



Freethorpe Primary and Nursery School

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Wednesday 6th December 2017

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- Meet the staff
- Attendance and illness
- Vacancy
- Head lice
- Coats
- Friends of Freethorpe
- Conker competition
- Edith Cavell workshop
- Judaism workshop
- Shakespeare update
- Key dates, including updates

Currently our whole school attendance is

93.8%

Please help us reach our target of 96% plus.

December is finally upon us and the Christmas activities are well under way. We look forward to seeing many of you at the festive events that are taking place next week:

Monday 11th and Tuesday 12th at 2pm – Key Stage 1 Nativity

Wednesday 13th at 7pm – Key Stage 2 Carol Concert at Halvergate Church

Friday 15th at 2pm – Friends of Freethorpe Christmas Fayre.

The children have been busy making crafts to sell, and the children are able to secure the purchase of their own handmade items in advance, if you would like to do so. Details of prices etc will be sent home at the beginning of next week.

Meet the staff: *Alison Earll is the Chair of Governors for Freethorpe Primary and Nursery School. She has been on the governing body for school for the last nine years.*

"I grew up in London for the first 23 years of my life, where I struggled with my education as I was an undiagnosed dyslexic until I attended college. I never thought I would go to college while studying my GCSEs but I managed 3 years and then went on to compete 3 years at University. This would not have been possible if the staff had not supported my learning needs, which raised my confidence in my own abilities.

I left University not knowing what I wanted to do next, so took a gap year. I went off to the USA with Camp America to the mountains of Arizona, where I worked with real cowboy horses and young children. As part of the trip I was allowed a visa to travel for 6 months after finishing working. I visited many places and finally I arrived in New York by Greyhound bus on the 11th of September 2001. For those of you that recognise this date, arriving at the JFK airport to staff screaming and watching first-hand what the UK was watching on TV was mind-blowing.

I moved to Norfolk in December 2001 with my parents; my brother had moved to Norfolk 3 years before. Moving to Freethorpe from London was a wonderful experience, which is why I have not moved from the village since. My daughter was born and was a pupil at Freethorpe Community Primary School, the reason I joined the governing board approximately 9 years ago. I was interested as a parent, as I am sure is the same for the parents who have just been elected, to support the families using / the staff that work at the school to ensure the children gain the appropriate education to their needs.

By the end of my term as a parent governor I wanted to continue supporting the local community and I was asked to stay on as a governor due to the skills set my employment gave me. I supported Kelvyn Read as Chair, as Vice Chair, when he resigned as Chair I was asked to take over the position and I agreed with honour.

There has been some big transitions for the families accessing Freethorpe Community Primary and Nursery School with Miss Quick moving on, Mrs Burns starting as interim Head Teacher and the complexity of the process for advertising and employing a permanent Head Teacher. I would like to thank Mrs Burns for extending her time with us. I would like to reassure you, the families we all work for, that everyone involved in decision making for the future has Freethorpe Community Primary and Nursery School at heart. Please do say "Hi" if you see me about the village walking my dogs or being taxi service to my daughter and her friends!"





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Attendance and illness: If your child is unwell or unable to attend school for any other reason, please can you ensure you inform the office by 9:30am on the first day of absence. We do not require you to phone back again until the third day of absence. If the period of absence continues beyond this time period, please notify the office every other day. Many thanks.

Vacancy:

A vacancy has become available within the school kitchen, starting in the New Year. If you are interested in the post please contact Christine Hanton on 01493 701446 or via the school office.

Girl or Man Friday wanted in the school kitchen for help with washing-up etc. The post starts after Christmas and will be a permanent role. It is 5 ¼ hours per week: 1 hour daily Monday – Thursday, and 1 ¼ hours on Friday. Timings are 11:45am -12:45pm. Pay is £7.50 per hour. Basic food hygiene is required, although training can be provided.

Head Lice:

We have had a small number of parents mention that their children have had head lice recently. In light of this we have included the Norfolk County Council guidelines on how to detect and treat head lice. It is important to remember though not to treat any member of the family, unless you have seen live lice in their hair.

Detection combing - how to do it

You need; plastic detection comb (from the chemist)
good lighting
ordinary comb

- Wash the hair well, then dry it with a towel. The hair should be damp, not dripping.
- Make sure there is good light. Daylight is best.
- Comb the hair with an ordinary comb.
- Start with the teeth of the *detection comb* touching the skin of the scalp at the top of the head. Draw the comb carefully towards the edge of the hair.
- Look carefully at the teeth of the comb in good light.
- Do this over and over again from the top of the head to the edge of the hair in all directions, working round the head.
- Do this for several minutes. It takes 10 to 15 minutes to do it properly for each head.
- If there are head lice, you will find one or more lice on the teeth of the comb.
- Head lice are little insects with moving legs. They are often not much bigger than a pinhead, but may be as big as a sesame seed (the seeds on burger buns).
- Clean the comb under the tap. A nailbrush helps to do this.

