

# BRUNDALL PRIMARY SCHOOL

MARCH 2024

## HOS NEWS

Welcome to our Spring Newsletter. The school has been a very busy but wonderful place to be. World Book Day was great – it was wonderful to have families in for the morning book share and breakfast – thank you FOBS. The activities throughout the day were a joy and our whole school assembly was filled with laughter and positivity. The children and adults looked wonderful as well and it was a very positive day. Thank you for participating and contributing to the name the Dragon/Dinosaur competition. The name 'Nelson' was pulled out of the hat, and we will be using the money raised to buy new books. I need to give Mrs. York-Smith very loud shout out and huge thank you for her organisation of the day.

It has been great to see so many of our children going on trips this half term and there are a number of trips being organised for the summer term. We value the experiences the children gain by going out of school to enhance learning and deepen knowledge and understanding. We have found that the rising prices of coaches has had a massive impact on the costing implications, and so are keen to use the local transport available to us as well as the local area. We work hard – the office staff especially – to keep the costs of the trips as low as we can. To support us make the most informed decisions moving forward we will be sending out a questionnaire.

Parents evening is fast approaching – please ensure that you have booked an appointment time. These meetings are the opportunity for you to meet with your child's class teacher to discuss your child and not just their learning. I will also be available to talk to any families about school life and our plans for the future.

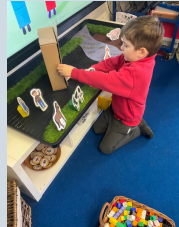
We have been working really hard on our website this year and hope that this is proving useful, not just to find out dates and information but also with ideas and suggestions of how you can support your child. On our English page Mrs. York-Smith has created a video to explain our approach to reading, and there are lots of maths games and information. We are always keen to find out parents views, so please come and talk to me at parents meeting about our website.



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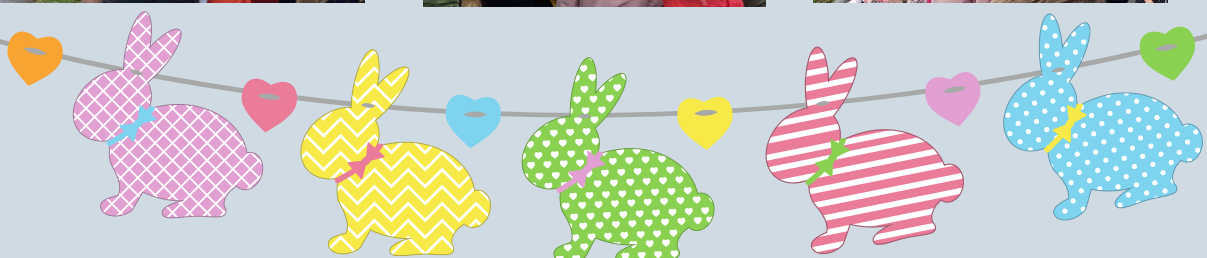
## Reception News



Traditional tales have been the focus in Reception. The Three Little Pigs and The Gingerbread Man stories have inspired us to be storytellers, artists and authors.

## Year 1/2 News

This half term Year 1 and 2 have been exploring Brundall. We have discovered where we can travel to on the train from Brundall and what Brundall has to offer visitors. We had a lovely afternoon exploring the village, including watching a boat being lowered into the water! We have used our research to help us write persuasive leaflets to encourage people to visit Brundall. In Science, we have been exploring the changes as we move into Spring, noticing and observing how our environment is changing and observing birds returning to Brundall after their winter migration.





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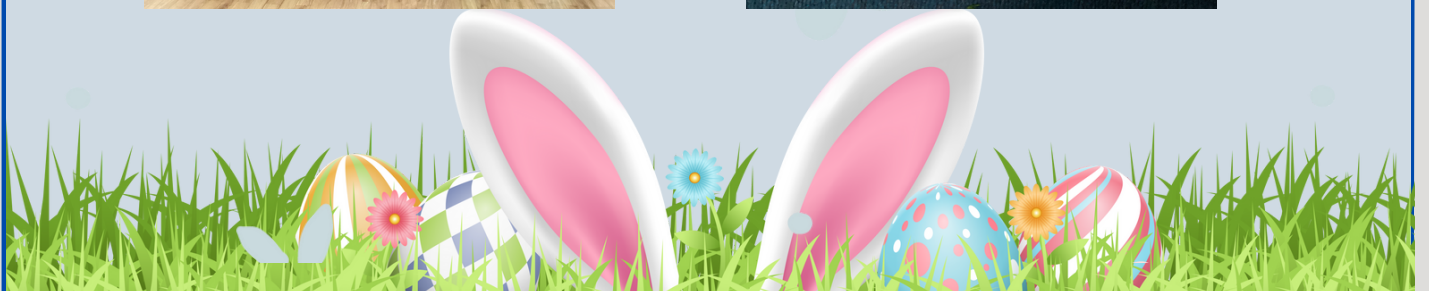
## **Year 3/4 News**

This half term has been full of activities for year 3/4, including performances, walking tours of Norwich, lots of learning, and assessments. The children have been fantastic, embracing new experiences for some like riding a train for the first time and discovering different parts of the city. They behaved perfectly and were a credit to the school with many people on the train saying how lovely it was to see them all so excited and well mannered.



## **Year 5/6 News**

This half term, Year 5/6 have enjoyed taking part in World Book Day. To add to this, we had a visit from the author Lorraine Gregory, who got us all thinking about items lost and found and how they can turn into brilliant stories. It was an inspiring afternoon. We have also enjoyed learning about Anglo-Saxons and Vikings. Our trip to West Stow was great fun. We learnt lots about life in this era and how historians know so much about it.



