

"Excellence is our standard"

"Excellence is our standard"



Three badly timed wardrobe malfunctions

One disaster waiting to happen



Wednesday 8th March—Friday 10th March

We have been aware of an issue for some time now, when parent/carers are trying to add a new debit/credit card to their account the system won't accept it. We have found when topping up your child's meal account by £10.01 (ten pounds and one pence) it will accept the new card details. Hope this helps some of you having this issue.

For those still struggling we can take a manual payment over the phone with your new card.

Finance Department

Primary Phase



The Primary Phase thoroughly enjoyed their trip to the Pantomime at Kings Lynn Corn Exchange on Friday 9th December 2022 (Oh yes, they did!).

They joined in with the singing, dancing, and general merriment of the show. I would like to personally thank our Friends committee who donated a large chunk of money to pay for the event and supplied snacks and drinks during the interval and the coach company, Carters, for their wonderful service.

I'd also like to extend my thanks to ALL the staff from school who supported this event. It would not have run as smoothly as it did if I hadn't had their full support!

I hope everyone had a wonderful Christmas and New Year.

I look forward to hopefully repeating the trip in December. Miss Stockwell.

Primary Phase



This week **Red Robins** have been learning all about the story of the Gingerbread Man.

We started our week off with a visit to Litcham Shop to buy some ingredients.

We have then been practising re-telling the story of the Gingerbread Man with books, pictures and puppets this week, finishing off with cooking our own gingerbread men.

Well done Red Robins!

Thank you to all the kind customers and staff at Litcham Shop for allowing the children to explore the shop and buy their ingredients.



Secondary Phase Vacancy



Design Technology Technician

37 hours per week, term time + one week (39 weeks a year) - Job share considered

Permanent position

Scale D - £18,396 (actual salary)

We are looking for an enthusiastic Design Technology Technician, who is extremely motivated and can work as part of a highly supportive team. It is desired that applicants should be competent in the use and maintenance of workshop and construction machinery eg, circular saw, and technology processes eg textile sublimation, laser cutting and CAD/CAM, but training will be given.

For more information visit: www.synergymat.org.uk/careers/

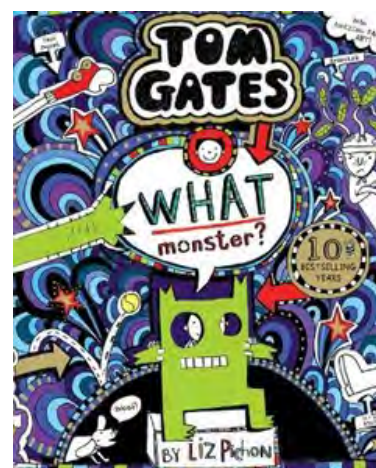
Library News



Tom Gates - What Monster? by Liz Pichon

If you want to laugh your socks off, try entering the world of Tom Gates. Tom is a boy who is always up to something peculiar, for example, trying to capture a sausage roll thief! In *What Monster*, strange things are happening in school and Tom and his friends are trying to investigate them, whilst trying to avoid Mrs Gravel, a very strict supply teacher. If you want to know more about Tom's slightly strange life, pop to the library and grab a copy today!

Recommended by Robyn 7B



Secondary Phase Trip News

West Norfolk Music Centre

Calling all beginner woodwind, brass, string or percussion players ...Mrs Bygrave will be running a Starter Band at West Norfolk Music Centre (located at Springwood High School, Kings Lynn, PE30 4AW) **every Saturday morning** between 11:30 and 12:10. We will be playing pieces by George Ezra, John Legend, James Bay, Queen, also songs from Grease, Frozen and Charlie and the Chocolate Factoryetc . For more information contact West Norfolk Music Centre on westnorfolkmc@gmail.com, 07748 067355 or 01760 725092, website wnmc'org.uk.

Secondary Phase Trip News



Austria 2023 Litcham Ski trip

Thank you to all parents who attended the Ski Parent information evening. I hope you found it valuable and that I was able to answer any questions you had.

For any parents who weren't able to attend the meeting, the presentation can be accessed on the school web site.

A final letter confirming timings will be sent out nearer the time.

Please do not hesitate to contact me if you have any other issues or queries on cforth@litchamschool.org.uk

Please can I remind you to return the medical form that was issued as a **matter of urgency**.

