

# Litcham School

## The Word

24th November 2023



There are only 4 weeks left to hand in your BLUE Work Experience Placement forms.  
Please ensure they are handed into reception by **Wednesday 20th December**.



### Accelerated Reader Book Wars



This week's tutor group tally for the number of Accelerated Reader quizzes passed at 85% or above is:

#### Year 7

7B	27
7C	26
7S	24
7W	91

**A special well done to;** Holly H, Charles, Florence, Lana, Jack, Grace, Daisy, Jacob, Alfie, Tayla, Nelson, Ronnie, Alex C, Sienna, Krystal, Lexo-Rae, Jemima and Ella-Jean, who achieved 100% in their quizzes over the last few weeks.

#### Year 8

8B	45
8C	31
8S	57
8W	42

**A special well done to;** Beth, Tegan, Archie, Ed, Charlie N, Martha, Olivia and Chloe Y, who achieved 100% in their quizzes over the last few weeks.

Keep up the good work!

*"Excellence is our standard"*

## Schools Christmas Show Jumping

Sunday 3rd December at Kiln Farm



<https://www.myridinglife.com/eventdetails.aspx?id=447054>



# CHRISTMAS TREES FOR SALE!

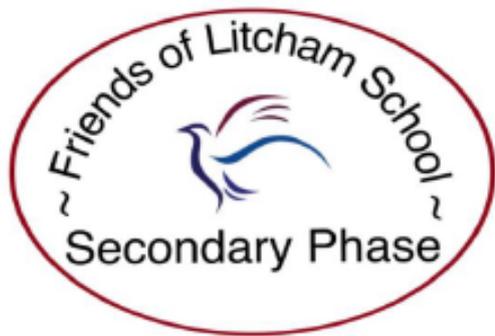
Prices  
start from  
£30



Litcham School is pleased to announce that we are working with Norfolk Nordmann to bring you the opportunity to purchase your Christmas tree from a local seller of fresh cut, locally grown Nordmann Christmas trees. £5 per tree will be donated to the school and its free delivery!

Please follow the link on the email you will be sent to purchase your tree and arrange delivery. Don't forget to check the Litcham school box so we can collect our donation!

Facebook @ Norfolk Nordmanns



Litcham Secondary Phase are teaming up with Krispy Kreme Doughnuts to bring you the opportunity to buy Original Glazed Doughnuts from our school on the last Friday of term. (15/12/23) Pre-ordering your delicious treat is essential and can be done so through ParentMail before the 7/12/23.

Buy a box and share with your family and friends!

Prices:

- 1 Original Glazed Doughnut £1.50
- 6 Original Glazed Doughnuts £8.00
- 12 Original Glazed Doughnuts £15.00

Doughnuts will be handed out by the Friends of Litcham School at the end of the last Friday of term.





**Friends of Litcham School – Primary Phase**  
Weasenham Road, Litcham, Kings Lynn, Norfolk, PE32 2QT  
Registered Charity No: 1050126

**Chair:** Mark Hagon

**Secretary:** Michelle Parrett

**Treasurer:** Sarah White

## PRIMARY PHASE CHRISTMAS FAYRE

### FRIDAY 1ST DECEMBER 2023

We are holding our Christmas Fayre at the Primary Phase on Friday 1st December from 2.00pm to 4:00pm. There will be lots of stalls, games, raffle, tombola, refreshments, music by our band and of course our annual visit from Father Christmas.....

We have had some great donations following our recent non uniform day, so we are in for a bumper raffle and tombola - thank you all so very much!

We know it is only November, but please can we ask for your help with the fundraising by donating items for the fayre over the next few weeks?

**TEDDY TOMBOLA** - we would be grateful for any teddy bears that could be used as prizes, this stall has been extremely popular in past events, and it's a great excuse to look in those cupboards before Christmas! Please could we ask that these are in good clean condition when donated.

**HELPERS** - most importantly we need more helpers. If you can spare even a little time to wrap prizes, help set up from 1pm on the day, help staff a stall during the Fete, or clear up at the end, the Friends would be very grateful. Please let Michelle Parrett (07771 998756) or Mark Hagon (07795 906581) know.

**CHRISTMAS EVENTS** - The Friends will also be helping the Primary Phase by providing refreshments at the Carol Concert on the 5<sup>th</sup> December and the two Nativity performances on the 12<sup>th</sup> December. Donations of both mince pies and festive biscuits would be very welcome - please bring into the Primary Phase on Monday 4<sup>th</sup> December and Monday 11<sup>th</sup> December. Again, if you feel you can help at either event please do get in touch.

Thank you to everyone in advance, as without you we would not be able to put on these fun fundraisers.

Look forward to seeing you all on the 1<sup>st</sup> December!



