

Dear parents and carers,

The term continues well. The children have shown great respect and interest as they reflect on the news of Queen Elizabeth II's death and the proclamation of King Charles III. This generation of children are certainly witnessing historic events!

Please take a look at the website class pages to see this terms parent plans with an overview of what the children will be learning this term. It would be good to see many of you at the E-Safety parents' workshop on the 22nd September at 7pm being held at Broadland High School.

Have a good weekend

**Next week**

Monday 19th September – school closed

Thursday 22nd September – E-Safety sessions
at Broadland High School
Parent session 7-8.30pm

Looking ahead

Friday 30th September – Blue House cake sale

Monday 3rd October – Harvest Festival at All Saints Church Salhouse

Friday 21st October – FOSS non uniform day

Monday 14th November – Flu immunisations

Monday 21st November – Individual and sibling photographs

Music Lessons

If your child is having music lessons in the Autumn Term please can you check Pupil Asset and make any payments that are due.

I have been made aware that the amount might not be showing as Autumn Term music 2022, if you have any queries please feel free to contact the office.

Changes to the Lunch Menu**Tuesday 20th September 2022 School Lunch Menu**

Margherita Pizza (v) with Potato Wedges
and Sweetcorn

Or Oriental Quorn (v) with Noodles and Sweetcorn
Vanilla Ice Cream

Thursday 6th October 2022 School Lunch Menu

Change of dessert

Wonderous Waffles – sweet waffle topped with sliced banana whipped cream and c
chocolate sauce

E-Safety session – 22nd September

Broadland High School 7-8.30pm

As parents you are warmly invited to attend a session
This engaging session will provide information, real life examples and practical solutions to help parents understand the online world and keep and how to keep an open dialogue with your children about the dangers.

Forest School

Years 5 and 6 children will be taking part in forest school on Friday afternoons and will be outside regardless of the weather. Children should come to school in uniform and bring forest school clothing with them. They will need waterproof trousers and jackets, wellies or sensible outdoor shoes and as the weather gets colder hats and gloves.



Supporting young people's mental health Parent/carer workshops September - October 2022

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are live and 60 minutes long.

Supporting our Young People Manage Big Feelings

A workshop aimed at parents of young people aged up to 11 to help support our children in managing difficult emotions

26 September - 13:00. [Book a place](#)

26 September - 18:00 [Book a place](#)

Supporting your Child to Attend or Get Back to School

Is it difficult to get your child to school? This workshop aims to develop parents' understanding and provide helpful strategies

27 September - 18:00. [Book a place](#)

Supporting our Young People with Anxiety

For parents to understand anxiety and how to support their child with worry

27 September - 19:15. [Book a place](#)

18 October - 18:00. [Book a place](#)

Supporting our Young People with Challenging Behaviour

A workshop for parents who are concerned or want to learn more about child behaviour that can be difficult to manage

17 October - 13:00. [Book a place](#)

Supporting our Young People Manage Uncertainty

A workshop to support parents in helping their children manage uncertainty and the emotions that follow

17 October - 18:00. [Book a place](#)

Supporting our Young People with Low Mood

For parents to understand low mood and how to support their child/teenager

18 October - 19:15. [Book a place](#)

Scan the QR code to find out more and book a place on a workshop or visit www.eventbrite.co.uk and search for Psychology in Schools Team - NSFT



Working together
for better mental health

If you would like any help and support with children's mental health. there free workshops being held on zoom.
I have attached the above leaflet as a separate document so you can follow the links to book.

