

# THE ACORN NEWSLETTER

Mighty oaks from little acorns grow

Issue 165  
10/2/23



Dear Parents and Carers

It has been lovely to welcome more parents and carers into school over the last two weeks for lunches and online safety sessions.

This week, we marked 'Children's Mental Health' week and also 'Safer Internet' day on Tuesday. Last week, each class took part in a mindfulness workshop and this week the children have completed various activities on the theme of 'Let's Connect' which have kindly been organised by Mrs Jennings and Miss Appleton. Thank you also to Mrs Bickers and Miss Stevenson for organising our Safer Internet day. This day included an assembly where the Digital Falcons recorded interviews with our older pupils about their safe use of the internet and other activities in classes on the theme of staying safe online.

It was great to see so many parents and carers at the Year 5 and 6 Reading Comprehension and SATs Meeting last week. Thank you for the support that you are providing to your child and also to the staff for organising this. We hope that you found it helpful.

Thank you for supporting the Friends of the School with non-uniform day today. We really appreciate all of your kind donations and the hard work that the Friends of the School do to fundraise for us. The donations will be used for an exciting new family Easter event that the Friends are organising after half term. More details will follow shortly.

We hope that you have a good half term break and look forward to seeing you back at school on Monday 20<sup>th</sup> February.

Kind regards  
Holly Marchand

## Parking Update

From Monday 20<sup>th</sup> February, we are trialling new arrangements where the car park is restricted at the following times:

8.15am to 9.15am  
1.30pm to 3.45pm

Full details can be found in the letter dated 8<sup>th</sup> February about parking and safety.

During this period, we will keep the gate open for an extra five minutes, in the morning, to help families adjust to the new arrangements and the KS1 door will remain open until 8.55am.

## SuDS (Sustainable Drainage Systems) in Schools Project

Our school has been approached to take part in a fully funded project by Anglian Water, working in partnership with the DFE and Suffolk County Council's Flood and Water Management Team. We are one of four schools to have been chosen to take part in this scheme.

This project will involve a drainage system on the field which will be supplying the environmental pond with water and an exciting project in our Key Stage 1 courtyard.

## Wellbeing and Memorial Garden

We are very excited to announce that we have been awarded a small grant to develop a wellbeing and reflective garden on the school grounds. There will be three main areas of the garden. One area will focus on promoting calm and relaxation, the central area will be a living memory tree and the final area will be an active zone. All classes will be able to use the space to support their learning, and children will be able to access it at break and lunchtimes.

Mrs Jennings is leading on this project and asks if there are any parents, companies or tradespeople that would like to support this project. This could be through parents/carers offering time to help with planting, companies offering sponsorship to help with the overall cost or tradespeople who can support with the building of some of the structures. If this is a project that you would like to become involved in, please contact the school office.



## Mental Health Awareness Week

Last week, each class took part in a Mindfulness workshop. During these workshops the children learnt more about what mental health is and practised techniques they can use to help look after their mental health and wellbeing. These included superhero poses, breathing buddies and relaxation.

This week, the children have learnt about the innate needs that we all have and the importance of having these needs met. Each class has spent time developing their mental health awareness, taking part in lots of activities and learning about how to talk about their emotions using 'Zones of Regulation'.

More information about these techniques and how you can support your child's mental health and wellbeing has been sent out in a separate letter.

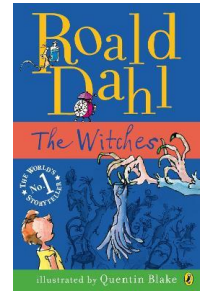
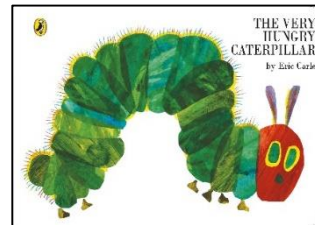
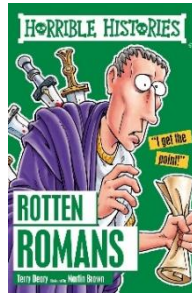


## World Book Day

This year, we will be celebrating World Book Day on Friday 3<sup>rd</sup> March. This is due to our Y3/4 children swimming on the official day. We will have lots of fun activities taking place throughout the day exploring different book genres, such as fantasy, fairy tales, rhymes, information, biographies and mystery.

If they wish, we are inviting the children to dress up as a book character or famous person for the day. We would love to see homemade costumes and do not expect parents to go to the expense of buying new costumes. There are also plenty of ideas for 'costumes' where the main character in the book wears regular, everyday clothes – so all your child will need to do is hold a prop or maybe just brandish a copy of the book.

Children will be sent home with a £1 World Book Day book token to get a FREE book - simply take your token to your nearest bookseller and swap it for a World Book Day book.



## Ten Pin Bowling Event

On Friday 3<sup>rd</sup> February, ten children from across the year groups represented our school at a Ten Pin Bowling event in Lowestoft. The children were split into two teams, with an average score for each team calculated at the end of the game.

The children competed against teams from other schools and they were very proud of the 3<sup>rd</sup> and 4<sup>th</sup> places they achieved. Everyone had an enjoyable morning and it was lovely to see them supporting and encouraging each other.

## Current Vacancies

We currently have vacancies for a Midday Supervisor and a relief Cleaner. If you, or a friend or relative, are interested in applying, please email the school office for an application pack.

## Diary Dates

- Monday 13<sup>th</sup> Feb – Half Term Week
- Friday 24<sup>th</sup> Feb – 8.40am – FOS Fundraiser
- Friday 24<sup>th</sup> Feb – Friends of School Meeting – 1.30pm/Cake Sale 3.15pm
- Tues 21<sup>st</sup> March – Parents Evening – times to follow
- Thur 23<sup>rd</sup> March – Parents Evening – times to follow
- Friday 24<sup>th</sup> March – Friends of School Meeting – 1.30pm/Cake Sale 3.15pm
- Wed 29<sup>th</sup> March – School Music Concert
- Friday 31<sup>st</sup> March – Last Day of Spring Term
- Monday 17<sup>th</sup> April – First Day of Summer Term
- Monday 8<sup>th</sup> May – Extra Bank Holiday due to the King's Coronation
- Friday 26<sup>th</sup> May – School Closed to Pupils
- Monday 29<sup>th</sup> May – Half Term Week
- Thursday 20<sup>th</sup> July – Last Day of Summer Term