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## DATES FOR YOUR DIARY

- 20.03.24 Year 5/6 visit to West Stow
- 21.03.24 Year 3 Performance to Parents 9.00am
- 21.03.24 Year 4 Performance to Parents 2.30pm
- 21.03.24 Year 5/6 families to visit classes for Science Project
- 22.03.24 Year 1/2 families to visit classes for Science Project
- 26.03.24 Parents evening until 5.30pm
- 27.03.24 Parents evening until 7.00pm
- 27.03.24 End of Term
- 15.04.24 Summer Term begins
- 20.05.24 - 25.05.24 Healthy Week (includes Sports Day date to follow)



This year at Brundall Primary School we are exploring the concept of time as part of British Science week. Working with the Ogden Trust, children across the school have been exploring what 1 minute is and how to measure it. In Reception children have spent the week exploring 1 minute and similar small lengths of time. In Key Stage one and two, children are taking part in a competition in collaboration with the Odgen Trust. Children will make time devices, without using electricity, to measure one minute. At the end of this week, you are welcome to come into the school at the end of the day to see the time device children in your child's class have created. Times are as follows:

Year 5/6 – Thursday 21st March at 3.15

Year 3/4 – Friday 22nd March at 3.15

Year 1/2 – Friday 22nd March at 3.25





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## World Book Day Thursday 7th March





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COMMUNITY  
SHOUT-OUT



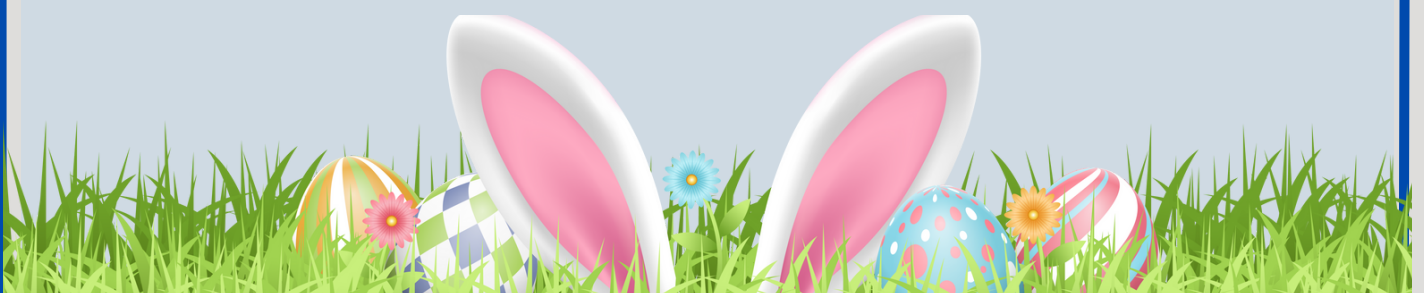
A big congratulations to this young lady who, as part of earning her Rainbow badge, decided to conduct a litter pick to contribute to help the environment. She tackled Braydeston Avenue and collected a significant amount of litter.

We are thrilled to learn about any achievements by our pupils outside of school. Please send an email to the school office with a photo and a brief description of their accomplishment.

## **Vacancies**

We are seeking to appoint enthusiastic, friendly, self-motivated and conscientious cleaners to join our team at Brundall Primary School. More information can be found using this link -

<https://www.brundallprimary.com/our-school/vacancies/>





# GRAFFITI CLASSICS

The Comedy String Quartet

PRESENTS

# PLAYGROUND PROMS

POP-UP SHOWS IN NORWICH

SATURDAY 23 MARCH 2024

10:30 – Norwich Cathedral

11:30 – Chantry Place

13:00 – Norfolk and Norwich Hospital



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



**Norfolk**  
County Council





**each**

East Anglia's  
Children's Hospices

Join us at our  
**EACH**

# Egg- stravaganza!

at The Nook,  
Framingham Earl

Sunday 24<sup>th</sup> March - 11am until 3pm

- Easter Egg hunt includes a prize (£4.00)
    - Easter arts & crafts
    - Live music
    - Raffle & tombola
    - Refreshments
  - Face painting by @Meganlayla\_artistry
- And much more

Special visit from Peter Rabbit

For more information  
and to let us know  
you're coming use  
the QR code or email  
**Community@each.org.uk**



Special thank you to



**STARLIGHT  
CHARACTERS**

Making Magic Moments Happen

Registered Charity No. 1069284



# YOUR LOCAL OFFICERS

*Your safer neighbourhood team*

## Your Local Officers



Sgt Oliver Ketteridge



PC 1586 Jackie Chambers



PC 1682 Steve Godden

SNTAcle@norfolk.police.uk

SNTAcle@norfolk.police.uk

## What Do They Do?

Your local officers work with everyone in the community to identify and deal with current issues and concerns in the neighbourhood.

Find out more on our website at [norfolk.police.uk/your-area](https://norfolk.police.uk/your-area)

## Did you know?

You can report any non-emergency crime or incident online at [norfolk.police.uk](https://norfolk.police.uk) or via the QR code here. Just scan it with your mobile phone camera or QR code reader.

Always call **999** in an emergency.



Suspicious activity? Call us on **101**.  
Emergency? Always use **999**.

f @BroadlandPolice

t @BroadlandPolice

i @norfolkpolice



**NORFOLK**  
CONSTABULARY

[norfolk.police.uk](https://norfolk.police.uk)



# 10 Top Tips for Parents and Educators

## DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE



Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES



Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS



Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE



Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT



Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES



Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP



Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE



Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT



Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD



Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.







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Happy  
Easter

We hope you have a wonderful  
Easter and a  
very relaxing break!

