

Litcham School

The Word

28th June 2023

Summer Concert

Our Summer Concert will take place on
Wednesday 5th July - 7.00pm in the school hall.

featuring ensembles and solos from across the year groups.

Performances from:

The school wind band, Jazz band and singing group.

Tickets available on ParentMail NOW!!

£4 and £2 concessions.

All money raised from ticket sales is used to improve and upgrade equipment and instruments used in future concerts and music/drama productions.

We look forward to seeing you there.

Ski Trip opportunity



We still have a few places left on next years ski trip to Austria. If there are any year 7 students who are interested in taking part in this amazing opportunity please contact Mrs Forth for details.

The trip will take place during the February half-term, and we will be staying in Salzburger which has excellent skiing facilities and snow guarantee record. We will be using a company called IBT Travel Ltd, who are a well-established school ski tour operator and are ABTA bonded and quality assured. The cost will be £1350 and will include 5 days hire of ski equipment including helmets.

Mrs Forth

cforth@litchamschool.org.uk



"Excellence is our standard"

Primary Phase

On Monday 26th June, Oystercatchers Class visited IWM Duxford to tie in with work this term on WWII. They had a great day seeing many different planes - including seeing a Spitfire land and a military helicopter take off - and then filmed a mini documentary based in the Battle of Britain hanger. They were very well behaved and these are some of their thoughts:

"I was surprised at how many planes were there." Edith

"It was a good experience to see planes fly and land." Jacob

"I liked seeing the aeroplanes landing as I've not seen one land before." Betty

"I loved seeing the Vulcan bomber in the big hanger." Oliver B

Mrs Dennis





LITCHAM SCHOOL
PRIMARY PHASE

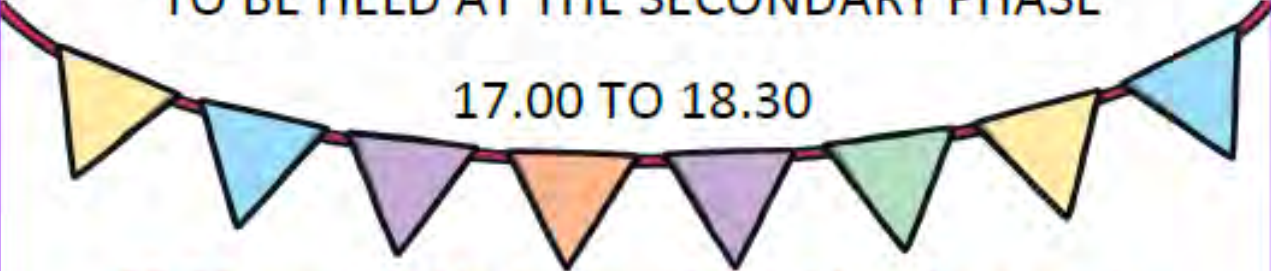


**CELEBRATION
END OF TERM
DISCO**

FRIDAY 14TH JULY

TO BE HELD AT THE SECONDARY PHASE

17.00 TO 18.30



**£2.00 per child to be purchased in advance via
ParentMail. Snacks and treats available on the night
(cash only), free squash and fruit.**



Last Wednesday Year 1,2 and 3 went on a trip to the Dinosaur Park.
We navigated the maze, walked through 'The Valley of Dinosaurs'
and enjoyed looking at different animals too.
Year 1 and 2 met Phoenix the Snake and learnt all about his diet
and how they look after him.
The children asked excellent questions about his diet and habitat.
The Year 3 children enjoyed learning about fossils.
We had an excellent day!

Summer Reading Challenge 2023

Ready, Set, Read!

Presented by The Reading Agency.
Delivered in partnership with libraries.

Coming Soon to your local library



Illustrations by Lorella Schauer © The Reading Agency 2023.

**borrow
discover
connect**

 **Norfolk**
County Council



YOUTH
SPORT
TRUST

INSPIRING
ACTIVE
READERS

**THE
READING
AGENCY**

Summer Reading Challenge 2023

Ready, Set, Read!



Presented by The Reading Agency.
Delivered in partnership with libraries.

The Summer Reading Challenge 2023 will be launching in Norfolk Libraries on Saturday 8th July. It's free, it's fun, it builds confidence and supports children reading for pleasure. Children's reading can 'dip' during the long summer break making it harder for them returning to school. In addition, reading for pleasure has so many proven benefits including developing empathy by identifying with characters and improving mental wellbeing.