Notes

- You can buy a plastic detection comb from the chemist.
- If you need help and advice, ask your local chemist, health visitor, school health adviser, or family doctor.
- Don't treat unless you are sure that you have found a living, moving louse.

Head lice - How to treat them

If you are sure you have found a living louse:

- Check the heads of all the people in your home.
- Only treat those who have living, moving lice.
- Treat them all at the same time with a head louse *lotion* (not shampoo). **NOTE:** Hair care products such as perming lotions and dyes do not get rid of head lice.
- Ask your local chemist, school health adviser/school nurse, health visitor or family doctor which lotion to use, and how long to leave it on.
- Put the lotion on to *dry* non-conditioned hair.
- Use the lotion in a well-ventilated room or in the open air.



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- Part the hair near the top of the head, put a few drops on to the scalp and rub it in. Part the hair a bit further down the scalp and do the same again. Do this over and over again until the whole scalp is wet.
- You don't need to put lotion down long hair any further than where you would put a pony-tail band.
- Use enough lotion - at least one small bottle for each head, more if the hair is thick. Use all the lotion up.

Keep the lotion out of the eyes and off the face. One way is to hold a cloth over the face.

- Let the lotion dry on the hair. Some lotions can catch fire, so keep well away from flames, cigarettes, stoves, and other sources of heat. Don't use a hair dryer.
- Treat all of them again seven days later in the same way with the same lotion.
- Check all the heads a day or two after the second treatment. If you still find living, moving lice, ask your local chemist, health visitor, school health adviser, or family doctor for advice.

Notes

- Don't treat unless you are sure you have found a living, moving louse.
- Don't ever use head louse lotions on your family "just in case". It's never a good idea to use chemicals if they aren't really needed.

Suitable Clothing:

With the weather suddenly turning much colder it is vital that all children have suitable outdoor clothing with them, which will allow them to enjoy playtimes outside, whenever possible. Unless it is particularly wet or icy we will always have outdoor playtimes so the children need to bring a coat to school every day. In addition to this, there will be days when hats, scarves and gloves are also appropriate, perhaps even with a change of shoes (such as wellies), if the weather is snowy.

Although we didn't see much of the white stuff last week the children were still exceptionally excited! Red Class sat at their window longing for it to settle so they could play in the snow!



Conker Competition:

Guess the number of conkers in the jar

Thank you to everyone who took part in the 'Guess the number of conkers in the jar' competition. The actual number was 158! Congratulations to Mrs Barnes who guessed the nearest, with her estimation of 164 conkers. Mrs Barnes received a Cadburys Selection Box as the prize. All money raised from the competition will go towards school funds.

Friends of Freethorpe: Christmas Jumper Day - On the 14th December (same day as the Christmas Lunch) we are holding a Christmas Jumper Day. Come to school dressed in your finest or funniest Christmas Jumpers for a £1 donation.

Nativity - Friends will be recording the nativity this year, we are still finalising details but copies will be available to purchase so you can watch again and again at home and have a



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keepsake of this lovely event! We will also be serving tea, coffee and mince pies at the performances for a donation to Friends of Freethorpe.

Christmas Fayre - Next Friday at 2pm is our annual Christmas Fayre and we are busy getting everything ready for you to enjoy. There will be games for the children to play, tombolas, Santa's Grotto, Reindeers, Adult Stalls, face painting, lucky dips and refreshments, you'll find all of this in the Hall, the Library and Red and Purple classes. We would love to see as many of you and your families as possible at our event as everyone is welcome, however If you cannot make it to the Fayre to take your children around, wherever possible the staff try their very best to allow all children the same opportunity. Please speak to your class/nursery teachers for more information.

Are you able to bake some cakes or biscuits to sell on the day? The donation box is still outside the office if your able to pop in a small something. A huge thanks to everyone that has donated already!!

We are in need more help for the Fayre, It takes a lot of time and effort from your Friends volunteers to put on these events for you and your families to enjoy, but we always need extra help at the events themselves, would you be able to spare some time to man a stall at the Fayre, (even for 20 minutes) every bit of help is amazing and it may also help your Friends volunteers have some time to go around the fayre with their own children as well. Every bit of help would be so very much appreciated!. Please let Tracey or Lyn know if you can spare some time.