# Christmas at the Primary Phase

## Sugar for Shelters

We are collecting bags of **Sugar** for BEFA (The Buckingham Emergency Food Appeal), founded by Norfolk farmer Mike Buckingham, helping the homeless and families in crisis in Norfolk and Suffolk around Christmas time. If you would like to contribute to this appeal please bring in a bag of sugar **by Friday 1<sup>st</sup> December**. The appeal are also happy to receive packets of biscuits, tea or coffee and festive packaged foods. As always, many thanks.



## KS2 Carol Singing Concert, Tuesday 5<sup>th</sup> December

Skylarks, Golden Eagles, Oystercatchers and Kingfishers will be performing a Carol Singing Concert in Litcham All Saints Church **Tuesday 5<sup>th</sup> December at 5.30pm**. Please ensure your children are in school uniform and are at the Church by 5.15pm on this evening. Children can wear Christmas hats or head adornments

## Friends Christmas Fayre, Friday 1<sup>st</sup> December

The Christmas Fayre will take place between 2.00pm and 4:00pm on Friday 2<sup>nd</sup> December at the Primary Phase. There will be stalls with fun games and activities, a tombola with loads of prizes, hamper raffles, refreshments and cakes; a letter from The Friends will follow soon. Father Christmas is coming along, and you can visit him in his grotto, please complete the payment for Santa's Grotto via ParentMail by **Monday 27<sup>th</sup> November**. Your children will then be issued with an invitation to see Santa. Friends and families all welcome, so do all come along for an afternoon of Christmassy fun. Please note that children are not allowed to leave early with their parents.

**Christingle Service, Wednesday 6<sup>th</sup> December** This year our children will be going to Litcham All Saints Church to a Christingle Service with Rev Andrea. The oranges and sweets have been kindly donated for our pupils to make the Christingles. We will all be walking to the church for 2.00pm and returning to school by 3.15pm. **This is a pupil only event.**



## Christmas Jumper Day and Santa Dash, Thursday 7<sup>th</sup> December



We would like pupils to wear a Christmas jumper for the day and donate £1 to The Friends; pay on ParentMail please. You do not have to buy a jumper to take part – you simply need to be creative. Santa Dash is a bit of fun; it isn't a race and is a participation event only. Please can all pupils wear their trainers.

## Pantomime trip, Tuesday 19<sup>th</sup> December

The Primary Phase trip to the Pantomime, Dick Whittington, at Kings Lynn Corn Exchange is on **Tuesday 19<sup>th</sup> December** – details have already been sent home. **Please remember to have your child at school by 8.30am.**



## Infant nativity "Baarmy Bethlehem", Tuesday 12<sup>th</sup> December

This year Red Robins, White Doves and Tawny Owls will perform a Nativity in the School Hall on **Tuesday 12<sup>th</sup> December at 2.00 pm and 5.00 pm**. Refreshments will be kindly provided by the Friends but a donation of bought mince pies/festive biscuits from parents would be greatly appreciated (nut free please). **Please bring in on Monday 11<sup>th</sup> December.**

## Christmas Lunch, Wednesday 13<sup>th</sup> December

An order form is on ParentMail to be completed by Wednesday 29<sup>th</sup> November latest. **Please remember there are no other choices of food on this day.**

## Christmas Parties, Wednesday 20<sup>h</sup> December



All classes will have Christmas parties to finish off the Christmas festivities at our school during the morning on **Wednesday 20<sup>th</sup> December**.

## Please Remember school finishes at 12:35pm on Wednesday 20<sup>th</sup> December.

Children will have an early lunch (sandwiches and baguettes only) and will then need to be collected from school at 12:35pm. Please order school lunches on ParentMail form. Children who use the bus will be put on the bus unless we are notified otherwise.

Further details available on the newsletter

# Secondary Phase

You should all have now handed in your **YELLOW** forms. If you have not yet done so please do so asap. You may post these in the post box beside Ms Chambers classroom in reception.

The next deadline is for **BLUE** forms which **MUST** be handed in by Wednesday 20th December 2023.

 **TO BE COMPLETED BY THE EMPLOYER**  
Work Experience dates: Mon 8 July – Fri 12 July 2024 incl.  
Thank you for agreeing to take the pupil on Work Experience.  
Please could you complete the following form and sign. Then return to the school via post or email  
workexperience@litchamschool.org.uk  
Thank you.

PUPIL NAME		Tutor Group	10
EMPLOYER NAME			
Placement Address			
Postcode			
Email Address			
Telephone/Fax			
Mobile			
Placement Title			
Duties to be carried out by pupil:			
Working Days/Times			
Meal Breaks			
Appropriate Clothing			

Employer's Liability Insurance details  
Insurance company: .....

Policy No: ..... Expiry Date: .....

