructions. Jesse completed a brilliant persuasive letter, using facts, explaining his ideas and then suggesting solutions. Super work this week Jesse!

**Libby** - Libby has completed great fraction work this week. She carefully selected her resources and used this to enhance her learning and successfully completed her work. This has been lovely to see, keep up the hard work Libby!

### Marsh Harrier

**Esme O** - for great concentration in lessons. Improved participation in class discussions. Working well with a partner to research what is under the ground.

**Sophie** - For being a great role model in class for working hard. Being focussed on her tasks and not being distracted. Trying maths problems independently and having a go.

**Harlie** - For trying hard in all lessons, improved handwriting and spelling.

### Buzzards

**Lola and Pippa** for showing creativity and focus making their clay teeth in science.

**William H** - for fantastic independent work recently and great creativity in his writing.

### Red Kites

**Orla C** - for working so hard with her Pupil Voice team to produce a great assembly on Wednesday. Well done for going the extra mile

**Henry W** - For a fantastic biography this week on Chadwick Boseman. Amazing concentration and research skills - well done

**Charlie C** - for working really hard with Mrs Jenner on handwriting and spellings skills. Excellent progress this week Charlie

## BIRTHDAY ANNOUNCEMENTS THIS WEEK

Happy 6th Birthday to Poppy Yr  
1 (21st March)

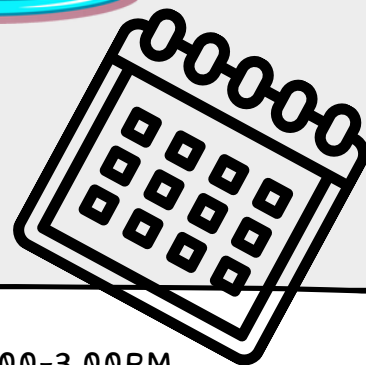
Happy 8th Birthday to Esme O Yr  
3 (24th March)



7.

## UP COMING EVENTS

8.



25/03/24 TALENT SHOW (REDGRAVE & WHITLOCK) - 2.00-3.00PM  
26/03/24 EYFS & KS1 Aquarium Trip- Gt Yarmouth Sealife Centre 9-3.15pm  
27/03/24 Hockey Festival Yrs 3 & 4 9.15-2.45pm  
27/03/24 End of term disco- FPHS 3.30-5.00pm  
15/04/24 First day of the summer term  
18/04/24 Tag Rugby Year 5-6 at Wymondham Rugby Football Club  
19/04/24 Parent Curriculum cafe 3.15  
23/04/24 & 24/04/24 - Yr 3 The Garage Days  
29/04/24 Yr 3/4 RE Trip to Norwich Cathedral 9.15-3.00pm  
W/C 13/05/24 KS2 SATS  
20/05/24 Yr 6 Trip to London  
W/C 27/05/24 HALF TERM

## SCHOOL REMINDERS.....



9.

Week 14

# Night Time Fears

Building on last week's theme of good sleep hygiene we are focusing on night time fears this week.

Some children go through times when they have bad dreams – this might tie in with worries they have or they may be part of their busy imaginations.

Many children also go through periods where they feel frightened of the dark, ghosts or monsters but this often passes with reassurance and time.

If your child is having night time fears, try;

- A night light or door left slightly open
- Checking the room for any 'monsters'
- Making a dream catcher together lets your child know you take their fears seriously
- Make sure your child is not seeing or hearing things on TV, social media or from friends and family that are too scary for them to cope with.

If your child wakes in the night after a bad dream;

- Go to them and reassure them they are safe.
- Don't ask them about their dream as this might make it feel more 'real'.
- Keep the lights low and talk to them quietly – once they have calmed down settle them back in bed.
- Tell them you are close by and will come back if they need you.

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



# MEET THE TEAM

# 11.

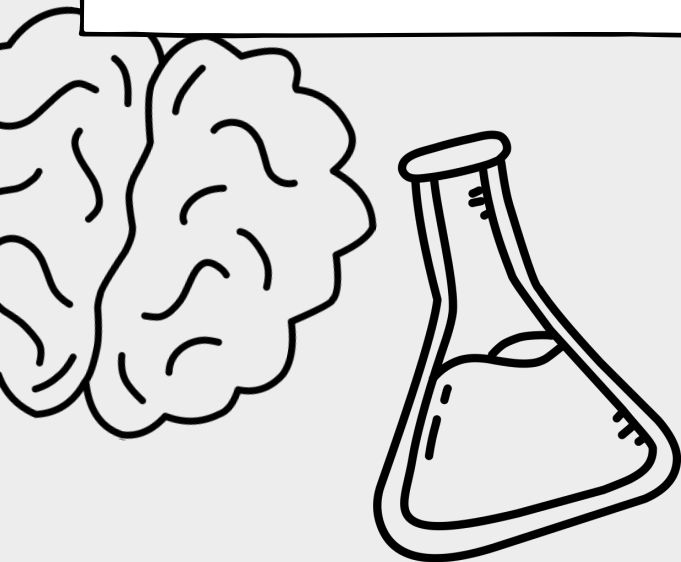
Who are you?  
**Katie Challen**

What is your role in the  
Sunflower Federation?  
**Apprentice Teaching Assistant in  
Poppy Class- Brooke**

