



Dear Parents/Carers,

Welcome to December and the final month of the Autumn term. The children (and staff!) have continued to work exceptionally hard through some real challenges this term. I hope the festive events we have planned provide some real fun for everyone as we move toward the Christmas break. Although not exactly as we would like, I am very grateful that with careful thought and the support of everyone, we can offer many exciting and safe experiences for our children. Please read on to find out more including all necessary dates.

Ms Jordan



Covid-19 Update

Ventilation is still one of the main precautions taken to reduce the spread of Covid-19. Our windows and doors are open and where possible, activities take place outside. Please ensure your child is wearing several layers of clothing and has a coat in school every day.

Both schools have had to put increased precautions in place for some classes this half term. We are pleased with how smoothly this has worked and that, in most cases, we have been able to remove restrictions again quickly, thanks to timely updates from parents when their child has been tested.

As cases remain high, please support our Covid safety measures by wearing a mask when speaking directly to staff or when inside the buildings. Thank you

Safeguarding



Christmas can be an amazing time of year. It can also be a stressful or lonely time of year (please see attachments). If you, or someone you know is struggling, please reach out.

Search: Spixworth Helping Hands on Facebook

The Samaritans: 116 123

National Domestic Abuse helpline:
0808 2000 247

Report a concern about a child:
0344 800 8020

Staffing Updates

- We are saying goodbye and good luck to Miss Friend and Mrs Read this month as they move on to new roles. Both have been assets to our schools and will be missed by us all.
- Miss Claxton will be moving across to the infant school from January to join Beech Class.
- We are currently advertising for a cleaner for the infant school, a teaching assistant for the junior school and a clerical assistant to work for the Federation, all for January starts.



A Spotlight on Children's Sleep

Good sleep is important for your child's physical and mental wellbeing. The NHS has a really useful page of advice and top tips on helping your child sleep well: [Healthy sleep tips for children - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthy-sleep-tips-for-children)

A relaxing, regular routine before bedtime and turning off screens an hour before bed can make a real difference to your child's sleep.

Children need different amounts of sleep. Most 3 to 5 year olds need between 10 and 13 hours sleep each day. Most 6 to 12 year olds need between 9 and 12 hours sleep.

If your child is having sleep problems after trying the NHS tips, you should call your GP, Health Visitor or Just One Number (0300 300 0123) for more help and advice.

Christmas Plans

With a few adjustments to ensure we meet Covid restrictions, we are underway with Christmas!

Every class has begun designing their Christmas door this week – judging to take place 13th December... photos of all entries and our winners will be shared on social media and our website.

Christmas cards can be sent into school on Mondays and Tuesdays for the following two weeks. These will be given out on Fridays.

Our Christmas performances begin the week commencing 6th December. All performances will be outside. All year groups from Reception to Year 4 will present a short play, giving two performances over one day. As layers of clothing, including coats, will be necessary, we have decided just to use head dresses rather than full costumes this year. Years 5 and 6 will also give one short presentation of readings/poems. The audiences will be restricted to two members of family per child – we hope to have a simple selection of warming winter snacks available for purchase.

On Friday 10th December we will be welcoming Norwich Puppet Theatre to our schools. The infant school will experience 'Beastly Belle' in the morning with the junior school watching in the afternoon. We will also be supporting Save the Children with a Christmas Jumper Day on this day.

With huge thanks to Mrs Smith and her helpers, we are also offering a Christmas Treasure Trail this year to the children of both schools. With 5 Christmas themed stations, the children will make Christmas themed crafts, enjoy Christmas treats and play Christmas themed games. This is the first event we have been able to hold since the start of Covid-19 to raise money for our schools. Please support us if you can so we can order new reading books for both schools.

Christmas lunches at both schools and a bonus Christmas jumper day on the last day of term, just for fun, will bring our celebrations to a close.

School Matters!



Attend Today, Achieve Tomorrow

Attendance

We had hoped to begin awarding attendance certificates again this term, however as many families have been affected by isolation periods beyond their control, we feel it is unfair to reward attendance so publically at this time. We will however be awarding the attendance badge on Marvellous Me for all children achieving at least 96% - our attendance target.

General Reminders

Please park considerately to our neighbours.
Please also be reminded not to park on the yellow zigzag lines outside of either school.
Please ensure your child has suitable warm clothing and all items are named.
Please let us know if your details or circumstances have changed.
Our schools are nut-free zones. Please do not include any items containing nuts in packed lunches.
Special diets can be catered for by either kitchen.
Please follow all COVID safety advice.