**PLEASE NOTE WITHOUT EMPLOYERS' LIABILITY WE CANNOT AUTHORISE THE PLACEMENT. PUBLIC LIABILITY ALONE WILL NOT SUFFICE**

By signing this form, you are agreeing to provide a placement to the named student.  
**PLEASE MAKE A NOTE OF THE DATES ON WHICH THE PUPIL IS DUE TO UNDERTAKE WORK EXPERIENCE**

PLACEMENT AUTHORISED BY:  
Contact Name: ..... Position: .....

Signature: ..... Date: .....

Don't Miss the  
**DEADLINE!**

You need to be proactive in finding a placement either by approaching a company in person or by using the letter template in your pack. This should be achievable by the deadline date but if you are having difficulties please see Mr Wilson.

- Remember you don't need to know what it is you want to do when you finish secondary school.
- Work experience is a chance to develop and practice new skills and become confident in your ability.
- Work experience is non-vocational but it may help you to form future career choices

Here are just a few examples of some companies we have used in the past:

Norfolk Farm Produce

Waitrose

The Grove Veterinary

Void Architecture

Litcham Childcare

ECS Computers

Mileham Village Shop

Pets Paradise

GT Bunning and Son

Norse Group

Local Primary Schools

Barnardo's

East of England Ambulance NHS Trust

Bilney Hall Residential Home

Glenfair Electrical Solutions

John Innes Centre

Everyone Active

TJ Electrical

Holkham Estate

Hirst Farms Ltd

UEA

Danns Dairy

D C Engineering (East Anglia) Ltd

ICS Coaching Ltd

Norfolk Museums

Westacre Theatre

JPM Plumbing and Tiling



You should now be actively seeking a placement for your work experience either by approaching a company in person or by using the letter template in your pack.

Once you have found your placement you will need to ensure your blue form is filled in and returned to school, this should be achievable by the deadline date of **Wednesday 20th December 2023**.



**If you ask in person:**

Make sure you look presentable, and that you are polite and interested

Ask to speak to the person in charge of organising work experience

Explain that you are at school in Year 10 and that you are interested in gaining some work experience in their company

Take your BLUE form – if they offer you a placement, ask them to fill this in whilst you wait

**If you phone:**

Ask to speak to the person in charge of organising work experience (leave a message if they are not there)

Explain that you are at school in Year 10 and that you are interested in gaining some work experience in their company

If the employer offers you some work experience, ask if there is a convenient time when you can pop in and get your BLUE form filled in

**If you email:**

Address your email to the work experience Manager

Explain that you are at school in Year 10 and that you are interested in gaining some work experience in their company

Tell them the dates of your work experience and that you would like to pop in and see them

Make sure you include your name and contact phone number

Make sure there are no spelling mistakes





## New dance classes coming 2024!

Beginners and experienced dancers

- Commercial dance including street and Hip Hop
- Musical theatre

Register your interest with Miss Medford (staff room) by Friday 15<sup>th</sup> December!

# CAN YOU DANCE?

Years 7, 8, and 9 Girls and Boys welcome



Please select your preference for Tuesday or Thursday after school and let me know if you are a beginner or experienced.

**Thank you for your support**



**£153.26  
raised !**

## **Art** Competition

Design a postcard for your favourite school subject.

The most successful applicants will be published & used to celebrate student achievements and progress in school by subject leaders/teachers/tutors.

You may use any media, including computer/ipad art.  
The work needs to be bright and bold  
maximum size A4 & minimum size A6

All entrants must be received by Thursday 23<sup>rd</sup> Nov 2023  
name and tutor attached to your application please  
[shogg@litchamschool.org.uk](mailto:shogg@litchamschool.org.uk) or in person to Room 23



## Accelerated Reader Book Wars



This week's tutor group tally for the number of Accelerated Reader quizzes passed at 85% or above is:

### Year 7

**7B 24 7C 18 7S 15 7W 65**

**A special well done to;** Harry E, Holly H, Logan L, Bobby, Jack C, Rosie, Daisy, Tayla, Alex C, Sienna and Buster, who achieved 100% in their quizzes over the last few weeks.

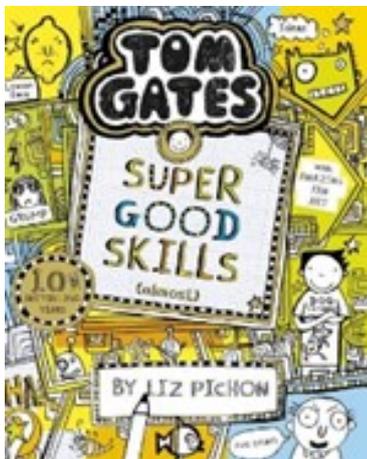
### Year 8

**8B 40 8C 28 8S 52 8W 38**

**A special well done to;** Jacob I, Tegan, Reece, Oscar, Joseph, Evie C, Erin, Freddie, Mossy, Oliver H, Olivia R, Philippa, Charlotte, Harley and Joe, who achieved 100% in their quizzes over the last few weeks.

