

# Litcham School

## The Word

9th June 2023



**Class of 2023**

**GCSE Art Exhibition**

**Weds 21st June**

**3.30-6.30pm**

**Litcham School - Art Room**

*"Excellence is our standard"*

## ATTENDANCE

An important reminder to parents/carers: In order for us to fulfil our safeguarding duties we ask that you contact the school every day your son/daughter is absent, prior to registration, if possible, by contacting the school.

**Absence Line** 01328 701265.

**Option 1** for the secondary phase and **Option 1** to report absence or alternatively by emailing [attendance@litchamschool.org.uk](mailto:attendance@litchamschool.org.uk)

**Option 2** for the primary phase and **Option 1** to report absence or alternatively by emailing [primary@litchamschool.org.uk](mailto:primary@litchamschool.org.uk)

**Information Required:** Child's name, relationship to the child and the reason for absence.

Please remember when reporting the reason for a child's absence that 'feeling unwell' or 'sick' are not adequate. For Infection Control reasons we require an identifiable reason. If a child is absent for school due to sickness and diarrhoea, we request that your child remains absent from school for 48 hrs from the last episode.

### **Ways to help achieve good attendance:**

Arrive at school on time; avoid getting L (late) marks or even a U (very late) mark. If you are late because of the school bus this will not affect your attendance.

Medical appointments: try and make these after school or during holidays where possible.

If this is not possible following the below tips will help keep your attendance high and limit your time away from the classroom.

Morning Appointments	Arrive before the end of P3 (12.35)	M/L mark – Medical Appointment / Late Authorised attend-
Mid-Morning Appointment	Leave after tutor time (9.10) & return before the end of P3	No change to morning present mark
Afternoon Appointments	Sign out after the start of P4	No change to afternoon present mark

**A pair of Cordura trousers were found in the front carpark at the Secondary Phase.**

**Please call reception to claim them. 01328 701265**

**THURSDAY 22ND JUNE 2023**

**12:30 - 1.30**

**LITCHAM SCHOOL**

**OPEN GARDEN**

OUR STUDENTS HAVE BEEN WORKING  
HARD ON OUR ALLOTMENT ALL YEAR. WE  
WOULD LOVE YOU TO POP IN AND VISIT TO  
SEE THE FRUITS OF THEIR LABOUR!



## Primary Phase Calendar Dates

### June 2023

Monday	5th	Summer Concert
Tuesday	6th	Swimming starts for Tawny Owls
Friday	9th	Celebration assembly—Oystercatchers 3pm Friends Table Top sale at 3.30pm
Monday 12th to Friday 16th		Y5 and 6 Residential
Friday	16th	Celebration assembly— Golden Eagles 3pm
Wednesday	21st	Roarr! Dinosaur Trip Y1,2 & 3
Thursday	22nd	Y6 Transition Team Building Festival
Friday	23rd	Celebration assembly—Skylarks 3pm
Monday	26th	Oystercatchers trip to Duxford
<b>Thursday</b>	<b>29th</b>	<b>School Closed</b>
<b>Friday</b>	<b>30th</b>	<b>School Closed</b>

### July 2023

Tuesday	4th	EYFS Tennis Multiskills Festival
Wednesday	5th	Kingfishers trip to Wickstead Park
Thursday	6th	Sports Day and Summer Fayre
Friday	7th	Celebration assembly—Tawny Owls 3pm
Thursday	13th	KS2 Panathlon (10 pupils)
Friday	14th	School Disco
Monday	17th	Transition Day
Tuesday	18th	Transition Day
<b>Friday</b>	<b>21st</b>	<b>School closes at 12.30pm</b>