Disco - Our Christmas Disco is on Monday 18th December, with Rays Disco once again is promised to be a fun evening with the tuck shop selling refreshments, sweets and glow sticks.

Santa Postbox - We are very lucky that Santa's head postmaster elf has once again chosen our school as a place to drop your children's Santa letters, the postbox will be outside the office for another week.

Brown envelopes - Parents/carers should have had a brown envelope come home to them; it's not too late to fill your form in and return to the office!

Edith Cavell Workshop: Pupils in Green and Red Class enjoyed taking part in a workshop about Edith Cavell. They learnt about Edith Cavell's life and why she was famous. They also had the opportunity to listen to stories about Edith Cavell's life and complete activities about this. A big thank you to Janet Marshall from Norwich Cathedral for delivering the workshop to pupils.



Judaism Workshop: On the 27th November Green and Red Class had a wonderful Judaism Workshop with Mrs Newton.

"We ate the special bread which was called challah and we drank blackcurrant like they do during Shabbat." Elliott

"We did some dancing in a circle - it was so much fun" Jennifer

It was a really good morning - I liked tasting the bread" Eliza.





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Norwich Playhouse Shakespeare update:

The Year 6 pupils who performed at the Norwich Playhouse have just received their performance appraisal, which is completed by the professionals working with the children on the day. There is some fantastic praise for their performance which I am sure you will enjoy reading.

"I would like to offer sincere thanks and congratulations to Freethorpe Community Primary School for your wonderful production of Much Ado about Nothing as part of the 2017 Shakespeare Schools Festival. Students and teachers alike have put hard work, imagination, determination and passion into this production, and were a credit to the school. I'd like to take this opportunity to highlight just a few fantastic moments that you should be especially proud of.

☞ I loved the integration of the play's characters into stage action as narrators; this gave the narration an extra dramatic flavour.

☞ The ensemble created architecture on stage, such as a hilarious human arbour in which Beatrice hid, this was a brilliant way of using physical theatre and also utilising the whole stage and filling it with brilliant visual images.

☞ You definitely shared your story with the audience who were gripped with excitement and engaged throughout the entire performance.

☞ I really enjoyed the amazing, lively dance sequence at the end of the play, which really helped to conclude the story and end the performance on a joyful note.

This was a playful and inventive Much Ado about Nothing from a dedicated and creative cast. Congratulations to everyone involved in this superb production. I hope to see Freethorpe Community Primary School in the Festival again next year."

Diary Dates: (updates have been highlighted)

Monday 11 th December	Reception, Year 1 and 2 – Nativity performance 2pm
Tuesday 12 th December	Reception, Year 1 and 2 – Nativity performance 2pm
Wednesday 13 th December	Key Stage 2 Christmas Carol Concert at Halvergate Church 7pm
Thursday 14 th December	School Christmas lunch
Friday 15 th December	Christmas Fayre
Monday 18 th December	Christmas disco, evening times to be confirmed
Wednesday 3 rd January	The school of closed to pupils for Staff INSET – training days. Pupils return to school on Thursday 4 th January 2017
Monday 29 th January	Book fair, school Book Week
Friday 2 nd February	Open Afternoon for parents – Book Week activities
Tuesday 6 th February	Cluster Speech festival
Wednesday 7 th February	Cluster Speech festival
Thursday 8 th February	Valentine's disco
Tuesday 20 th February	Parents Evening 4 – 8pm
Wednesday 21 st February	Parents Evening 4 – 6pm
Fri 2 nd – Sun 4 th March	Hilltop Residential for Year 3 – 6
Monday 14 th May	Year 6 SATs week
Thursday 14 th June	Cluster Open Concert
Friday 29 th June	Sports Day and family picnic
Friday 13 th July	Choir performance at Freethorpe Methodist Chapel - evening
Tuesday 24 th July	Leavers Assembly 10:30am

2017/18 Term dates:

Tuesday 19th December	3:30pm Term ends
Wednesday 3rd January	INSET Day
Thursday 4th January	8:45am School opens for Spring 1
Friday 9th February	3:30pm School closes for half term
Monday 19th February	8:45am School opens for Spring 2
Wednesday 28th March	3:30pm School closes for Easter holidays
Monday 16th April	8:45am School opens for Summer 1
Monday 7th	May Bank Holiday
Friday 25th May	3:30pm School closes for half term
Monday 4th June	8:45am School opens for Summer 2
Tuesday 24th July	3:30pm School closes for summer holidays