**Keep up the good work!**

## Book of the Week



### **Super Good Skills (Almost) by Liz Pichon**

If you like crafting, doodles and never-ending humour this book is for you. Tom is looking forward to the end of term when he is going on holiday with his family to the 'Pine Trees Riviera'. But with his sister Delia never smiling and the campsite they are staying on being the most boring ever, he struggles to keep himself entertained and out of trouble. This is a book for people who need a laugh.

Recommended by Lorali 7B

New Club To Try!

DON'T MISS OUR



D&D CLUB  
THURSDAY WEEK B  
LUNCH TIME - 12:45  
IN ROOM 17

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BEGINNERS WELCOME

YOU WILL BUILD CHARACTERS ON 16TH NOVEMBER  
THEN START PLAYING ON 30TH NOVEMBER.

IF YOU HAVE DICE PLEASE BRING THEM WITH YOU!

BRING YOUR LUNCH - PLEASE SEE MISS DILLNUTT  
FOR AN EARLY LUNCH PASS.

**Due to popular demand Litcham will be trialling  
the running of a Dungeons and Dragons club.**

**I'll be honest I haven't got much of a clue about D&D apart from that character  
building is quite time consuming, you need lots of many sided dice and campaigns  
can take hours and hours to run.**

**If you have any D&D books at home that we could read to help out the students  
that you no longer use, or any dice you'd would like to donate please send them in  
for D&D club to use.**

**Beginners welcome to come along; our first session will run on Thursday next  
week. We'd love newbies to come and try our first campaign!**

**Miss Dillnutt**

# LITCHAM SCHOOL

## APPRENTICESHIP OPPORTUNITY

### APPRENTICE TEACHING ASSISTANT

Monday to Friday

30.5 hours per week

Term Time plus TWO WEEKS

To start asap

**Anyone aged 16 and over could be eligible for an apprenticeship, including school leavers, graduates,, career changers, and people looking to grow and develop within their current job.**

Do you love the idea of working with children? Are you passionate about learning? Could you make a difference to the lives of the children in our school? This is a great opportunity for an enthusiastic, keen apprentice to join our friendly and supportive team and train with us.

- Support teaching and learning within the school through working with individuals and groups as directed by the teacher in charge.
- Monitor individual pupil's progress, achievements, problems, conditions and development needs reporting to the responsible teacher as appropriate.
- Assist the teacher with the planning of learning activities in the classroom.
- Form positive and effective relationships with pupils, staff, parents, governors and members of the wider community so the ethos of the school is reflected in the way we work together.
- Prepare and maintain equipment and teaching resources for lessons and activities and the display and presentation of pupil's work.
- Use appropriate skills to help all pupils to make progress and feel happy safe in school.
- Become an active part of our team, prepared to go the extra mile for the benefit of our school community.

Litcham school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. If appointed, you will be required to undertake a Disclosure Barring Service (DBS) check and comply with child protection policies and practices. You will be required to provide two satisfactory references.

For an informal discussion, please call Mr Ben Howell or Mrs Emily Howling: 01328 701265.

Please contact a member of our reception team for an application form: 01328 701265





# Christmas Raffle

£2/  
Ticket

This years raffle prizes include:

- ❖ Wine Hamper
- ❖ West Acre Theatre family ticket to the Christmas show
- ❖ Christmas Cake
- ❖ Tour around Duration Brewery
- ❖ Christmas wreath
- ❖ £20 voucher at the Litcham Bull
- ❖ Chocolate Hamper

The raffle will be drawn on December 11<sup>th</sup>. Tickets available on ParentMail



# Open Events 16+

## SEE WHAT YOU CAN DO

VISIT OUR OPEN EVENTS

BOOK YOUR PLACE NOW!

[cwa.ac.uk/openday](http://cwa.ac.uk/openday)



**Special Educational Needs (SEN) Learners:**  
We have SEN quiet time slots available for SEN learners at most of our open events. These slots are the first slots of the events, before general admission starts. Select the SEN Quiet Time ticket to book your place.

### CAMBRIDGE campus

Wednesday 18<sup>th</sup> October 2023  
*Evening places available*

Saturday 18<sup>th</sup> November 2023  
*Morning places available*

Tuesday 23<sup>rd</sup> April 2024  
*Evening places available*

### A-LEVELS only

King's Lynn campus

Wednesday 27<sup>th</sup> Sep 2023  
*Evening places available*

### KING'S LYNN & SPORTS campus

Saturday 7<sup>th</sup> October 2023  
*Morning places available*

Saturday 4<sup>th</sup> November 2023  
*Morning places available*

Saturday 9<sup>th</sup> March 2024  
*Morning places available*

### WISBECH campus

Saturday 11<sup>th</sup> November 2023  
*Morning places available*

Saturday 16<sup>th</sup> March 2024  
*Morning places available*

College of West Anglia 

# Open Events 2023



**Open Evening**  
Friday 6 October,  
5pm to 7:30pm

**A Level Open Evening**  
Tuesday 14 November,  
4pm to 7pm

**Open Days**  
Saturday 7 October,  
10am to 1pm

Find out more: [www.ccn.ac.uk](http://www.ccn.ac.uk)



