Lyng Church of England Primary Academy

Executive Headteacher: Mrs Shannon O'Sullivan

Wensum Road, Lyng, Norwich, NR9 5RJ

Tel: 01603 872828 Email: office@lyng.norfolk.sch.uk Web: www.lyng.norfolk.sch.uk

NEWSLETTER 10 OCTOBER 2025

Dear Parents, Carers and Friends of the Nightingale Federation,

We have absolutely loved welcoming grandparents into our schools to celebrate International Grandparents' Day (Sunday 5th October). Across the Federation, we received the most wonderful and kind comments about our warm welcome and the calm, caring environment we foster. It was a true celebration of community, and we thank all the families who took part.

We also enjoyed sharing our Harvest Festival with our families yesterday and hope you agree that the children did a fantastic job with their singing! Thank you also to those of you who very kindly gave donations for the Mid Norfolk Food Bank; we will be dropping these off very soon and let you know how much we managed to collect.

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Looking ahead, we're excited to announce a series of open events in the coming weeks and months. Please do come along, we'd love to see more of you in school! These events are a great way to experience our vibrant learning environment, meet our dedicated staff, and get involved in your children's education.

Parents' Evenings

Booking for parents' evening appointments on Wednesday 22nd and Thursday 23rd October is now live on Arbor and will remain open until 5.00pm on Thursday 16th October. Please make sure you book a slot if you haven't already done so. If you are unable to book via Arbor please ask the office to book on your behalf.

Mrs Smith will be in school on Thursday 23rd October for those parents of SEN children who would like to speak with her at parents evening.

Book Looks

All parents are warmly invited into school on **Thursday 16th October between 3.00 – 3.20pm**, to look at their children's work ahead of our parents' evenings the following week.

Open Morning / Evening

Don't forget, next week we are holding our Open Morning and Evening. These are taking place on **Monday 13th October at 9.15am and Wednesday 15th October at 5.00pm.** If you have a child due to start school in September 2026, please do come along.

These events will include:

- Refreshments
- Opportunities to tour the school
- Staff available to answer any questions

We hope you can join us!

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Willow Class Visit to Sandringham

Willow class enjoyed a lovely trip to Sandringham this week. We enjoyed looking in the house and seeing where the Royal Family spends their Christmas. We had a walk through the King's garden and tried out the brand new maze! In the afternoon, we completed a workshop based on King Charles III and we even crowned our very own King!

Rowan Class Visit to Norwich Castle Museum

On Monday 6th October, Rowan Class visited the Castle Museum in Norwich for "A Day with The Romans and Iceni."

We met characters from that time plus a modern curator and archaeologist to learn about Boudica's rebellion and the contrasting cultures of the Iceni and Romans. We enjoyed meeting a Roman soldier, where we learnt about armour, weapons and tactics to understand the power of the Roman army.

We explored Roman culture through objects, with an Iceni who collects tax for the Romans. With a curator, we explored the Boudica and Roman gallery, discovering the similarities and differences between the objects both groups left behind. With an archaeologist, we studied the Snettisham Treasure of Iceni torcs before making your own.
We all had a fantastic day and learnt lots of interesting facts.

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Notices & Reminders

Mr Nourish Birthday Competition

Thank you to all those children who took the time to enter Nourish Catering's "design a birthday card for Mr Nourish" competition. The lucky winners were: Rupert S (Y3), Martha (Y2) and Clementine (YR)

Please see the photo with the winning designs opposite:

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Shining Lights

Cherry Class – Year R	Rosie is our Shining Light of the Week for her positive attitude and caring nature. She has earned 2 leaves on our kindness tree this week. What a kind friend!
Willow Class – Year 1	Harriet is our Shining Light of the Week for her excellent ideas during English. You have listened well and tried hard to be independent.
Willow Class – Year 2	Henry is our Shining Light of the Week for showing kindness to everyone in Willow Class. You are a joy to be around and always arrive in school with a smile.
Rowan Class – Year 3	Tiffany is our Shining Light of the Week for her excellent effort in maths this week, working on her addition sums.
Rowan Class – Year 4	Theo is our Shining Light of the Week for his thoughtful work in Forest School this week.
Oak Class – Year 5	Ethan is our Shining Light of the Week for his excellent engagement with our Beowulf English topic. Each lesson he has produced high quality written work which all supports the task of retelling the famous story. I was particularly impressed with his descriptive sentences to describe the beast, Grendel.
Oak Class – Year 6	Primrose is our Shining Light of the Week for her excellent attitude to her English learning this week. She has engaged well with each lesson and I was particularly impressed with her descriptive sentences for her spine poem about the monster, Grendel.

