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14.11.2025 Newsletter - The class news one!

Term Dates

Monday 24th November 2025 - Norfolk STEPs parent workshop - part 1 (morning)
Thursday 27th November 2025 - Family Bingo Night at school
Monday 1st December 2025 - Stocking Advent Hunt launched
Thursday 4th December 2025 - Norfolk STEPs parent workshop - part 2 (morning)
Friday 5th December 2025 - Gingerbread house competition judging
Friday 5th December 2025 - Panto in school
Wednesday 10th November 2025 - Ann Smith's last day at Reedham and Christmas Concert.
Wednesday 10th December 2025 - 1pm to 2pm Nativity performance at Reedham Church
Thursday 11th December 2025 - Festive Thursday - PFA - AT THE VILLAGE CHRISTMAS TREE (LORD NELSON)
Monday 15th December 2025 - Elfridges Otters and Squirrels
Monday 15th December - Raffle draw
Tuesday 16th December 2025 - Elfridges Herons
Wednesday 17th December 2025 - Elfridges Owls
Wednesday 17th December 2025 - Christmas lunch and Christmas jumper day
Thursday 18th December 20265 - Festive Thursday - PFA
Friday 19th December 2025 - Last day of term
Friday 19th December 2025 - Santa's helpers handing out gifts

Class News

In Squirrel Class this half-term, we have been enjoying learning about celebrations, including Guy Fawkes Night, Remembrance Day and BBC Children in Need Day. We are also going to be exploring Diwali and other celebrations like birthdays and Christmas. Squirrels LOVED going for a walk with the rest of the school down to the war memorial and learning about why we celebrate Remembrance Day and show respect.
We will be inviting Squirrel parents in for a Christmas-special Parent Café at the beginning of December, so keep an eye out for that! We also have a very special visitor going home with a Squirrel child each day over the next couple of weeks. I'm sure you will all recognise him - he is very cheeky and from the North Pole!
Reception have been working hard with their reading and writing, and we have started to spell and write CVC words and read longer phrases too. We have also been really enjoying Drawing Club - it has been so lovely to see their imaginations grow as they create their own stories!
In maths, we are still exploring 1:1 correspondence and recognising numbers 1-10, as well as looking at 2D shapes, measuring and capacity.

As usual, it's been a busy start to the new half term! We've introduced our new topics, and the children are already showing great enthusiasm for their learning. In Science, we'll be exploring the seasons, while in Geography, we'll be learning about weather and climate – two topics that link together really well.

In DT, we'll be designing and making a vehicle for our class elf, Elliot, to ride around the classroom. Thank you to everyone who has already brought in their boxes. If you haven't yet, please remember to send them in by next Friday, ready for us to begin building on Monday.

In Computing, we're learning about digital photography. We'll be finding out how to take a good photograph, learning about fake images, and exploring why some people use photo editing – something previous classes have found really interesting.

In RE, we're learning all about the Christmas story and linking this to our Christmas play. Speaking of our play, we're all very excited to have started learning the songs! The children are keen (and a little bit nervous!) to find out which parts they'll have. Everyone will know their role early next week, and I'll send a letter or email to parents with the details. Scripts will also be handed out next week as we begin rehearsals. Every child in Heron Class will have at least one line to say, so if you could help your child practise their line(s) at home, that would be a huge help.

We're really looking forward to seeing you at Reedham Church for our performance on Wednesday 10th December.

Thank you, as always, for your continued support.

Owl class have begun learning about digestion in science - starting the unit off with a demonstration of the digestive system with crackers and bananas! We have also made a model of the mouth using marshmallows to represent the different types of teeth. Can your child talk about the different types of teeth? How many organs can your child name that are involved in digestion?

In English, we have been writing a recount as if we were a child transported back in time to the Stone Age (linking to our history topic last half term) based on the book 'Stone Age Boy'.

In maths, the children have made superb progress with adding involving exchanging - drawing place value counters to support if needed. Next, we will be focusing on subtraction!
Keep up the hard work Owls!

