



Weekly Newsletter 1st November 2018

Dear Parents,

I hope that you all had an enjoyable half-term break.

Thank you to everyone who supported the 'Spooky Walk', fancy dress and pumpkin carving competition yesterday. I am sure that the children enjoyed the day, and it has raised valuable funds for the Friends of the school too. Particular thanks to Mr Billingham for organising the event, Mrs Cole for carving an amazing giant pumpkin and to Mr and Mrs Wainwright for bringing their excellent 'Ghostbusters' car along too! There are pictures of some of the pumpkins later in the newsletter.

This week, children in Snowy Owls and Owlets enjoyed a visit from Rev McLean to talk about his work in the church. They asked some excellent questions, which impressed him a great deal.

Tomorrow, Limelight Drama club will be performing their latest drama work in our 'Well Done Assembly'. We also have some of our pupils who attend Limelight outside of school performing in a very worthwhile charity concert in a couple of weekend's time. There are further details available in the newsletter if you are interested in buying tickets and attending.

Next week is very busy. There are Parents' Consultations on Monday and Wednesday - sign-up sheets are in the foyer. Year 5 will be attending cluster sports at Hethersett Academy on Monday, and we have the Norwich schools cross-country event at Earlham Park on Wednesday. Barn Owls are also visiting Gressenhall on Tuesday to support their history topic work.

As a special preparation for Remembrance Sunday, we would like to organise a whole school art afternoon on Friday November 9th. To assist with this, please could each child bring in the plastic bottom (cut off) from a transparent drink bottle (see picture below).



These will be used to make something!

We also need donations of bubble wrap, lightweight packing material, foil and polystyrene for our upcoming Science Day on 19th November.

Also, Purple Mash are running an exciting Christmas Card competition this year. Details are elsewhere in the newsletter. It can be entered at home, as it is all online. Please have a look!



The recipient of
Head Teacher award is:
Dylan (6)- writing



Bring in your Children's University passports every
Monday via the class baskets and these will be
returned to you on Thursdays.
Send photos, emails and queries to



ATTENDANCE MATTERS

every school day counts.

Last week's attendance was: 97.83%

Years 2, 3 & 5 achieved 100% attendance



This week to:

Sophie Age 7



Weekly Gold Book Winners

Well Done Assembly 12th October

Owlets - Ted

Snowy Owls - Logan, Stan, Evie, Thea & Josh
Barn Owls - Mason, Alfie, William, Harriet, Bailey & Jemima

Eagle Owls - Lily, Luca, Louis, Daisy, All of year 5

Uniform

Any parents wanting to buy uniform can purchase it direct from this website:
<https://www.superstitch86.co.uk/product-category/schoolwear/primary-schools-academies/little-melton-primary-school/>

Book bags are also now online <https://www.superstitch86.co.uk/product/little-melton-book-bag/>

NAVY LITTLE MELTON PRIMARY SCHOOL SWEATSHIRT



RED LITTLE MELTON PRIMARY SCHOOL SWEATSHIRT



NAVY LITTLE MELTON PRIMARY SCHOOL CARDIGAN



RED LITTLE MELTON PRIMARY SCHOOL CARDIGAN



N.B. These dates/times could be subject to change.

Mon 5th November - Parent Consultations 1:30 - 4:00p.m

Mon 5th November - Year 5 Sports at Hethersett Academy

Tue 6th November - Barn Owls trip to Gressenhall

Tues 7th November - Cross country

Wed 7th November - Parent Consultations 4:00 - 6:30p.m

Thurs 8th November - Open Day for Sept 19 intake. Sessions at 9:30 and 1:30

Tues 13th November - Tag rugby Year 5/6

Wed 21st November - Karate taster sessions

Sat 24th November - Pre-School Christmas Fair

Mon 26th November - Year 2 multi-skills Easton College

Wed 28th November - NCC mobile library van visit 3:15p.m.