## Secondary Phase Calendar Dates

### June 2023

Friday	2nd	Carnegie Reading Group
Tuesday	6th	Induction Evening
Thursday	8th	Y7 Jimmy's Farm Trip B&C
Thursday	15th	Geography Field Trip Y10
Friday	16th	Y7 Jimmy's Farm Trip S&W
Monday	19th	Geography Field Trip Y10
Wednesday	21st	Art Exhibition
Friday	23rd	Year 10 Interview Day
Saturday	24th	Year 8&9 French Trip
Tuesday	27th	Sleep Workshops Synergy Games
Thursday	29th	Closed for Teacher Training
Friday	30th	Closed for Teacher Training

### July 2023

Saturday	1st	Y 8&9 French trip return.
Wednesday	5th	Summer Concert Brilliant Club Graduation
Thursday	6th	HPV Y8 plus catch up Y9. Y7 Poetry Trip UEA
Friday	7th	Pride Day Year 11 Prom
Monday	10th	KS3 Stem Event 10th SEN Trip
Tuesday	11th	KS3 Holkham Trip
Thursday	13th	KS3 Expert Learner Trip
Monday	17th	Y6 Transition Day
Tuesday	18th	Y6 Transition Day Sam's Run
<b>Friday</b>	<b>21st</b>	<b>LAST DAY OF TERM</b>



When you are sent a form on ParentMail for a school trip or event, if there is payment due then you will need to not only complete and submit the form under "FORMS" but also look for the payment part under "PAYMENT". The 2 parts are on separate part of the ParentMail app.

Of course if there is no payment required then just the consent form under "FORMS" is required.

Appeal for Maroon jumpers sized 34 + and boys PE tops sized 34+ please.

## Library News



### 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 48 7C 35 7S 74 7W 47**

**A special well done to** Jack C, Theo R, Reece, Lyra, Brianna-Rose, Alice B-G, Joseph B, Faris, Charlie, May, Freddie, Adam, Eleanor, Oliver, Olivia, Lucy S, Emma, Dorothy, Pippa and Raphael, who achieved 100% in their quizzes over the last week.

#### Year 8

**8B 30 8C 37 8S 32 8W 23**

**A special well done to;** Lucas, Isobel C, Lyra, Amelie, Pippa, Ronny, Madeline, Lloyd and Billy Joe, who achieved 100% in their quizzes over the last week.

Keep up the good work!



**Year 11. Don't forget to order your ticket and fill in the form on ParentMail to agree with the terms as soon as possible so we can confirm catering**

## Netball Coaching Camp this summer

All abilities welcome between the ages of 9 and 14.

These sessions are being led by ex -England player and now,  
Director of Netball at Greshams, Helene Buckingham.

If you would like any more information, see Mrs Thorarinsson.



