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## 19.12.2025 Newsletter - The festive class news one!



### Term Dates

#### Spring Term

- Owls Lego for parents TBC
- Herons Lego for parents TBC
- Otters Lego for parents TBC

Monday 5<sup>th</sup> January 2026 - Inset day - No children today!

Tuesday 6<sup>th</sup> January 2026 - Spring 1 term starts

Tuesday 13<sup>th</sup> January - Owl PE - Swapped

Thursday 15<sup>th</sup> January - Otter PE - Swapped

Monday 2<sup>nd</sup> February - Thursday 12<sup>th</sup> March - Coin Wars

Wednesday 4<sup>th</sup> February - Owl PE - Swapped

Thursday 5<sup>th</sup> February - Heron PE - Swapped

Friday 13<sup>th</sup> February 2026 - Valentine's Day - Hot chocolate and treats - lunchtime 12.30

Monday 16<sup>th</sup> February 2026 - Friday 20<sup>th</sup> February 2026 - Half term

Monday 23<sup>rd</sup> February 2026 - Term begins

Tuesday 24<sup>th</sup> February 2026 - Parent and teacher meetings

Wednesday 25<sup>th</sup> February 2026 - Parent and teacher meetings

Tuesday 3<sup>rd</sup> March 2026 - Parent and teacher meetings

Thursday 5<sup>th</sup> March 2026 - World Book Day (children dress up as a BOOK character and family events) PFA Reading challenge begins

Thursday 5<sup>th</sup> March 2026 - Golden Ticket PFA event - after school

Friday 6<sup>th</sup> March 2026 - Golden Ticket PFA event - after school

Thursday 12<sup>th</sup> March 2026 - Non uniform day in lieu of raffle hamper prizes

Thursday 12<sup>th</sup> March - Coin Wars - Winning class Coin wars pm treat

Thursday 26<sup>th</sup> March 2026 - Family Event TBC

Friday 27<sup>th</sup> March 2026 - Last day of spring term

Saturday 28<sup>th</sup> March 2026 - Monday 13<sup>th</sup> April 2026 - Easter holiday Egg Hunt

Please check the A board at the school gates and our website for current school information.

## Class News



Squirrel Class have had a lovely half term in Autumn 2. We have been learning, playing, baking, dancing and having lots of fun. Reception have been working super hard in their phonics and I can really start to see their understanding improving, as lots of them have started trying to independently write during playtime. Please keep reading with them at home too. Even with bigger and longer books, they can start to pick out digraphs

and some tricky words.

In maths, Nursery and Reception have been learning about shapes and how to tell them apart, recapping capacity, measuring, patterns, and really developing their understanding of numbers from 1 to 5.

Of course, the stand-out for this half term has been the Christmas performance. I was so proud of all of the children involved, especially the Reception children, as this was their first ever Christmas performance at the church and I think they smashed it!

I am really looking forward to seeing everyone again in the Spring term, where we will be learning about one of my favourite topics, Space and the world. I hope everyone has a lovely Christmas and a restful break!



As we reach the end of our first term of a new year, I would like to begin by thanking all parents for your continued support. Whether it is reading with your child each evening, helping them practise their phonics, supporting them with homework, or talking through friendship worries and helping them navigate these situations, it truly makes a huge difference in the classroom.

The children have worked incredibly hard this term, and I am so very proud of them all. I am excited to see what they will achieve as we move into 2026.

I couldn't write a newsletter piece without mentioning our school play – weren't they all fantastic? Every child overcame their nerves and performed brilliantly. They also did an amazing job remembering my very last-minute changes (and by last minute, I mean the day of the performance!) and performed with such confidence. You certainly wouldn't find me up on stage in front of a packed church! A big thank you as well to all the staff for their support – I certainly couldn't have done it without you.

Finally, may I wish you and your families a very Merry Christmas and a Happy New Year. May it be everything you hope for.



As we come to the end of a very long half term, I just want to wish you all a very Merry Christmas and a Happy New Year.

Owl class have worked incredibly hard this term and it has been a pleasure to see the progress they have made. Their knowledge of the skeleton and digestive system is second to none, as is their knowledge of European

countries! We have spent the last couple of weeks in English focusing on speech punctuation, and this week wrote Christmas poems using apostrophes for possession – look out for a copy of your child's, which has been sent home! It has also been lovely this half term to see children sharing what they have been learning outside of school – from drumming to ballet and gymnastics.

I hope you have a restful Christmas break and look forward to seeing you again in January!



As the term draws to a close, I am delighted to report that the children in Otter Class have sustained excellent levels of engagement in their learning. Despite the excitement of the festive period, the quality of work across both core and foundation subjects has remained high.

In English, the children concluded our study of Animal Farm by George Orwell with some impressive diary entries written from Napoleon's perspective. I have been particularly impressed by how well they have grasped the novel's deeper themes alongside its historical context. In the spring term, we will begin reading Holes by Louis Sachar, which certainly has much to live up to.

In mathematics, our focus has been on developing confidence and accuracy in written multiplication and division. As a treat, the children also explored past SATs questions, working collaboratively in small groups to unpick some of the more challenging problems. A further highlight of the week was our science investigation, in which we explored whether the shape of an object – while keeping its mass the same – affects the speed at which it sinks.

Thank you to the children and the adults who support learning in our classroom. It has been a term full of promise, and I look forward to welcoming everyone back in January.