Fri 30th November - Eagle Owls Viking afternoon

Thur 6th December - Pre School Christmas wreath making 7-9p.m in the school hall

Fri 7th December - Pre School Christmas wreath making 7-9p.m in the school hall

Wed 12th December - Play performance 10a.m - all welcome including pre-school siblings 6p.m play performance

Thurs 13th December - 6p.m Play performance

Fri 14th December - Xmas Jumper Day

Christmas Holidays

19th December 2018 - 2nd January 2019

Half Term Holidays 18th - 22nd February 2019

Easter Holidays

8th April to 22nd April 2019

May Day Bank Holiday

6th May 2019

Sat 18th May - May Fair

Tue 21st May - Eagle Owls trip to West Runton

Wed 22nd May - Eagle Owls Dance Showcase

Half term 27th to 31st May 2019

Summer Holidays

25th July to 3rd September 2019

Yours sincerely,

Mr A Pritchard
 Headteacher

Purple Mash Christmas Card Competition

Purple Mash are running a Christmas card competition which you could choose to enter with your child at home.

How to enter:

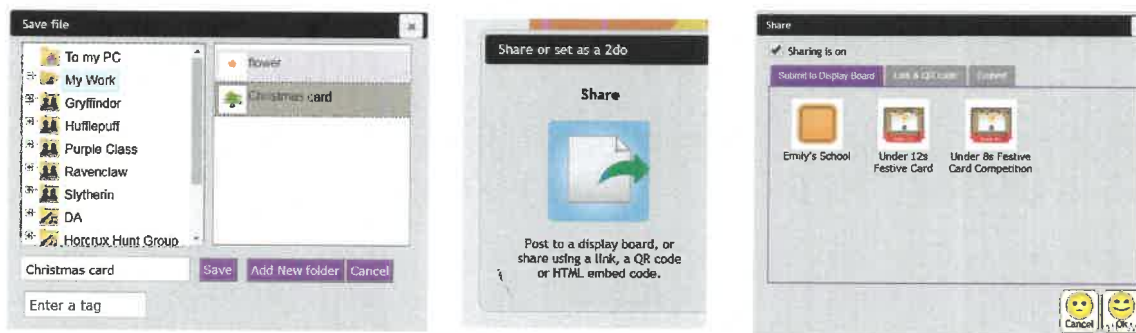
To enter the competition, log on to your Purple Mash account. Most children should know their logins by now, but if they don't know them, please ask the class teacher or Mr Pritchard.

After logging on, select '**Art**' from the home page. After this select '**2 Paint a Picture**'.

The Christmas card can then be drawn using any of the tools available.

When the child has finished their entry, they must then select the '**Globe icon**' towards the top left of the screen.

The work has to be first saved into '**My Work**' and then there is an option to share to a '**display board**'. Select the correct age category and share the work to enter the competition.



Closing date is November 25th.

Staying safe online

The competition Display Boards will be visible to the public, so it's important **not to include personal information in your entries**. Don't use names or other personal information as part of the designs. **Any entries that include personal information won't be accepted or displayed on the board**. The only information visible on the board will be the school name.

Prizes

The winning entry from each category will become an official 2Simple festive card.

The winning child from each age group will receive a t-shirt with their design printed on it and 50 copies of their card.

The winning children's schools will receive an additional 250 copies of the card each.

Further help

You can view last year's winning designs by clicking on the Christmas card competition link also on the home page. **There is also a video here to explain how to enter, if you have any problems.**



Norwich Citadel Corps

Major Mark Sawyer
Corps Officer

Tel: 01603 620747

Mob:

Email: mark.sawyer@salvationarmy.org.uk

Date: 18th October 2018

Ref:

Mr Alex Pritchard, Head teacher
School Lane
Little Melton
Norwich
Norfolk
NR9 3AD

Dear Mr Pritchard

Re Harvest gifts

Please be kind enough to pass on our grateful thanks to the children of the school for the lovely donations of food from your Harvest Festival. Thank you for your generosity and for thinking of The Salvation Army.