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WOW MOMENTS!

Willow J (Yr 1) has competed in her first ever gymnastics competition and achieved third place! She received a certificate and bronze medal for her efforts. Well done Willow!

Please continue to send in your "Wow" moments for achievements out of school using the link below:

https://forms.gle/q6MZXdmzvtNHvJp19

Key Learning Questions

Year 1 & 2: Who was Charles 1st and what was the English Civil War?
Year 3 & 4: How did the Romans try to defend the land they took while taking more?
Year 5 & 6: How did the Anglo-Saxons' conversion to Christianity change England?

Our Learning this Week.....

Cherry Class

We have had a super busy week in Cherry class. The children have enjoyed a visit from a nurse to learn all about being a nurse, they have been on their first trip to the church and done lots of wonderful learning. We are very proud of them all.

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Willow Class

This week we have had a very busy week in Willow class. On Monday, we had a great time on our trip to Sandringham. In English we have been busy drafting our own poem of 'If I was a Queen/King' ready to go up on our display! In Forest school, we have made nature crowns – see below!

Rowan Class

Rowan Class have had a lovely week with our visit to Norwich Castle where we learnt about The Romans and Iceni Tribe. In Science we have been learning about different types of teeth. In English we are learning about writing a non-chronological report about The Romans and in Maths we are learning how to add and subtract numbers in the thousands.

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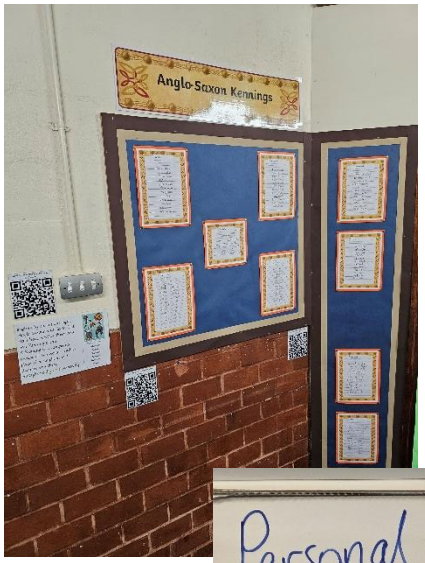
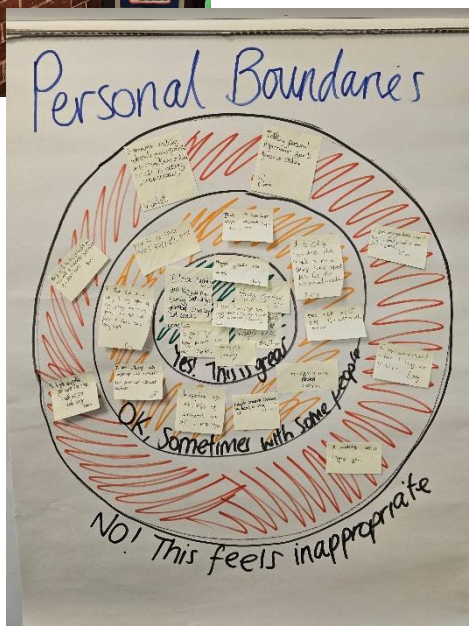
Oak Class

In Oak this week, we have started our English topic on Beowulf, the famous Anglo-Saxon legend. The children have been exploring the story and their impressions of the two main characters: Beowulf and Grendel.

We've also finished publishing our Anglo-Saxon Kenning poems which are now proudly displayed in the corridor, with spaces to add some artwork that the children have been producing. A few of the class also performed their poems which have been added as QR codes too. Elsewhere, we have been exploring multiples in Maths; the phases of the moon in science; what daily life was like for the Anglo-Saxons in topic and in PSHE, what personal boundaries are and the different scenarios which we may welcome or may make us feel uncomfortable.





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Help Us Improve Inclusion – Parent Carer Survey for the PINS Programme

Thank you to everyone who has completed the survey. If you would like to complete the survey there is still time.