**Open Evening**  
Friday 13 October,  
5pm to 7:30pm

**Open Day**  
Saturday 14 October,  
10am to 1pm

Find out more: [www.easton.ac.uk](http://www.easton.ac.uk)



**Open Evening**  
Thursday 28 September,  
4:30pm to 7pm

**Open Day**  
Saturday 11 November,  
10am to 1pm

Find out more: [www.paston.ac.uk](http://www.paston.ac.uk)

**NNUH** Skills Academy



Norfolk and Norwich University Hospitals  
NHS Foundation Trust

## Year 11 NHS Careers Information Programme 2023

JOIN US FOR AN INTERACTIVE  
VIRTUAL 6-WEEK PROGRAMME!



LEARN ABOUT SOME OF THE 350+ CAREERS IN THE NHS, AND ENGAGE WITH A RANGE OF CLINICAL AND NON-CLINICAL NHS PROFESSIONALS!



**SESSION HOSTS INCLUDE:**  
NURSING & MIDWIFERY  
ALLIED HEALTH PROFESSIONALS  
CLINICAL SUPPORT SERVICES  
CORPORATE  
MEDICINE



WEEKLY SESSIONS WILL TAKE PLACE  
VIRTUALLY VIA MICROSOFT TEAMS

THURSDAY 2ND NOVEMBER -  
THURSDAY 7TH DECEMBER  
16:30-18:30



**APPLICATIONS CLOSE FRIDAY 6th OCTOBER**



@NNUH Careers



NNUH Apprenticeships



NNUHSkillsAcademy

People Focused

Respect

Integrity

Dedication

Excellence

# APPRENTICESHIP ACCELERATOR

Fast-track your path to success with our free virtual event.

30th November 2023  
5:00 - 7:30pm



Get your free ticket here:  
[apprenticeshipaccelerator.ratemyapprenticeship.co.uk](https://apprenticeshipaccelerator.ratemyapprenticeship.co.uk)

## WHY SHOULD YOU DO AN APPRENTICESHIP?

That is a cracking question.

An apprenticeship is a great alternative for those who want to start a career early and might not think that university is the best option for them.

If you want to feel like you're proactively upskilling yourself and taking strides forward in your development, apprenticeship programs are something to seriously consider.

While graduates leave university with a degree, their studies often don't impart the skills employers look for. Apprentices, on the other hand, work in **actual professional environments** developing the **soft and hard skills** that entice employers.

Apprenticeships are designed to ensure that you're developing the relevant skills for a job. Even if there isn't the promise of a permanent position at the end of the apprenticeship, you'll be work-ready which'll help you enter a skilled profession much easier.

# CLUBS AND ACTIVITIES

<b>Secondary Phase</b>				
<b>Monday</b>	Friendship & Games Club	Year 7,8 & 9	Room 6	12.50pm
	ICT	All Secondary Phase	Room 9	12.40 - 1.25pm
	Production Singing	All Secondary Phase	Music Room	1-1.25pm
	Table Tennis	All Secondary Phase	Gym	12.50pm
<b>Tuesday</b>	Friendship & Games Club	Year 7,8 & 9	Room 6	12.50pm
	Reading Club (Week A)	Years 7, 8 and 9	Library	12.50 - 1.30pm
	Craft Club (Week B)	Years 7&8	Library	12.50 - 1.30pm
	Production rehearsal (acting)	Cast	Music room	1 - 1.25pm
	Table Tennis	All Secondary Phase	Gym	12.50pm
<b>Wednesday</b>	ICT	All Secondary Phase	Room 9	12.40 - 1.25pm
	Jazz/Production Band	All Instruments	Music Room	1- 1.25pm
	ECO Leaders Club	Years 7,8 & 9	Garden	12.45 - 1.25pm
	Wellbeing Week B	All Secondary Phase	Room 6	12.45 - 1.25pm
	Art Support	Year 11	Rm 23	3.30 - 4.45pm
	Table Tennis	All Secondary Phase	Gym	12.50pm
	Netball	All Secondary Phase	Courts	3.30 - 4.45pm
	Basket Ball	Y 9,10 & 11	Gym	3.30 - 4.45pm
<b>Thursday</b>	ICT	All Secondary Phase	Room 9	12.40- 1.25pm
	Friendship & Games Club	Year 7,8 & 9	Room 6	12.50pm
	ECO Leaders Club	Years 7,8 & 9	Garden	12.45 - 1.25pm
	KS3 Art Club	Years 7,8 &9	Room 23	12.45-1.20pm
	D&D Club Week B	All Secondary Phase	Room 17	12.45-1.25pm
	Table Tennis	All Secondary Phase	Gym	12.50pm
	Girls Football	All Secondary Phase	Field	3.30-4.30pm
	Basket Ball	Y7&8	Gym	3.30 - 4.30pm
<b>Friday</b>	ICT	All Secondary Phase	Room 9	12.40 - 1.25pm
	Wind Band	Wind & Brass	Music Room	1 - 1.25pm
	Friendship & Games Club	Year 7,8 & 9	Room 6	12.50pm
<b>Everyday</b>	Computer & Homework	All Secondary Phase	Room 4	12.35 - 1.25pm

