



St Mary's
Church of England
Primary Academy

Encourage, Aspire, Flourish

Friday 20th September 2024

Dear Parents and Carers,

As we settle into the term, we are beginning to plan opportunities for families to join us in school. Next Thursday we are holding Grandparents' Worship as part of our Macmillan coffee morning and it would be lovely to see lots of grandparents there. The plan is to start with worship together at 9am followed by half an hour in classes with your grandchildren and then the Macmillan coffee morning at 10am in the hall. We look forward to seeing you there.

Attached with this newsletter is a *Reading for Pleasure* newsletter from our new assessment platform PiXL. It is quite long but has lots of information and ideas for reading as a family so do take a look.

Have a lovely weekend.

Mrs L. Watts - Executive Headteacher

This week in class...

Ash Class - In Ash class this week, we have started our White Rose maths lessons and have been having fun with sorting objects by size, colour and type. We sorted objects in class and in the forest school area. We have also been exploring numbers 1, 2 and 3 and have practised forming these numbers. We have also been playing listening games in preparation for learning our group one phonics sounds. We have spent time exploring our learning environments and thinking about how we can transform our 'home corner' into a doctor's surgery. In circle time, we have been talking about how to reduce and resolve conflict in the classroom.

Elm Class - This week Elm Class have been creating their own characters and writing character descriptions. They have been thinking about what their character would look like, how it would behave and what feelings it would experience. In PE we have been practicing our football skills, and have been learning how to control the ball whilst moving around obstacles. The children have also been practicing their observation skills in Science. Using magnifying glasses, they zoomed in on leaves and stones to explore them with a scientific eye. They then used their 'expert' voices to describe all the intricate details that they observed. This was fantastic preparation for our investigations later this term.

Beech Class - In Beech Class this week we have been improving our haiku and cinquain poems. We have discovered where the Anglo-Saxons came from and why they came to the UK. In science we have been learning about the processes that define living things.

Willow Class - This week in the willow room we have been learning about different habitats and the animals that live in them. We used the different vocabulary to group animals and learnt which animals can be grouped together. We also watched some of David Attenborough's Planet Earth and saw the animals in their natural habitats.

Oak Class - It has been another great week in Oak Class. This week in art we were learning about portraiture. It has been interesting to attempt to draw a face and we came up with some realistic attempts! In History we discovered that even though food was severely rationed, people were actually healthier and why that was. While the fine weather has continued, we have enjoyed playing on the field. Fingers crossed, this will continue for a long while yet!

Day	Clubs	Leader
Monday	Singing	Eve Bryant
Tuesday	Multi-sports	Active Education
Wednesday	Netball	Sarah Lynes
Thursday	Multi-sports	Active Education
Friday	Dodgeball	Active Education

Attendance this week

Ash - 100%

Elm - 96.9%

Beech & Willow - 99.3%

Oak - 97.4%

Whole School - 98.3%

PE & Woodland Learning

Tuesday - PE for Elm and Beech

Wednesday Woodland Learning for Y6, Willow and Elm

Thursday - PE for small group - TBC

Friday - PE for Willow, Beech and Oak

Smarties this week go to...

George C, Sara, Freddie D, Hattie.

Leo, Jensen

Lunchboxes

Lunch is a really important meal for children in school as it gives them the energy to keep going through the day. We have noticed that many of the children's lunchboxes don't provide them with healthy options which help them to focus and learn. Please see below for our recommendations for lunches. If you would like more ideas check out...

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Friends' AGM - Please note that the Friends' AGM will take place at 7.30pm on the 26th of September at school. It would be lovely to see you there, all welcome!

Maths morning On Tuesday 15th October at 9am we are hosting a maths workshop for parents in KS1. This is a follow on from the very successful KS1 workshop we held last year so do come along - more information can be found below

Dates for your Diary

Thursday 26th September - Grandparents' worship and Macmillan Coffee Morning, 9am

Thursday 26th September - Friend's AGM, 7.30pm at school

Tuesday 1st October - Parent drop-ins @ 2.45pm, all welcome

Friday 4th October - Scootlife, Year 2

Monday 7th October - Oak family learning, 2.15 - 3pm

Thursday 10th October - Y4/5/6 dodgeball @ Happisburgh, more details to follow

w.c. 14th October - Bikeability levels 1 and 2

Tuesday 15th October - KS2 Maths Workshop, 9am

Tuesday 22nd October - Harvest service, Cromer Crematorium, more details to follow

Thursday 24th October - last day of term

Friday 25th October - NO SCHOOL (INSET day)

Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:

1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

Choose ONE EVERY DAY from:

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes



2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

Choose TWO EVERY DAY from:

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

Choose ONE EVERY DAY from:

- ✓ Milk
- ✓ Cheese – hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard



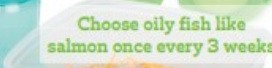
4 Protein Foods

for growth and repair

Pack a protein punch!

Choose ONE EVERY DAY from:

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans



5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk – or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie



Occasionally!

- Meat products such as sausage rolls, pies, sausages
- Plain cakes/sponges and biscuits of appropriate portion sizes



For more healthy packed lunch ideas and recipes visit www.phunkyfoods.co.uk/recipes

www.phunkyfoods.co.uk

Please remember that chocolate bars and sweets, such as Haribo, are not allowed in lunch boxes at school. Parents will be contacted if their child's lunchboxes don't follow our policy - healthy lunches are key to children's learning in school.

Thank you for your help and support