

OLD CATTON NEWSLETTER



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Issue 9 Friday 20th November 2020

Dear Parents

I hope that you have all had an enjoyable week. I know that it's been a busy one in school. We are beginning to plan ahead to Christmas and as you can imagine our "normal" plans are having to have a complete re-think this year. We are not able to rehearse and perform plays to you or invite you to our annual Christmas Fair or come together in the Church for carols – we are not even allowed to sing with more than 15 children in a choir! These restrictions make things very difficult. However! We are planning some Christmas surprises for you and the children to take part in and enjoy. Watch this space for more festive news!



Stars of the Week!

Congratulations to the Stars of the week – wonderful work and attitudes shown; what brilliant role models we have in our school.

6KR Erin Langeskov
6KR Elliot Freezer
6LR Millie Slater
6LR Amelia Weeks
5GS Oliver McKail
5GS Kayleigh Pettican
5JS Lucy Williams
5JS Ryan Monaghan
4C Ezra Allen
4C Ember-Rose Carolan
4N Finlay Bradstreet
4N Jacob Carrington-Smith
3C Finley Chen
3C Yvie Fisher-Clayton
3E Julian Spsychalski
3E Leo Barber



Golden Book!

The following children were put into the Golden Book for amazing work that has astonished, astounded and amazed their teachers. Huge congratulations to the following children:

Week Beginning 16.11.2020

Ronnie Goddard-McClure
Harry Dyke
Isaac Oarton
Miss Norton
Iris Richardson
Lily Donnelly
Lottie Oliver
Amelia French



Jacob Carrington-Smith

Attendance Cup

3C and 4N won the attendance cup for their attendance this week with an attendance of 100% - Well done!

New hot food option for school lunches

We have been really pleased to see lots of children taking up the new jacket potato hot lunch option this week (menu attached). The cost of a hot meal is £2.30, the same as a packed lunch option. Payment needs to be taken through 'ParentPay'. If you need to set this up and haven't yet done so, it is really simple to follow online. School meals can be paid for individually or in bulk, whichever is easier for you to manage however please ensure payment is made in advance of meals taken. If you have misplaced your login details please contact the school office, via email or telephone and Mrs Queensborough can arrange for them to be sent out to you again.

Whilst payment for lunch orders are made online the children will continue to make their lunch choice for the day ahead at morning registration. Due to the lengthy cooking time of jacket potatoes, orders must be collated and passed to the school kitchen everyday by 9:30am. If your child is late into school and misses this time, they will only be able to order a sandwich option. You can always phone ahead if necessary.

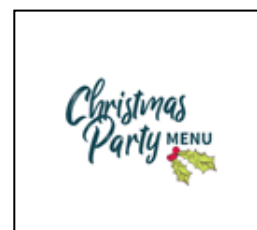
Christmas Lunch Plans – Tuesday 15th December

This year we are planning to offer a Christmas Party Lunch as advertised last week (copy attached). This will need to be pre-ordered with payment using ParentPay. The deadline for orders to be placed is Friday 27th November. If your child would like a Christmas Lunch, please log on to pay and therefore book Christmas Lunch by this deadline. The cost of the lunch is £2.30. Even if your child is entitled to free school meals you are required to place an order via ParentPay.

The Christmas lunch will be a party packed lunch and contain:

Assorted sandwiches
Mini pizza
Sausage roll (vegetarian option available)
Bag of crisps
Rudolf snacks (carrot sticks!)
Chocolate krispie cake
Satsuma.

Please note that this will be the only school meal option on 15th December.



Prefect Applications and Interviews

Thank you to all Year 6 pupils who applied to be a Prefect this year. I have really enjoyed reading all of your applications and seeing your reasons for wanting to become a Prefect. Well done to all of those who made an application. Not all children who applied have been invited to attend an interview – the process replicates real life and part of this is understanding that not everyone is able to progress to the next stage. The interviews will take place from today until next Wednesday and I will be letting the successful pupils know soon afterwards. It goes without saying that we are proud of all of our pupils. Everyone has talents and skills and we celebrate these in so many different ways. It is important to remember that we can only have a small number of pupils become Prefects every year. If everyone were made a Prefect it wouldn't be a special position to hold – just like School Councillors and House Captains in school. I wish everyone attending an interview the best of luck and thank you to everyone who applied.



Online Homework

Thank you and well done to all children, (and parents/carers) who are regularly submitting their homework online. We know that this has taken some getting used to and that there have been some glitches in the system. (We are getting used to this new way of working too!)

It is very difficult for us to know everyone's personal circumstances, the type and age of devices you have at home and how easy it is to access Wi-Fi etc. We understand the difficulties associated with completing homework in this way, especially with our younger children, who need a lot of help! If you are struggling with it, please contact us so that we can help. We have some very tech-savvy teachers in school who will happily help you navigate your way around Teams and talk through any problems you are having. Please send us an email to the school office or phone us and we will do our best to help. office@oldcatton.norfolk.sch.uk



TALK HOMEWORK & WOW WORDS

Each week we send a Talk Homework activity and 'Wow' Words home and we would be very grateful for your support.

We are trying to help all our children develop excellent speaking and listening skills, which in turn will help them with their writing. "If a child can't say a sentence then they can't write it either!"



This week I would like you to talk about anxiety. One in ten people in the UK will suffer with anxiety or a phobia at some point in their lives. For some people anxiety can be something they experience every day, whether it's because of things like exam stress, starting a new school or being scared of something like heights.

Anxiety can make your heart race and your breathing speed up, it can make you feel sick, dizzy and out of control.

Here are some top tips for dealing with anxiety:

- Take some slow, deep breaths to calm your mind.
- Take regular exercise and build it into your routine.
- Try some mindfulness - this means trying to put aside your worries and focus on the moment you are in.
- Eat regularly and healthily to fuel your body with good foods.
- Get outside in nature. Being outdoors in the fresh air is good for our mental health.

So what do you think? What advice could you give to someone who struggles with anxiety or worries a lot. Have you ever felt this way about anything in your life? Do you have some top tips that you could add to our list to help someone who might be struggling right now? Bring your ideas to your class discussion.

In Big Talk, we use '**WOW**' Words to improve our vocabulary and 'big up' our sentences to make them more interesting!

Our 'WOW' Word this week is

Anxiety
(worry, concern, apprehension, uneasiness, fear.)

Please encourage your child to use this WOW word, in the right context, as much as possible.

- The 'Talk Homework' and 'WOW' words will be set every Friday in the newsletter; children will then share their 'Talk' with their class on a Friday afternoon.
- We will encourage the children to use the WOW word throughout the week.

Thank you for your support in helping your child.

Please do not hesitate to contact us if you have any questions or concerns. Have a great weekend!

Mrs K Connelly.