



# Thomas Bullock Church of England Primary and Nursery Academy

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

Headteacher: Mrs Shannon O'Sullivan

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## NEWSLETTER

9th February 2024

Dear Parents, Carers and Friends of the Nightingale Federation

### Children's Mental Health Week

Our week kicked off on Tuesday with an assembly in class, introducing Children's Mental Health Week. The children listened to the story of 'Speak Up' and talked about the importance of being brave and speaking up, even if sometimes it doesn't feel easy to do so. During lunchtimes, some of us took part in mindfulness colouring and yoga. The week has ended with the children coming to school in their favourite clothes – it has been wonderful to see some of their choices!



Alongside lots of lovely mindfulness, calming and talking activities each day, each class also took part in an activity based around an inclusive story book. Here are some of the things we got up to in each class:

#### Nursery

We read the story of 'Red Rockets and Rainbow Jelly', talking all about the different fruit and vegetables we like. We noticed that we all liked different things. This was extended by discussing our own differences: hair colour, eye colour, skin colour, hairstyle, clothes etc). The children were asked "do you all still like each other?" and they replied "yes!" We then discussed all of the different things each of us likes and how, although we like different things, we are still friends and we can still be kind to each other! We've also been paying each other lots of compliments and sharing some of the kind things we can say to each other.



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## Reception

In Antarctica class, we have shared the story of 'Blue Chameleon'. We explored the feelings that we saw and the colours for these. The children related this learning to prior knowledge of the Colour Monster story and have been practising using colours to assist our talking about our feelings and emotions. Additionally, we've enjoyed listening to calming music, taking part in peer massage and spotting our friends being kind and using compliments.

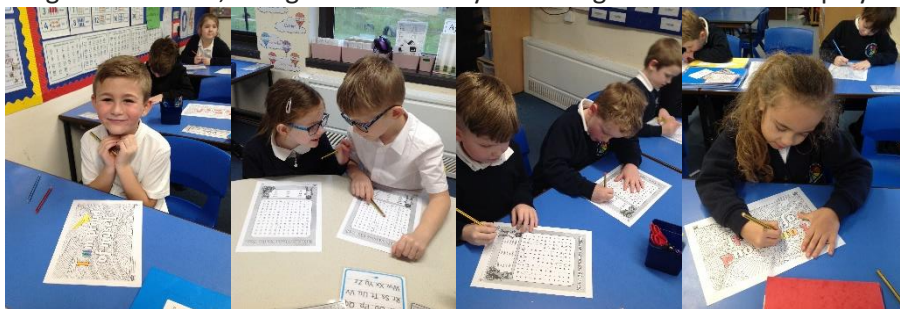
## Year 1

Alongside breathing activities and mindfulness colouring, we talked about feelings and that it's okay to feel other feelings other than happiness but it's not okay to be rude or unkind when we're feeling grumpy or sad. We said it's important to remember and think about things that make us happy again as that's a nicer feeling to have. We also read the story of 'Max the Champion', discussing Max as a person. We then went back, looked at the pictures again, and discussed any details we could see. We noticed hearing aids, inhalers, wheelchairs, walking sticks, glasses, eye patches and a leg brace. This led us onto discussions surrounding us all being different. We drew Max and his friends, with the headline of 'We are all different.'



## Year 2

In year 2, we have explored what mental health means and have enjoyed mindful colouring with positive affirmations on, some yoga and some mental health word searches too. We also read the story of 'What the Jackdaw Saw', noticing that the animals were all touching their head. We then talked all about sign language and what it is used for. We learnt signs for 'storm', 'danger' and 'thank you' during our Jackdaw role play.



## Year 3

Each morning this week, we have completed some mindfulness colouring. We also read the story 'We're All Wonders' and discussed what the word unique meant. We used the story to discuss bullying and being bystanders, before creating some Bystander posters. Our Art this half term has linked nicely and we began to think about what makes us unique and things that make us feel happy and calm too. We will be using these ideas to create our Frida Kahlo inspired self-portraits.





## Year 4

We have looked at the strategies of how to keep our minds calm in stressful situations and ways that we support ourselves to deal with times of distress or upset. We talked about imagining ourselves as a pond and that all our feelings are fishes that swim around and live in the pond and that sometimes there are more of that feeling and we can deal with the swarm of certain fish that take over. We looked at different breathing techniques and took part in some yoga activities as well as mindfulness colouring. We then looked at the book 'Along Came a Different' and played a game where we were all segregated and not allowed to talk to one another because of being different. We discussed how it doesn't matter if people are different and that everyone is equally important no matter who they are and that their feelings should be listened to. We then created little poems about how we are different and how it is amazing to be so!