In addition to any other paperwork such as behaviour contracts and the final remaining passports and GHIC/ EHIC forms for copying.

Mrs Forth



Do you enjoy creative writing?

Then why not take part in this year's **Rotary Young Writer Competition**.

All you have to do is write a piece of fiction or non-fiction, story or poem up to a maximum of 550 words, based on the title 'Peace'.

The contest is open to all students between the ages of 7 and 17. Winners of the district competition will receive a £20 voucher and their pieces of work will be entered into the regional and then, hopefully the national round of the contest.

Litcham School have always done really well in this competition in the past and so it would be great to receive lots of entries this year.

Please email or hand in your pieces of work to Mr Palmer or Mrs Berry by Friday 10th February.



Accelerated Reader Book Wars

All Year 7 & 8 students have been given a new set of reading targets for the spring term.



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

Year 7

7B 23 7C 15 7S 30 7W 19

A special well done to: Jack B, Artem, Robyn, James C, Jack C, Lily C, Beth, Luisa, Katherine S, Tegan, Reece W, Brianna-Rose, Dylan, Eli, Faris, Georgia M, Oliver, Alexander, Martha W, Mossy, Eleanor, Janey, Quinn, Martha K, Gideon, Olivia R, Jamie, Emma W, Issy, Dorothy, Bella, Eve M, Harley, James M and Chloe, who achieved 100% in their quizzes over the last two weeks.

Year 8

8B 10 8C 16 8S 4 8W 0

A special well done to: Poppy A, Esme, Lily K, Lucy L, Lily P, Ava, Tegan, Isabelle, Ciara, Quinn, Alfie G and Lyra, who achieved 100% in their quizzes over the last two weeks.

Keep up the good work!

CAREER FAIR

Litcham school extends its thanks once again for our wonderful group of volunteers who came to our Year 9 Speed Networking day last week. There was an amazing variety of careers on offer; police officer, auctioneer, quantity surveyor, prison officer and lots more! It was a wonderful opportunity for our students to find out about future careers and opportunities. A special thanks to Litcham alumni, Kristian Crittenden and Craig Wood, for coming back to talk to the next generation!

"I would love to come back.
All the kids were great and super
polite, they're a credit to the
school."



Work Experience

If you have not yet handed in your Blue Work Experience form may we please ask you to do so asap. They may be handed to reception or posted in the post box outside room 13.

If you are having difficulty please see the tips below or seek advice from Mr Clark

Thank you

TO BE COMPLETED BY THE EMPLOYER
Work Experience dates: Mon 10 July – Fri 21 July 2023 incl.
Thank you for agreeing to take the pupil on work experience.
Please send you complete the following form and sign. Then return to the school via post or email: workexperience@litchamhamschool.org.uk
Thank you.

PUPIL NAME		First		Surname	
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 EMPLOYER'S LIABILITY INS (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: _____

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

Norfolk Farm Produce

Litcham Childcare

Mileham Village Shop

Norse Group

Waitrose

ECS Computers

Pets Paradise

Local Primary Schools

Norfolk Museums

Glenfair Electrical Solution

Bilney Hall Residential Home

East of England NHS Trust

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

LET'S GO RACING

CHASE
YOUR
DREAMS

A FUN 6 FREE DAY AT THE RACES

RACING
TO SCHOOL



Racing
Together

PONY CLUB



Are you interested in finding out more about the horseracing industry and the different career options it offers?

We are delighted to be able to offer Pony Club members (and accompanying parents) a unique **FREE** day at the races, to go behind the scenes and gain an insight into the UK's largest sporting employer.



We are running events during the February half term holidays at:

TUESDAY 14TH FEBRUARY
LINGFIELD PARK RACECOURSE

WEDNESDAY 15TH FEBRUARY
WETHERBY RACECOURSE

FRIDAY 17TH FEBRUARY
FAKENHAM RACECOURSE

MONDAY 20TH FEBRUARY
CARLISLE RACECOURSE

Groups will be able to gain entry to the racecourse before gates are open to the public and take part in fun and informative activities in areas usually restricted from racegoers.

Spaces are limited to 20 members with priority to senior Pony Club members, but we welcome junior members if space is available. Members must be accompanied throughout the visit by an adult, although if attending with friends we are happy to have one adult present per small group. We may be able to accommodate more than one adult, spaces permitting - please let us know if this is of interest.



