



Bressingham Primary Newsletter

31st March 2023

Dates:

(Further information will follow about some events, marked *)

Wednesday 19th April
Spring Assembly – gam

Monday 1st May
Bank Holiday

Monday 8th May
Bank Holiday

Monday 29th May – Friday 2nd
June
May half term

Friday 23rd June
Class photos
FABS School Disco*

Monday 26th June
Year 6 trip to Whitlingham*

Tuesday 27th June
Sports Day*

Wednesday 28th June
Reserve Sports Day*

Friday 7th July
FABS Summer Fair held at the school.

Wednesday 12th July
Year 6 Crucial Crew*

Friday 21st July
End of term

Attendance

Further to the information in the last newsletter it is pleasing to see attendance levels increasing for many. Thank you for your support with this.

A busy term!

It has been a busy and exciting term with everything from soup tasting to castle trips. Here is a little snapshot...

Snow!

The children were very excited to embrace the brief snow that we had earlier in the month, and we all enjoyed it whilst it lasted!





Soup Tasting

As part of their DT project, Year 5 designed and made a range of soups inspired by ingredients from the UK and Mexico.

Thank you to those parents/carers who were able to attend. We hope you enjoyed tasting them!



Hockey

Year 4 enjoyed a great day at Harleston Magpies taking part in the Quick Sticks hockey tournament. Despite the downpour everyone really made the most the day and demonstrated some great hockey skills.



Year 5 & 6 Sleeover

This was a really fun and memorable event. The children's behaviour was exemplary.



Framlingham Castle

Year 1 and 2 had a wonderful trip to Framlingham Castle. They toured the battlements and moat, hunted for different objects and finally stormed a part of the castle. Their behaviour was very good, and it was a lovely way to consolidate their learning.



Headlice

Headlice is still proving to be a significant issue in some classes. Please do you check your child/children and follow the advice in the link below:

[https://www.nhs.uk/conditions/head-lice-and-nits/#:~:text=You%20cannot%20prevent%20head%20lice&text=You%20can%20help%20stop%20hem,laundry%20on%20a%20hot%20wash.](https://www.nhs.uk/conditions/head-lice-and-nits/#:~:text=You%20cannot%20prevent%20head%20lice&text=You%20can%20help%20stop%20them,laundry%20on%20a%20hot%20wash.)

New books

We were the lucky winners of the 'Just Imagine' Book Blast competition and received some more lovely new books for the school. Huge thanks to Miss Tran for entering this on our behalf.



Please see the office section below for lots of information about internet safety, support for children and families, and more.

Finally, thank you for your continued support this term and we hope you have a lovely Easter break.

Dawn Gudde & Joanna Lewis

Notes from the office...

School Uniform

Thank you for keeping to the school uniform list.

To place an order for items with the school logo, please follow the link: www.brigade.uk.com

Nut free school



We are a nut free school. Please be aware that children can have nut allergies, so please do not include any items containing nuts in snacks or in lunches; these can include snack bars or spreads, amongst other foods. Thank you.

Free School Meal Information, from Norfolk County Council

How to apply:

Parents are encouraged to apply on line and information and a link to the on line application service is provided at www.norfolk.gov.uk/education-and-learning/schools/school-meals-and-milk

Internet Safety

The following resources provide guidance for parents and carers to keep children safe online. They will, amongst other things, support parents to talk to their children about a range of online safety issues, set up home filtering in a child-friendly way and set up age-appropriate parental controls on digital devices:

[Thinkuknow](#) by the National Crime Agency - Child Exploitation and Online Protection command (NCA-CEOP) provides resources for

parents and carers and children of all ages to help keep children safe online.

[Childnet](#) has developed [guidance for parents and carers](#) to begin a conversation about online safety, as well as [guidance on keeping under-fives safe online](#).

[Parent Info](#) is a collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents and carers related to the digital world from leading experts and organisations. National Society for the Prevention of Cruelty to Children (NSPCC) has [guidance for parents and carers](#) to help keep children safe online.

[UK Safer Internet Centre](#) provides tips and advice for parents and carers to keep children safe online - you can also [report any harmful content found online through the UK Safer Internet Centre](#).

The Internet Watch Foundation (IWF): If an incident involves sexual images or videos that have been made and circulated online, the victim can be supported to get the images removed by the Internet Watch Foundation

(IWF)Childline/IWF Report Remove is a free tool that allows children to report nude or sexual images and/or videos of themselves that they think might have been shared online

The following sites are also good to look at with children:

For younger children...

<https://www.bbc.co.uk/cbeebies/grownups/six-tips-teaching-children-technology?collection=parenthood-tips-and-tricks>

For older children...

<https://www.bbc.com/ownit>

For all children...

[Undressed \(lgfl.net\)](#) LGFL

'Undressed' provided advice about how to teach young children about being tricked into getting undressed online in a fun way without scaring them or explaining the motives of sex offenders

Support for mental health

Norfolk has a website and telephone number that may be useful for you or for someone you know of for mental health support: [Norfolk & Waveney - Mental Health Advice & Support for 0-25's \(justnonorfolk.nhs.uk\)](#) or 0300 300 0123.



In a mental health emergency, there is a new number to contact:

If you need urgent mental health help, call 111 and choose option 2



Mental health crisis support 24/7 for people of all ages in Norfolk and Suffolk

Early Help Hub

The Early Help Hub for South Norfolk, in Long Stratton, is a good point of contact for many different services, should you have any urgent needs or worries:

<https://www.south-norfolk.gov.uk/residents/south-norfolk-help-hub>

See Something, Hear Something, Say Something

Norfolk have launched a campaign for awareness of possible abuse, entitled *See something, hear something, say something...*



If children are worried about something

Childline 0800 1111
www.childline.org.uk

NSPCC www.nspcc.org.uk

CEOP www.ceop.police.uk

Just One Number 0300 300 0123
www.justonenorfolk.nhs.uk

Young Minds
www.youngminds.org.uk

Samaritans 116 123
www.samaritans.org

Kids Helpline
www.kidshelpline.com.au

National guidance about Coronavirus:
[People with symptoms of a respiratory infection including COVID-19 - GOV.UK](https://www.gov.uk/government/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19)
(www.gov.uk)