## Year 5

In Year 5, we talked about things that make us happy. We did some mindfulness colouring and some children made positive affirmation bookmarks. Some children decorated trainers with things about them on too. During our PSHE lesson, we read the story of 'How to Heal a Broken Wing' where we discussed empathy, talked about Amnesty International and compared our country to others in having the freedom of speech. We then took part in some role play where each child had a mathematical sum (some written for much younger children and some written for older). During this role play, we were able to discuss how we felt, as well as how we can give respect, support and praise others.

## Year 6

We read the story of 'The Whisperer' and discussed peer pressure, rumours and standing up for prejudice. We took part in some role play which enabled us to share how it felt to have to lie to our friends and how it felt to be accused of something incorrectly. We then compared this to real life situations, before looking further at the Equality Act and how it is relevant to us in school.

## Shining Lights of the Week!

Ark Nursery	<b>Eli</b> for his burst of confidence this week! Eli has been engaging in play with new friends, sharing classroom resources and listening carefully during story times. Great job!
Antarctica Class (R)	<b>Millie</b> for her brilliant efforts in phonics, using her brilliant skills in Literacy too as she wrote how we could try to catch a star!
Oceania Class (yr 1)	<b>Kayden</b> for some fantastic maths work on Number Day and in all of our lessons around addition and subtraction. Well done Kayden!
Africa Class (yr 2)	<b>Amelia</b> for using her creative mind in our English writing this week. Amelia has shown a growing independence in her learning. Well done!
Europe Class (yr 3)	<b>Evie</b> for her creative ideas in English using fantastic vocabulary and ideas to build sentences in preparation for her Poem linked to our class book.
S America Class (yr 4)	<b>Lana</b> is our shining light of the week for her concentration and application in our fraction lessons. Lana has shown a good level of understanding of identifying and writing mixed numbers.
Asia Class (yr 5)	<b>Millie</b> for her enthusiasm and determination during maths lessons. Millie is always keen to attempt the next challenge and shows great perseverance.
North America (yr 6)	<b>Caleb</b> is our shining light this week for his enthusiasm in our topic and his contributions on our trip to Duxford. He worked very well in his group filming a documentary about one of the vehicles in the Battle of Britain hangar.

**This week's overall attendance 96% Europe Class (yr 3) 99.5%**

## **WOW MOMENTS!**

**Violet (yr 1)** has passed her stage 3 swimming this week and is moving up to stage 4. Her parents are very proud of her for being brave and moving into the deeper section of the pool.



Please remember to continue to send in your **WOW** moments for achievements out of school  
<https://forms.gle/DV4RoVbQGpijcUMV7>

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

Year Group	Key Learning Question of the week
1	How did trains change people's lives?
2	What Is the continent of South America like?
3	What is it like in the countries of Eastern Europe?
4	Which animals live in a tropical rainforest?
5	What is an earthquake?
6	Why did a second war break out in 1939?

### **Thinking Day – Monday 26<sup>th</sup> February**

Over the last few years it has become traditional for members of Girlguiding - Rainbows, Brownies, Guides and members of the Scouting movement - to wear their uniform to school on 22nd February known as Thinking Day. This is the joint birthdays of Lord and Lady Baden Powell, who started the Scouting and Guide Movements over 100 years ago.

As this falls during half term week this year, we will be inviting all children to come to school in their uniforms on Monday 26<sup>th</sup> February.

### **Cake Sale**

#### **14<sup>th</sup> February**

Reminder... Please remember to bring in some money for the Student Council cake sale next Wednesday, Valentines Day!

Cakes will be on sale to children at breaktime and outside after school for any that are leftover.

Cake donations to the school office please on the morning.

All proceeds going to their outdoor swing set project.

### **Notices**

Today, we said goodbye to our two amazing student teachers, Miss Gibbs and Mr Bray who move onto their second school placement. We have all enjoyed having them in school over the last few months and all staff and pupils will miss them. We wish them every success for the future.

Please could we remind you that children are not permitted to have digital watches in school. Simple analogue watches are all that children should be wearing during the school day. Thank you for your co-operation.



## Oceania Class (yr 1)

The class had an amazing time with Ed and his mini-monsters this week! We met a giant African land snail, a millipede, a corn snake, a tarantula and a bearded dragon! All of the animals were very friendly and the children were very well behaved around them. Ed was very impressed with our questioning skills and we found out lots of new information about animals for our science topic.



## South America Class (yr 4)

We also had the pleasure of welcoming mini monsters to our lesson this week to support our learning in science about the classification of animals as well as our topic of the rainforest. The children had lots of fun learning about the different animals: where they live, their names and what they ate. We loved the unique names the creatures had: Gerald and Winston were our favourite names. Many of the children left saying they wanted a bearded dragon or a pet snake for their birthdays - oops sorry parents!





