

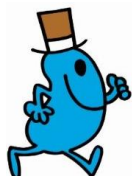
Swanton Morley VC Primary School

NEWSLETTER



November 2017

Here, There and Everywhere



The above phrase perfectly sums up a day in the life of a man balancing the three roles of head, deputy and teacher; I have certainly been kept on my toes. It's amazing how quickly the time has flown by, and you know what they say... time only flies when you're having fun!

Despite my mind, body and soul quite often being in three completely different places, it's always a rewarding experience leading the school. Much of what makes it rewarding is down to the wonderful children we have, and your support as parents. There really is a good positive vibe around the school at the moment. Everything and everyone has come together and that is an essential ingredient in making a successful school.

Why am I saying all this? Well, the curtain is closing on what is my third spell as acting-headteacher and this will be my last 'proper' newsletter (for the time being?) Come January it'll be time for me to get back to normal, back in the classroom full-time and hand over the reins, and newsletter writing, to Mr Snowdon.

So, once again, I thank you and the children for all your support during this term.



We Are The Champions!

Congratulations to the group of year three and four girls who represented the school in the recent Norfolk Schools Sports partnership football tournament. They all performed fantastically, winning five out of their six matches and drawing the other.

The girls have been practising hard after school and have been improving all the time thanks to Miss Vincent's coaching together with their grit and determination. Well done to all who took part.

Book Day

The recent book day was brilliant. Not only did we raise £140 towards restocking the library, but the children all had great fun dressing up as their favourite book characters, and so did some of the staff!



Clearly a huge amount of effort had gone into many of the costumes and everyone looked fantastic. The thought, creativity and imagination seems to be getting better all the time. Thank you for your help in making this curriculum enhancement day a success.

Looking Ahead

As you would expect in the lead up to Christmas, there is an awful lot happening this half term, from parent's evenings to discos, and carol concerts to Christmas dinners. Please make sure you cast an eye over the diary dates later in this newsletter or visit the website and bookmark the calendar/diary.

Parent-Teacher Consultation Evenings

As in previous years, there will be two consultation evenings, one straight after school and one later in the evening. The first is on Tuesday 21st November from 15:30 and later one will be on Thursday 23rd November from 17:00.

Bookings can be made at the office either in person, or by phone. The 'booking window' for both evenings will be between 09:00 on Monday 13th November and 15:30 on Friday 17th November.



Online Safety Warning: 'Roblox'

Recently there have been a number of incidents of adults posing as children on the 'Roblox' website, several of whom have attempted to arrange meetings in the local area with local children.

Please be aware of the risks posed when children use this, and other websites where online chat is an integral part of online gameplay.

Good Morning, Good Morning

The new morning routine seems to be working really well: parking appears less chaotic, the children are all getting to registration on time and nobody is catching a chill hanging about on the playground. It is also noticeable that the children appear to be in a better frame of mind to begin their studies having not spent the previous ten minutes to twist and shout on the playground!

Perhaps the most beneficial aspect of the changes is that it has created an extra window of opportunity for the children to read in the mornings. The knock-on effect of this should be really positive in the long run in terms of progress, attainment and encouraging reading for pleasure.

Please let it be known that children are more than welcome to bring in books from home to read before registration in the mornings, as well as at other times during the school day.



'The lovely thing is it saves doing the school run'

Run For Your Life: Cross-Country Success

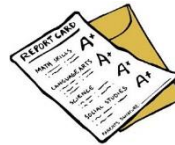


As well as success in girl's football, the school's cross-country team has been achieved some impressive results in recent competitions.

In the last event, which took place a week ago, we achieved our best ever result with the team coming in an impressive fourth overall. As well as in the team event, there were some pretty amazing individual results too.

Congratulations to all those who took part and to Mrs Sadler for her tireless efforts in pushing the children to achieve their best.

Autumn Interim reports



On Friday 17th November all the children in key stage one and two will be sent home with their interim termly report. These will give basic information on progress, attainment and effort in reading, writing and mathematics, homework and attendance, as well as personal targets to work on during the spring term.

These interim reports will provide the starting points for discussion during the parent-teacher consultation evenings the following week. Please try and set aside some time to discuss the content of your child's report with them before your appointment.

Dress For The Weather



We're now on the long and winding road through winter; temperatures are plummeting and it's time to dig out and dust off that thick coat, scarf, gloves and woolly hat.

The strange thing is, at this cross-roads between autumn and winter, a surprising number of children arrive at school without any such essential winter adornments. There's nothing worse than starting the day cold, or returning to lessons after break or lunch with hands too cold to hold a pencil, never mind the dribbling red nose and ears as brittle as egg shells!

Please endeavour to encourage your children to 'suit-up' for the conditions.

Key Dates for Your Diary



- **Tuesday 21st November** – Parent Consultations from 15:30 in the hall
- **Thursday 23rd November** – Parent consultations from 17:00 in the hall
- **Friday 24th November** – FOSMS Non-Uniform Day
- **Friday 1st December** – Christmas Fair in the hall from 14:00
- **Friday 8th December** – FOSMS 'Festive Friday' from 15:15
- **Wednesday 13th December** – Children's Christmas Lunch
- **Friday 15th December** – Infant Christmas Performance (from 09:15 in the hall)
- **Friday 15th December** – Christmas Discos (Infants 18:00 till 19:15, Juniors 19:30 till 21:00)
- **Monday 18th December** – Church Carol Service at 10:00
- **Tuesday 19th December** – School closes for Christmas break
- **Thursday 4th January** – School re-opens for the spring term

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Caution: Head Lice Alert!



Remember: 'Once a week – Take a peek!'

Competition Time!