This year the theme is Ready, Set Read!. It has been produced by the Reading Agency in partnership with the Youth Sport Trust. It will be delivered by Norfolk Library and Information Service and there will be lots of exciting activities in your local libraries.

Over 700,000 children sign up to the challenge every year. To join the challenge children will need to be a library member. This is free of charge and children will receive their own library card for which there are no overdue fees.

Children will be given a pack; they can set their own reading challenge (we recommend six books over the six-week period). Children choose their own books which can include e-books from our virtual library. The children will collect stickers along the way and on completion of the challenge they will receive a medal and certificate of achievement. There is a digital platform too, so the fun can carry on at home! Children can take part in the Challenge at summerreadingchallenge.org

borrow discover connect



YOUTH
SPORT
TRUST

INSPIRING
ACTIVE
READERS

THE
READING
AGENCY



Help us Celebrate:

Litcham School Pride 2023

14th July 2023

WE NEED YOU!

We need donations and prizes for some games we will be running, a raffle and a tombola.

All profits that are made during Pride Day will go to LGBT Norfolk Project.

Last year we were able to donate £1000 - Let's see if we can match that this year!

If you are able to donate any prizes, please drop them in to reception or have your child hand them in.

Thank you for all your help and support!

Important Information about Lockers

Please can parents be aware that if you have a child in school who has been sharing a locker with a sibling in Year 11, you will now need to purchase a new locker for your child.

With Year 11 leaving school, any lockers previously issued to them will now be re-issued to other students who are waiting.

If you wish to purchase a locker, please request through reception.

Thank you



How to pay for an item:

If you have a notification, it means you have been invited to pay for something or have been notified of a new payment item which is now available for you to buy or pre order. Log into your [IRIS ParentMail](#) account and select "Payments" in your parent feed on either your computer or through the ParentMail App.

Once in Payments, you will be able to view items "To Pay" or visit the "Shop" which you will find at the bottom of the page. When you click into "Shop" you will be able to view items set up as available payment items, which you can buy at any time.

Today we sent out a couple of emails trying to resolve issues surrounding logging on. To this end we have asked the platform to supply us with clear instructions on how to overcome this problem with their system.

Please follow this link for help:

<https://www.parentmail.co.uk/help/parenthelp/account/upgrade-account-iris-identity/>

Thank you for your patience.

Larking Gowen

Careers open evening 2023



Prospect House, Rouen Road, Norwich, NR1 1RE



Tuesday 11 July, 4:00pm - 6:00pm



For school leavers and graduates

Join our open careers evening where we'll offer insight into the accountancy and business advisory profession and why you should make Larking Gowen your career choice. You'll have the opportunity to meet our employees and find out what it's really like to work with us!



To book your place scan the QR code above

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
Thursday	29th	School Closed
Friday	30th	School Closed

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
Friday	21st	School closes at 12.30pm

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	Year 11 Prom
Monday	10th	KS3 Stem Event
	10th	SEN Trip
Tuesday	11th	KS3 Holkham Trip
Thursday	13th	KS3 Expert Learner Trip
Friday	14th	Pride Day
Monday	17th	Y6 Transition Day
Tuesday	18th	Y6 Transition Day Sam's Run
Friday	21st	LAST DAY OF TERM

Secondary Phase

We would like to highlight to parents the advice for treating head lice which may be useful if you should find an infection in your family.

- The only way to be sure someone has head lice is to find a live louse by combing their hair with a special fine-toothed comb. This is called detection combing.
- Treatments to get rid of head lice are available to buy from pharmacies, supermarkets and online. You don't usually need to see your GP.
- The main treatments are lotions or sprays that kill head lice – these can be very effective, but some aren't suitable for pregnant or breastfeeding women, or for children under two.
- Removing head lice with a specially designed comb – this is suitable for everyone and relatively inexpensive, but needs to be repeated several times and can take a long time to do thoroughly.

For further advice please take a look at the NHS advice which may be found at:

<http://www.nhs.uk/conditions/Head-lice/Pages/Introduction.aspx>

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

Option 2 for the primary phase and **Option 1** to report absence or alternatively by emailing 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

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
TO RESERVE A PLACE

 **THOROUGHBREDS NC**  **THOROUGHBREDS_NC**  **THOROUGHBREDS NC**

Summer Term Menu

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

Clubs/Activities

Secondary Phase				
Monday	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
Tuesday	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
Wednesday	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
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	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
Friday	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

Everyday	Computer & Homework	All Secondary Phase	Room 4	12.35 - 1.25pm
-----------------	---------------------	---------------------	--------	----------------

What Parents & Carers Need to Know about MONEY MULING

Money muling involves individuals – very frequently young people – being recruited to transfer illegally obtained funds into and out of their bank account on behalf of criminals (often without even realising that's the kind of activity they've become embroiled in), and usually being allowed to keep a certain amount for themselves. It's essentially a digital form of money laundering. This guide highlights some of the risks associated with money muling, and provides parents and carers with useful tips to help safeguard young people against becoming ensnared by this growing online hazard.