The second week of the half-term has been another wonderfully busy one. Alongside our lessons, we were lucky enough to meet Pudsey, raise money for Children in Need, attend a remembrance service, and welcome parents into school for our Maths Café. The latter was very well attended: undoubtedly due to a deep love of mathematics and *not* the bacon rolls kindly provided by our PFA...
In English, we have continued to explore the features of an effective discussion text, with the children beginning their own planning on Friday. Their enthusiasm for our focus text has truly shone through, and I am excited to see their ideas develop further next week. In maths, our attention has shifted to fractions. We have been working on recognising equivalence and converting between improper fractions and mixed numbers and back again. The afternoons have been equally enjoyable. In D&T, we made 'grabbers' out of recycled cardboard, in geography we explored the chain of events involved in the production of chocolate cake and we learned about friction in science.
All said, the term has started with promise. I look forward to how well our learning will develop as we continue and am pleased to say that the class are well-engaged.

Autumn Term Reminders

Morning Drop Offs and Parking
ALL parents (including squirrels) are reminded that we start at 8.30am - please be prompt to drop off your child.
Squirrel families we have invited you to collect your children from 3.00pm onwards to ease the process at handover. Please note until children line up with the class teacher or are release to parents at the end of the day, they should be supervised by their family adult. Please remind children that they should not be playing chase games, ball games at these times (it is unsafe). Please also note that if there are cones around equipment or it is tape off then it is out of use and children should not play on it.

CLOSE the front GATE please - do not leave this on the latch!

Parent and teacher communication
We welcome all parents to share information, concerns and news with us, however it is really important that **all** our teachers are able to be with their classes in the mornings to take registers. This is a statutory requirement and an important part of safeguarding. Please make an appointment to talk to your child's teacher via the office or email them directly.
Please address any concerns you have with your child's teacher.
Communication with school staff should be respectful, especially in front of children.

Booking clubs
Please ensure that you book clubs 24 hours prior, through the Arbor app. in case of emergency bookings - these are subject to availability and must be booked via the office email. Please ensure you have communicated pick up changes to both the office and your child's class teacher. We check our emails throughout the day.

P.E Kits
Well done everyone for remembering this change to our routine. Children should wear full school uniform (not trainers) on their P.E days. This change helps support independence, organisational skills, and ensures consistency with our school uniform policy..

Thank Yous - apologies if we miss you off - everyone is so helpful it is hard to remember!

Hope's mum for her support with Pudsey's visit on Monday!
Nick and Heather for their continued support with our young readers!
The Open the Book team for their flexibility to change their schedule.
Our PFA for their support for odd sock day, the maths morning and PINs meeting.
Parents who attended our PINs meeting and maths morning - the bacon butties were a hit!

Parent Maths Morning - Key messages:

Maths Is Everywhere! Helping Your Child Develop a Love for Maths Our Key Messages for Parents

- Maths is all around us - in cooking, shopping, time, patterns, shapes, and games!
- A **growth mindset** makes a big difference – model "I can't do this... *yet!*"
- You are your child's maths model - ensure you have a positive attitude to maths and have a go!
- Celebrate effort, not just answers.
- Keep maths *fun*, *practical* and *positive* at home.
- Show your child that *mistakes help us learn.*
- Practise and rehearse **number facts** regularly – little and often.
- Support your child's **homework** by talking about how maths fits into daily life.
- Visit the **school website maths section** for ideas, videos and games.
- Unsure how to help? 👉 **Ask your child's teacher** - we're here to support you!

Practical Maths Ideas for Every Age

EYFS (Nursery & Reception)

Help your child notice maths in everyday play!
Count steps, toys, cars, and fruit pieces.

Match socks, sort toys by colour or size.
Spot numbers on doors, buses, and shops.
Use words like bigger, smaller, longer, heavier.
Play "What's missing?" games with objects or numbers.
Build with blocks and talk about shapes.
Bake together - count scoops, measure cups.
Sing counting songs and rhymes (e.g. Five Little Ducks).

KS1 (Years 1-2)

Build number confidence through fun activities:
Count coins and play "shop".
Tell the time to the hour and half-hour.
Estimate how many steps, spoons, or buttons before counting.
Practise number bonds to 10 and 20.
Play board games and dice games.
Cook or bake together - measure, share, and halve.
Spot patterns (tiles, clothes, nature).
Talk about sharing and grouping when tidying toys or snacks.

