

Date:
17.11.23



BROOKE NEWSLETTER

SUNFLOWER FEDERATION



It has been another busy week at Brooke this week with antibullying week and odd socks day, as well as our Remembrance Day service on Monday. Unfortunately, we were unable to make it to the Church due to the weather but we had a wonderful service in the hall and each class laid a wreath in remembrance of all those who have served their country. The school has been filled with the sound of our youngest classes practicing their nativity songs over the last week and I have been extremely impressed with how quickly they have been learning the lyrics! It looks set to be another amazing nativity show this

year!

Ms Weal, Head of School



1.

SPORTS NEWS THIS WEEK

This week in PE, KS1 have been continuing their focus on throwing and catching. The children focused on developing throwing techniques and catching techniques when using larger objects such as sponge balls and netballs. A special mention goes to Jude in Poppy Class for showing a fantastic chess pass technique in their lesson.

KS2 have been continuing their unit of Netball & Korfbal for this half-term. Pupils have been working hard this week to develop their shooting skills to improve their technique and percentage of success when shooting. A special mention goes to Phoebe from Bluebells class for demonstrating excellent shooting techniques in their PE lessons this week.

Mr Green, PE & Sports Lead



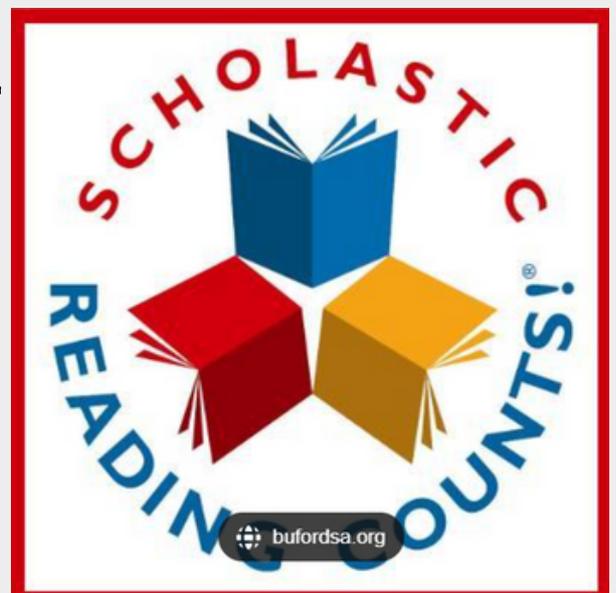
PTFA NEWS

2.

Reading for pleasure is transformative for pupils' academic success and personal wellbeing. We want to inspire and excite the children by offering a book fair in school, with a fantastic selection of books - please see the school notice board for an idea of the books on offer. Please order through the school- order forms will be provided at the fair.

Books are being delivered on 22nd ready for sale from 23rd November to 28th November.

[A book makes a perfect Christmas presents!](#)



WHAT HAS BEEN HAPPENING IN SCHOOL THIS WEEK FOR KS2?

3.

ODD SOCKS DAY

This week we wore odd socks on Monday to support anti-bullying week. We have been learning about bullying in class through jigsaw (our PSHE scheme), how to recognise it and who our trusted adults are in school to speak to about it. Throughout the week we have been decorating odd socks to remind ourselves off odd socks day and what it stands for.



BAKE SALES

Over the next few weeks each class will have an opportunity to get involved in making, baking and selling yummy treats after school on a Friday to the school community. Starting with KS2, Bluebell Class will kick off the first bake sale next Friday. All funds raised will go to a local childrens charity of the classes choice.

Bluebell class have chosen E.A.C.H <https://www.each.org.uk/>

Friday 24th November - Bluebell

Friday 1st December - Lavender

Friday 8th December - Daisy

WELLBEING IN SCHOOL

MINDFUL RAINBOW

4.



As a daily practice in Poppy class- we cover mindfulness and breathing techniques- to help regulate those big emotions little people could be feeling, we find it a great start to the day. The children really enjoy blowing on their imaginary hot chocolates!! We use the follow links really helpful- feel free to check them out at home.

<https://m.youtube.com/playlist?list=PL8snGkhBF7ngDp1oJtx5VcjwatxZn8xLK>

<https://m.youtube.com/@TheMindfulnessTeacher>

5.