The donations will be used for a variety of causes, emergency food parcels for families undergoing financial difficulties, help for our soup run for the homeless, our Toys and Tins Appeal at Christmas. We are most grateful for your help with all three of these projects.

I would also like to thank you for the opportunity of coming in to the school to say thank you to the children. We are most grateful for the invitation and enjoyed being in the assembly.

Your sincerely

Mark Sawyer
Major

The Salvation Army, Norwich Citadel
34 St Giles Street, Norwich, NR2 1LL Telephone Number 01603 620747 Web: www.salvationarmy.org.uk/norwich-citadel

The Salvation Army registered Charity No.214779 and in Scotland SC009359; Social Trust Registered Charity No. 215174 and in Scotland SC037691
Republic of Ireland Registered Charity No. CHY6399; Guernsey Registered Charity No. CH318; Jersey NPO0840; Isle of Man Registered Charity No. 267
The Salvation Army Trustee Company, registered number 00259322 (England and Wales). Registered office: 101 Newington Causeway, London SE1 6BN
General: Brian Peddle Territorial Commander for the United Kingdom with the Republic of Ireland: Commissioner Anthony Cotterill

Starting school in Norfolk

Do you have a
child who will be
five between 1st
September 2019 and
31st August 2020?

If so, your child could start school full-time in September 2019 and you should apply to Norfolk County Council by 15th January 2019

Apply on line: www.admissionsonline.norfolk.gov.uk
(website open between 28th September 2018 and 15th January 2019

or

Application forms can be obtained from Norfolk County Council Customer Service Centre on 0344 800 8020.
email: admissions@norfolk.gov.uk

Children born between 1st September 2014 and 31st August 2015 can start school full time in September 2019

You must apply for a school place for your child, even if your child currently attends a nursery or you have an older child already at the school.



apply online at
www.admissionsonline.norfolk.gov.uk

Little Melton Pre-School Nursery

Christmas

Table-Top & Craft Fair

Delicious Cakes

Huge Raffle

Massive Lucky Dip

Kids Tattoos & Nail Bar

Face Painting

Refreshments

SAT 24th
November

10am-1pm

Little Melton
Primary School

Loads of Xmas
Crafts & Bargains

£1.00 Entry
Kids Get In Free

Please help us support our School
we are a REGISTERED charity



Carers Matter Norfolk

Are you one of thousands of young people in Norfolk looking after someone in your family?

If so, you are a Young Carer

They may need your support because of illness, disability, mental ill health or difficulties with drugs or alcohol

Young Carers and Families Information, Advice & Guidance Service

Supporting Young Carers and their Families in Norfolk

If you are a Young Carer or you think your child, relative or friend might be, we're here to help you:

- Find your way through local services
- Get support for the person you're caring for
- Get the right support at school or college
- Understand your rights
- Connect with local groups and services
- Look after your health and wellbeing

0800 083 1148

07537 417 850

Monday to Friday 8am - 8pm

Saturday 4pm - 8pm

Sunday 8am - 12 noon

www.CarersMatterNorfolk.org.uk



How can you access the support we offer?

Young Carers & Families

We have created a website for Young Carers & Families in Norfolk. It's full of information to help you make sense of being a carer. You can find it via www.CarersMatterNorfolk.org.uk. If you would like to chat with someone online, we have Advisors available via Live Chat on the website.

Perhaps you want to talk to someone over the phone, you can call the free Advice Line on 0800 083 1148, who can support you and your family with information and advice. If you need some more help or guidance they can connect you with a Carer Connector in your local area, who can sit down with you and your family to look at further support

As a Young Carer, here are some things you might do to help:

- Helping with medication
- Cooking and cleaning
- Shopping
- Supporting with washing and dressing
- Going to appointments
- Helping sort out money and pay bills
- Encouraging, supporting and reminding

Live Chat and Support

0800 083 1148

07537 417 850

www.CarersMatterNorfolk.org.uk

[f](#) /CarersMatterNorfolk

[t](#) @CarersMatterNfk



Carers Matter Norfolk

WE NEED YOU!!