How long have you worked in one  
of our schools?  
**Just over a year**



Miss Challen



What is the thing you most enjoy  
about your job?

**Seeing the children progress in all  
different ways.**



What do you enjoy doing when not  
at work?

**Spending time with my friends,  
shopping and getting my nails done**

What is your favourite flower?  
**Pink tulips**

Have you got a joke to tell us?

**Why did an old man fall in a well?  
Because he couldn't see well!!!**



### Farah- Green

Mo Farah is a British long-distance runner and the most successful British track athlete in modern Olympic Games history. He is the 2012 and 2016 Olympic Gold Medalist in both the 5000 m and 10,000 m.

### Kenny - Yellow

Laura Kenny, is an English cyclist who specialises in track endurance events. With six Olympic medals, having won both the team pursuit and the omnium at both the 2012 and 2016 Olympics and madison at the 2020 Olympics, along with a silver medal from the team pursuit at the 2020 Olympics, she is both the most successful female cyclist, and the most successful British female athlete, in Olympic history

### Redgrave - Red

Sir Steven Geoffrey Redgrave is a British retired rower who won gold medals at five consecutive Olympic Games from 1984 to 2000. He has also won three Commonwealth Games gold medals and nine World Rowing championship golds. He is the most successful male rower in Olympic history, and the only man to have won gold medals at five Olympic Games in an endurance sport.

### Whitlock - Blue

Max Antony Whitlock is a British artistic gymnast. He is a six-time Olympic medalist winning three golds and three bronzes, and a five time world medalist on the pommel horse with three gold and two silvers.

## TILIA MARKET GARDEN

# 13.



So on our final week before the Easter break we have had an exciting time. Thursday's trip to Tilia saw us helping with planting Thyme, Oregano and Sage. We were able to see the progress from the peas we planted two weeks ago. We also helped clear a bed ready for me plants to go in. Fridays group had excitement with seeing the progress of the broad beans we planted a few weeks ago. This also meant that we needed to create the tipi's to grow the beans up. This was fantastic fun and the children enjoyed this and demonstrated great team work! After Easter we look forward to planting more vegetables and herbs. - Mr Thurston.

EASTER HOLIDAY CLUB AT HEMPSTALL- PLACES  
ARE FILLING UP- BOOK NOW TO SECURE YOUR  
CHILDS PLACE .

14.

Funfilled activities designed for  
children aged 5-11 during the  
holidays, and we're offering free  
slots for children who receive  
benefits-related free school meals.  
For paid places, please book via  
SchoolMoney, free places will be  
available on EveryMove.

Read more on Big Norfolk Holiday  
Fun: [www.activenorfolk.org/bnhf](http://www.activenorfolk.org/bnhf)

Find out if your child is eligible for  
a free place:

[www.norfolk.gov.uk/freeschoolmeals](http://www.norfolk.gov.uk/freeschoolmeals)  
-pm



active norfolk | Norfolk County Council | Department for Education

# Big Norfolk Holiday Fun

**Spring into action-packed activities!**  
**Join us from 2-12 April**

- Fantastic sport, creative and outdoor activities with a free healthy meal
- FREE** for all children eligible for benefits-related free school meals

We want activities to be inclusive.  
To ensure the right support is in place, please notify the activity provider if your child has special educational needs or a disability.

The funding from the Department of Education has enabled us to run our four-year Big Norfolk Holiday programme. Share with us your memorable experiences of the scheme so far, email: [bnhf@norfolk.gov.uk](mailto:bnhf@norfolk.gov.uk)

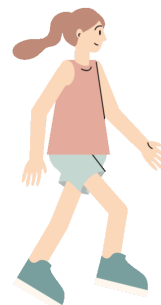
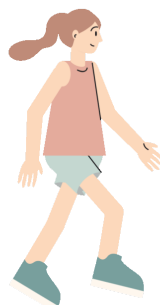


Booking now open  
Find an activity near you  
Visit [www.everymove.uk](http://www.everymove.uk)

MACMILLAN  
CANCER SUPPORT

MIGHTY HIKES

PLEASE SUPPORT WHERE YOU CAN OUR  
FEDERATED TEAM OF WALKERS TO SUPPORT  
THIS AMAZING CHARITY- THANK YOU!!



