

OLD CATTON NEWSLETTER

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Dear Children,

Well done for engaging in another week's blended learning! Whether you are at home online or in school in the classroom, you are doing brilliantly well and we are so proud of you.

This week is **Children's Mental Health Week**. We have some great activities and links on our school website for you to have a go at. We text out the link to your families earlier this week so hopefully you've been able to have a look.

This lockdown has come during the winter time and I think it's safe to say that everyone has found it hard. The short days, dark evenings and the cold, wet weather make it much harder to keep spirits up. We have also been having to go in and out of lockdowns and are now really missing contact with our friends and family.

Everyone finds it difficult. Please don't ever think that you are the only one who is struggling, having a bad day or feeling sad. We all have days like that. Asking for help or telling someone that you're just feeling down in the dumps can really make a difference. Remember admitting that we need help is a strength, not a weakness.

"What is the bravest thing you've ever said?" asked the boy.



"Help," said the horse.

Loads of Ideas!

The suggested activities in the resources we have put online for you include loads of different ideas for how to remain positive, keep active and express how you are feeling.

There's an **Action Calendar** for the whole month of February, with little ideas to build into everyday, e.g. to give positive comments to as many people as you can in one day, to get back in touch with a friend you haven't seen in a while, to make an effort to chat to a neighbour etc.

There's a **jigsaw piece activity** where you colour in a jigsaw puzzle to represent doing some physical activity, giving something back to someone else and giving yourself some selfcare. Every time you complete one of these tasks you colour in a puzzle piece. What will your puzzle look like by the end of the month?

There's ideas for making an **obstacle course** in your house to keep active! And lots of helpful tips for your parents and carers too.

I know that these things do not make up for not being able to hug your grandparents and loved ones, not being able to see your friends, not being able to come to school everyday and not being able to live life in the way we normally would want to – but they might help a little bit if you're having a down day and need a little pick me up.

Remember
YOU ARE NEVER ALONE.
Never forget
THAT YOU ARE LOVED.
Never doubt
THAT SOMEONE SURELY
CARES FOR YOU.

THOMAS S. MONSON

WWW.MONSONARTS.COM



Last week of half term!

Next week is the last week of half term. We have never had a half term like it and we know that your energy levels and enthusiasm may be wearing a little thin. To help lift everyone's spirits we thought we would give a fun twist to the timetable next week. Each day we would like to invite you – be that online or in school, to add some fun to your appearance with a different theme for each day. You can go all out or just join in a little to liven up the lessons and make us all smile.

If you are in school please wear your school uniform on Monday and Wednesday and just change up your hair and hat. On Tuesday, Thursday and Friday please come in non-school uniform if you'd like to take part in the theme. If you'd rather not – school uniform is fine.

Here are our planned themes for each day and some ideas for how you can get involved. If everyone takes part we think it'll be a great way to end the half term!

Day	Theme and ideas
Mad hair day Monday!	Jazz up your hair do! Put your hair in bunches, slick it, spike it, plait it, add a bow, hairband, dye it, wear a wig?!
Rainbow Tuesday!	Wear bright colours to turn your classroom and Teams screen into a rainbow! Wear clashing colours, glitter, brights, stripes, dots, tie-dye; get creative!
Wear a hat Wednesday!	Add a hat to your outfit. You could go bobble hat, cap, sun hat, flat cap, top hat, floppy hat, beret!
Fursday – on Thursday bring the wild to your lessons!	Wear any kind of animal print or even come as an animal! Masks, animal t shirts, jungle theme, camo print or just something green!
Funky Friday!	End the week on a catwalk! Wear your favourite clothes, party clothes, disco ready whatever makes you smile and feel happy!



During this lockdown we wanted to keep our Stars of the Week going strong. You are all coming to your live lessons, submitting your work and some of you are coming to school and are present in the classrooms. It is just as important as ever that we continue to recognise all your hard work and huge efforts. This week your teachers have been especially impressed by the following children:

Well done to all our amazing Stars of the Week!

3C

Iris Richardson

Iris is a real role model to the rest of the year 3 bubble who are learning in school. She is always focused and on task and her behaviour is also exemplary. Despite not being in school daily she also works really well when working from home too. It's nice to see her enthusiastic face on the screen!

Tyler Woodhouse

Tyler has simply blown both his teachers away with his dedication to his work whilst working from home. His work is nicely presented, thoughtful and well written. We are both delighted and proud of his efforts. Keep up the great work!

3E

Julian Spsychalski

For working really hard day in and day out at school. We have been very impressed with your skeleton knowledge this week. In addition, Julian expressed his ideas really well during our recent mosque lessons.

Emily Moore

'Dr' Moore has been giving her very best in every single home learning task. Her work is always neat and well presented. In addition, Emily is regularly contributing to the lessons and putting her hand up to offer her thoughts and ideas.

4C

Delilah Daynes

For your amazing RE presentation. It is clear that you worked incredibly hard on it and spent lots of time thinking about how to present your thoughts and ideas. Keep up the great work, you're doing an amazing job.

Kacper Groczewski

For hard work and enthusiasm in every lesson. Every day, without fail, you turn up to school with a big smile on your face and a positive attitude towards your learning. We're all really impressed with how you've tackled this half term and you should be proud of all of have achieved.

4N

Roman Holt

Roman has been an incredible participant in every single one of his online lessons as he is always enthusiastic to share his answers and completes every piece of work to a very high standard. It is an absolute joy to see him so excited for his lessons and as a result, he is a delight to teach!

Lottie Oliver

Lottie has been setting a fantastic example to everybody in school this week. She has shown perseverance when facing complex tasks, kindness when looking out for her friends and positivity every day. It is truly wonderful teaching Lottie, well done!

5GS

Zoe Frimpong

for her wonderful answers in her philosophy work this week. Aristotle is hard to understand but Zoe completely related to him to the point she felt sure enough to disagree with him. That takes courage and real intelligence.

Ffion Andrews

for her excellent enthusiasm in English lessons. We are tackling a difficult book and her work is always well thought out. She is always ready to contribute to online lessons too.

5JS

Casey Webster

for her beautifully heartfelt poem about the most beautiful sounds in the world. It was a really evocative image of the family that brought us all back to better days.

Dexter Hodgkinson

for his beautiful orangutan filled poem about nature and the sounds that he loves. It was a brilliantly written piece which he read to the entire class. What a champ!

6KR

Summer Palmer

For excellent work in English over the last few weeks. Summer has really been applying herself brilliantly to "The Varmints" reading project and I've been so impressed with her creative and engaging writing as a result of her hard work.

Zofia Kurek

For mature, thoughtful and considered work in our RE unit this term. Zofia has been working really diligently from home and has given real time and consideration to her work each week. Miss Richardson has been incredibly impressed - you are wise beyond your years, Zofia!

6LR

Miley Banham

Miley has been working really hard in her online lessons. She's regularly answering questions in class discussions and putting lots of effort into the work she's submitting across all subjects but particularly in Maths. Keep it up Miley.

Gabriel Henderson

Gabriel has been extremely enthusiastic in guided reading this half term. He's one of the first with his hand up to answer questions, bursting to share his ideas. Gabriel has been making thoughtful contributions and predictions about the text and the class always enjoys hearing what he has to say, well done!

I hope that you all have a lovely weekend.

Take care,

Mrs Connelly

