

Dear parents and carers,

I felt very emotional this morning listening to all the children in Bitterns delivering an assembly introducing Black History Month. They shared information about inspirational role models, authors and books, history and even delivered part of Martin Luther's famous speech. They held the full attention of the whole school. Wonderful!

Enjoy a good weekend

**Next week**

Friday 14th October – FOSS school disco
Reception and year 1 - 6-7pm – Parents to
stay
Year 2-6 - 7.30-9pm

Wednesday 19th October – Cluster Football
at St Johns

Friday 21st October – Year 6 National Child
Measurement Programme

Friday 21st October – FOSS non uniform
day

Looking ahead

Friday 4th November – Girls and Boys
Football Salhouse vs Coltishall

Monday 14th November – Flu
immunisations

Friday 18th November – Green House
Cake Sale

Monday 21st November – Individual and
sibling photographs

Monday 5th December – Christingle

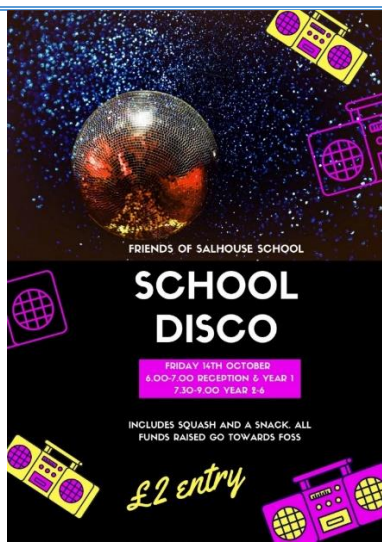
Friday 9th December – Christmas lunch
(menu to follow)

Friday 9th December – Christmas Jumper
Day for Save the Children

Friday 9th December – FOSS Christmas
Fayre

Monday 12th December – Whole school
trip (details to follow)

Friday 16th December – FOSS non
uniform day

**Black History Month**

We will be exploring Black History during Black History Month in October.

Norfolk Black History month have a website listing local events.

norfolkblackhistorymonth.org

Emotional Health and Mindfulness

Just One Norfolk have free access to Lumi Nova; a new therapeutic mobile game to help 7-12 year olds learn to self-manage their fears and worries. Lumi Nova provides a fun, safe and encouraging way for children and young people to tackle their worries head on so they can build resilience, gain confidence and thrive.

For more information on how to download please visit the Just One Norfolk website

<https://www.justonenorfolk.nhs.uk/emotional-health/children-young-peoples-emotional-health/lumi-nova-app/>

Also available is free app for parents and children to use to help with mindfulness

<https://www.justonenorfolk.nhs.uk/emotional-health/children-young-peoples-emotional-health/emotional-health-activities/mindfulness-activities/>

Forest School

Please could all year 5 and 6 bring an old mug (named on the bottom) for use at forest school.

Looks like rain again on Friday so please remember to send your child with waterproofs or a spare change of clothes.

School photographs

Younger siblings who are attending Fledglings on the 21st of November will be brought over to the school to have their family photograph taken. Any younger siblings who don't attend Fledglings are welcome to come to school at 8.30am to have their photo taken with their siblings.

Core Value – Courage

During our music assembly on Tuesday Sadie showing courage as she played “The Entertainer” for the whole school.

**Tots2Teens**

Tots2Teens have spaces available for the activities they are running during half term

The full program of activities can be found [here](#)

Happy Smiles

Fledglings, Coots and Bitterns enjoyed a visit from Happy Smiles. They learnt how to look after their teeth.

Happy Smiles from John G plummer and associates dental practice have said they are happy to help with dental registration for children if you would like to book a dental appointment please contact happysmiles@plummers.co.uk



**'They will soar on wings like eagles
They will run and not grow weary
They will walk and not be faint.'
Isaiah 40:31**