 **PURPLE THURSDAYS** **£15 A DAY**

10 AM - 1PM

03RD, 10TH, 17TH & 24TH  
AUGUST 2023

**OLD CATTON RECREATION GROUND,  
CHURCH STREET, NR6 7DS**

AGES 9-14

EMAIL [INFO@THOROUGHBREDSNETBALL.CO.UK](mailto:INFO@THOROUGHBREDSNETBALL.CO.UK)  
TO RESERVE A PLACE

 **THOROUGHBREDS NC**  **THOROUGHBREDS\_NC**  **THOROUGHBREDS NC**

# Summer Term Menu

	<b>Week 1</b> 17/4 8/5 26/6 17/7	<b>Week 2</b> 24/4 15/5 12/6 3/7	<b>Week 3</b> 1/5 22/5 19/6 10/7
<b>Monday</b>	<b>Pizza Pasta Bake</b> Or <b>Jacket Potato with Tuna &amp; Sweetcorn Mayo</b> <b>Both with Peas</b>	<b>Cheese Cauliflower &amp; Broccoli Pasta</b> Or <b>Plant based sausage &amp; mash</b> <b>With Farmhouse Veg.</b>	<b>Jacket Potato with cheese and beans</b> Or <b>Sweet and sour Veg with rice.</b> <b>Peas</b>
<b>Tuesday</b>	<b>Chicken Tikka Masala &amp; rice</b> Or <b>Quorn Veg Tortilla Bake</b> <b>Broccoli</b>	<b>Pasta Carbonara</b> Or <b>Quorn Chilli &amp; rice</b> <b>Sweetcorn</b>	<b>Beef Chilli &amp; rice</b> Or <b>Tomato &amp; Basil Pasta Bake</b> <b>Sweetcorn</b>
<b>Wednesday</b>	<b>Beef Lasagne</b> Or <b>Bean &amp; Veg Burritos</b>	<b>Chicken Fajitas</b> Or <b>Roasted Veg Couscous</b> <b>Mixed Salad</b>	<b>BBQ Pork with rice</b> Or <b>Veg Curry with rice</b> <b>Mixed Veg</b>
<b>Thursday</b>	<b>Roast Chicken &amp; Sausage</b> Or <b>Cheese &amp; Spring Onion Quiche</b> <b>Roast Potatoes</b> <b>Carrots &amp; Peas</b>	<b>Hot Roast Beef Baguette with horseradish sauce</b> Or <b>Bean &amp; Veg Wrap</b>	<b>Hot Roast Turkey &amp; Stuffing Baguette</b> Or <b>Roasted Veg &amp; Pesto Risotto</b>
<b>Friday</b>	<b>Two Pork Sausages</b> Or <b>Toasted Cheese &amp; Red Onion Baguette</b> <b>Chips</b>	<b>Fish Cake</b> Or <b>Quorn burgers</b> <b>Chips</b>	<b>Beefburger in a roll</b> Or <b>Toasted Cheese &amp; Tomato baguette</b> <b>Chips</b>

# Clubs/Activities

<b>Secondary Phase</b>				
<b>Monday</b>	Friendship & Games Club	Year 7,8 & 9	Drama Hut	12.35 - 1.25pm
	ICT	All Secondary Phase	Room 9	12.35 - 1.25pm
	Singing Group	All Secondary Phase	Music Room	12.55 - 1.00pm
<b>Tuesday</b>	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
	Pride of Litcham club	All Secondary Phase	Room27	12.45 - 1.25pm
<b>Wednesday</b>	ICT	All Secondary Phase	Room 9	12.35 - 1.25pm
	Friendship & Games Club	Year 7,8 & 9	Drama Hut	12.35 - 1.25pm
	Production rehearsal (acting)	Cast	Music room	12.55 - 1.20pm
	Lego Club	All Secondary Phase	Room 16	12.45 - 1.25
	ECO Leaders Club	Years 7,8 & 9	Garden	12.45 - 1.25pm
	Wellbeing Week B	All Secondary Phase	Room 6	12.45 - 1.25pm
	Foundation Maths		Room 7	12.40 -1.25pm
	Production rehearsal (acting)	Cast	Hall	3.30 - 5.00pm
	Art Support	Year 11	Rm 23	3.30 - 4.45pm
	Striking & Fielding Club	All Secondary Phase	Field	3.30 - 4.45pm
<b>Thursday</b>	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	KS4 (GCSE Priority)	Gym	12.45 - 1.20pm
	ECO Leaders Club	Years 7,8 & 9	Garden	12.45 - 1.25pm
	KS3 Art Club	Years 7,8 &9	Room 23	12.45-1.15pm
	Jazz/Production Band	All Instruments	Music Room	12.55 - 1.25pm
	Tennis Club	All Secondary Phase	Tennis Courts	3.30-4.45pm
<b>Friday</b>	ICT	All Secondary Phase	Room 9	12.35 - 1.25pm
	Wind Band	Wind & Brass	Music Room	12.55 - 1.25pm
	Friendship & Games Club	Year 7,8 & 9	Drama Hut	12.35 - 1.25pm
<b>Everyday</b>	Computer & Homework	All Secondary Phase	Room 4	12.35 - 1.25pm

# COMPETITION

## DESIGN A POSTER FOR YOUR OWN SCHOOL ROCK BAND.

WHAT WOULD YOU CALL YOUR BAND? WHAT INSTRUMENTS WOULD YOU PLAY? WHAT WOULD YOUR LOGO BE?