KS2 (Years 3-6)

Keep maths practical and meaningful:
Involve your child in budgeting and shopping (compare prices, offers, totals).
Cook using recipes – scale ingredients up or down.
Tell the time using both analogue and digital clocks.
Practise times tables and related division facts.
Estimate distances, weights, and times before checking.
Talk about fractions and percentages (e.g. half a pizza, 50% off signs).
Use real-life data – sports scores, weather charts, timetables.
Encourage problem-solving: "How could we work that out another way?"

Top Tips for All Ages

Make maths part of daily talk.
Praise effort and perseverance.
Ensure you children develop resilience and can bounce back if they make mistakes.
Use everyday objects as "maths tools".
Keep it short and positive - a few minutes a day is enough!
Explore maths games and activities online.
Explore our website - maths area.
Look at our calculation policy - on our website.
Talk to your child's teacher is you want further support.
Remember: You are your child's first maths role model.

Makes
8

norse group

Sausage Pastry Pinwheel

This recipe can be a tasty snack, great on a picnic or as part of a main meal

Ingredients list

- 400g Sausage Meat
- 350g Puff Pastry
- 1x Egg
- 1x Small Onion – Finely diced
- 5g Mixed Herbs
- Pinch Salt and Pepper

Method

1. Using a little oil in a pan, gently cook the onion without colouring it.
2. Beat the egg in a mixing bowl and keep to one side.
3. Mix the sausage meat, onion, seasoning and herbs in a bowl.
4. Roll out the pastry into an oblong shape, approx. 30cm x 20cm.
5. Spread the mixture evenly over the pastry leaving a small gap at each end.
6. Roll the pastry from one of the long sides (like a Swiss roll).
7. Brush the egg over the pastry and then cut into 8 pieces. Place the cut side up onto a greased and lined baking tray.
8. Bake for 20 minutes at 180°C or gas mark 4 for 25-30 minutes.

Mental Health Support Teams

NHS

Support available for Primary School Children

Virtual Parent-Led Groups

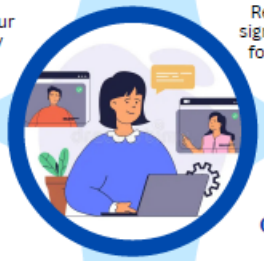
Learn how to address your child's *"Fears & Worries"* or *"Behaviour Difficulties"*.

Consists of 6 x 1 hour sessions & is easily accessible online

Single Sessions

A focused problem-solving session, guided by a mental health professional

Receive guidance and signposting with options for follow up support.



Online Self Study

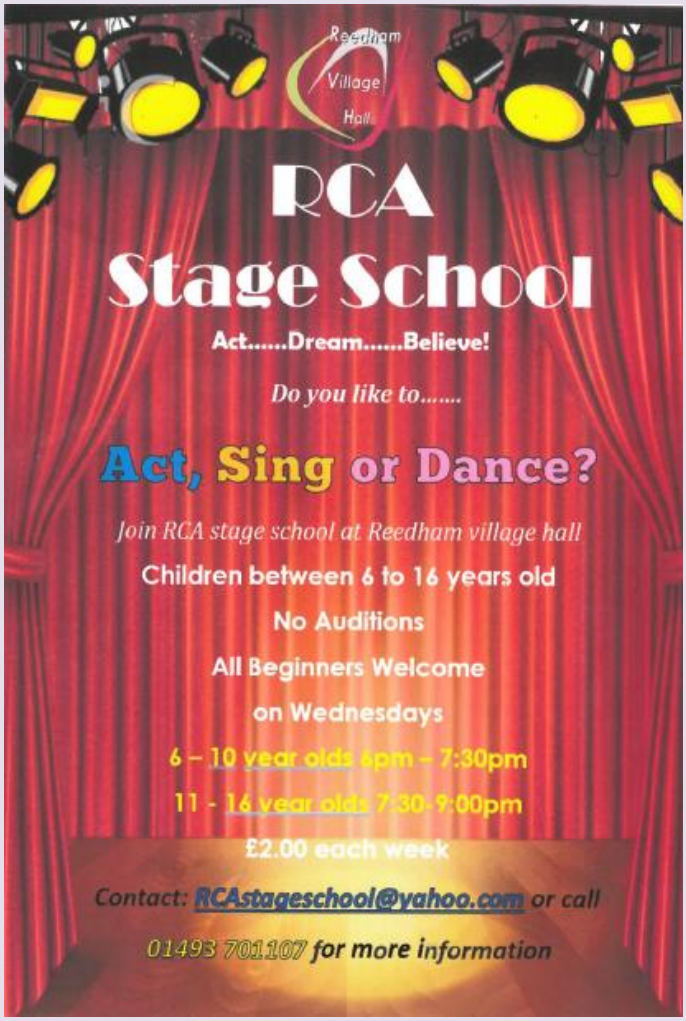
Our Online Support Intervention is a self study course that empowers parents to support their child with anxiety.