As I'm sure you know by now I do like to try and inject a little humour into proceedings, as the children will probably testify! Now, writing newsletters, or rather finding the right words to say what you mean, can be a bit monotonous. After all, I'm not a paperback writer! So, I thought I'd pep up the process of concocting this, my last half-termly publication, and at the same hopefully make the process of reading it more entertaining too!

Some of you may well have already noticed something strangely subliminal going on in a few of the word and phrase choices? No? Well, for those of you who haven't, within this newsletter are fifteen hidden Beatles song titles... Find them all and you could win a prize!

The first person to hand me a list of all (or nearest to all) the song titles before 3:15pm on Monday 13th November will reap the spoils of victory!

Good Carb – Bad Carb

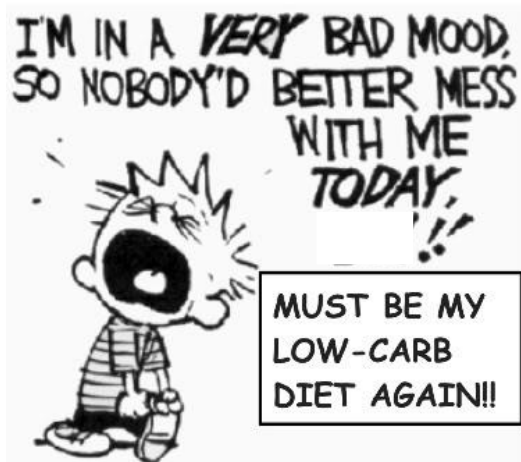
Over the last week or so I've been having a magical mystery tour of the contents of lunchboxes and break-time snacks. On the whole, the vast majority are great; reflecting what one would expect to see in a good balanced diet. Nevertheless, there are a few children whose lunchboxes don't appear to contain valuable slow-release complex carbohydrates.

Carbohydrates have unfortunately had a bad press over the last few decades and have been viewed with scorn and disdain by writers of some diet plans, such as Doctor Robert Atkins, implying that they are solely responsible for weight gain.

Too much of anything, including carbohydrates, can of course lead to weight gain, but children need plenty of healthy carbs in their diet to sustain energy production and normal growth. The operative word here is healthy; the trick being to feed your child right carbs, healthy slow-release complex ones rather than junky, sugary simple ones! Complex carbs give long-lasting energy, essential for optimal brain function and to sustain a child during the long school day. Simple carbs give a quick energy rush, causing a dopamine release, then a subsequent energy slump.

Starchy foods (bread, pasta, rice etc.) and foods containing fibre are the good guys, the complex carbs. Sugary foods are the bad guys, simple carbs: those that hit you with quick energy and then run away leaving you with less than you had before.

Researchers in Australia have even found significant positive improvements in mood, behaviour and concentration in school children with diets high in complex carbs compared with those on simple carb (sugary) diets.





Year 1 News

Year 1 have been busy in phonics, reading and writing. This will continue with the children focusing on punctuating their sentences. In maths the children will be beginning to add and subtract numbers to 10 and count in 2's. We also have our school trip to Norwich Cathedral to look forward to in December. Topic work continues with familiar places and a local study of the Swanton Morley area. If possible, please could the children be provided with Velcro or slip-on footwear for PE lessons to help promote independence when dressing/undressing.



Year 2 News

Year 2 have had a great start to the term and are working really hard, making great progress with their maths, spelling and handwriting. During this half term the class will be learning about healthy lifestyles and making picture frames in Design Technology. As we approach another festive season we will be beginning to learn our new songs ready for this year's Christmas performance; something we are really looking forward to!



Year 3 News

Our class trip to the British Museum was brilliant; we saw many impressive collections of sculptures and artefacts from Ancient Egypt. Following on from our trip, Year 3 will be hosting a workshop on the morning of 23rd November between 9.00 and 10.30am. All parents are welcome to come and join in activities. Remember library/reading books should be brought in daily for class reading sessions and homework should be handed in on Thursdays.



Year 4 News

We are really getting stuck into our topic about the Romans and the Iceni now and having great fun finding out about these ancient cultures. We're also hugely looking forward to our trip to Norwich Castle and a letter will be winging its way to you shortly!

In Maths will be working on Multiplication over the next few weeks, so get learning those tables!

Fables will be the focus of reading and writing in our English lessons.

Teeth, digestion and healthy eating are the topics in science this half term.



Year 5 News

This half term we are continuing our learning about the Middle Ages, focussing on mainly on the Vikings. We will be learning about the Earth and space in Science, so be on the lookout for any interesting books, websites, articles and TV programmes. Don't forget, now the clocks have changed, to also keep a look out in the night sky for anything interesting or unusual: meteors, planets, satellites and the changing moon. PE will continue on Tuesdays, which will be inside, so indoor kit is required including shorts.



Year 6 News

We'll be continuing our World War II studies with a particular focus on 'The Battle of Britain' and the exploits of Wing Commander Hughie Edwards who led a group of six Blenheims out of RAF Swanton Morley on a daylight raid over Holland in 1941, a mission for which he was awarded the DFC. It would be great if the children, particularly those living on camp, could see what they can find out about this 'antipodean' local hero over the next few weeks. It is also coming up to the time when the children need to start giving some thought to their stalls for the Year Six Charity Sale in December.



Reception News

Our Reception children have come back in a really positive frame of mind and got off to a flying start following the recent break. This half term, in addition to our daily Read, Write, Inc. sessions, we will be sorting and investigating addition and subtraction in maths. We will also be thinking about different celebrations and how to stay safe and keep healthy.



Midday Supervisory Assistant (MSA)

We still have a vacancy for an MSA (or two!) Ideally we are looking for someone to work five days a week (1¼ hours per day from 12:00 till 13:15). For further details, please contact Mrs Day in the office.