For those young people hoping to combine their love of ponies with a future career, the team will be able to advise on, and provide details of, the pathways into the wide range of career choices the Horseracing and Thoroughbred Breeding Industries have to offer.

And for any Members who think they may like to give racing a try, why not start off in the sport of Pony Racing...? Hollie Doyle, former Pony Racer and now leading Flat jockey and Racing to School Ambassador, tells us:



"The Pony Club provided the perfect steppingstone to a career in racing for me and I loved being a member! These taster sessions are a brilliant opportunity for young people to try something new and get a feel for the opportunities available."



Pony Racing is an inclusive sport, open to any young riders aged 9-18. All types of ponies and riders of all abilities can take part - you don't even have to own your own pony! Come join us and find out the different ways to get involved...

Book your place online:

<https://forms.gle/LZVvPPd7CoAEmBTTA>

Primary Phase Calendar Dates

January 2023

Wednesday	4th	Spring term 2023 begins
Friday	6th	Celebration assembly—White Doves 3pm
Friday	13th	Celebration assembly—Red Robins 3pm
Thursday	19th	KS1 PE Festival (10 pupils)
Friday	20th	Celebration assembly—Kingfishers 3pm
Friday	27th	Celebration assembly—Oystercatchers 3pm

February 2023

Friday	3rd	Celebration Assembly—Golden Eagles 3pm
Thursday	9th	Y3-6 Dodgeball Competition (10 pupils)
Friday	10th	Celebration assembly—Tawny Owls 3pm

Please note change of date

Half term—Monday 13th to Friday 17th February 2023

Tuesday	21st	Swimming starts for Skylarks 3pm
Please note change of date		
Friday	24th	Celebration assembly—Skylarks 3pm

March 2023

Friday	3rd	Celebration assembly—White Doves 3pm
Friday	10th	YR-6 Dance Show (25 pupils) tbc Celebration assembly—Red Robins 3pm
Wednesday	15th	Science Fayre for parents 3.15— 5.00pm—details to follow
Friday	17th	Celebration assembly—Kingfishers 3pm
Friday	24th	Celebration assembly—Oystercatchers 3pm
Tuesday	28th	Easter Service @ Litcham Church PM (school only)
Wednesday	29th	Red Robins trip to Gressenhall Museum—tbc
Thursday	30th	KS1 Cross Country (16 pupils)
Friday	31st	KS2 Cross Country (24 pupils) Easter Bonnet parade/competition AM School closes at 3.30pm for Easter No celebration assembly today

EASTER HOLIDAY—Monday 3rd to Friday 14th April

April 2023

Monday	17th	Sumer term 2023 begins
Tuesday	18th	Swimming starts for White Doves
Thursday	20th	Y5-6 Netball (8 pupils) tbc
Friday	21st	Celebration assembly—Golden Eagles 3pm
Friday	28th	Celebration assembly—Skylarks 3pm

May 2023

Monday	1st	School closed—bank holiday
Tuesday	2nd	NHS screening Height & Weight and Vision & Hearing YR
Friday	5th	School Class/Group Photos—AM Celebration assembly—Tawny Owls 3pm
Monday	8th	School Closed—Bank holiday KS2 SATS week
Friday	12th	Celebration assembly—White Doves 3pm
Friday	19th	Celebration assembly—Red Robins 3pm
Thursday	25th	Y3/4 Quadkids Competition (8 pupils)
Friday	26th	Celebration assembly—Kingfishers 3pm

HALF TERM—Monday 29th May to Friday 2nd June 2023

June 2023

Tuesday	6th	Swimming starts for Tawny Owls
Friday	9th	Celebration assembly—Oystercatchers 3pm
Monday 12th to Friday 16th—Y5 and 6 Residential—tbc		
Friday	16th	Celebration assembly—Golden Eagles 3pm
Thursday	22nd	Y6 Transition Team Building Festival tbc
Friday	23rd	Celebration assembly—Skylarks 3pm
Thursday	29th	School Closed
Friday	30th	School Closed

July 2023

Tuesday	4th	EYFS Tennis Multiskills Festival (tbc)
Friday	7th	Celebration assembly—Tawny Owls 3pm
Thursday	13th	KS2 Panathlon (10 pupils) tbc
Friday	21st	School closes at 12.30pm

WHEELCHAIR WANTED



If you have a folding wheelchair gathering dust at home that you no longer need, we would be grateful to receive it at the Secondary Phase.