WHAT ARE THE RISKS?

LEGAL REPERCUSSIONS

Young people may be lured by the promise of quick, easy money, but by doing so they will become unwitting participants in activities that can have severe legal and financial consequences. Money muling is a serious offence under UK law: involvement in such schemes can result in imprisonment and fines (or both). Remember, the threshold for criminal responsibility in the UK is 10 years of age.

ONLINE RECRUITMENT

Cyber-savvy criminals are increasingly using various online methods, including social media apps and gaming platforms, in their attempts to recruit young people as potential money mules. The criminals often deploy persuasive, deceptive tactics to gain children's initial interest and attention, then seek to exploit their trust and naivety.

POSSIBLE EXPLOITATION

Money muling is frequently carried out in tandem with other organised criminal activities such as the drugs trade or human trafficking. Not only is money muling a criminal offence in its own right, therefore, but it could also expose young people to harmful situations as well as potentially putting them in contact with some extremely dangerous individuals.

FINANCIAL LOSSES

If they (even unknowingly) transfer funds that are traced back to criminal activities, money mules can face considerable financial losses: their bank may freeze their accounts, and they can be held liable for any illegally obtained funds. People involved in money muling often also find themselves at greater risk of becoming entangled in other forms of criminal financial exploitation and fraud.

LONG-TERM CONSEQUENCES

Involvement in money muling can have a lasting negative impact on a young person's reputation, education and employment prospects, and place colossal strain on their family life. A conviction for financial fraud would significantly damage a young person's future opportunities: they could be blocked from opening a bank account, taking out a mortgage or even securing a phone contract.

Advice for Parents & Carers

EDUCATE AND COMMUNICATE

Talk to your child about the risks and consequences of money muling, emphasising the importance of making informed decisions and seeking guidance if they need it. Create an open, non-judgmental space which encourages them to share their concerns and experiences, ensuring they feel comfortable getting help if they suspect they may have become involved in money muling.

MONITOR ONLINE ACTIVITIES

If you have concerns, you might want keep a closer than usual eye on your child's online presence, including their profiles on social media and any gaming platforms that they use. These can often serve as useful early warning systems which might help you to detect any signs of attempted recruitment by criminals or other types of suspicious behaviour.

TALK ABOUT MONEY

Discussions about avoiding being recruited as a money mule are also good opportunities for a refresher with your child about financial responsibility and good money management. It's also a helpful starting point for highlighting the importance of earning their money by honest means and the potential consequences of getting involved in illegal activities, both online and offline.

STAY INFORMED

Criminals' methods and approaches to recruiting young people as money mules frequently evolve to reflect the online landscape. Try to stay aware of criminals' current tactics and make time to regularly check out resources provided by schools, law enforcement and financial organisations. The Don't Be Fooled Campaign (at www.moneymules.co.uk) has plenty of useful information and advice.

REPORT YOUR SUSPICIONS

If you have reason to believe that your child, one of their friends, or someone they know has been recruited into a money muling operation, seek support and then report your suspicions. For your own safety, please don't attempt to directly confront anyone you suspect of organising money muling. Instead, contact Crimestoppers anonymously on 0800 555 111.

Meet Our Expert

Ross Savage has a proven track record in countering financial crime, having spent 13 years with UK law enforcement – specialising in money laundering investigations and asset recovery from organised criminal groups. He now holds senior visiting expert positions at various organisations and delivers customised training and consultancy to government and private-sector clients worldwide.



#WakeUpWednesday

Source: www.moneymules.co.uk | <https://nationalonlinesafety.com/moneymuling>
www.ukfinance.org.uk/press/press-releases/parents-urged-help-stop-rise-child-money-mules

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 14.06.2023

What Parents & Carers Need to Know about AI VIRTUAL FRIENDS

Artificial intelligence – particularly in terms of how it generates natural language – has seen significant development over the last six months, with companies releasing new AI-based software or adding an AI element to existing apps (such as Snapchat, for example). One form of AI to become especially popular has been the 'AI friend' or chatbot, as children eagerly experiment with these new-found computer-generated companions. There are now numerous apps available with this 'virtual friend' functionality, with the likelihood of it being added to other successful platforms soon.