School Consultations

With parent/carer permission we can provide advice to school staff about how to support your child.

Speak to your school mental health lead for more info or visit our website:

www.justonenorfolk.nhs.uk/our-services/mhst/



Who to contact in a crisis

If you think your child is experiencing a mental health crisis call NHS 111 and select the mental health option to speak to an NHS professional.

For life-threatening emergencies call 999.

Other useful resources:

Just One Norfolk - information on health and wellbeing for children, young people, adults, professionals and schools: https://www.justonenorfolk.nhs.uk

Kooth - free, safe and anonymous support: https://www.kooth.com

Young Minds - free help and advice: https://www.youngminds.org.uk

MindEd - a free educational resource on children, young people, adults and older people's mental health: https://www.minded.org.uk/

NHS

Mental Health Support Teams

Supporting primary school children

Mental Health Support Teams can offer support to help parents and carers with their child's fears, worries and behavioural difficulties. This leaflet provides information about who our support is aimed at and what support we can offer.

For more information, or to access our service, please speak to your child's class teacher or school mental health lead.

https://www.justonenorfolk.nhs.uk CCSNHST ccs_nhst

Local scouting opportunities...

Join the Adventure - Freethorpe Cubs

For fun, friendship and adventure - Cubs is for boys & girls aged 8 - 10.5 years old.

If you like learning new skills, playing games, trying new challenges, making new friends and getting outdoors then you should give Cubs a try!

1st Freethorpe Cubs meet on Thursday evenings from 6:45 - 8:15pm.

If you would like to get involved, please register your interest through our website: eastnorfolkscouts.org.uk/join/

eastnorfolkscouts.org.uk/join/

#SkillsForLife

Do more. Learn more. Be more.

Aged 10½ upto 14 years old?

Tired of dull evenings? Want to try something exciting, learn skills for the future, and meet new friends?

The Scouts could be for you!

Freethorpe Scouts meet on Thursday evenings from 6:45 - 8:15pm and welcomes boys & girls aged 10½ - 14.

If you would like to get involved, please register your interest through our website: eastnorfolkscouts.org.uk/join/

#SkillsForLife

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Our Community Events...

Norfolk & Waveney Autism & ADHD Support Service

Supporting parents/carers of children and young people recently diagnosed or awaiting assessment for autism/ADHD. Our aim is to promote a better understanding of neurodivergence, how it may impact behaviour and offering practical strategies to parents/carers.

We also offer support to families seeking advice about how to start the journey and make a successful referral for assessment.

Family Action

Family Action is an award-winning national charity working from the heart of local communities to support people through change, challenge and crisis.

We protect children, support young people and offer direct, practical help to families.

It's what we've done for over 150 years.

To find out more about who we are and what we do, visit us at www.family-action.org.uk.

Norfolk & Waveney Autism/ADHD Support Service

Gorleston Library, 1 Lowestoft Road,
Gorleston-on-Sea, NR31 6QU

Email: NorfolkandWaveney@family-action.org.uk

Tel: 01493 650220

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family action

Norfolk & Waveney Autism & ADHD Support Service

Working with families to improve outcomes for children and young people affected by neurodivergence.