Secondary Phase Calendar Dates

January 2023

Tuesday	24th	Ukrainian Pupil Trip
Friday	20th	Year 9 UEA Trip
Wednesday	25th	Year 11 RS Trip

February 2023

Friday	3rd	Production rehearsal Y8 George Freeman Talk
Wednesday	8th	Year 9 CPSHE project
Thursday	9th	Y11 Language Mock Oral

HALF TERM 13th—17th inclusive

Monday	20th	Y9 Vaccinations
Wednesday	22nd	Year 10/11 Drama Trip

March 2023

Friday	3rd	Production set up
Saturday	4th	Production Dress Rehearsal
Monday	6th	Production Dress Rehearsal
Tuesday	7th	Production for Primary
Wednesday	8th	Y9 Careers Fair Trip Production Evening
Thursday	9th	Y10 Maths Feast Production Evening
Friday	10th	Production Evening
Tuesday	14th	Maths Pi Day
Friday	17th	Y11 Group photo
Wednesday	22nd	National Reading Champions Quiz Y7&8
Friday	24th	Year 7 Chocolate Day TBC

April 2023

EASTER HOLIDAY

Monday	17th	Students return to school
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May 2023

Monday	1st	Bank Holiday
Wednesday	3rd	Year 7 Ken Hill Trip
Monday	8th	Extra Bank Holiday
Friday	19th	KS4

HALF TERM 29TH—2ND June inclusive

June 2023

Wednesday	7th	Induction Evening
Friday	23rd	Year 10 Interview Day
Sunday	25th	Year 8&9 French Trip
Thursday	29th	Closed for Teacher Training
Friday	30th	Closed for Teacher Training

July 2023

Friday	7th	Pride Day Year 11 Prom TBC
Tuesday	11th	KS3 Holkham Trip
Thursday	13th	KS3 Expert Learner Trip
Monday	17th	Y6 Transition Day
Tuesday	18th	Y6 Transition Day
Wednesday	19th	Y6 Transition Day Sam's Run
Friday	21st	LAST DAY OF TERM

Spring Term Menu

	Week 1 2/1 23/1 6/3 27/3	Week 2 9/1 30/1 20/2 13/3	Week 3 - 16/1 6/2 27/2 20/3
MONDAY	Meat free Monday Sundried tomato pesto pasta Or Jacket potato filled with vegetable curry Both with peas Chocolate and vanilla marble sponge	Meat free Monday Pasta with herb and roasted vegetable sauce Or Quorn chilli and rice Peas Vanilla sponge and custard	Meat free Monday Vegetable mince cottage pie Or Macaroni cheese Both with mixed vegetables Pear and honey sponge and sponge and custard
TUESDAY	Mince beef bolognaise or Quorn <u>bolognaise</u> broccoli apple and blackberry crumble	Pork meatballs with pasta and tomato sauce Or Vegetable meatless balls with pasta and tomato sauce Sweetcorn ginger sponge and custard	Minced beef and onion pie Or Vegetable and lentil cobbler cauliflower Baby potatoes Chocolate sponge and chocolate sauce
WEDNESDAY	Chicken, rice, pepper, and tomato one pot Or Roasted vegetable lasagne sweetcorn chocolate chip sponge and custard	Beef enchiladas Or Ratatouille, lentil, and mozzarella bake Mixed vegetables Bakewell tart (nut free)	BBQ chicken and pasta bake Or Vegetable hotpot Pea and corn mix Fruity flapjack

THURSDAY	Toad in the hole Roasted Quorn fillet Roast potatoes Carrots Cabbage Chocolate crunch	Roast chicken with stuffing Or Quorn toad in the hole cabbage Carrots Roast potatoes Iced chocolate oatcake	Pork with apple sauce or Quorn and mushroom carbonara Carrot and cabbage Roast potatoes Chocolate muffin
FRIDAY	Chicken burger Or Vegetable spring rolls with a chilli sauce Fries or baby potatoes Mixed salad Mango and orange frozen smoothie	Breaded fish finger Or Mixed bean burger Carrot and cucumber Fries or baby potatoes Raspberry ripple ice-cream roll	Plant based Cumberland sausage hot dog Breaded chicken steak Mixed salad Fries or baby potatoes Chocolate and vanilla swirl mousse