Music plays an important part in education and we would like to celebrate this by inviting schools and students to take part in our poster competition. Selected posters will be displayed in the foyer of the memorial hall, during show week.

Designs can be A4 or A3 using any media. Students need to include their first name and initial, school and age, on the back of their design.

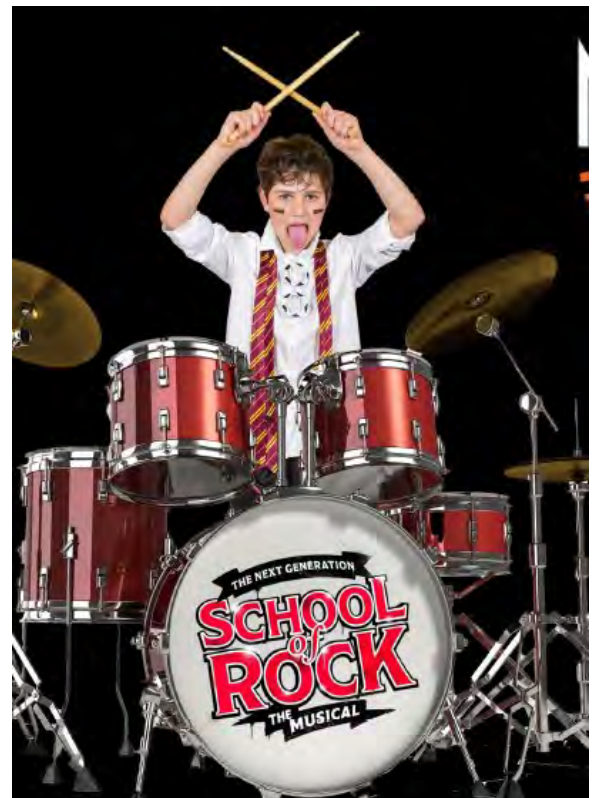
Closing date 26<sup>th</sup> June

Hand entries into reception.

Dereham Theatre company are celebrating 75 years of shows and this summer we are excited to present **School of Rock the musical.**

1<sup>st</sup> prize in our poster competition will include 4 tickets to watch the show. In addition, selected posters will be displayed in the foyer of the memorial hall, during show week.

Litcham School has its very own pupils starring in the show. **Charlie Neave** is playing the part of Freddie, the drummer, and **Grace Manson** is playing Lauren on keyboard.



## What Parents & Carers Need to Know about

# OMETV

### WHAT ARE THE RISKS?

OmeTV is another app which encourages users to 'make friends from all around the world'. People can search profiles by age and gender and send direct messages or photos. However, the app is primarily used for video calls. When using this feature, users are connected at random, although only their country of origin is shared. People can then either choose to move on to the next chat or can stay in that call for as long as they wish.

### STRANGER DANGER

While young people generally know not to share personal information with strangers, the safety of their home and the distance offered by technology can make them feel more relaxed and uninhibited. Combined with the fact that OmeTV provides a webcam function – and anonymity – it can be an easy way for groomers to gather information, ask to connect on other social media platforms, or potentially request intimate images.

### EXPLICIT CONTENT

Unfortunately, there are a lot of users who use OmeTV's webcam feature to expose themselves. While users can swipe to the next call quickly, it's not something that can be filtered out completely – so young people could easily be exposed to highly inappropriate images.

### REPORTING DIFFICULTIES

When video calling, the other person's username is often hidden and therefore they can't be blocked or reported. There is a 'Report Abuse' tab at the bottom of the video, but the speed with which calls can swipe past can make it difficult to use this system. There's also little evidence to suggest that offenders are dealt with appropriately (through warnings or account termination, for example).

### AGE VERIFICATION

17+

Although the site states that users must be 18 or over, there's no way to verify this, and it's easy to use an existing Facebook account to log in, or for users to set up a fake account. To access OmeTV, users simply need to press a button confirming they're an adult, which means it's likely many users will claim to be much older than they are.