RECIPE OF THE WEEK



Why not find your cooking apron and chef hat (if you have one or make one), get creative in the kitchen this weekend and try the following recipe. Don't forget to send the office a pictures of your creation.

Simple Banana Pancakes

INGREDIENTS

- small knob of butter, for frying
- 1 banana
- 1 egg
- 1 heaped tbsp self-raising flour
- $\frac{1}{2}$ tsp baking powder
- chopped strawberries and banana, to serve (optional)
- maple syrup, to serve (optional)



METHOD

STEP 1

Melt the butter in a non-stick frying pan over a low-medium heat. Meanwhile, add the banana, egg, flour and baking powder to a blender and blitz for 20 seconds.

STEP 2

Pour three little puddles straight from the blender into the frying pan. Cook for 1 min or until the tops start to bubble, then flip with a fork or a fish slice and cook for 20-30 seconds more. Repeat with the rest of the mixture to make three more pancakes.

STEP 3

Serve the pancakes with chopped strawberries or banana and a splash of maple syrup, if you like.



The food bank often delivers large numbers of bananas to the school - look out for them outside the office, take some home and make some delicious pancakes



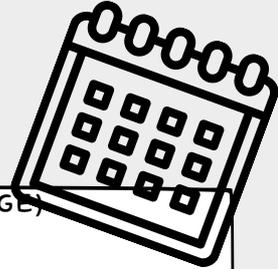
ANNOUNCEMENTS

6.

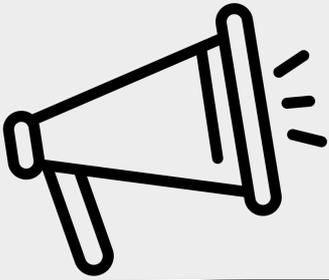
Please can we kindly remind everyone - no dogs are allowed on school premises.
Thank You.

UP COMING EVENTS

7.



22/11/23 NORFOLK SCHOOL GAMES FINALS (CROSS COUNTRY AT HIGH LODGE)
29/11/23 PEDESTRIAN TRAINING YEAR 2, 11-2.45PM
30/11/23 ROAD SAFETY TEAM- BENJAMIN & BETHANY YEAR RECEPTION
30/11/23 SEAT BELT TRAINING- YEAR 4, 1.45-2.30PM
30/11/23 YR 5-6 TAG RUGBY WYMONDHAM RUGBY CLUB
07/12/23 RECEPTION DECORATING THE TREE AT THE CHURCH 10-11AM
13/12/23 CHRISTMAS LUNCH 12-1PM
14/12/23 EYFS & KS1 CHRISTMAS PERFORMANCE- VILLAGE HALL 9.30AM & 3.30PM
19/12/23 END OF TERM SERVICE- ALL PARENTS WELCOMED 1-2PM
20/12/23 LAST DAY OF THE AUTUMN TERM



8.

PUPIL VOICE- HOUSE NEWS

This week in pupil voice, we took part in buddy reading as a house, this is a great way to share reading with other pupils in the school. We pair up younger students with the older years and read for 20 minutes.

By Daisy McGill, captain of Mercury

READ MORE AT

www.hempnall.norfolk.sch.uk
www.brooke.norfolk.sch.uk

Poppy Class

Eilidh - (behaviour) for always using her listening ears and looking eyes during carpet time, showing that she is ready to learn.

Nina - (effort) for doing some fantastic independent writing using her 'Fred Fingers' during continuous provision this week

Timmy - (recognition) for always contributing to class discussion and sharing his ideas to help others with their learning.

Buttercup Class

Rowan - (Effort) for his brilliant, grown up attitude to learning!

Martha - (recognition) for helping Miss Green and her class find the right sounds in our writing lessons!

Barnaby - (presentation) for working carefully on his letter formation and using it in his writing!

Cleo - (behaviour) for always listening and following the silent signal!

Daisy Class

Darcey - has been recognised for writing a fantastic persuasive piece of writing in English this week, all about the Norfolk Broads.

Elliot - Fantastic effort certificate this week is awarded to Elliot for challenging himself with his 3, 4 and 8 times tables.