Secondary Phase				
Monday	Homework & Computers Club	All Secondary Phase	Room 4	12.35 - 1.25pm
	Friendship & Games Club	Year 7,8 & 9	Drama Hut	12.35 - 1.25pm
	Table Tennis	All Secondary Phase	Gym	12.45 - 1.20pm
	ICT	All Secondary Phase	Room 9	12.35 - 1.25pm
	Production Singing Rehearsal	All Secondary Phase	Music Room	12.35 - 1.00pm
Tuesday	Friendship & Games Club	Year 7,8 & 9	Drama Hut	12.35 - 1.25pm
	Table Tennis	All Secondary Phase	Gym	12.45 - 1.20pm
	Homework & Computer Club	All Secondary Phase	Room 4	12.35 - 1.25pm
	Pride of Litcham club	All Secondary Phase	Room27	12.45 - 1.25pm
	Basketball Club	Years 10 & 11	Gym	3.30 - 4.45pm
	Girls Football Club	All Secondary Phase	Gym	3.30 - 4.45pm
Wednesday	ICT	All Secondary Phase	Room 9	12.35 - 1.25pm
	Friendship & Games Club	Year 7,8 & 9	Drama Hut	12.35 - 1.25pm
	Reading Club (Week B)	Years 7, 8 and 9	Library	12.35 - 1.05pm
	Production rehearsal (acting)	Cast	Music room	12.55 - 1.20pm
	Lego Club	All Secondary Phase	Room 16	12.45 - 1.25
	Table Tennis	All Secondary Phase	Gym	12.45 - 1.20pm
	ECO Leaders Club	Years 7,8 & 9	Garden	12.45 - 1.25pm
	Wellbeing Week B	All Secondary Phase	Room 6	12.45 - 1.25pm
	Sports Club	All Secondary Phase	Gym	3.30 - 4.45pm
	Production rehearsal (acting) From Nov	Cast	Hall	3.30 - 5.00pm
	Art Support	Year 11	Rm 23	3.30 - 4.45pm
Thursday	ICT	All Secondary Phase	Room 9	12.35 - 1.25pm
	Drama Club	Year 7,8 & 9	Drama Hut	12.40 - 1.25pm
	Production rehearsal (acting)	Cast	Music room	12.55 - 1.20pm
	Table Tennis	All Secondary Phase	Gym	12.45 - 1.20pm
	ECO Leaders Club	Years 7,8 & 9	Garden	12.45 - 1.25pm
	Jazz/Production Band	All Instruments	Music Room	12.55 - 1.25pm
	Homework & Computers Club	All Secondary Phase	Room 4	12.35 - 1.25pm
Friday	ICT	All Secondary Phase	Room 9	12.35 - 1.25pm
	Wind Band	Wind & Brass	Music Room	12.55 - 1.25pm
	Homework & Computer Club	All Secondary Phase	Room 4	12.35 - 1.25pm
	Friendship & Games Club	Year 7,8 & 9	Drama Hut	12.35 - 1.25pm
	Table Tennis	All Secondary Phase	Gym	12.45 - 1.20pm

kooth | Qwell

**Mental health support
for young people and
adults in your area**



January Newsletter

Happy New Year everyone! I wanted to take the opportunity to introduce myself as the new engagement lead for Norfolk and Waveney! Kooth and Qwell are still available in your area and I am able to offer bespoke workshops, staff training, assemblies, sign up sessions and more. If you would like any more information or to book in a meeting then please contact me

via csymeou@kooth.com

The website is open 24/7 so adults using Qwell and young people using Kooth are still able to read and contribute to the magazine, complete our therapeutic activities, talk to their peers and take part in our live forums.

Chat times detailed below:

Monday - Friday 12:00noon - 10:00pm. Saturday & Sunday - 6:00pm - 10:00pm.

