



# Thomas Bullock Church of England Primary and Nursery Academy

"Let your light shine" Matthew 5:14-16

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## NEWSLETTER

3<sup>rd</sup> February 2023

Dear Parents, Carers and Friends of Thomas Bullock,

Ahead of next week's children's Mental Health Week our focus in this week's Newsletter is on how healthy eating supports children to have a healthy mind.

Whilst, at present we do not have a policy prescribing snack and lunch healthy eating foods, a proper nutrition **promotes growth and healthy brain development in children**. When parents are selective in the foods they feed their children, there is a marked improvement in behaviour and physical and mental development. Please do consider the importance of lunches being as nutritionally balanced as possible. This year there have been several examples of an increase in children having a higher proportion of sugar, mainly from sweet and chocolate based snacks and lunch products.

Please take a look on the NHS healthier families website <https://www.nhs.uk/healthier-families>  
We have included some ideas directly from the website on page 2 of the Newsletter.

Linking to healthy eating, the children in Nursery, Reception and Year 2 enjoyed Smoothie making workshops with our catering team, Aspens this week. See further on in the Newsletter to read all about it!

### Children's Mental Health Week 6<sup>th</sup>-12<sup>th</sup> February

We will begin the week with an assembly about what mental health is, how we can look after our mental health and what we can do if we aren't feeling okay. As well as class activities throughout the week, each class will complete a PSHE focus discussion and activity based upon a story book.

### Safe, Healthy, Happy Parent Consultation, Wednesday 8<sup>th</sup> February 3pm

Parents (no children due to the content we will be taking about) are invited to join us for a look into our PSHE/RSE curriculum, All parents are invited, however N-3 parents are able to leave once discussions surrounding those years have finished. Year 4-6 parents can then stay to explore our RSE curriculum further.

### 'Dress to Express' Non Uniform Day Friday 10<sup>th</sup> February

Children can use clothing and colour to express themselves.

***Have a lovely weekend!***



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## Lunchbox tips



### Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



### Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



### DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



### Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[See more healthier swap ideas](#)



### Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



### Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



### Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



### Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.



### Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



### Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



### Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



### Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



### Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



### Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



### Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



### Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.

**There will be a new school menu after half term starting Monday 20<sup>th</sup> February. Please see the attachment to this emailed Newsletter for the updated menus.**



## ***Shining Lights of the Week!***

- Ark Nursery** **Elena** for being a curious learner, a kind friend and for having super listening ears this week!
- Antarctica (yr R)** **Eleanor** is our Shining Light of the Week for showing wonderful curiosity and interest during our bird watch activity this week.
- Oceania Class (yr 1)** **Luca** for showing a great deal of curiosity in our Religious Education lessons about Judaism and in particular, Shabbat.
- Africa Class (yr 2)** **Jack** for showing great curiosity in our learning. Jack has shown a wonderful and growing independence in class this week. Well done!
- Europe Class (yr 3)** **Florence** for her fantastic ideas in our English lessons this week and editing to improve using interesting vocabulary. She consistently shows brilliant learning behaviours and is an excellent role model.
- S America Class (yr 4)** **Lily** for her fantastic work ethic and enthusiasm across all subjects. Lily answers questions with well-thought out responses and is always eager to challenge herself.
- Asia Class (yr 5)** **Adelaide** for her enthusiasm and hard work in all her lessons. Well done!
- N America Class (yr 6)** **Olivia** always shows a growth mindset, she works hard and has made lots of contributions to class discussions this week.

## ***WOW MOMENTS!***

**Miles (yr 4)** has had a busy weekend, not only did he get his stage 4 and his 150 metres in swimming, but also got man of the match again in his football match!

**Harrison (yr 2)** got player of the month for Shipdham United FC.



*Please remember to continue to send in your **WOW** moments for achievements out of school:*

<https://forms.gle/DV4RoVbQGpijCUMV7>

***The week's overall attendance – 94%    Asia Class (yr 5) – 98.8%***

## **OUR KEY LEARNING QUESTIONS OF THE WEEK**

Year Group	Key Learning Question of the half term
1	What is it like to travel by bus today and what was it like in the past?
2	What is the continent of South America like?
3	What is it like in the countries of Eastern Europe?
4	Which animals call a tropical rainforest their home?
5	How are mountains formed?
6	How did the First World War end and what followed?

### **E Safety**

It is Safer internet day next Tuesday and the theme is "want to talk about it?" Please continue to encourage your children to talk about their experience online and discuss e-safety. Attached to this emailed newsletter you will find some tips in supporting you to open up the discussions at home about your digital lives.



## Oceania Class (yr 1)

In History this week the class went on a virtual bus journey as they were learning about old and new buses!

## Africa Class (yr 2)

During their Forest Schools session last week the class enjoyed making prawn crackers. In Computing the class created a class tally of their favourite ice creams! The children then created a spreadsheet to represent this on Purple Mash.



## Nursery, Reception and Year 2

Very excitingly, all the children took part in a smoothie making workshop this week. The children split into groups to identify fruits and other ingredients such as spinach, cocoa powder, cucumber, mint and coconut milk. They then went away and discussed what ingredients they would like to put in their smoothie, before feeding back to the chefs. The ingredients were then placed into the blender jug and this was put on the front of the 'smoothie bike'. The children loved watching the fruits blend as the adults cycled. The children in year 2 hopped onto the bike and cycled to make their own smoothies! They all then had the opportunity to taste the different smoothies they had made.