## Spring 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.

Reminder - children shouldn't be playing with balls on the playground before school, or chasing around other parents/children, this is to keep all our community safe. Please keep your child with you until the bell is rung.

### 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

Spring term clubs are now available to book. This includes our Friday Enrichment afternoons. 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

Thank you to everybody for your support to revert back to P.E kits on P.E days!

### Music Lessons

Fiona Scott has taken over from Ann Smith. Lessons are now scheduled for Monday afternoons and will begin Monday 12.1.25. Please pay all fees in advance to the office.

### PFA Stocking Advent Trail

Just a reminder that the PFA Stocking Advent Trail will still be running over the Christmas break. Please remember to fill in your sheets and return to the school office in January for your chance to win a voucher.

### Parent Locality Committee

We are seeking nominations for parent members on our Locality Committee please see attached for more information.



## Important information about eye tests for children - Could your child need glasses?

Have they had their eyes tested?

Statistics show that 1 in 5 children have a sight condition and need to wear glasses. Due to this, it is recommended that all children have an eye test at least every two years.

Unlike adults, children don't always realise when something's wrong with their vision. That's why it's important for parents to know the signs that could suggest their child needs glasses.

Your child's eyesight develops from birth, so early checks help catch any problems before they affect learning or development. Opticians recommend that children have their first eye test before starting school to identify lazy eye, squint or focusing issues before school starts and before any issues may affect progress at school.

It's often difficult to tell whether your child has sight problems, which is why they should have an eye test at least every 2 years. There are a number of things to look out for. If you notice one or more of these signs, it could be time to book a free NHS eye test with a local optician.

- Straining their eyes or tilting their head to see better
- Frequent eye rubbing
- Losing their place while reading, or using a finger to guide their eyes
- Sensitivity to light and/or excessive watering of the eyes
- Falling behind in school
- Complaining of headaches or tired eyes
- The presence of a 'turn' in the eye or a misdirection of the eyes
- Consistently sitting too close to the TV or holding a book too close
- Avoiding activities which require near vision, such as reading or homework, or distance vision, such as participating in sports or other recreational activities
- Closing one eye to read, watch TV or see better
- Avoiding using a computer or tablet because it hurts their eyes
- A 'white reflex' in photographs. This is similar in appearance to red-eye, except it's white. It is extremely serious - if you notice it, you should seek medical attention immediately

If staff in school notice any of the above signs of a possible vision concern with your child, they will notify you and ask you to book an eye test for your child. However, we also recommend booking your child a routine eye test if they have never had their eyes tested before just to support good eye health.

Have a very Merry Christmas and a happy New Year!

# Sickness and Absence Support

Information for all settings: Seasonal illness reminder - guidance for settings and parents: In light of the reporting of increased seasonal illness, we want to remind all settings of the key guidance available to help manage seasonal illnesses and keep pupils and staff well.

- [Education Hub Blog](#): Reducing the spread of illness this winter: Seven steps to healthier schools and higher school attendance - please share this blog with parents and staff.
- [NHS Guidance for Parents](#): Is my child too ill for school? - a useful resource to help parents decide when children should stay at home.
- [Preventing and Controlling Infections Guidance](#): Includes advice on vaccination, ventilation, and good respiratory hygiene.
- [Managing Specific Infectious Diseases: A-Z](#): Practical guidance on managing specific illnesses.

By following and sharing these resources, settings can support healthier school environments and help maintain high attendance throughout the winter months.

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

Parents who attended our STEPs workshop.

All our wonderful reading volunteers!

Thank you to the ladies from the WI.

Thank you to Diana, Nicholas and Katie for their support to hold our Nativity at the church.

The PFA would like to thank everyone for their continued support throughout the year and wish everyone a wonderful Christmas and a Happy New Year.

Makes  
**8**



# 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.

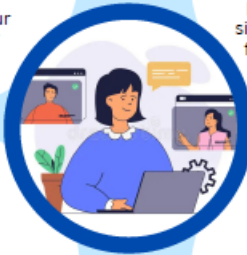
### Online Self Study

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/](http://www.justonenorfolk.nhs.uk/our-services/mhst/)

Reedham Village Hall

# RCA Stage School

Act.....Dream.....Believe!

Do you like to.....

## Act, Sing or Dance?

Join RCA stage school at Reedham village hall

Children between 6 to 16 years old

No Auditions

All Beginners Welcome

on Wednesdays

6 - 10 year olds 4pm - 7:30pm

11 - 16 year olds 7:30- 9:00pm

£2.00 each week

Contact: [RCAstageschool@yahoo.com](mailto:RCAstageschool@yahoo.com) or call

01493 701167 for more information

## 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/>



# 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.

Cambridgeshire Community Services NHS Trust: delivering excellence in children and young people's services.

<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/](http://eastnorfolkscouts.org.uk/join/)

[eastnorfolkscouts.org.uk/join/](http://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/](http://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](http://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](mailto:NorfolkandWaveney@family-action.org.uk)

Tel: 01493 650220

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Registered Company Limited by Guarantee in England and Wales no: 01068186.



## 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](mailto: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)**

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



01603 972589



Sue.Killick@family-action.org.uk



**Educational Psychology & Specialist Support**

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### 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

[family-action.org.uk](http://family-action.org.uk)



## Plan Bee Course General Information



Understanding and supporting your neurodivergent 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](http://www.family-action.org.uk)



**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](http://family-action.org.uk)