## Primary Phase Calendar Dates

### December 2023

Friday	1st	Sugar for Shelters deadline
Friday	1st	Christmas Decorations Morning Christmas Fayre
Tuesday	5th	5.15 pm KS2 Carol Concert
Wednesday	6th	Christingle Service
Thursday	7th	Christmas Jumper Day and Santa Dash
Tuesday	12th	2pm and 5pm Nativity
Wednesday	13th	Christmas Lunch
Tuesday	19th	8.30 pm Panto Trip
Wednesday	20th	Christmas Parties and Last Day Early Finish 12.40pm

**END OF TERM 21st Dec—3rd Jan inclusive**

### January 2024

Thursday 4th First Day Back

### February 2024

**HALF TERM 19TH—23RD Feb inclusive**

### March 2024

Tuesday 5th Author visit  
Tuesday 26th Easter Service  
Wednesday 27th Easter Bonnet Parade

**EASTER HOLIDAY 28th March—12th Apr inclusive**

### May 2024

**HALF TERM 27th –31st May**

### June 2024

## Secondary Phase Calendar Dates

### November 2023

Friday 3rd Ros King Visit Y8 & Y11  
Thursday 23rd GCSE Certificate Eve.

### December 2023

Thursday 7th Christmas Jumper day  
Thursday 14th Christmas Lunch  
Tuesday 19th Y8&9 SEN Trip  
Wednesday 20th Last Day Early Finish 12.40pm

**END OF TERM 21st Dec—3rd Jan inclusive**

### January 2024

Thursday 4th First Day Back week  
Tuesday 9th Y11 Mock Results  
Wednesday 10th Y11 Parents eve (invited only)  
Friday 12th Y9 Careers & Options Day  
Tuesday 16th Y9 Parents Evening

### February 2024

Thursday 1st Y10 & 11 Drama Trip  
Wednesday 7th Y9 DTP/Men/  
Thursday 8th Y10 Parents Evening  
Friday 9th Production Rehearsal  
Tuesday 13th Y11 RS Mosque Trip

**HALF TERM 19TH—23RD Feb inclusive**

### March 2024

Saturday 9th Production Rehearsal Day  
Weds/Thurs/Fri 13th-15th Production Performance  
Friday 15th Y11 Photo

**EASTER HOLIDAY 28th March—12th Apr inclusive**

### April 2024

Wednesday 24th Y8 Parents evening

### May 2024

Friday 10-12th Y9 D of E practice expedition.  
Tuesday 14th Y10 RS Trip

**HALF TERM 27th –31st May**

### June 2024

Thursday 13th Y7 Parents Eve  
Friday 14-16th Y9 D of E REAL expedition.  
Friday 21st Y10 Interview Day

**Thursday 27th SCHOOL CLOSED STAFF TRAINING**

**Saturday 22nd—29th June Y8&9 French Trip**

### July 2024

Wednesday 3rd Y10 Sports Morning  
Mon 8th—Fri 12th Y10 Work Experience

Please note these dates differ slightly to the holiday dates of some neighbouring schools.

September 2023							October 2023							November 2023							December 2023						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
				1	2	3							1			1	2	3	4	5					1	2	3
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31
							30	31																			

January 2024							February 2024							March 2024							April 2024						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5	6	7				1	2	3	4					1	2	3	1	2	3	4	5	6	7
8	9	10	11	12	13	14	5	6	7	8	9	10	11	4	5	6	7	8	9	10	8	9	10	11	12	13	14
15	16	17	18	19	20	21	12	13	14	15	16	17	18	11	12	13	14	15	16	17	15	16	17	18	19	20	21
22	23	24	25	26	27	28	19	20	21	22	23	24	25	18	19	20	21	22	23	24	22	23	24	25	26	27	28
29	30	31					26	27	28	29				25	26	27	28	29	30	31	29	30					

May 2024							June 2024							July 2024							August 2024						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
		1	2	3	4	5					1	2	1	2	3	4	5	6	7				1	2	3	4	
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31					26	27	28	29	30	31	

Key: White date - school open to pupils  
 Yellow dates - pupil holidays  
 Blue dates - pupil holidays/staff training days  
 Red dates - bank holidays

Staff training days are: 4th, 5th & 6th September, 20th October, 3rd January, 27th June and 22nd July devolved as twilights.



