



Little Plumstead

Church of England VA Primary School

"where children come first"

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NEWSLETTER 31

26th May 2023

Year 5 and 6 Cricket Team

Our boy's cricket team won the Norwich East School Sports Partnership cricket competition on Monday. They beat six other teams to come first. Congratulations to them all for their team work, sporting behaviour and super skills. They now progress to the County Finals on Thursday 22 June



Partridge Class took part in the Connecting Cultures concert at the Theatre Royal on Wednesday. They performed with 650 other year five children, having learned four songs online during the previous few weeks. Each song was sung in the language of the different culture. The songs were from South Africa, North / South Korea, Venezuela and England. The children were accompanied by five amazing musicians on stage, playing guitar flutes, violins, percussion and a Venezuelan harp. Partridge class thoroughly enjoyed taking part in the project and as part of it, have submitted their Arts Award brochures for assessment.



Please could we remind you all that we are a nut free school. It is really important that we all follow these guidelines.

Many thanks

LEGO® Education campaign

Thank you to everyone who donated the Lego vouchers. We have been allocated a £50 voucher to spend on LEGO® Education items!

Household Support Fund - Round 4 Beneficiary Survey

This year the Government has given Norfolk County Council further funding to work with District and Borough councils and the voluntary sector to support people with food, fuel, and other needs. We want your feedback to learn what difference the funding made and will use this information to help us shape the support that we offer in the future.

This survey is anonymous and doesn't ask for your name or other information that can identify you. Norfolk County Council will share the findings of the survey with the organizations who helped to give out the support. It will take around 5 minutes to complete. You only have to answer the questions you want to and can stop at any time.

Please could we ask that [the survey](#) is shared with people who have benefitted from the Household Support Fund.

Thank you for your help in improving the support we offer.

EVENTS AND ACTIVITIES		
DATE	TIME (where applicable)	EVENT/ACTIVITY
29th May—2nd June		Half Term
5th June		School Open
8th June	9:30am—2:30pm	Girls Cricket Competition @ Postwick
12th—16th June		Phonics Screening Tests
19th June		Class Photographs
22nd June	8.30am—3:00pm	Year 6 Trip to Whitlingham
29th June		Y4 trip to the Norfolk Show
30th June	KS1 9:30-10:30am KS2 10:45—12:00pm	Sports Day
10th July		Year 6 Trip to XAdventure
12th July	1:30pm 3:30pm	Musical theatre performance to school Musical theatre performance to parents
14th July	5:00pm—7:00pm	Friends Community evening
19th July	9:30am	Leavers' Church Service
21st July		End of Term

Friends of Little Plumstead Primary School

Dates for your diaries...we have two exciting events coming up and would love to see lots of you there.

The quiz night was a huge hit last year raising £222 so do join us this time around.

We're hoping for the community evening to be bigger than last year open to all families past, present and future, more information to follow soon





May Half Term

Sessions:

Soccer Stars

- Wednesday 31st May 4-5 yrs
- Thursday 1st June 4-5 yrs

Football Camp

- Wednesday 31st May 6-8 yrs **Limited Spaces**
- Thursday 1st June 9-12 yrs **Limited Spaces**

Wacky Science Camp

- Thursday 1st June 7-8 yrs **Limited Spaces**
- Friday 2nd June 9-12 yrs



£12.50 per session

10am - 3pm

Hot lunch included

Book now via our
website

<https://events.eastnorfolk.ac.uk/>

Or via the QR Code



WORKSHOPS EN

Maths Problem Solving Workshop

Tour of the College / Raising Aspirations Visit

Lego Education

Performing Arts

Languages Workshop

Art Workshops

A parent's guide to creative expression of emotion at home



Often, when a big feeling happens for children and young people, it pops up with no warning. These helpful tips on how to use arts and creativity alongside your children and young people at home will help you find ways to safely express and manage emotions, create 'feel good' brain chemicals, help reduce stressful feelings and develop thinking skills.

