



SCHOOL YEAR 2023/24- NEWSLETTER NO 7

Dear Friends,

Last week was Children's Mental Health Awareness Week. There were many discussions around the subject on the radio and TV and as a staff we were saddened to hear about the clear links between the age that young children are given mobile phones and the potential for depression as they become older children and teenagers. The reasoning behind the link is that while children sit alone with their focus on mobile phones and the internet they miss out on the essential activities such as play, reading and exercise which help to develop imagination and social skills and allow children to be children. It certainly gave us food for thought and helped to explain the changes that we sometimes see in children's behaviour from an increasingly young age.

It feels like the right time to remind everyone about the different routes that we offer to support children's mental health and well-being. Our PSHE/RSE lessons enable children to explore relationships and stages of life and to talk about their feelings on a variety of subjects from safety on line to diversity. Our Emotional Literacy Support Assistant (ELSA), Mrs Astley does an amazing job in 1 to 1 sessions and small group sessions in helping children to talk about their feelings and their friendships. Talking is such an important skill for children and Mrs Astley often combines this with drawing or small world play in her expert, calm manner. Two SEMH counsellors from the TACT Families AHS trust visit school fortnightly to work on an individual basis with children and their families. The advice and support that they offer to children (and staff at times!) is invaluable and we are incredibly lucky to be able to access their expertise. We also have access to the AHS parenting advisor and a community support advisor who are able to support parents with any issues involving parenting.

There is no doubt that a problem shared is most definitely a problem halved. Our door is always open to any parents (and children) who need to talk through concerns or who feel that they need extra support with their children's behaviour or well-being. As we reach the end of another half term, it is worth reminding the children and ourselves that kindness is at the root of well-being and that it begins with the understanding that we all struggle at times. Let's be kind; it costs us nothing, yet means so much.

*Wishing you a happy half term full of kindness, play, reading and exercise,
With Best Wishes,
Mrs Bearman and the Aldborough Team*

Please go to: www.aldborough.norfolk.sch.uk



Aldborough Working Together

PARENT/SCHOOL CONSULTATION – SCHOOL UNIFORM – A separate email has gone out today to the parents and carers of children in all classes, except for Yr 6. The email outlines the process for a consultation on the possible introduction of school uniform in September 2024. Please look out for this email and respond accordingly. There will be paper copies of the voting slip available in the Office if needed.

SCHOOL STARTING TIMES – A couple of parents have asked recently if we could clarify school start times. Our gates open at 8.45 a.m. as soon as a member of staff is on the front playground and the side gate. Lessons start at 8.55 a.m. If children arrive on the playground at 8.55 a.m. then they will be missing the first 5 minutes of their first lesson taking their coats off and organising their lunch boxes etc. Many thanks to all parents and carers in getting the children to school promptly.

MUSIC CELEBRATION ASSEMBLY – Last Wednesday we all enjoyed an assembly that celebrated our music curriculum and the progress that the children have made in this area. The performances ranged from a rendition of The Ugly Duckling, story told through music, two interpretations of river sounds and pulses and chords to accompany an African song. All of the KS1 and KS2 children played instruments and it was a joy to see the development from percussion to tuned instruments. Thank you to Mrs Cuthill for her inspirational planning and for keeping us all singing and performing. The children were so proud of themselves.

TALK HUB VISIT – Our Ocean Ambassadors and our Science Ambassadors visited the Village Talk Hub on Tuesday lunch time to explain their role in planning our family learning afternoon and our science day in March. They did a presentation to the village community and demonstrated how to use some of our science equipment. We were so proud of their contribution and the way that they represented the school. Thank you to all the children involved and to Mrs Gale and Mrs Stanbury for accompanying them.

WORLD BOOK DAY – Thursday 7th March – We hope that as many children as possible will join us in promoting their favourite books and characters by dressing up for World Book Day. Please do not feel under pressure to buy a costume for the children if you don't already have one. A single prop, a homemade costume put together from existing outfits, or even a character's name safety pinned to a jumper will all add to the fun of the day. The most important aspect of World Book Day is that parents and carers talk to their children about the books they like to read and the characters they enjoy.

JOB OPPORTUNITY- Tracy is hanging up her apron for 2 days a week to look after her grandchildren so we are looking to appoint an enthusiastic, competent and committed Breakfast Club Assistant/ Kitchen Assistant to join Kerry in the Catering team (Monday 8.00 a.m. -2.00 p.m, Friday 8.00 a.m.-1.00 p.m. start date 15th April 2024). Please contact the school office for more information.