### VIDEO RECORDING

REC

When young people are chatting live on a webcam, they could be coaxed by others into doing things they don't feel comfortable doing, or persuaded that no harm can come from it. What they don't know is whether the other user is recording them. These videos could then be used to embarrass or blackmail them, or they could be kept by a potential online predator.

### LIMITED PARENTAL CONTROLS

OmeTV has very limited parental controls. There is a 'safe mode', but this is of little practical use given that explicit content isn't filtered out. While the site lists several rules and regulations, there are few apparent ways to enforce them or restrict what users can see or do.

## Advice for Parents & Carers

### FOLLOW AGE GUIDELINES

OmeTV has an age recommendation of 18 and over, which suggests the developers are aware that it may facilitate adult content. It's important to adhere to the age guidelines and try to restrict access to the app for younger users. If you find it on an under-18's device, talk to them about the potential risks and explain why they probably shouldn't be using it.

### DISCOURAGE CHATS WITH STRANGERS

Remind your child of the dangers of talking to strangers online. The anonymity OmeTV offers, plus its webcam function, makes it an attractive place for groomers to network and create inappropriate content. Explain that your child may see something which upsets them – and that it's a crime for anyone to expose themselves to a young person online.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



### DISCUSS THE DANGERS

Maintain communication with your child about online safety and empower them to protect themselves. Simply deleting an app from their device impacts their independence and can cause resentment. Instead, highlight news reports of predators exposing themselves to children on the internet, and discuss what they should do if asked for explicit images.

### ENABLE PARENTAL CONTROLS

Regardless of how responsible your child may be, it's essential to use parental controls on their device. It's easy for young people to get lured in by others, feeling they've built up a trusting friendship and being coaxed into doing things they wouldn't normally do. Ensure in-app purchases aren't enabled on their device, and emphasise that they can always talk to you about anything online that worries them.

Source: [https://www.nola.com/news/crime\\_police/man-exposes-himself-to-marrero-middle-school-students-in-online-chat-tv-station-reports/article\\_c10b8e00-0018-5157-acad-6f627a129bb.html](https://www.nola.com/news/crime_police/man-exposes-himself-to-marrero-middle-school-students-in-online-chat-tv-station-reports/article_c10b8e00-0018-5157-acad-6f627a129bb.html)  
<https://www.rtv.com/news/local-news/crime/indy-man-sentenced-to-15-years-for-owning-two-phones-with-nearly-2-000-files-of-children-being-sexually-abused> | <https://ome.tv/rules/>

# A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.



## ASK FOR HELP

You are not alone, so reach out and ask for help



## BREATHE

Focus on your breath to find a sense of calm



## CONNECT

Connect with friends, family and trusted adults



## DETOX

Unplug from social media and other distractions



## EMOTIONS

Observe how you feel and label your emotions



## FIND SAFE PLACE

Go to a place where you feel safe and at ease



## GRATITUDE

Focus on the things you're grateful for



## HEALTHY HABITS

Create a balanced routine with healthy habits



## INQUIRE

Pause and ask yourself, 'how do I feel right now?'



## JOURNAL

Use a journal to express your thoughts and feelings



## KINDNESS

Be kind and compassionate to yourself and others



## LET GO!

Feel more energised, by moving your body



## MEMORIES

Visualise three things you are proud of



## NATURE

Improve your mood by exploring the great outdoors



## OPENNESS

Be open to new activities and notice what happens



## PATIENCE

It's okay to not be okay, so give yourself time



## QUIET

Take quiet moments every day to reflect



## REST

Be mindful, rest often and get plenty of sleep



## SUPERHERO

Stand in the Superhero Pose for two minutes every day



## THOUGHTS

Track your thoughts in a journal, and notice any themes



## UNIQUE

You are unique, and so is your mental health



## VOLUNTEER

Boost your self-esteem by giving back to others



## WORRY TIME

Schedule 'worry time' to help solve practical worries



## EXCITEMENT

Do more of the things that bring you joy and excitement



## YOU MATTER!

You are important and your feelings matter



## ZEN

Practise calming activities like yoga and meditation

Find out more about how Optimus Education can help boost your wellbeing at [healthinschoolsuk.com](https://healthinschoolsuk.com)