Upcoming Webinars

Throughout 2023, we are running a variety of engaging national webinars aimed at showcasing how both Kooth.com & Qwell.io can support young people and adults in your area. Details on upcoming webinars are below:

January Webinars:

[January Blues & Finance: How Kooth & Qwell Support Mental Health over Winter - Tuesday 24](#)

[January 10:00am - 11:00am](#)

[January Blues & Finance: How Kooth Supports Mental Health over Winter - Thursday 26](#)

[January 10:00am - 11:00am](#)

[How Kooth & Qwell Can Support Male Mental Health - Tuesday 31 January 10:00am - 11:00am](#)

[How Kooth Can Support Young Male Mental Health - Tuesday 31 January 4:00pm - 5:00pm](#)

STAY SAFE ON NEW DEVICES

Whether you're an internet newbie or a pro at surfing the web, it's always important to keep online safety in mind. We've pulled together a list of top tips to make it easier for you to protect yourself and your devices in the digital world - helping you steer clear of hazards like misleading information and vicious viruses. There's never a bad time to refresh your internet safety knowledge, but it's an especially smart thing to do before you start using any shiny new devices!



What Parents & Carers Need to Know about OF WORLD WARCRAFT

AGE RESTRICTION
12+

WHAT ARE THE RISKS?

World of Warcraft originally launched way back in 2004, and since then the game has blossomed into a major entertainment property. It's spawned spin-off novels, merchandise and even a Hollywood movie adaptation... but why are we still talking about it in 2023? World of Warcraft's most recent iteration, Dragonflight, launched last November and marks the game's ninth major expansion. This latest addition has attracted a whole host of lapsed players back to the game – as well as newcomers jumping into the realm of Azeroth for the first time.

ALWAYS ONLINE

World of Warcraft is an MMORPG, which stands for Massively Multiplayer Online Role-Playing Game. Players create a character and head off on mythical quests to earn rewards and become more powerful. The game's environment is absolutely vast, and it can only be played online on PC or Mac – so there's a high probability of young Warcraft fans wanting to monopolise the family computer.

REGULAR EXPANSIONS

As is common with many MMORPGs, World of Warcraft's developers, Blizzard, release regular expansions for the game (usually every 18 months to two years). So although there's still plenty of content for young players to experience right now, there will almost inevitably be a requirement to continue buying future expansion packs, which tend to cost around £50.

IN-GAME PURCHASES AND SUBSCRIPTIONS

Just like its genre contemporary Final Fantasy XIV, World of Warcraft requires a monthly subscription fee to play. It's currently £9.99 per month (although you can get it cheaper by signing up to a longer subscription). There are also many items which can be purchased from the in-game store that don't affect gameplay, but instead offer cosmetic alterations to a player's character.

VOICE AND TEXT CHAT

Because World of Warcraft is played exclusively on PCs and Macs, it's easy for users to type out text messages if they aren't comfortable using voice chat. If you'll forgive the pun, that's a double-edged sword because – although there's less chance of them being harassed verbally – it puts young players at increased risk of being trolled or receiving spam through the in-game messaging function.

SIMULATED VIOLENCE

The fact that World of Warcraft is almost 20 years old means that even its most violent battles look slightly cartoonish compared with the level of authenticity in many more modern games. The exception tends to be Warcraft's in-game cutscenes: animated sections which move the plot onto the next stage. These offer more realistic visuals, but they still aren't overly gory or scary.

POTENTIAL FOR ADDICTION

World of Warcraft can trigger a powerful "just one more quest" mentality in players (especially young ones) as they rush to secure the next dopamine hit from levelling their character up or earning a new item or weapon. It's also a game that doesn't have a definite 'end' because as soon as a player finishes levelling up one character, they can start afresh with another one.

Advice for Parents & Carers

MANAGE PLAYTIME

World of Warcraft can be an extremely enjoyable game to play with friends, but it's important that your child doesn't let their adventures crowd out school work, socialising or anything else they also enjoy. You could, for example, consider imposing playtime limits – such as a set number of hours to play Warcraft per week, or restricting it to particular days or just weekends.

MAKE IT A REWARD

If your child is excited about getting the next World of Warcraft expansion, you could consider using it as a reward for completing their weekly tasks (you could even call them 'quests') like tidying their room or doing their homework. This will demonstrate that you're happy for them to play the game but will also help them to build good, productive habits, reinforcing that hard work earns rewards.

SIGN UP FOR THE FREE TRIAL

Warcraft's monthly subscription effectively 'pays' for the regular new content, but there's also a sizeable free trial that lets new players explore the world of Azeroth without paying a penny. Players can play up until level 20 for free, which is easily several hours' worth of gameplay. If your child does take this option, we'd suggest minimising in-game spending by not linking a bank card to their account.