NorfolkandWaveney@family-action.org.uk

Puffins Autism Programme

The Puffins Programme is a FREE, four week programme designed by Norfolk Community Health and Care's Neurodevelopmental Service for parents and carers of children and young people with a diagnosis of Autism.

Family Action are working in partnership with NCHC and EPSS to deliver the programme to families in Norfolk.

Week 1 – Introducing Autism and Understanding Behaviour (Family Action)

Week 2 – Communication – (NCHC Speech and Language Therapy Team)

Week 3 – Understanding Sensory Processing (NCHC Occupational Therapy Team)

Week 4 – Autism in Education (NCC EP & Specialist Support: Autism Support Team)

Autumn/Winter 2025 Programme Dates:

September 2025 - New Costessey

Monday 8th, 15th, 22nd & 29th

Breckland Room, Breckland Hall, Breckland Rd, New Costessey, Norwich NR5 0RW

October 2025 - Thetford

Thursday 2nd, 9th, 16th & 23rd

Charles Burrell Centre, Staniforth Road Thetford IP24 3LH

November 2025 - Kings Lynn

Monday 3rd, 10th, 17th & 24th

Community Hub, Church Dr, Nxt Gaywood Church Rooms, King's Lynn, PE30 4DZ

December 2025 - ZOOM

Monday 1st, 8th, 11th & 18th

Online

All courses are 9:30am - 12:30pm*

NB: *Session 1 only in each course is just a little longer 9:30am to 1:00pm

To find out more or book a place, please contact Family Action on:

01603 972589

Sue.Killick@family-action.org.uk

NHS Norfolk Community Health and Care NHS Trust

Educational Psychology & Specialist Support

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family-action.org.uk

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Plan Bee Course General Information

Understanding and supporting your neurodivegent child or young person's needs.

A FREE course for parents and carers

Plan Bee is a 3 week course (2 hours per week) written by Clinical Psychologists working in Norfolk Community Health and Care. We have been commissioned by Norfolk NHS ICB to deliver this course for parents and carers of children who have suspected or diagnosed neurodevelopmental conditions.

All behaviour is a form of communication. Our course supports parents to understand their child's individual needs and how to best support them.

The aim of this course is to help parents and carers to:

- **Understand why their child or young person might become overwhelmed.**
- **Reflect on what might trigger certain distressed behaviours and how to implement pro-active and re-active strategies.**
- **Develop a support plan which they can share with other family members and schools to ensure a consistent approach.**
- **Meet with other parents/carers for peer support.**

For more information you can contact us Monday to Friday 9-5pm on:

01603 972589

Norfolkandwaveney@family-action.org.uk

Norfolk and Waveney Autism/ADHD Support Service

www.family-action.org.uk

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NHS
Norfolk Community Health and Care
NHS Trust

Educational Psychology & Specialist Support

family action

Puffins Course General Information

Puffins is a course for parents and carers of children up to the age of 18 with a diagnosis of autism. The aim of the Puffins programme is to give parents and carers a better understanding of what the diagnosis of autism means for them and their child.

Section 1 – Presented by Family Action's Autism & ADHD Support Team

- Giving parents an overview of autism, including the associated developmental issues their child may struggle with.
- Supporting them to understand and see the world from their child's point of view.
- Offering practical strategies, support and advice.

Section 2 – Communication Presented by NCHC Speech & Language Therapy Team

- Understanding strengths and differences related to communication and interaction.
- Helping families to understand and advocate for differences and potential supports needed.
- Supporting connection and meaningful interactions.
- Offering practical strategies.

Section 3 – Sensory Processing Presented by NCHC Occupational Therapy Team

- Sensory processing – the neurological theory.
- Sensory systems – what does each system do?
- Sensory processing in real life
- How can we help our children?

Section 4 – Autism in Education Presented by NCC EP & Specialist Autism Support Team

- SEND and Schools.
- Reasonable adjustments and support in the classroom.
- IEP/EHCP.
- When things go wrong.
- Transition.
- Support for parents.

To find out more or book a place, please contact Sue Killick on:

01603 972589
Sue.Killick@family-action.org.uk

family-action.org.uk

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