As part of our ongoing commitment to providing an inclusive and supportive environment for all children who attend our school we have volunteered and been accepted to join the Partnership for Inclusion of Neurodiversity in Schools (PINS) programme this academic year. This is an exciting opportunity for us to work closely with key professionals from a variety of external agencies to continue to develop our provision for children with identified educational needs or for children who may have additional educational needs.

If you have more than one child attending the school, you are welcome to complete a separate survey for each child. All data will be handled in line with Data Protection legislation. **click here to complete the survey**

By taking part, you are helping to inform real, positive change—benefiting not only your child, but the whole school community.

Norfolk and Waveney - All About ADHD - Free Online workshop - Tuesday 21st October 10am-11am

Want to learn more about ADHD?

Join us for a free online Zoom workshop to learn about different traits and types of ADHD, as well as ways to support your child or young person. No need to book for this friendly and informal session, just come along on the day!

Tuesday 21st October
10am - 11am

Meeting ID: 946 8148 6826
Passcode: 085559

https://www.facebook.com/familyactionnorfolksuffolkservices/photos/want-to-learn-more-about-adhdjoin-us-for-a-free-online-zoom-workshop-to-learn-ab/1110559977919080/

Other courses and events can be found via their Facebook page at

https://www.facebook.com/familyactionnorfolksuffolkservices

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Mental Health Support Team (MHST) Parent Workshops

These are free virtual workshops delivered via **Microsoft Teams - login details are all in the attachment**. These workshops are designed to provide you with up-to-date advice and guidance on how parents and carers can support their children with their wellbeing. The workshops are approximately 60 minutes long.

MHST Parent Online Workshop: Sleep This workshop explores how sleep affects your children; what different factors can affect our sleep and strategies that may help to support them. Date and Time: Monday 20th October 2025 4:00pm – 5:00pm

MHST Parent Online Workshop: Anxiety This workshop explores what anxiety is, how it presents in children, and how we can recognise worries to support children in managing them. Date and Time: Wednesday 12th November 2025 12:00pm – 1:00pm

MHST Parent Online Workshop: Managing Emotions This workshop explores what emotions are, how to increase positive emotions and ways to support your child to regulate their emotions. Date and Time: Tuesday 25th November 2025 at 12:00pm – 1:00pm

MHST Parent Online Workshop: Behaviour This workshop explores children's behaviour, what can affect this and how to help manage this with positive strategies that can be implemented. Date and Time: Monday 1st December 2025 at 4:00pm – 5:00pm

Norfolk SEND Local Offer - Facebook page

The Norfolk SEND Local Offer page is regularly updated with useful information, signposting and local events. The Link can be found at

https://www.facebook.com/sendnorfolk

Family Voice Newsletter

The latest Family Voice Newsletter contains signposting and information about Local SEND family friendly events

https://www.familyvoice.org.uk/wp-content/uploads/2025/09/Family-Voice-NorfolkSeptember-2025compressed.pdf?utm_medium=email&utm_campaign=September%202025%20news%20final&utm_content=September%202025%20news%20final+CID_9c8c1165e1e8569282ebb863ad872ed5&utm_source=Email%20marketing%20software&utm_term=here

Norfolk and Waveney Family Action Newsletter - ADHD Awareness Month

October is ADHD Awareness Month and is the theme of Norfolk and Waveney's Family Action Newsletter. The newsletter is filled with supportive advice and signposting. To read the newsletter click on this link

https://sway.cloud.microsoft/2l17AaJvolHZPfSk?ref=email

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Diary Dates 2025-26

October

13th Open Day for Reception intake September 2026 9.15am
14th YR and Y6 Height & Weight Checks
Year 1 & 2 Cross Country event at Langley School
15th Open Day for Reception intake September 2026 5.00pm
16th Book Looks – all parents invited into class – 3.00 – 3.20pm
17th FOLS Cookie & Milkshake Sale (after school)
22nd Parents Evening 3.30 – 6.00pm
Year 3 – 6 Cross Country event at Langley School
23rd Parents Evening 3.30 – 5.30pm
24th Break up for half term

October Half term week 27th – 31st October

November

3rd Children return to school
7th FOLS non uniform day
27th FOLS wreath making workshop (The Old School Room, Sparham 6.30pm)

December

16th Christmas Lunch
18th FOLS Christmas Disco (in the school hall)
19th School finishes at 12pm – last day of term

Christmas Holiday Monday 22nd December – Monday 5th January 2026

January

6th – Back to school

February

13th Break up for half term

23rd Children return to school

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