



Newsletter

Autumn 2 2019



Dear families and friends,

It has been such an exciting term. 200 young Scientists making amazing discoveries every single day! This fantastic project will come to a crescendo at our first ever festival of Science on December 3rd and 4th. These two jam packed days will be full of visitors, your child presenting and a chance for you to come in and share this alongside your child.

Our new 'homesteading' curriculum continues to work very well.

Each year group starts with a 'year group meeting' where they discuss and debate issues they are having around school. The children then think of practical suggestions to improve these. School council representatives then feed back to me.

They then move outside to do gardening, looking after the animals and site and cooking. They also take part in their year group choir. Y3 have Homesteading on Monday, Year 5 on Wednesday, Y4 Thursday and Y6 Friday. Please ensure your child comes in wearing clothes you don't mind them getting a little grubby in! Wellies and slippers can also be kept in school to ensure your child is comfortable.

I have another very active School Council this year to help me run their school. They are starting to look at ways we can ensure our vision is delivered based on helping to keep all the children of Wensum HAPPY, HEALTHY and SAFE.

They have also decided to support school jumper day on December 13th (the same day as our Christmas dinner) where all members of the school community will be invited to come in wearing something festive. The charity is currently being decided on by our year groups.

School Council have also been considering how to further reduce our rubbish and looking at how much rubbish we throw away following our lunch. We already compost all our veg and fruit and given any salad and corn to the chickens but we think we can do more. After our packed lunches, we have an awful lot of single use plastic. Can you and your child look at the food in packets which goes into their packed lunch? Could you give a biscuit from a large tube rather than individually wrapped ones? School Council will look at this further and send families more information on this.

Thank you for letting us work alongside your child this term. We look forward to seeing you all very soon!

*Thank you,
Victoria McConnell.*

THRIVE:

In order to deliver our vision of every child being Happy, Healthy and Safe, we are using the Thrive approach throughout both our schools.

We are well on our way to embedding The Thrive Approach fully across both schools, which is one of our key priorities this academic year. This is an revolutionary approach to supporting a child's social, emotional and mental health development. The approach is built of understanding the neuro-science behind our behaviour and feelings, and understanding that behaviour is a communicator of emotion. We have developed a Thrive Nest at Nelson which is being used for individual and small group Thrive sessions; this provides a therapeutic and peaceful place to explore the way children feel and help them to manage their emotions through creative arts activities. These may include small world sand tray activities, imaginative play with puppets, painting and expressing feelings through the use of texture and colours, or discussing a set of dilemmas, for example. All our children have now been profiled as part of their whole class group using the Thrive Online system, based on their behaviour and responses to certain situations. The profile summary tells us where individual children may have interruptions in their development. In simple terms, once we know this, we can develop a set of strategies and activities to start to rebuild the neuro pathways where the interruption has occurred. We have four licensed practitioners on our staff currently, and will be training five more staff members before the end of the Summer term which will increase our capacity to support individual and group work. If you have any further questions, please get in touch via the office addresses - we all love to talk about Thrive!

Lunch:

Lunch is an important part of everyone's day and we need to make sure you fuel up on the good stuff!

Some of our lunchboxes are becoming a little treat-rich.

There are some fab ideas online to give your child a healthy lunch without filling them with too much sugar or salt (which we know can have a huge impact on the concentration, healthy, weight and more)

As a school, we ask for children to drink water or milk.

Every lunchbox should contain at least one portion of vegetables and one portion of fruit. The main base of every lunchbox should be carbs/protein, for example; a pasta pot or a sandwich.

Each packed lunch should contain a maximum of one treat (biscuit, crisps, cake).

Here are some websites for inspiration. There is loads out there!

<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<https://detoxinista.com/school-lunch-ideas/>

Our Current Menu and any specials menus can be read at <https://www.wensumjunior.co.uk/menu/>

Diary Dates:

Open Evening for New Year 3—Thursday 21st November

Science festival: Pupils 3rd December

Family showcase 4th December

Parent Teacher Interviews—week beginning 9th December

Flu immunisation programme Tuesday 10th December

Christmas Jumper day and Christmas lunch—Friday 13th December.

Christmas services—all parents welcome— Tuesday 17th December at Alive church, Alive House, Nelson Street

You are invited in half an hour before into the church café for a coffee.

Y4/5 @ 9.30—10.30

Y3/4 @ 11-12.

Wednesday 18th December—children invited to come into school in their PJ's for festive films and fun!

Last day of term: Wednesday 18th December. 3.15.

First day of Spring term: 6th January

Sistema Voices

Sistema's Christmas choral concert

Central Baptist Church, Duke St, Norwich, Sat 14 Dec

4.30pm doors open, concert starts 4.45,

Tickets £4 full, £3 Sistema Parents and Concessions, Under 16s Free

Tickets on the door and from www.norcasistema.org.uk/events

Get into the Christmas spirit in true Sistema Style, as our Sistema Choir, accompanied by our tutors ensemble, will perform and sing songs to celebrate the winter festivities.

The Sistema Choir will bring together children and young people from all across the programme, who will be signing songs from a range of genres, all the way from classical to pop, and gospel to funk.

Set in the beautiful venue of the Central Baptist Church, this special choral concert is the first of its kind here at Sistema.

Join us in warming up for the colder days through some mulled wine, mince pies and the joy of singing, as our Sistema Choir wrap up the year (and for winter!) for our final concert of 2019.

All Wensum parents, children & staff welcome!