## 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.

Litcham Childcare  
Wraparound fun for everyone



# QUIZ NIGHT

**HOT DRINKS & HOMEMADE  
CAKES FOR A DONATION**

**DOOR OPEN AT 7:30PM  
FRIDAY, 16 JUNE, 2023  
MILEHAM VILLAGE HALL**

Have a fun night full of challenges on our Quiz Night, and win quiz and raffle prizes! Enjoy your evening with your favorite drink and have fun with your friends. All proceeds towards Litcham Childcare.

**TABLES BETWEEN 4 - 6 PEOPLE  
BOOK EARLY TO BE SURE OF A TABLE!!**

Contact: Lynda 01328 701443 or  
Litcham Childcare 01328 701155



# Brisley Art Club

Brisley Village Hall

£2 per child

(Pay on arrival. No booking required.)

## Sunday

## 11th June 2023

Drop-in anytime **9.30am - 12.30pm.**



Children are invited to create and engage in non-prescriptive art and craft activities. Materials will be available to suit all ages.

Prompts will be offered, relating to “spotlight” artists / artwork chosen as our inspiration for the session. However this is just an option for those looking for a starting point or a challenge. Freestyle artwork and self-expression is always encouraged.

Adults are very welcome to exercise their creativity too!

Tea, coffee, squash and cakes will be available.

Proceeds will support the purchase of materials for the event.

All children must be accompanied by an adult. Bring a friend for a coffee and chat!

Please contact Katie on 07967 664690 or via the Brisley Art Club Instagram / Facebook page for further information.

Brisley Village Hall, Gateley Road, Brisley, NR20 5LR



**BREAKINGRECORDS FITNESS PRESENTS**



**SPRINT**  
**★ SPEED CAMP ★**  
**NORWICH AND DEREHAM**  
**SPRINT FAST OVER**  
**THIS SUMMER**

**LEARN HOW TO SPRINT FAST IN 6 WEEKS**

#BreakingRecords Fitness can now confirm they are hosting a Sprint Speed Camp for 6 Weeks\* to help you sprint faster whatever sport or position you participate in, this is available from 10 years old upwards including adults over 18 years of age (Youths and Adults).

The Sprint Speed Camp is for 6 Weeks consecutive over Tuesdays (Dereham, Neatherd High School), Wednesdays (Norwich, CAN) and Saturdays (Norwich, Hellesdon High School) over July to August and has a limit of 15 people. \*Terms and Conditions Apply subject to minimum numbers needed to guarantee running this for 6 weeks. Full dates for each Sprint Speed Camps are disclosed on the bookings website.

Book online today on [www.bookwhen.com/breakingrecords-fitness](http://www.bookwhen.com/breakingrecords-fitness)

07305 823250

[WWW.BREAKINGRECORDSFITNESS.CO.UK](http://WWW.BREAKINGRECORDSFITNESS.CO.UK)

Big Norfolk  
Holiday Fun

Litcham Childcare  
Wraparound fun for everyone

Monday 31<sup>st</sup> July to  
Friday 25<sup>th</sup> August  
8am - 4pm

  
'Norfolk Owls'  
visit

  
Sport activities



Music sessions



'Mini  
Monsters'  
visit

Plus **Cooking** **Arts and Crafts** **Films** **Messy play** **Water**  
**fights** **Gardening** **Den building** and lots more !!

Fun filled days in a safe,  
relaxed environment with  
quality trained staff.

Contact us

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



Booking information

Full day	3+ Years	<u>2 Year old</u>
	€35	€37
Per hour	€5.00	€5.20

(Minimum 3 hour session required)  
Booking is essential. Sessions need to be  
booked and paid for in advance.

Limited spaces - Please check availability