**Help us to support families in your area.
Are you able to spare a couple of hours a week
volunteering for Home-Start Norfolk?**



We are looking to recruit and train parents to become part of our home visiting volunteer team.

Volunteers offer one to one support to families finding it hard to cope for a wide range of reasons. This could be due to multiple birth/children under 5, sleepless nights, isolation, loneliness, children's behaviour or just struggling with the emotional and physical demands of parenting.

Our volunteers offer friendly, non-judgemental and confidential support through weekly visits to a family in their own home.

To volunteer, we ask you to attend our free 7-session volunteer preparation course, (term time only).

Our next course starts on: Wednesday 31st October 2018, 09:30 to 14:30 at Drayton, Taverham and Hellesdon Children's Centre, School Road Drayton, NR8 6EP.

This course will run on consecutive Wednesdays up to and including Wednesday 12th December. Session 6 will be held on TUESDAY 4th December due to room availability. If you are interested, or to find out about future training, we would love to hear from you.

Please contact us on: 01603 977040 or admin@homestartnorfolk.org

Can I bring someone with me?

Yes of course! We encourage it... ideal for co-parenting, couples, family and friends.



Location

Norwich
Kings Lynn
Great Yarmouth
Thetford

Please see our website for full details of dates, times & location. You can secure your place online by visiting;

www.adhdnorfolk.org.uk/services/adhd-parenting-programme

Each weekly unit lasts **3 hours (term time only)**.

The programme runs for **6 weeks**.

There are **evening** and **daytime** options available.

Did you know that ADHD has genetic links?

Up to 90% of cases are, estimated to be caused by genetic factors and around one in three people with ADHD have at least one parent with symptoms.

Other ADHD Norfolk services

Free Drop In Sessions

We offer ADHD drop in sessions in Norwich, Gt. Yarmouth. There is an opportunity to talk to someone about ADHD and lots of information for you to take away. You are welcome to bring the children too.

Junior Coaching

ADHD Junior Coaching is aimed at children who are struggling at school and often lack an understanding of their differences. We work one to one with a child encouraging them to learn about ADHD, understand their deficits and the best ways to manage it. It is important that a child has confidence in who they are and quite often they find it difficult to communicate effectively, remember things and organise themselves.

www.adhdnorfolk.org.uk

enquiries@adhdnorfolk.org.uk

01263 734 808



ADHD Programme for Parents

Empowering Parents,
Embracing Difference



ADHD Parenting Programme

Being an ADHD parent can be a challenge, taking incredible patience and strength. Our parenting programme is specifically about ADHD parenting.

Many parents understand the basics of parenting but believe this isn't enough to effectively support our children.

Most ADHD parents know how to parent and have probably been asked to attend other parenting courses. Most know how they are supposed to parent; generic parenting courses will not work.

"To parent our unique and wonderful children, we need to understand them so they can thrive to their full and amazing potential"

Andreea Bell – CEO, ADHD Nurtalk

What does the programme cover?

This programme will show parents how to understand their child by tapping into their world.

Learning ADHD specific techniques and strategies is the answer, in turn improving family life.

This programme is not just about allowing parents to understand how they can adapt their parenting, but also to show parents how to support their young people.

They will be integrating some core strategies into their young person's own daily routine, so they will be better equipped to understand themselves and manage their own ADHD too.

Parents will be able to teach their child/children what ADHD is and help them understand who they are and realise their own strengths and potential.



Unit One: What is ADHD

Do we really understand what ADHD is? The programme will explore the symptoms of ADHD and how they can present.

Unit Two: Understanding ADHD

How we manage frustration, aggression, and loss of control, looking at the process and why it can happen as well as strategies to de-escalate.



