



HEMPNALL NEWSLETTER

SUNFLOWER FEDERATION



It has been another busy week at Hempnall with learning inside and out.

Gardening club have managed to plant some vegetables to grow this summer, keep an eye out in the raised beds outside the classrooms. The Willow domes are blooming nicely too on our field.

Year 3, had a wonderful few days with The Garage, developing their acting and performing skills. We hope the parents enjoyed their performance.

Next week, our year 3 and 4 children will be heading to the Cathedral on Monday for some exciting workshops around music.

Mrs Lewis - Head of School

1.

SPORTS NEWS THIS WEEK



This week in PE, KS1 have continued their unit of athletics. Our focus in lessons has been to develop and improve relay hand-over technique and the standing start position for short distance races. A special mention goes to Blake in Falcon class for demonstrating a superb hand-over technique and brilliant acceleration when completing their relay races!

KS2 have also continued their unit of athletics. This week we have been focusing on improving the hand-over technique in relay with a specific focus on the 'running hand-over'. A special mention goes to Ronnie in Red Kites class for implementing their knowledge of the hand-over technique to help their team improve their relay race times!

FOHS NEWS

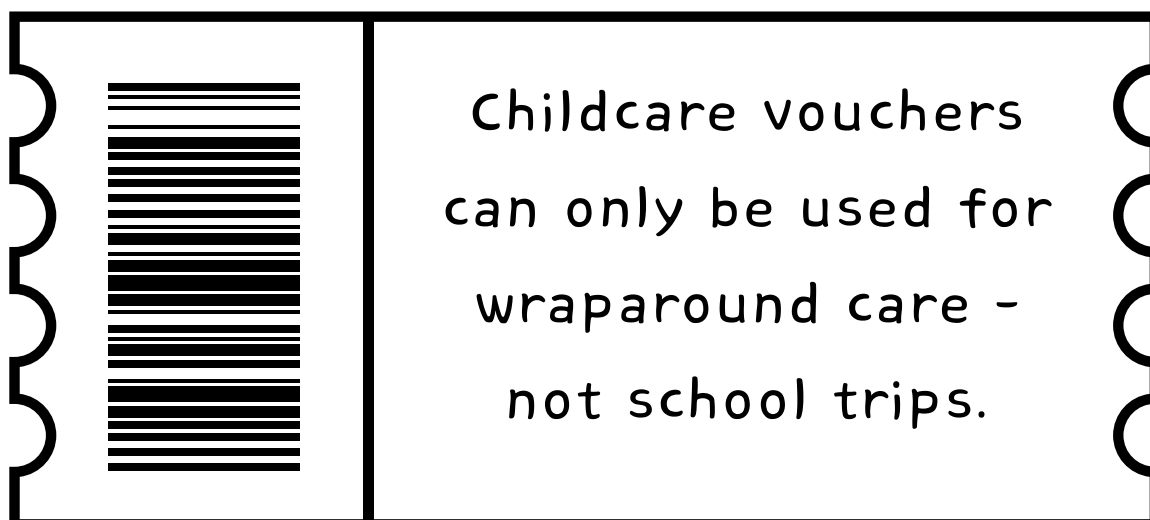
2.

Next FOHS PTFA meeting will be held on Wednesday 1st May 6.30pm at the school. We'll be finalising details for the upcoming Quiz and Chips social on Sat 18th May (pre-booking essential) and planning for the summer school fete on Saturday 29th June. Everyone welcome - The more the merrier!



SCHOOL MESSAGE

3.



4.

CERTIFICATE WINNERS

Kestrels

Dexter - for self-improving his writing and producing his best piece of work this year

Harry H - for self-improving his writing and producing brilliant written work during his choosing time

Miles - for self-improving his writing and working with Harry to produce brilliant written work during his choosing time

Falcons

Lennon - for concentrating really hard in his English work this week. He has been a brilliant Emily Elephant and worked hard to include capital letters and full stops in his sentences.

Leo H - for showing amazing teamwork during our maths lesson. He worked hard to measure using a metre stick whilst his partner measured objects around the classroom.

James H - for being a great Sadie Squirrel. James showed great listening skills and helped his partner when measuring around the classroom.