These activities are designed for you to do together. This is important as it helps build a strong, supportive relationship, enabling you to explore emotion and develop a shared language for communicating feelings.

Many favourite memories relate to one or more of our senses. For example, during a walk through the woods, the smell of a campfire might stimulate your brain to bring back a memory of a similar time, maybe a cub camp or toasting marshmallows on the fire, in turn this could make you smile or have a warm feeling. All of the activities below will engage different senses and help to develop expressive, emotional language during the activity.

Activities

Key phrases to try out during the activities are: "Show me", "I'm curious about...", "Let's try it together"

Sensory words to try:

bright, shiny, dim, sparkly, scary, crunchy, squelchy, hard, soft, cold, warm, slimy, mushy, rough, scaly, sour, sweet, bitter, spicy, fruity. Feel free to add your own words to this list.

Sensory exploration

From birth through childhood and beyond, sensory exploration helps to make sense of the world around us by using our senses of tasting, smelling, seeing, touching and hearing. Engaging our senses will help us to learn and retain information well, it is crucial for brain development.

Activities to try: Baking using store cupboard ingredients, kneading bread dough, making a calm bottle, creating a sensory garden/tub, for older children and young people they enjoy making slime, creating new culinary dishes or natural fruity facemasks to invigorate the senses.

Music and movement

Helps to increase body awareness, spatial awareness and co-ordination. This allows children freedom to communicate all sorts of emotions without judgment or expectation. Music can offer us the opportunity to experience loudness, quietness, energy, calm and everything in between.

Activities to try: Dance, percussion, creating playlists linked to a feeling, rough and tumble play, tai chi, yoga, silly walks, silly faces, follow my leader. Music is one of the most fundamental ways we can express emotion, older children and young people could be supported to compile playlists to reflect a range of feelings and emotions. Music has a fundamental impact on the reward pathways of the brain and can trigger "feel happy" chemicals which can help to calm and regulate.

Animals and nature

Nature exists as a free, magical and endless source of calming and soothing. Within nature and in our homes, animals offer an instant source of joy, unconditional love and increase our levels of oxytocin, the love hormone.

Activities to try: Spending time looking, listening, foraging, smelling and touching the things that nature offers us. Just remember to wash hands, remove your rubbish and forage safely. Try sand play, mud play, water play, mini beasts, hugging/stroking pets, cloud watching, star gazing, rain drop races, dancing in the rain, running along a beach, walking through the woods. For teenagers, they enjoy seeking out risk taking behaviour and trying new things. The outdoors is great way to enable teens to take calculated risks and push their boundaries to the limits. Fishing, hiking, rock climbing are some great ways to support them in this way.

Drawing and painting

Getting messy is a great way to engage the senses and helps children to create shapes and images for fun and to explore emotion.

Activities to try: Painting rocks, mandala colouring, painting an image to show a feeling, hand or foot painting, landscapes, self portraits.

Our adolescents too need to have a creative outlet to explore emotions. Journaling is an excellent way to allow them to express emotions through drawing, scribbling or even painting.

Story telling, writing and drama

Using a puppet to tell a story or act out an event that has happened will help with sequencing, order sorting and problem solving.

Activities to try: Puppet theatre, comedy corner for reading together, writing stories together, telling funny stories.

Make and model

Encouraging children to make something out of nothing will help them to explore sensation, switch on their imagination and feel pride in what they have created.

Activities to try: Junk modeling, play dough, clay, shaving foam shapes.

"It is in playing and only in playing that the individual child or adult is able to be creative and to use the whole personality, and it is only in being creative that the individual discovers the self."

Donald Woods Winnicott

Indoor Treasure Hunt

Explore inside and tick off how many of these items you can find!



Something round



Something that makes a noise



Something that has a zip



Something that has numbers



Something red



Something you can wear



Something you can tie



Something that plays music



Something with a face on it



Something blue



Something with a star on it



Something that was grown