FAMILY LEARNING AFTERNOON – Our next family learning afternoon will be on Tuesday March 19th. We are very excited to be spending the afternoon extending our learning on climate change and the sea as part of our ocean friendly award. The title of our afternoon is [‘The Big Blue Sea supporting The Big C’](#). The afternoon will start at 1.45 p.m. with an assembly for everyone. There will be a round robin of activities in the different classrooms so if you have more than one child you can walk around together. We are combining the family learning afternoon with our [‘Wear it Blue for the Big C’](#) and we ask that [all children and parents and carers come to school wearing blue that day](#). A £1.00 donation from everyone involved

would be greatly appreciated towards the Big C charity in Norfolk. We are taking the opportunity to show our support for all the hard work that the Big C charity does supporting people in Norfolk – even those who live in Sandringham.

SCIENCE DAY/FAMILY LEARNING AFTERNOON - Please could we ask the children/parents / carers to collect plastic bottles of all sizes to bring into school before March 8th. These can be any size, but need to be transparent and cylindrical (i.e. not milk bottles). They also need to be washed out please and **MUST HAVE A TIGHT FITTING LID**. Please put these into the collection box in Reception.

PARENTS' EVENINGS – Our Spring Term Parents' Evenings will take place on Monday 25th March and Wednesday 27th March. Please add the dates to your diaries. Sign up sheets will be available in the parents' waiting area before and after school from Monday March 11th to Friday 15th March.

SCHOOL MEALS – Unfortunately, we have to increase the cost of school lunches due to rising food and energy costs. We are so lucky to have Tracy and Kerry in our kitchen who provide our children with a delicious, well-balanced nutritional meal every day – it makes such a difference to the children's learning in the afternoons. From Monday April 15th school lunches will cost £2.60. C1 and C2 children continue to have free school meals and free school snacks. Parents and carers of children in those classes should not send snacks in with the children. Children who have free school meals in KS2 will continue as normal.

CLASS ASSEMBLIES – We are delighted to be able to invite parents and carers to class assemblies this term. The assemblies will start at 9.05 a.m. and should last no longer than 20 minutes. Parents and carers are welcome to sign in at the Office immediately after school drop off. The dates for the assemblies are as follows:

Class 1: March 8th 9.05 a.m. (special invite to all C1 Mothers!)

Class 4: March 15th 9.05 a.m.

Class 3: March 22nd 9.05 a.m.

SPARE SOFA? – We would really like a new sofa for our Learning Street so that we can create an extra reading space. If any families have a sofa that is no longer needed but still in good condition then we would love to take it off your hands. (If you could get it to school then even better!) Please let Mrs Bearman or Mrs Cuthill know if you can help.

NEWS FROM THE FRIENDS –The next event needing your support will be the Class 2 Cake Sale on March 1st. Please get baking!

SCHOOL PAYMENT ACCOUNTS – We would be most grateful if you would keep an eye on your accounts and settle any outstanding payments to your child's school account as soon as you are able. Thank you, we really do appreciate your support in this.

PE KIT - A reminder that all KS2 children will now be coming to school in their PE kits on the day of their PE lessons.

Tuesday = Class 3

Wednesday = Class 4

Thursday = Class 5

PE kit is a white T-shirt, black or navy shorts and black or navy track suit bottoms/leggings and trainers. The children should wear a sweat shirt for outdoor PE.

FOREST SCHOOL – Please make sure that the children have appropriate clothing for their Forest School sessions next half term. **Children need boots or sturdy shoes and gloves and hats.** The days for the Spring half term are as follows:

C1: Wednesday

C2: Thursday (Please note that not all children in class 2 will be doing FS every week)

CAKE SALES – Please see below for the dates of The Friends Class cake sales. Keep Baking!



Aldborough Information



AT ALDBOROUGH WE ARE COMMITTED TO PROVIDING ALL CHILDREN WITH THE BEST EDUCATION POSSIBLE. IN ORDER TO DO THIS WE NEED ALL CHILDREN TO ATTEND REGULARLY AND PUNCTUALLY THROUGHOUT THE YEAR.

MORNING PLAYGROUND DROP OFF – IF YOU ARRIVE AT SCHOOL BEFORE 8.45 OR BEFORE THE MEMBER OF STAFF ARRIVES, PLEASE DO NOT LEAVE YOUR CHILDREN UNATTENDED ON THE PLAYGROUND.