Marsh Harrier

Millie - for brilliant puppet skills, working together with others in this weeks workshops. Always encouraging others and listening to other children in her group.

Carly - for working well in group and supporting others. Working hard in lessons especially maths

Buzzards

Sylvie - For being a fantastic helper in computer science, supporting others to succeed in their work.

Lola for a great week generally, good listening and showing resilience when faced with difficult work

Louie for fantastic contributions in Science this week-learning about materials

Taleya and Evie: For great work on their World leader Fact files

Red Kites

Suki - lovely 'small things' art this week - I really like the detail Suki included this week

Isabella - an excellent week in art this week - super hedgehog in art club and lovely 'small things' art work

Elliot - excellent WWII ppt - lots of information presented in a very professional way!

BIRTHDAY ANNOUNCEMENTS THIS WEEK

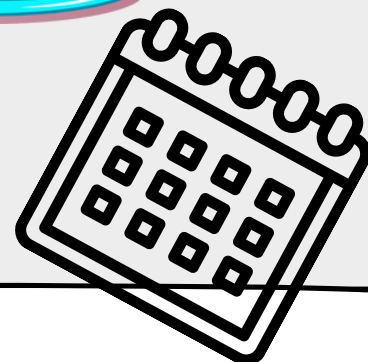
Only one birthday this week.....
Happy 7th Birthday to Ben Y2
(27th April)



5.

UP COMING EVENTS

6.



29/04/24 Yr 3/4 RE Trip to Norwich Cathedral Yrs 3 & 4 9.15-3.00pm

06/05/24 Bank Holiday

W/C 13/05/24 SATS Week KS2

10/05/24 - Year 5-6 Football Fixture Hempnall vs Brooke 3:40-4:30pm
at Hempnall

17/05/24 Year 3-4 Football Fixture Hempnall vs Brooke 3:40-4:30pm at
Hempnall

20/05/24 Tri Golf Yrs 2-4

20/05/24 Yr 6 Trip to London

23/05/24 Class Photos

W/C 27/05/24 HALF TERM

06/06/24 Dyslexia Parent Cafe- Hempnall 9am

11/06/24 Buzzard & Red Kites- Flixton Aviation museum

14/06/24 Kestrel & Falcons to Framlingham Castle

08/07/24 Year 6 Crusial Crew

08/07/24 SPORTS DAY PM

Fine Motor Skills




Week 17

Developing a Pencil Grasp

A tripod pencil grasp is the best hold for handwriting activities. This grasp is where the pencil is held between the tips of the thumb, index and middle finger. Three fingers (index, thumb and middle fingers) are placed about 1.5- cm from the pencil point for a right-hander, and 2.5-3cm for a left-hander (to increase the visibility of the writing). The wrist and the little finger side of the hand need to be resting on the table at all times. This will help control finger movements.


Activities to try at home:

- Use one hand to crumple tissue paper into a small ball. Your child can then try and flick it with their thumb and first two fingers
- Peg board patterns or threading games. Thread small beads or pasta tubes onto string to make different patterns
- Play a game of jumping frogs or tidily winks to develop strength in finger



May 2024





Newsletter



CPD training for anyone who works with children or teenagers.

National Standards CPD accredited sessions

All sessions booked & delivered online via facefamilyadvice.co.uk

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| <p>Thursday 2 May</p> <p>19:00 - 21:00 £24</p> |  | <p>Anxiety Explained</p> <p>Anxiety, especially in our young is rising. This session explains what it is, why it happens and how you can help.</p> |
| <p>Monday 13 May</p> <p>19:00 - 21:00 £24</p> |  | <p>Autism: Improving Communication</p> <p>Small changes can lead to huge improvements with your ability to communicate with someone on the spectrum.</p> |
| <p>Monday 20 May</p> <p>19:00 - 21:00 £24</p> |  | <p>Understanding the Teenage Brain</p> <p>Improve your understanding and communication with your teen. Why they think, feel and behave very differently from adults.</p> |
| <p>Tuesday 21 May</p> <p>19:00 - 21:00 £24</p> |  | <p>Raising Self-Esteem</p> <p>How to support healthy self-esteem in your children and yourself. Easy to apply interventions shared.</p> |

facefamilyadvice.co.uk
info@facefamilyadvice.co.uk

More information
available via:

<https://www.justonenorfolk.nhs.uk/occupational-therapy-for-parents-carers/learning-playing-exploring/skills-building/fine-motor-skills/>



MEET THE TEAM

8.