REMEMBER THE AGE RATING

Due to mild violence and the occasional use of offensive language, World of Warcraft has been rated as appropriate for players aged 12 and over by PEGI (the Pan-European Game Information system, which gives games their age certificate). It isn't really suitable for anyone below that age, so you may potentially have to explain this reasoning to your younger children if they want to play it.

ADVENTURE TOGETHER

Warcraft can certainly be addictive, but playing it together is also a great way to spend time with your child. The game's focus on cooperative questing and battling enemies can make it feel like you've accomplished something as a team, and you'll also be in a prime position to spot any early signs of addiction. Just remember to apply gaming time limits to yourself as well as your young ones!

Meet Our Expert

Lloyd Coombes is Games Editor of technology and entertainment website Dailymail and has been working in the gaming media for three years. A long-time gaming enthusiast, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have also been published on influential sites including IGN and Techradar, among others.



**National
Online
Safety®**

#WakeUpWednesday

Source: <https://www.theguardian.com/technology/2011/aug/29/world-of-warcraft-video-game-addict> | <https://worldofwarcraft.com/en-us/start>



www.nationalonlinesafety.com



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@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.01.2023

MON

Dereham Cancer Care
10.00-14.00
Cuppa and a chat.

TUE

Dereham Cancer Care
10.00-14.00
Cuppa and a chat.

WED

Toftwood Methodist Church
10.00-11.00
3rd Wed of month
Coffee morning

THU

Dereham Cancer Care
10.00-12.00
(10.00-14.00 from the new year)
Cuppa and a chat.

FRI

Salvation Army
St Nicholas St.
08.45-11.00
Coffee Morning

VARIOUS DAYS

Dereham Meeting Point
Welcoming disabled and 55yrs +
Mon-Fri : 09.00 to 16.00
Activities daily.
www.derehammeetingpoint.co.uk



Visit our website to see the online calendar as well as more information and links to specific websites.



Salvation Army
St Nicholas St.
10.00-15.00
Free hot food & drinks
puzzles, books etc.

DEREHAM COMMUNITY FRIDGE

Don't forget:
The fridge is open 10.00-13.00 every week day.
Wait in the warm from 09.30 daily.

Dereham Baptist Church
13.00-15.00
Oasis
Tea, coffee, games and puzzles.
All Free

Cowper Memorial Congregational
10.00-12.00
Coffee Morning

Dereham Baptist Church
10.00-13.00
Be warm & with friendly people.
Homemade cakes, light-bites and drinks for sale.

Dereham Library

Free hot drinks during staffed open times:
Mon-Fri 09.30-19.00
& Sat 09.30-16.00
Daily groups & activities to take part in.

Green Pastures Community Hub - 20 Norwich Street
Let's Chat



'Drop-in' style friendly group with free hot drinks.
11.00-12.00 every Mon, Tue, Wed & Thur.



Supported by
Norfolk Community Foundation



The fridge was set up to give businesses and individuals the opportunity to donate good quality food items that are past their 'best by' date, but within their 'use by' date, which would otherwise be thrown away. ANYONE is then able to visit the fridge and take something out that they can use.

The primary aims are to reduce food waste and to give people access to good quality free food.





Ages 2 - 11 years
8am till 4pm
Mon 13th - 17th
February

February holiday club



Board games Craft
Wii Barbie activities
Trains dolls Outside
Hama beads play
And lots more...

Baking Card making
**Valentine's
Day**
Crafts Games

Litcham Childcare provides a service tailored to meet your everyday work cycle. You can be assured that your children are left in a safe, secure, and stimulating environment with quality, trained staff.

Contact us

Litcham Childcare
Weasenham Road
Litcham
PE32 2QT
Tel : 01328 701155
Email:
litchamchildcare@gmail.com

Booking information

Full day	3 Years +	2 year old
	£30.00	£32.00
Per hour	£4.75	£4.95
(Minimum 3 hour session required)		
Booking is essential. Sessions need to be booked and paid for in advance.		

To book email litchamchildcare@gmail.com
Limited spaces – Please check availability



10 WEEK WINTER CRICKET COACHING



SUNDAYS (JAN 8TH - MAR 12TH)



3PM - 4:30PM

CITY ACADEMY NORWICH



AGES 6-15 (BOYS AND GIRLS)

BOOK NOW VISIT:



BEN@BENFRANCECRICKET.CO.UK

OR



TEL 07540 580 384