



School Newsletter



Year 6s at Thorpe Woodlands

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Year 6 Residential to Thorpe Woodlands

Our Year 6 pupils had a wonderful time recently at the Thorpe Woodlands Outdoor Activity Centre in Thetford. They enjoyed the challenge of the tree top routes, zip wires, canoeing and caving. This is always a great experience for the children and a fantastically bonding one for the cohort.



It is always lovely to see the children push themselves and challenge themselves to go beyond what they initially think they are capable of. This bravery really reflects one of the new school values and is an important quality to foster.

Outdoor and adventurous experiences play a significant role in developing people who push themselves, show bravery and a commitment to succeed. In the New Year please look out for some exciting news about how we will be adding to the outdoor adventurous activities



and residential opportunities across the Key Stage two classes in the school.

Office Requests

Please can parents remember that when informing us of illness they need to provide details of symptoms rather than simply stating that a child is ill. This is to help us monitor illness across the school.

In respect of medical appointments please can you give as much notice as possible (although we understand that this is not possible in the case of emergency).

Please also provide evidence of the appointment (i.e. screen shot of text reminder) by uploading this in the place indicated on the electronic form.

We are seeing lots of morning snacks coming into school that are not great - e.g. fruit winders and cereal bars. Fruit only would be better. We'd like to remind parents to also supply healthy desserts in lunch packs as well. We have been seeing a rise in chocolate bars, which again are not appropriate as a school meal option.

Year 1 Trip to the Food Museum

The Year 1 children visited the Food museum in Stowmarket last week as part of their learning about changes to lifestyles across living memory. It was a fascinating day for the children learning about how food has changed over the decades. This experience was added to by the children also meeting different cars across living memory too and learning about changes in their design.



Book Review (Special)

We are very delighted to tell you all about a new children's book called *Suzie and Blush*, written and illustrated by our very own Mrs Rinaldi. It was launched on the 4th December and is available to buy in all good book stores (and all of the obvious online ones too). It is a really lovely story about



overcoming fears of embarrassment, lack of self-confidence and personal insecurities. We highly recommend it as a Christmas present to any child who would be supported by a story like this. (5 stars Mrs Rinaldi)

The Mix News

We are delighted to inform you all that Mrs Nunn has been appointed to take over the running of The Mix from January. She is very excited about this role and has been discussing ideas for developing the provision from the new year. We will let you know soon about how this provision will be evolving, but it should mean exciting times ahead for those children who enjoy their time in The Mix.

House Points Trophy

Congratulations the Rubies house and Emeralds house for winning the last two week's house point trophies.



Road to Christmas

The children in KS1 have all been visiting St Mary's in the past week to engage with all of the activities set up by the members there to help the children learn the full story of Christmas. Each activity focused on one aspect of the full story.



Christmas Celebrations

It's a busy week ahead for the school in all of its Christmas celebrations. Firstly, this Friday the 13th is our Breakfast with Santa. This event will start at 8am, with gates opening early for families able to get pastries, coffee and tea from 8am. We are expecting an arrival from Santa himself during the breakfast and he will also be drawing a Christmas hamper raffle during the morning. Please bring cash with you to pay for pastries and drinks (£2 per person for both a drink and a pastry).

Later that day we also have the carol concert at St Mary's from 2pm, where Year 1 will be telling the nativity story with the support of Year 6 readers. Parents are welcome to join this community service. After the service there will be a cake sale back at the school from the Friends of Feoffment. If you are offering cakes please bring them to the school at any point during the Friday.

Next week we have the Year 2 Christmas Play 'Wings' to enjoy on their performances on the Tuesday afternoon and Wednesday evening.

The Wednesday 18th December is also our Christmas Jumper day and school Christmas dinner day. Then after that it will just be class Christmas parties to go before we hand your children back to you for your own festive celebrations.

Support for Handwriting

In the last newsletter I let you know about all of the additional materials we are starting to put on the school website to support families. We are conscious that the amount of new information could be a little overwhelming, so we will be showcasing a different area of support in each newsletter. This time we are providing information for you to support your child with their handwriting.

We recently moved to using a scheme called Letter-Join as the basis of how we develop handwriting in the children and we've added support materials for families with children in each year group on a page within the website. Please use the link below to access this page directly.

<https://www.guildhallfeoffment.org/page/?title=Support+for+Handwriting&pid=174>

There are many other useful items being added to different areas of the website, so please also take a look around. If you have any requests for specific support then please get in touch with the school and we will see what we can provide.

Contextual Safeguarding- Christmas Edition

Christmas is a time many of us look forward to, but it can also bring added pressure, especially when trying to create the "perfect" holiday. For some, the stress of extra costs, planning meals, or arranging activities can overshadow the joy of the season. Remember, it's okay to simplify and focus on what truly matters.



Allow time to socialise and time to relax

During Christmas, it's important to balance family time with moments of rest. Trying to fit in too many activities can leave everyone tired and stressed. Make sure to schedule some quiet time at home for everyone to recharge.



Be kind to yourself this Christmas

Parents often forget to prioritise self-care, but taking time for yourself helps you stay calm and better support your family. Even simple moments, like enjoying a cup of tea, can help you unwind.



It's important to keep in mind that the perfect Christmas doesn't exist, despite what you might see on TV and social media.



Planning Christmas as separated parents

If you're separated from your child's other parent, planning Christmas can be tricky. Focus on keeping things positive for your child and creating new traditions. If you're not together with your child at Christmas, arrange a video call or plan a fun activity for when you see them next, like a trip to the park or a Christmas market. Consider having a separate Christmas celebration later with your child to spend quality time together.

Remember that Christmas soon passes

Christmas can be tough, especially if you're dealing with challenges like financial stress, loss, or family issues. Remember, this time will pass, and life will return to normal. If you're facing tension during the holidays, set limits to help manage difficult situations. For example, if you're visiting family, plan an exit time so you can leave when needed. Prioritise your well-being, and don't feel pressured to do anything that doesn't feel right.

You're not alone

If family tensions are causing you concern over the holidays and you would like more emotional support and guidance, consider contacting some of the services listed.

Family Action 0808 802 6666

Child line 0800 1111

Mind 0300 123 3393



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