ABSENCE FROM SCHOOL - If your child is absent from school, please call the office number 01263 761264 at the earliest opportunity and leave a message. Please call each day of your child's absence, giving your child's name and reason. Please do not email, although we appreciate it can be easier for you to quickly do this, we cannot guarantee that the email has been received and therefore your child would be registered as 'Missing in Education', which then prompts Safeguarding measures to be taken. **Attendance is reviewed regularly.**
ATTENDANCE AT LESS THAN 90% WILL INSTIGATE ATTENDANCE INTERVENTION

NEWS FROM THE FRIENDS – Please keep your eye on The Friends of Aldborough Primary School Face Book page for ways in which you can help. **Please speak to the committee about different ways that you could help us.** Thank you as always to The Friends for their enthusiasm and energy and for all of the parents and carers for supporting the different events.

MEDICATION IN SCHOOL – Parents and carers are reminded that any medicine that comes to school must be handed in to the school office and the appropriate paper work must be completed. Please ensure that all prescription medication is in the original pharmacy container/packaging, which includes the child's name and the necessary dosage/instructions. If prescription medicines do not have this information then school staff are unable to administer the medication.

SCHOOL WEBSITE – We are continually updating our school website to include information about the children's learning in each term and in each class. Please do familiarise yourself with the website as it provides lots of information about the curriculum. You will also find our safeguarding, SEND and behaviour policies on the website along with many others. **We are often asked to provide work for children who are going on holiday during term time.** This is not something that we do due to the pressure that it puts on teacher workload in addition to the additional workload involved with helping the children to catch up when they return to school. The website is an excellent source of information for those parents who wish their children to work during term time holidays. **AT ALDBOROUGH WE ARE COMMITTED TO PROVIDING ALL CHILDREN WITH THE BEST EDUCATION POSSIBLE. IN ORDER TO**

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HEALTHY SNACKS, LUNCHESES AND BIRTHDAY TREATS – Please ensure that the snacks and packed lunches that the children bring to school are healthy and nut free. We work very hard as a school to support health and well-being and the contents of some lunch boxes make consistent messages difficult for the children to understand. It would be much appreciated if birthday treats, which are shared with the class, are also sugar free and consistent with children’s health and well-being. Please avoid sugary lollipops in particular. Thank you for your continued support in this matter.

JEWELLERY AND HAIR - The only jewellery allowed in school is one pair of stud earrings, which need to be taped up for PE. No other jewellery is allowed. For your child’s comfort and hygiene please ensure that all long hair is tied up every day.

MENTAL HEALTH SUPPORT –Aldborough Primary now has 3 ‘Mental Health First Responders’ on site to help members of our community should they have a need. If you think we can help you in anyway please do not hesitate to contact either via email: office@aldborough.norfolk.sch.uk or phone 01263 761264. Confidentiality is guaranteed.

ALDBOROUGH AFTER SCHOOL CLUB – Please email enquiries/bookings to afterschoolclub@aldborough.norfolk.sch.uk Further information and booking forms are available on the school website. There will be plenty of outdoor play and art activities available with ASC staff working hard to plan and provide activities. The team continue to provide tasty snacks.

BREAKFAST CLUB – Breakfast Club is available daily from 8am in the dining room. Pre-booking is advised to be guarantee a place, however children can attend on the day without the need to pre-book. PLEASE BE AWARE THAT THE DOORS TO BREAKFAST CLUB WILL NOT OPEN UNTIL 8.00a.m

FSM APPLICATIONS – Have your family circumstances changed? If so your child/children may be eligible for Free School Meals. Money provided to the school can also be used to provide additional support for a child’s learning or financial help with learning opportunities/resources. It is always worth making an application. Please go to: <https://www.norfolk.gov.uk/education-and-learning/schools/school-meals-and-milk> If you need help or have any queries, please contact Mrs Knight in the office who will be very happy to help you. All information will be treated confidentially.

FOOD BANK- If you aren’t already aware, Aldborough Primary is able to refer families in need to the Foodbank; please don’t hesitate to contact us if you need some help. All support is provided confidentially.

<u>DATES LIST 2023</u>	
	<u>MARCH</u>
Friday March 1st	Class 2 Cake Sale 3.15 p.m.
Thursday March 7th	World Book Day Dress Up Day.
Friday March 8th	Class 1 assembly 9.05. Class 1 parents and carers welcome

Friday March 15th	Class 4 assembly 9.05. Class 4 parents and carers welcome
Tuesday March 19th	Family Learning Afternoon –‘ The Big Blue Sea supporting the Big C ’. All parents and carers welcome. Doors open at 1.40 p.m. £1.00 from everyone involved.
Friday March 22nd	Class 3 assembly 9.05. Class 3 parents and carers welcome
Monday March 25th Wednesday March 27th	Spring Term Parents’ Evenings
Wednesday March 27th	Last day of Spring Term
	<u>EASTER HOLIDAYS</u>
	<u>APRIL</u>
Monday 15th April	First day of Summer Term
Friday 26th April	Class 1 Cake Sale 3.15 p.m.