WHAT ARE THE RISKS?

CONTENT AND ACCOUNTABILITY

AI chatbots may not always be able to recognise when content is age inappropriate or harmful and should be filtered out. So there's a possibility that children could be exposed to offensive language or explicit material while conversing with their virtual friend. The companies producing such AI solutions are also unlikely to take responsibility for any content that their algorithms generate.

REDUCED SOCIAL CONTACT

An excessive reliance on chatbots for social interaction could potentially cause a child to begin reducing the amount of face-to-face communication they have, leading to social isolation. If young people become dependent on chatbots to provide companionship, it could very likely hinder the development of their real-life social skills.

LACK OF SENSITIVITY

Chatbot software isn't always sophisticated enough to pick up on subtle emotional cues or recognise signs of distress in children, as most humans would. It might therefore fail to respond appropriately. AI misinterpreting what it's being told or replying insensitively to a young user who's already struggling could potentially impact a child's emotional wellbeing or exacerbate any existing emotional issues.

UNINTENTIONAL BIAS

AI companions are only as reliable as the information they've been programmed with. The algorithms they use, therefore, may unintentionally promote bias, stereotypes or discriminatory behaviour (as many originate from the USA or the UK, for instance, they can display a distinctly western-centric worldview). This could lead to children developing skewed attitudes and behaviours.

COGNITIVE LIMITATIONS

Although many are now undeniably advanced, AI-powered chatbots still have limitations in terms of understanding complex concepts, context and nuance. Depending heavily on chatbots to help with learning or solving problems may stunt the development of a child's own powers of critical thinking, creativity and ability to engage in open-ended discussions with other people.

PRIVACY CONCERNS

Chatbots typically collect data about users, including personal information and conversations. This is ostensibly to improve their performance as they gradually learn about our behaviour – but many experts are warning that there may be significant risks associated with how this information is stored and used (the possibility of potential breaches or misuse by third parties, for instance).

Advice for Parents & Carers

CHAT ABOUT CHATBOTS

If your child is already expressing an interest in AI apps, a relaxed, natural chat should help you to discover which ones they're aware of and how they're using them (or are planning to). Discuss these options with your child and perhaps do your own research to ensure you think they're suitable. Once you're totally happy, you could sit with your young one and begin exploring AI chatbots together.

CREATE A SAFE ENVIRONMENT

If your child is keen to engage with AI chatbots, encourage them to do so in a safe environment: ideally in a shared space at home, so you can easily keep an eye and ear on their progress. Set up appropriate content filtering measures in advance – and gently remind them that you'll be close by and ready to help with any questions or concerns that may arise.

FIND A BALANCE

Work alongside your child to establish the right balance in terms of how they might use AI-powered chatbots – and when it's appropriate. It's important to make sure that children are still getting plenty of opportunities to learn to solve problems for themselves, as well as building their interpersonal skills through face-to-face conversations with friends, family members and teachers.

TAKE CONTROL

As with any form of app or game, when it comes to AI chatbots we'd strongly recommend that you consider employing parental controls (either on the device being used or within the software itself) to manage which apps your child can download and use. This is particularly important for younger children, who may be more at risk of being upset or frightened by inappropriate content.

RECOGNISE THE RISKS

It's unlikely that most children will have even considered the potential risks attached to having a virtual companion. So it's probably wise to explain some of the possible hazards and challenges of AI chatbots to your child. In particular, emphasise that AI isn't a real person (however much it might sound like one) and may occasionally tell them something that isn't entirely impartial or accurate.

Meet Our Expert

A certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the initiative team. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.



NOS
National
Online
Safety®

#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.08.2023

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



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.

NORWICH
PUPPET
THEATRE



Norfolk
County Council

WISH
DARE
INSPIRE

Present

BABA YAGA

A new musical live production for
families and children aged 7+

Call 01603 629921

or book online at

puppettheatre.co.uk

Tues 18 July 5:30PM

Wed 19 July 10:30AM & 1:30PM

£10/£7 Concession, Groups Available

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

07305 823250

WWW.BREAKINGRECORDSFITNESS.CO.UK

Big Norfolk
Holiday Fun

Litcham Childcare
Wraparound fun for everyone

Monday 31st July to
Friday 25th 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