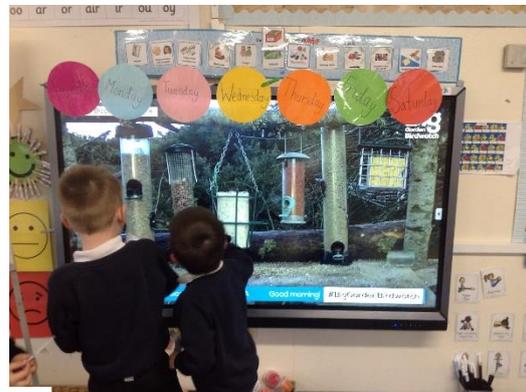
*Lillie said her smoothie was "yummy with strawberries"*

*Elodie enjoyed hers so much, she politely asked for more! Johan said "that was all strawberry" and Matilda – "I love banana!"*



## ANTARCTICA CLASS (Yr R)

Reception class have taken part in the RSPB birdwatch week. The children enjoyed Mrs Steed sharing some wonderful images of birds and a variety of different resources. The children spent time in our outdoor classroom where we watched and made a tally to record the number and types of birds we saw. Later in the afternoon the children carried on with this in provision and set up a bird watch station in our home corner where they watched out for the varieties across our field.



## NUMBER DAY

We had a fantastic day celebrating Number Day today raising money for the NSPCC. The children took part in a Maths

Scavenger hunt, dressed up in some fantastic number related outfits and completed a Times Tables Rock Star battle across the different year groups. Each class also had fun in their usual maths

lessons and we even made some maths links in our forest school sessions. Thank you for all of your support, we have raised £76.91 for the NSPCC.



## ROAD SAFETY TRAINING

Several classes have taken part in some online road safety training this week run by the Norfolk County Council Road Safety Team. The children in Year 3 – Seatbelt Safety and Years 4 and 5 – Ride on It online cycle training. Next week year 5 will have Step on It online Pedestrian training and later in the month and early next month they will also take an on-road cycling course.

# The Ark Nursery Newsletter



## This week

Our sound of the week was 't'. When writing a 't', we repeated the Read Write Inc phrase "down the tower, across the tower". We began segmenting and blending CVC words this week too, and what fantastic blending we did! In Literacy, we did lots of talking about ocean scenes, sounds and visuals of sea creatures, before being introduced to our focus book of 'Hooray for Fish!' In

Maths, we learnt all about the number 5 and were introduced to the pentagon. During our afternoons, we learnt all about the ocean and creatures within it, we looked at the different oceans on the globe and made our own sea creature fossils. We also enjoyed a tasty 'smoothie making workshop' from Aspens in the school hall.



## Next week

Our final focus sound of the half term is 'i'. Alongside learning this sound, we will recap all we have learnt so far and continue to segment and blend CVC words. Our literacy sessions will continue to be based upon our book 'Hooray for fish'. In Maths, we will continue to focus on the number 5, looking at composition. During our afternoons, we will begin to talk about what is above us and begin talking about space, before we focus more on this after half term. As Valentine's Day is during the half term, we will have lots of Valentines themed activities within the classroom!

## Learning links at home

- Spot the number 5 whilst on walks, on car number plates or door numbers. You could also point out the number 5 in your house, on the clock, a watch or the oven.
- Build a tower of 5 building blocks.
- Research fish, using the internet or books, and draw your favourite one! What colour is it? Does it have a pattern? How big is it?



## **DIARY DATES**

### **February**

- 7<sup>th</sup> Yr 6 trip to Duxford
- 8<sup>th</sup> Safe, Healthy, Happy Parent Consultation 3pm\*
- 9<sup>th</sup> Yr 3/4/5 Dodgeball competition
- 10<sup>th</sup> Non Uniform Day – ‘Dress to Impress’\*
- 27<sup>th</sup> & 28<sup>th</sup> Yr 5 Bikeability Course

**Half term week Monday 13<sup>th</sup> February – Friday 17<sup>th</sup> February**

### **March**

- 2<sup>nd</sup> World Book Day/Author visit
- 17<sup>th</sup> Red Nose Day\*
- 16<sup>th</sup> Yr 2 Map Skills and Mini Orienteering Session
- 16<sup>th</sup> & 17<sup>th</sup> Year 5 one night residential to The Horstead Centre
- 20<sup>th</sup> School Photographer – whole class photos
- 31<sup>st</sup> Last day of term

### **April**

**Easter holiday Monday 3<sup>rd</sup> April – Monday 17<sup>th</sup> April**

- 17<sup>th</sup> INSET Day
- 18<sup>th</sup> School reopens

### **May**

- 1<sup>st</sup> Bank Holiday
  - 8<sup>th</sup> Bank Holiday for King’s Coronation
  - 8<sup>th</sup> – 12<sup>th</sup> Year 6 SATS week
  - 15<sup>th</sup> – 19<sup>th</sup> – Year 2 SATS week
- Half term Monday 29<sup>th</sup> May – Friday June 2<sup>nd</sup>**

- 5<sup>th</sup> INSET Day
- 6<sup>th</sup> School reopens

### **July**

- 5<sup>th</sup> – 7<sup>th</sup> Year 6 residential to Eaton Vale
- 21<sup>st</sup> Last day of term

\* New addition