[https://www.justgiving.com/fundraising/sunflowerfederation?  
utm\\_source=facebook&fbclid=IwAR2LVEFrSrhyGM6S9IDjd629Dx  
OyNeY8RYjKRRatChZxCFFIIoRIv81InMY](https://www.justgiving.com/fundraising/sunflowerfederation?utm_source=facebook&fbclid=IwAR2LVEFrSrhyGM6S9IDjd629DxOyNeY8RYjKRRatChZxCFFIIoRIv81InMY)

**WOULD YOUR CHILD LIKE TO PLAY FOOTBALL?**

**TASBURGH UNITED FC**

**ARE LOOKING FOR NEW PLAYERS**



We are a local football team with fully trained, dedicated coaches and enthusiastic players

We train on a Tuesday evening 5.45 – 7pm @ Long Stratton Leisure Centre

If your child is in school year 5/6 and has an interest in football we would love to hear from you

**Please contact Mick Berry**

**07877 604689**

**Find us on facebook -**

**[www.facebook.com/TasburghUnitedFc](http://www.facebook.com/TasburghUnitedFc)**

**Or through our website**

**[www.tasburghunited.com](http://www.tasburghunited.com)**





NORWICH  
CATHEDRAL

# WOOFYT WORKSHOPS

MONDAY 8 JULY

WEDNESDAY 10 JULY

THURSDAY 11 JULY

2-HOUR MORNING OR AFTERNOON SESSIONS AVAILABLE FOR  
UP TO 30 PUPILS AT A TIME



WOOFYT (abbr.) Wooden One-octave Organ For Young  
Technologists; n. a novel and challenging experience combining  
Music, Science & Technology

PULL  
ME

## Where music and technology meet

Although music can seem like a world apart from science, technology and engineering, there are lots of connections to be explored. The WOOFYT makes these connections visible and audible, linking music in a simple and direct way with the physics of fluids and the technology of pumps and valves.

MUSIC AND SCIENCE WORKSHOPS USING THE NEWLY  
REFURBISHED CATHEDRAL ORGAN AS INSPIRATION. VISIT  
THE ORGAN AND HAVE A GO AT PLAYING THE WOOFYT - AN  
AWARD WINNING SINGLE INSTRUMENT WHERE CHILDREN CAN  
EXPLORE AIR FLOW, VALVES/PUMPS AND MAKE SOUND  
WORK AS A TEAM!

DISCOUNTED PRICE OF £3 PER PUPIL  
SUITABLE FOR UPPER KS2 AND KS3

BOOK EARLY AS PLACES ARE LIMITED

HEADOFSCHOOLS@CATHEDRAL.ORG.UK  
01603 218320

## WAVENEY VALLEY LEISURE CENTRE

Crash courses running over the Easter holidays here at Waveney Valley Leisure Centre.

We are also offering free spaces to any children on means tested free school meals. If you have any children that you feel would benefit from these lessons, please ask the parent/guardian to email me directly for a space. There will be limited availability for these places.



everyone  
ACTIVE

# Rookie Lifeguard

**Monday 8th:**  
**09:00**

**Wednesday 10th:**  
**09:00**

**Friday 12th:**  
**09:00**

The poster features a child in a pool, a child on a lifeguard stand, and a child running through water. A white rabbit illustration is at the bottom left.



# SWIMMING

## Crash Course Easter Half term

**BOOK NOW!**  
DISCOUNTED RATE IF  
ON SWIM LESSONS

**Wednesday 3rd - 08:00 Stage 1**  
**08:30 Stage 2**  
**09:00 Stage 3**

**Friday 5th - 08:00 Stage 1**  
**08:30 Stage 2**  
**09:00 Stage 3**

**Monday 8th - 08:00 Stage 1**  
**08:30 Stage 2**  
**09:00 Stage 3**

**Wednesday 10th - 08:00 Stage 1**  
**08:30 Stage 2**  
**09:00 Stage 3**

**Friday 12th - 08:00 Stage 1**  
**08:30 Stage 2**  
**09:00 Stage 3**

everyone  
ACTIVE

The poster includes images of children swimming and a child on a lifeguard stand. A green Easter egg with a white rabbit face is in the center, and a white rabbit illustration is at the bottom right. A decorative border with Easter eggs and carrots is at the bottom.