Who are you?

My name is Sinead

What is your role in the Sunflower Federation?

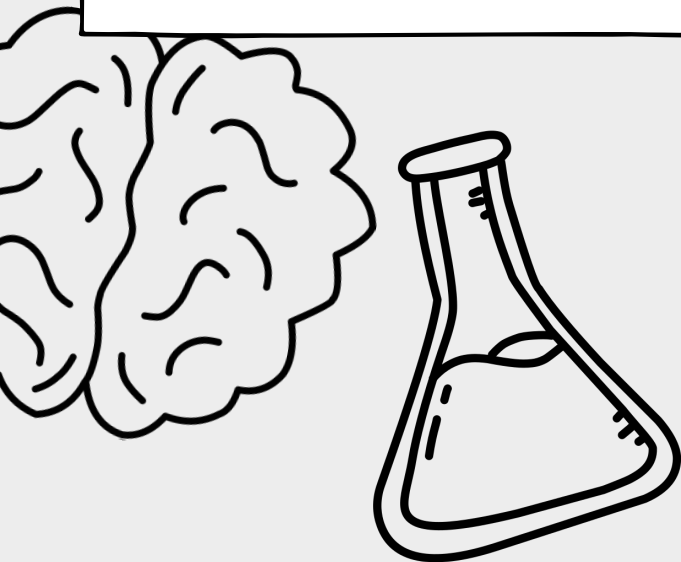
I'm the assistant cook

How long have you worked in one of our schools?

I've only been at the school since the start of term although I met a few of you at the Easter Holiday Clubs.



Sinead Auker



What is the thing you most enjoy about your job?

The best bit about my job is seeing you enjoying the food we make, especially Fishy Friday

What do you enjoy doing when not at work?

When I'm at home I enjoy having fun with my 10 year old daughter Roni. I love running and dance too.

What is your favourite flower?

It's difficult to pick my favourite flower as I love nature , so I'm going to pick Sweet pea , the first flower I planted aged 8.

Have you got a joke to tell us?

I bet you've heard this joke before but here goes-

What do you call a deer without eyes?
No idea!



9.



photography competition



What does HOME mean to you?

Photo: Gardeners Cottage, Stow Bardolph, used with permission. Credit John Millward.

To celebrate Refugee Week this year, we invite you to send us a photo of what "Home" means to you.

Send your photo, as a JPEG, to info@friendsofwaterloopark.org.uk by Friday 7th June, with your name, age, a phone number and a statement that you took the picture yourself.

It can be anything that makes you think of home.

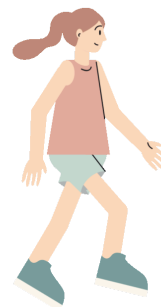
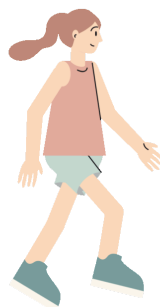
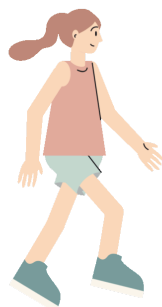
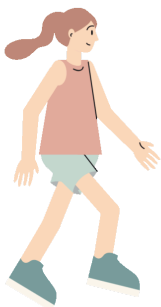
There will be prizes for the best pictures and a celebration and exhibition on Saturday 29th June 1:00pm in the room above The Feed Cafe at Waterloo Park.



MACMILLAN
CANCER SUPPORT

MIGHTY HIKES

LONG TRAINING WALKS HAVE BEEN TAKING PLACE BETWEEN OUR MEMBERS OF STAFF- PLEASE SUPPORT THIS AMAZING CHARITY WHERE YOU CAN- THANK YOU!!



<https://www.justgiving.com/fundraising/sunflowerfederation>