Unit Three: Treating ADHD

Exploring all treatments for ADHD, looking at the benefits and side effects; including, medication, nutrition and alternative therapies.

Unit Four: Supporting your children to reach their full potential.

Giving you tips and tricks to teach or use with your young person, including sleep, strategies for school, waking up and organisation.

Unit Five: ADHD and the community

Where to go for help and support and what services are available. Including when a parent has ADHD, they may need support too. Covering EHCP process and other local organisations.

Unit Six: Looking after YOU

You matter too! To parent we need to be healthy and well and make sure we have time for ourselves.



3-10 November 2018



SATURDAY 10TH NOVEMBER 2018 DEVELOPING MINDS

CHILD SCIENTIST MORNING AT UEA

Visit the School of Psychology to explore the exciting world of child development. How do children learn words and figure right from wrong? Come along and discover how the science is done!



From learning language to learning right from wrong – take a journey through child psychology at the University of East Anglia!

Open lab between 10am and 1pm

Fun psychological demos for all the family

View our state-of-the-art labs

Hear short presentations on research

No booking required

Refreshments available

UEA University of East Anglia
SCHOOL OF PSYCHOLOGY



DEVELOPMENTAL DYNAMICS LABORATORY

Saturday 10th November
School of Psychology
University of East Anglia
<http://bit.ly/ChildScientistMorning>



UEA University of
East Anglia

SCHOOL OF PSYCHOLOGY

**SATURDAY 10TH NOVEMBER
2018
HEALTHY AGEING
AND COGNITION
1-4PM**

Come and join academics from the School of Psychology as they showcase their current research on healthy ageing and cognition.

There will be short presentations by researchers from the school:

Why do our memories get worse as we grow older, and is there anything we can do about it?

Professor Michael Rugg (UEA, School of Psychology, and University of Texas at Dallas)

Let's talk about ageing

Professor Kenny Coventry (UEA, School of Psychology)

"Are we there yet?" Spatial navigation in ageing and dementia

Professor Michael Hornberger (UEA, Norwich Medical School)

Tours and interactive demonstrations of our research facilities

A poster exhibition, where current students will be on hand to explain their research

Tea, Coffee & Cake provided

No booking required.

Venue: Thomas Paine Study Centre (lecture theatre and foyer), University of East Anglia, Norwich, NR4 7TJ.

Organizers: Rachel Lambert (Rachel.J.Lambert@uea.ac.uk) and Louis Renoult (l.renoult@uea.ac.uk)

MUSICALITY PRESENTS



Saturday 10 November

Sunday 11 November

MUSICAL MEMORIES

a charity concert

proudly supporting



Nelson's Journey

bringing back smiles to bereaved children



featuring Limelight Kidz Choir

Sat 10th - 19.30

Sun 11th - 14.30

TICKETS ONLY £8.50

Limelight Studios, 113 Aylsham Rd,
Norwich, NR3 2HY

TICKETS: www.ticketsource.co.uk/event/273926





Quiz Night

Saturday 10th November

Hethersett Village Hall

7:30 pm arrival for an 8pm Start.

Get your teams together for our popular Quiz Night...

- Teams to consist of 8 or less.
- Bring your own liquid refreshments & food.
- Tickets priced at £6.00 per person.

Booking forms can be requested from

Stella school of Dance

01603 747 067

info@stellaschoolofdance.co.uk

All proceeds go to the Hethersett Dance Show Fund.



**Sunday 4th November,
5:30 – 7:00pm at Hethersett Village
Hall.**

Tickets priced at £3.50

**Purchase from Stella School of Dance
or on the door.**



Fancy Dress – optional.

*All proceeds go to the 'Hethersett Dance Show
fund'.*

Coding Club

We will be starting a
coding club for children
8 years and over on a
Wednesday afternoon
at 4pm

Running over 12 weekly sessions,
if you would like to take part
please contact the library on
01603 810188 or email
Hethersett.lib@norfolk.gov.uk to
book your space