**Every Day Counts** 

**Missing a day of school a week**

is the same as missing over 2 years of school.

# Autumn Menu

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>
	4/9 25/9 16/10 13/11 4/12	11/9 2/10 30/10 20/11 11/12	18/9 9/10 6/11 27/11 18/12
<b>Monday</b>	<b>Vegetable curry and rice</b> <b>Or</b> <b>Quorn &amp; mushroom carbonara</b> <b>Mixed Vegetables</b> <b>Toffee apple crumble</b>	<b>Jacket Potato with</b> <b>Veggie sausage &amp; baked beans</b> <b>Or</b> <b>Tomato, red pepper, cheese</b> <b>Pasta Bake</b> <b>Syrup Sponge &amp; custard</b>	<b>Margarita Pasta Bake</b> <b>Or</b> <b>Plant based chicken pieces and</b> <b>vegetables curry.</b> <b>Peas and corn mix</b> <b>Jam sponge and custard</b>
<b>Tuesday</b>	<b>Sweet and Sour Chicken</b> <b>Or</b> <b>Bean goulash with cous cous</b> <b>Sweetcorn</b> <b>Steamed chocolate pudding and</b> <b>chocolate sauce</b>	<b>Beef lasagne</b> <b>Or</b> <b>Quorn vegan beef pieces in a</b> <b>wrap.</b> <b>Mixed Veg</b> <b>Apple pie and custard</b>	<b>Sausage and mash</b> <b>Or</b> <b>Roasted stuffed pepper with a</b> <b>cheese crumble topping.</b> <b>Cabbage</b> <b>Rhubarb crumble</b>
<b>Wednesday</b>	<b>Beef pasta bolognese</b> <b>Or</b> <b>Vegetable mince bolognese</b> <b>Peas</b> <b>Ginger sponge and custard</b>	<b>Pulled pork and vegetable hotpot</b> <b>Or</b> <b>Mixed bean and vegetable chilli</b> <b>with rice</b> <b>Broccoli</b> <b>Jam roly poly and custard</b>	<b>Cottage pie</b> <b>Or</b> <b>Vegetable crumble</b> <b>Farmhouse Veg</b> <b>Apple &amp; cinnamon sponge and</b> <b>custard</b>
<b>Thursday</b>	<b>Toad in the hole</b> <b>Or</b> <b>Roast Quorn Fillet</b> <b>Roast Potatoes</b> <b>Carrots &amp; Cabbage</b> <b>Iced Oat Cake</b>	<b>Roast Turkey with sage and</b> <b>onion stuffing.</b> <b>Or</b> <b>Brie and vegetable pastry parcels</b> <b>Cabbage and carrots</b> <b>Roast potatoes</b> <b>Chocolate Shortbread</b>	<b>Roast pork with apple sauce</b> <b>Or</b> <b>Chickpea and spinach curry</b> <b>with rice</b> <b>Carrots and green beans</b> <b>Roast potatoes</b> <b>Chocolate crunch biscuit</b>
<b>Friday</b>	<b>Cheese and Tomato Pizza</b> <b>Or</b> <b>Fish fingers</b> <b>Salad</b> <b>Chips</b> <b>Melon and grapes</b>	<b>Chicken burger in a roll</b> <b>Or</b> <b>Roasted vegetable, mozzarella</b> <b>and pesto toasted baguette</b> <b>Carrot and cucumber sticks</b> <b>Chips</b> <b>Fruit Yoghurt</b>	<b>Hot dog</b> <b>Or</b> <b>Quorn burger in a roll</b> <b>Baked beans</b> <b>Chips</b> <b>Apple, satsuma or banana</b>

## Support

[www.Kooth.com](http://www.Kooth.com) - online support for young people

We would like to remind you of the availability of our online service to support the wellbeing and resilience of your students.

**Kooth** is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

**Kooth** offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support within 24 hours.

When students register with **Kooth** they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

To find out more visit

[www.Koothplc.com](http://www.Koothplc.com) (adults)

[www.kooth.com](http://www.kooth.com) (young people) where young people can register and others can find out more about the service.

*There is support available...*



[mtmyouthservices.jimdo.com](http://mtmyouthservices.jimdo.com)



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**YOUNGmINDS**  
fighting for young people's mental health



**Just one Number**  
0300 300 0123



## Childrens and Young Peoples Health Services

### Just One Number & Parentline

Call Just One Number on **0300 300 0123** or text **07520 631590** with any questions or concerns about your child's health, wellbeing or development. Our clinical team are able to support you over the telephone, video call or text, and work with you to understand how best to support you and your family.

Opening hours are Monday – Friday 8am to 6pm and 9am to 1pm on Saturdays.

You can text Parentline at any time on 07520 631590. A health professional from the 0-19 team will reply during our opening times. You can have the whole conversation by text if that works best for you, or the practitioner can call you.