Thank you



Key Dates

Week beginning 29th Nov – Class Christmas door competition begins

29th & 30th Nov; 6th & 7th Dec; 13th & 14th Dec – Christmas cards in

3rd, 10th, 17th Dec – Christmas cards given out

Dec 6th – Beech performances 9.30am & 1pm

Dec 7th – Oak performances 9.30am & 1pm

Dec 8th – Maple performances 9.30am & 1pm

Kingfisher performances 10.30am & 2pm

Dec 9th – Sycamore performances 9.30am & 1pm

Sparrow Hawk performances 10.30am 2pm

Dec 10th – Puppet Theatre visit

Save the Children Christmas Jumper Day

SIS flu vaccines

Dec 13th – Kestrel performances 10.30am & 2pm

Infant Christmas Treasure Trail

Christmas door judging

Dec 14th – Hummingbird performance 2.45pm

Infant Christmas lunch

Junior Christmas Treasure Trail

Dec 15th – Barn Owl performance 2.45pm

Pre-loved uniform shop

Dec 16th – Peregrine Falcon performance 2.45pm

Junior Christmas lunch

17th Dec – Just for fun Christmas jumpers

Last day of term



Self-care stockings



The holidays can be a stressful period so we must look after ourselves. Have a go at ticking off all the self-care activities you'll be doing over the holidays.

Over Christmas I have...



The feeling snowflakes

Instructions:

No matter how many fall from the sky, every snowflake is unique and different from one another. The same goes for each of us, everyone has reacted to, felt and experienced different emotions this year, and these feelings will be different, especially as we lead up to Christmas. This activity is a helpful way of showing others how you are feeling and gives you time to reflect and discuss this together.

Activity:

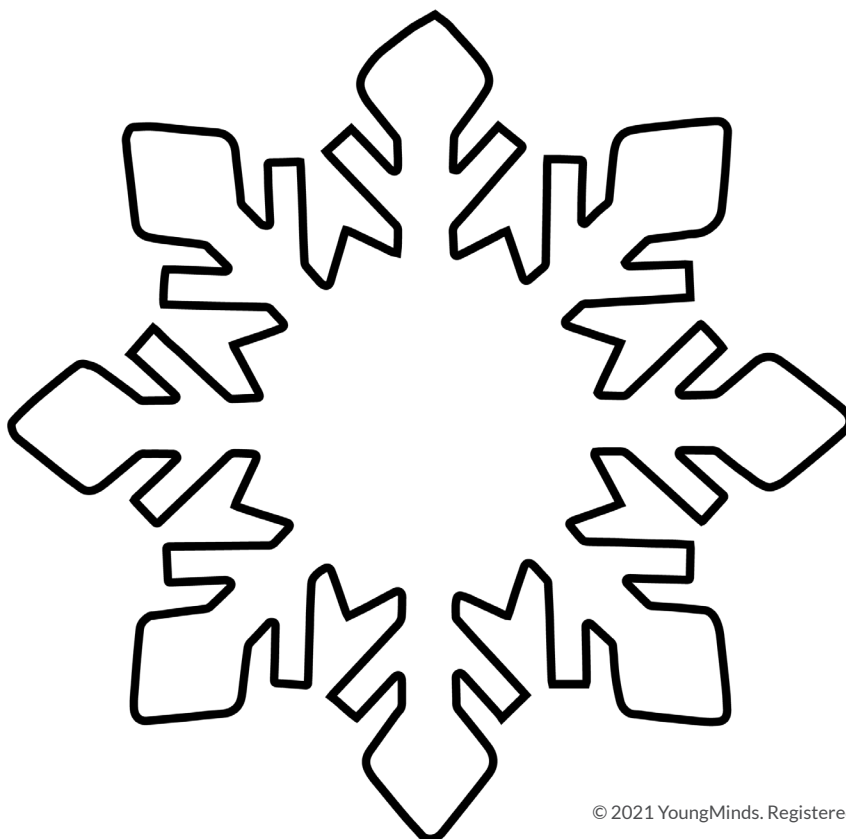
1. Cut out the snowflake pieces below and make sure everyone has one.
2. Using some of the suggestions below, reflect on how you are feeling.
3. Use drawings, words or colours to begin to represent this on your snowflake.
4. When you are ready, take in turn sharing your experience and feeling at that moment.

What you need:

- 15 minutes
- Snowflake template
- Scissors
- Colouring pencils or pens

Helpful prompts:

- A special memory
- A thing to look forward to
- A thing to be grateful for
- A thing that has helped us



The feeling snowflakes