Stella - Our behaviour winner this week is Stella, she has been a model of outstanding behaviour and consistently demonstrates our school rules of ready, respectful and safe.

Bluebell Class

Zayd - for always showing our school rules of ready, respectful and safe.

Audrey - for excellent work in Science, writing an explanation of Day and Night using scientific vocabulary.

Sydney - for creating an excellent persuasive letter to persuade David Attenborough to visit the Norfolk Broads.

Lavender

Lucy - outstanding effort in her mock SATs this week!!

Toby S - constantly blowing me away with his mathematical understanding, in particular his column multiplication

Lottie - for always demonstrating our school rules of ready, respectful and safe

WELL DONE EVERYONE

BEHAVIOUR CAFE

10.



Stanley Yr6, Phoebe Yr5,
Alesha Yr 3, Finlay Yr2 &
Lucia yr R all enjoyed their
hot chocolates, milkshakes
and biscuits at the village
hall.



BIRTHDAY ANNOUNCEMENTS

11.

Big birthday shout outs.....

Happy 9th Birthday Harry, Yr 4



12.

MESSAGE FROM OUR SENCO, MISS RINGWOOD THIS WEEK.....

This week's SEN focus helps to answer the question 'What is Occupational Therapy?'

Find out more through the Just One Norfolk Website:

<https://www.justonenorfolk.nhs.uk/occupational-therapy-for-parents-carers/what-is-occupational-therapy/>

If you think your child requires specialist support, please speak to their GP.

If you have any questions about your child or young person's general health or development, you can contact the Healthy Child Programme by calling Just One Number on 0300 300 0123 or texting Parentline on 07520 631590.

The Class Teacher, through the SENCo's involvement, can help to put a plan in place in school to support children with occupational therapist recommendations.

Parent Advice - for support when talking to children about difficult things, which they are exposed to in today's news.

The BBC Ownit site has some great advice for parents around talking to children about difficult things which are happening in the news at the moment:

<https://www.bbc.com/ownit/the-basics/help-your-kids-with-scary-news>

Advice they recommend:

Don't hide the truth from your children

Put what they know into perspective

Teach them where to get reliable news online

Normalise feelings of fear, sadness, and anxiety

Let them know they are safe

Help them get involved

Be sensible about how news is consumed

Ensure it's not a one-off conversation

Scan for Q&A's
or find on
NANSAs Website.

Norwich Support Group

Supporting Families affected by diagnosed/undiagnosed
Special Educational Needs & Disabilities
at Nansa Family Centre
33 Woodcock Road NR3 3TT

**MONDAY'S
WEEKLY
TERM TIME
ONLY
10AM-
12PM**

Drop in at any time for
chat with other
parents/carers and
one of our friendly
Family Support
Advisors

Refreshments provided

More Info :
www.nansa.org.uk/sensational-families/





MEET THE TEAM

13.



Lucinda
Mayhew

Who are you?

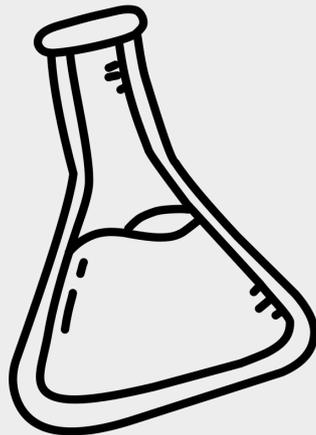
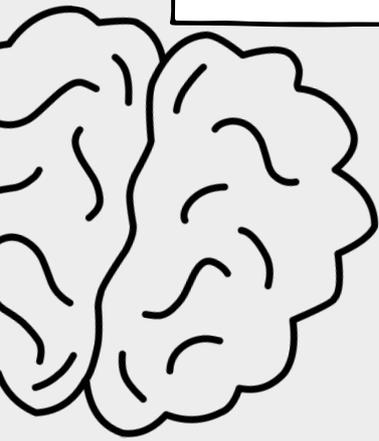
Lucinda Mayhew

What is your role in the Sunflower Federation?

Extended School Lead

How long have you worked in one of our schools?

14 Years



What is the thing you most enjoy about your job?

Seeing the children enjoying and having fun in breakfast club and afterschool club. Drawing with them and playing games, whilst hearing about their day.

