

Dear parents and carers,

It was with pride that I showed two prospective parents around yesterday. The children speak so confidently to visitors and with such fondness for each other and the school. There has been much cardboard and paint everywhere as they have been building castles and making Viking shields in preparation for Viking day which we are all looking forward to. Can I thank you for sending the children in to school in the correct PE kit. They all looked so smart this week (even though they came home a little more dishevelled) so thank you! Have an enjoyable weekend!

**Next Week**

Tuesday 17<sup>th</sup> January – Viking Day  
Coots PE will take place on Wednesday 18<sup>th</sup> January

Wednesday 18<sup>th</sup> January – Reception hearing, vision, height and weight screening.

**Look Ahead**

Friday 27<sup>th</sup> January – Bitterns Class Cake Sale

Friday 10<sup>th</sup> February – FOSS non uniform day

**Menu Change**

Thursday 19<sup>th</sup> January – no need to pre order  
Jacket potatoes and packed lunch will still be available to order

**Forest School – Year 5 and 6**

Are you having a clear out? Forest school are looking for the following items

Old garden tools

Foam kneelers for sitting or kneeling when it is damp

Wood stumps big enough to be used for seats around the camp fire

Old bricks or liftable rocks to go around the camp fire

Old stainless steel large saucepans or cooking pots

Old pieces of rope or tarps

Mrs Truman-Grieve is looking for volunteers to help with forest school on a Friday afternoon, if you are interested please let the school office know.

**Swimming**

Unfortunately Broadland High School have advised that there will be no swimming on 18<sup>th</sup> January, they will update next week and hopefully there will be swimming the following week.



# Online Safety Webinars.

Are you a parent or carer, or someone who looks after children?

Norfolk Constabulary's Safer Schools Team and their colleagues in Prevent (Counter Terrorism), Cyber Security and the Safeguarding Children Online Team will be delivering two webinars about keeping children safe online.

Select a session below to reserve your spot:

**Session One**  
Tue 7 Feb 2023 | 11:00 - 12:00

**Session Two**  
Tue 7 Feb 2023 | 16:00 - 17:00

**NORFOLK CONSTABULARY**

## ONLINE WEBINAR INFORMATION FOR PARENTS AND CARERS:

Norfolk Constabulary's Children and Young People Team will be facilitating 2 webinars about online safety over Microsoft Teams on Safer Internet Day, 7<sup>th</sup> February 2023. The webinars are suitable for parents and carers of children of all ages and will raise awareness of a range of issues and risks that young people face online.

We will have speakers from the following Constabulary departments:

- 1 – The Safer Schools Team – Will talk about their experience in schools and the problems that arise regarding young people and their internet use.
- 2 – Prevent (Counter Terrorism) – Will offer advice and information about extremism and radicalisation in order to prevent children and young people being drawn into this online.
- 3 – SCOLT (Safeguarding Children Online Team) – Will talk about current trends regarding online grooming and child sexual exploitation (CSE).
- 4 – Cyber Security – Will be offering advice about how parents and young people can keep their personal information safe online.

Please click on the session you would like to attend within the flyer. You will then be redirected to Eventbrite where you can reserve your spot.

Please contact [youthengagementevents@norfolk.police.uk](mailto:youthengagementevents@norfolk.police.uk) if you have any queries.

## Information from the UKHSA

'It's important to minimise the spread of infection in schools and other education and childcare settings as much as possible. If your child is unwell and has a fever, they should stay home from school or nursery until they feel better and the fever has resolved.

'Helping children to learn about the importance of good hand hygiene is also key, so practice regular handwashing at home with soap and warm water. Catching coughs and sneezes in tissues then binning them is another simple way to help stop illness from spreading.

'Adults should also try to stay home when unwell and if you do have to go out, wear a face covering. When unwell don't visit healthcare settings or visit vulnerable people unless urgent.

'Remember that flu vaccination is still available for all eligible groups and is the best protection against the virus. We have seen good uptake in older age groups but vaccination among young children remains low. Flu can be very unpleasant and in some cases can lead to more serious illness. Getting your child vaccinated protects them and others they come into contact with, and it's still not too late.'

## Salhouse Weekly Update

Wk commencing 16th January

### FOSS

#### FOSS 100 Club

FOSS still have some numbers available for the 100 club lottery, if you would like a number or two FOSS will be on the grass by the cabin after school on Monday 16<sup>th</sup> and 23<sup>rd</sup> January

FOSS have lots of wonderful events planned for this year so keep an eye on your emails and newsletter for more information coming soon.

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