## North America Class (yr 6)

The class had a brilliant day at Duxford on Tuesday! The children made their own mini-documentaries in the Battle of Britain hangar; practising their filming and presentation skills in producing these. They also got to learn about the role of Duxford in the Battle of Britain and see real aircraft from World War Two. The children really enjoyed being able to go inside some of the planes, such as Concorde.





## Antarctica Class (yr R)

The children learnt lots about the celebrations and traditions in China for their new year this week. They learnt about the foods they like to eat and were lucky enough to sample a range too after which they voted for their favourite and made a tally chart to compare the most and least popular. Rice was the winner and banana the least favourite. Miss Gibbs shared some photos of rice, noodles, mandarins, apples and bananas that she had tried on her travels. The children created their own Chinese numerals in the sand and explored Chinese dragons, made their own money envelopes and designed their own Chinese style lanterns. Happy Chinese New Year to everyone!



## Internet Safety Day

Digital leaders at Thomas Bullock did a fantastic job at presenting an assembly all about E-safety on Safer Internet day at the beginning of the week. They showed lots of courage to stand up in front of everyone. Well done!

Across the school the children completed activities and learned lots of tips to stay safe online as well as how to manage their time online productively.

Parents were invited to come along to the E-safety parent workshop, thank you to those of you that came along if you are interested in finding out more the slides can be found on our website.

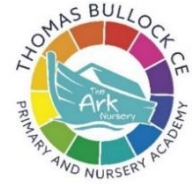
<http://www.thomasbullock.dneat.org/keeping-safe-online/>



We have also attached a message for Safer Internet Day from the Norfolk Constabulary's Children and Young People Team which gives useful information and links to guides and resources.

# The Ark Nursery Newsletter

This week



We had a strange start to the week but it was wonderful to see photos of what you got up to on your extra day at home! We started each day with phonics as usual and we've been practising some super segmenting and blending for word reading! In Literacy we have continued our learning surrounding the story 'Hooray for Fish'. We drew our own sea creatures and made up our own story about them too! We've also been practising our letter formation for the sounds we have learnt so far. During Maths, we learnt about the composition of 5. Lots of children were excitedly shouting "3 and 2 makes 5", "4 and 1 makes 5!" This week has been Children's Mental Health Week – alongside lots of talking activities and paying each other compliments, we took part in some activities based on the story of 'Red Rockets and Rainbow Jelly'. We also learnt all about Chinese New Year, as well as exploring things you'd find in the sea or on the shore and making our own planet handprints, inspired by artist Jackson Pollock!



## Next Week

We will be learning the sound 'k', before we then consolidate learning of the sounds we have learnt so far this half term.

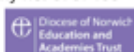
We will continue our learning surrounding 'Hooray for Fish' in Literacy, as well as playing lots of speaking and listening games alongside. We will consolidate our maths learning for the half term too. During our afternoons, we will have Pancake Day and Valentine's Day themes and we'll be following child interest with our role play!

## Learning links at home

- Draw a large 5 frame outside. In what way can you fill the frame? 4 leaves and 1 stick? 3 stones and 2 flowers? Discuss how they have filled the 5 frame.
- Make a tower of 5 using 2 different blocks. Say what you have made, e.g. I have made 5 using 2 white cubes and 3 yellow cubes.
- We are learning about dinosaurs after half term. What do you already know about dinosaurs? Can you name some?



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## DIARY DATES

### February

14<sup>th</sup> School Council Cake Sale

14<sup>th</sup> Yr 3 Parent/Teacher Appointments

15<sup>th</sup> Yr 3 Parent/Teacher Appointments

### Half term 19<sup>th</sup> – 23<sup>rd</sup> February inclusive

26<sup>th</sup> Thinking Day\*

### March

4<sup>th</sup> Yr 2 Geography Visitor

4<sup>th</sup> to 5<sup>th</sup> Yr 5 residential to The Horstead Centre

7<sup>th</sup> World Book Day – Dress Up Day

8<sup>th</sup> FOSS Bingo in WI Hall - SAVE THE DATE, time tbc

18<sup>th</sup> School Photographer (Class photos)

20<sup>th</sup> Parent/Teacher Appointments

21<sup>st</sup> Parent/Teacher Appointments

27<sup>th</sup> Easter Service at Church 1.30pm\*

28<sup>th</sup> INSET Day School Closed

### Easter holiday 29<sup>th</sup> March – 12<sup>th</sup> April inclusive

### MAY

6<sup>th</sup> Bank holiday

### Half term 27<sup>th</sup> – 31<sup>st</sup> May

### JULY

18<sup>th</sup> Last day of term

19<sup>th</sup> INSET Day School Closed

\*New Addition