What do you enjoy doing when not at work?

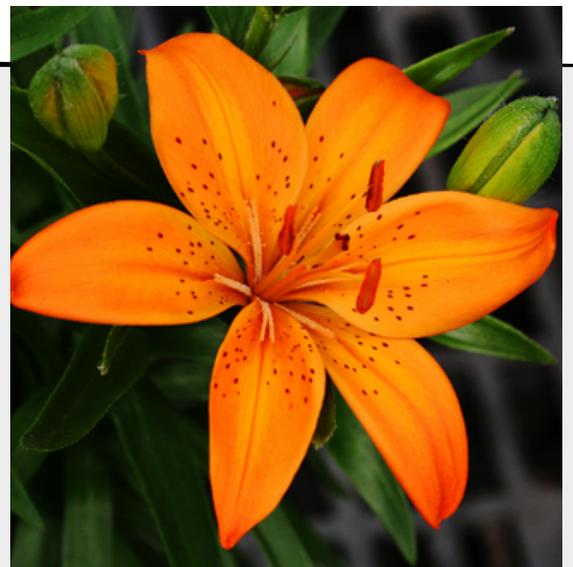
I enjoy spending time with family, shopping. going to the cinema, meals out and holiday abroad.

What is your favourite flower?

Lillies

Can you tell us a joke?

Knock, Knock! **Who's there?**
Lettuce. **Lettuce who?** Lettuce in, its cold out here!!



CHRISTMAS CHILDCARE CLUB

THURSDAY 21ST & FRIDAY 22ND
DECEMBER

9.00AM-3.00PM

BROOKE PRIMARY SCHOOL

£25.00 PER SESSION - £15.00 PER SIBLING CAN BE BOOKED ON SCHOOL
MONEY

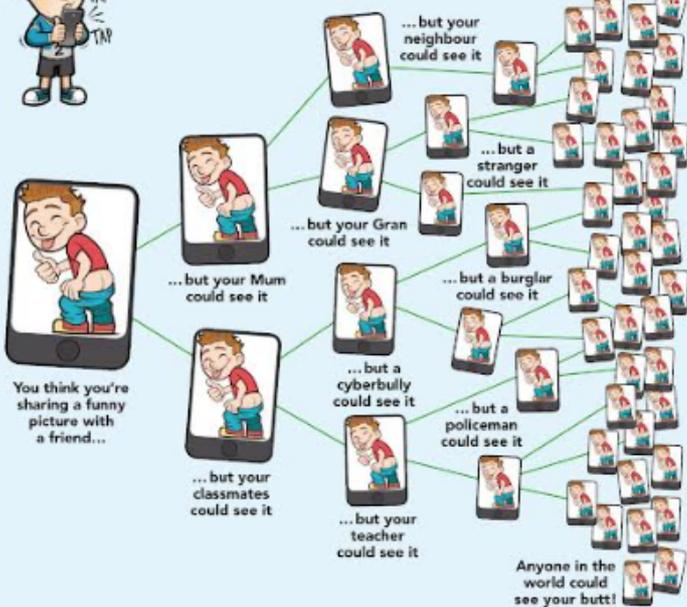
IF YOUR CHILD IS ENTITLED TO FSM (NOT UNIVERSAL) PLEASE BOOK VIA
[HTTPS://WWW.EVERYMOVE.UK/INSPIRATION/BIG-NORFOLK-HOLIDAY-
FUN-ACTIVITIES](https://www.everymove.uk/inspiration/big-norfolk-holiday-fun-activities)



Parent Guides to Online Safety



THINK before you send!



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online



If you share it, you are involved

If you have, or forward an indecent image of someone under 18, it is a criminal offence. It can affect your future.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipssed.com Tel: +44 121 227 1941

Developed in partnership with



www.skipssafetynet.org

15.

Digital safety:
There is a real and growing concern of how many young people find it ok to share inappropriate images online. It is leading to so many becoming vulnerable to potential exploitation, blackmail and harm from a young age, leaving a lasting digital footprint.

Martial Arts classes for 4-7yrs
On Monday at 4.30pm Book Now
www.kuksoolwon-gillingwater.org