Just One Number is our single point of access for Norfolk & Waveney Children & Young People's Health Services. This includes;

- The Norfolk Healthy Child Programme
- Norfolk & Waveney Children's Speech and Language Therapy Service.

Families, professionals and young people can get in touch with Just One Number by calling 0300 300 0123.

Your call might be for an appointment change, or you might have a parenting question or a worry about your child's physical & emotional health, or communication development. Whatever your reason to contact us, our team are here to help you.

<https://www.justonenorfolk.nhs.uk/our-services/just-one-number-parentline/>

The phone line can get very busy sometimes but if you leave a voicemail with your contact details and a brief reason for your call, a member of the team will call you back as soon as possible.

# What Parents & Carers Need to Know about SMART TVs

Smart TVs connect to the internet without the need for a set-top box or streaming device, letting users access a range of features through the TV set itself: from on-demand content apps like BBC iPlayer to streaming services such as Netflix, as well as connecting to smartphones and other wireless devices. Most new televisions are internet enabled – so whether you're thinking of upgrading your home viewing system or buying an additional TV for your child's room, it's now even more important to consider the online safety aspects.

## WHAT ARE THE RISKS?

### AGE-INAPPROPRIATE CONTENT

From Netflix to Disney+ to Prime Video, there is a plethora of streaming services available. While these services offer content catering for younger viewers, they also provide material for more mature audiences. If you don't have parental controls set up on your accounts, your child could find themselves being exposed to shows and movies with adult themes, strong language and violence.



### INCREASED SCREEN TIME

The array of content available through smart TVs could lead to your child spending excessive amounts of time in front of the screen. Not only can prolonged screen time distract from important activities such as schoolwork or exercise, but experts have also warned that endless hours in front of the box can lead to health problems including obesity, poor sleeping patterns and depression.



### REMOTE-CONTROL RETAIL

Like many online devices, smart TVs facilitate digital purchases: buying a new app or the latest season of a favourite show, for example. If your child has access to a bank card and isn't restricted by spending controls on the system, they could run up a sizeable bill through a smart TV fairly quickly – especially if they're not quite old enough to fully appreciate the value of money.



### UNCONVINCING SECURITY

As Internet of Things (IoT) devices, smart TVs can be uniquely vulnerable to attack. Experts warn that internet-enabled TVs tend not to support high-level security software, so you won't always be able to download strong antivirus programmes like you would on a phone or computer. Being targeted by hackers could be deeply upsetting for your child, as well as putting their personal data at risk.



### A SILENT SPY?

Some smart TVs already collect data on users' viewing habits and then display targeted advertising based on that personal information – while there have also been reports of internet-enabled TVs (and the apps installed on them) being used to 'eavesdrop' on owners. In models with a built-in microphone (for voice activation), third parties could potentially listen in on someone's home life.



### CONTACT FROM STRANGERS

Many smart TVs can be used for web browsing, social media and live streaming – all of which could allow unknown users to contact your child (or vice versa). If your child engages with these functions of the TV, a stranger could potentially discover their contact information and potentially then use it to obtain even more sensitive personal details, such as your home address.



## Advice for Parents & Carers

### MAKE IT A FAMILY THING

Family TV time is a great way to model the responsible enjoyment of technology – showing your child how to use the smart TV safely for when they're old enough to watch it independently. You could also take this opportunity to establish some healthy TV boundaries, such as time limits on their daily viewing or how to make sure they're only watching content that's appropriate for their age.



### CREATE CHILD PROFILES

Much like with smartphones and tablets, apps can be downloaded onto smart TVs: from free content platforms such as BBC iPlayer to paid-for services like Prime Video. Most of these apps allow you to create a separate account for your child which has different settings to your own – suggesting more child-friendly material and reducing the possibility of them viewing explicit content.



### SET UP PARENTAL CONTROLS

It's likely that your smart TV has built-in parental controls, which not only let you filter out age-inappropriate shows, movies and games but can also restrict in-app purchasing, so your child can't accidentally spend money through the device. When you've enabled these safeguards, have an open conversation with your child about the reasons, helping them to understand the potential risks.



### CONSIDER THE LOCATION

If you're concerned about the online safety hazards that a smart TV might pose to your child, you could consider where in your home you put the device. The safest option would be to place the smart TV in a shared family space – so that an adult is usually nearby and able to supervise while your child's watching it – rather than in the relative privacy of a bedroom.



## Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech website The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



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**Phil**

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Bernard Hughes narrator

Composer Bernard Hughes narrates James Mayhew's  
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## U13'S 2023/24

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Sundays 10:30 to 12:30  
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Ed –  
Edward@goldentreesurgeons.com

**Touch** – all genders over 14  
Tuesdays at 7pm  
Runs all year  
Ruth –  
touch@swaffhamrugby.co.uk

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**Senior Men** – over 18  
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maxthompson49@yahoo.co.uk