

Dear parents and carers,

Children at Salhouse have had a really busy week with assessments. We are very proud of how they have approached this challenge.

We are looking forward to seeing you next week for sports day. We are very happy for you to take photos of your own child, but as always we ask that they are kept for your personal use only and not shared on social media.

Now that we are in the summer and winter coughs and colds are past, please can we all make an extra effort to have children here everyday and on time.

Children with attendance of less than 90% are classed as 'persistently absent'. Although 90% doesn't seem too bad, over the course of a school year it amounts to half a day a week or 19 school days-that's nearly 4 weeks of missed learning. With attendance at 80% that jumps to more than half a term! This really makes a difference to your child's progress and outcomes. If you need any support with this please reach out to us.

Please remember to send your children with sun hats and to apply suncream before school.

Have a lovely weekend and enjoy the beautiful weather!

Mrs Sonnex, Executive Headteacher

**Coming up next half term****JUNE**

Thursday 26<sup>th</sup> June – Sports day / *Feast on the Field* (3)

**JULY**

Monday 7<sup>th</sup> July – Herons trip to Gressenhall

Tuesday 8<sup>th</sup> July – KS2 Cluster sports (details to follow)

Wednesday 9<sup>th</sup> July – whole-school transition day

Wednesday 9<sup>th</sup> / Thursday 10<sup>th</sup> June – Year 6 transition days at Broadland High School

Thursday 10<sup>th</sup> / Friday 11<sup>th</sup> Friday – Y6 transitions at Thorpe St Andrew / Sprowston Community Academy

Friday 11<sup>th</sup> July – Year 5 visit to Broadland High School

Friday 11<sup>th</sup> July – FOSS discos

WB 14<sup>th</sup> July – Reports sent home

Monday 21<sup>st</sup> July – Kingfishers trip to How Hill (details to follow)

Tuesday 22<sup>nd</sup> July – Year 6 leavers assembly, 11am /

Fledglings risers leavers assembly (details to follow) /

FOSS non-school uniform day / Last day of term



The countdown is on – just days to go until GoGoSafari launches!

The trail is live 23 June to 30 August

Safari HQ, at the Forum, Norwich opens from 23 June and will be open daily from 10am-4pm throughout the trail where you will be able to pick up a map.

Have fun following the trail to find all the animals and the 60 mini-G's!

We would love you to take a picture with our giraffe 'Joraffe' and email it to the school office, it would be great to put all the photos on display. I wonder if all the children and staff can get a picture with her before the end of the trail.

There will be a prize for the best picture.

## Sports Day 2025

This year, Sports Day will take place on Thursday 26<sup>th</sup> June 2025.

Children should wear their full PE kit (white t-shirt, black shorts and trainers) for the duration of the day.

As in previous years, the format of the day will involve children getting into their 'house' teams (blue, green, purple, red and yellow) before engaging first in a morning of throwing, jumping and agility-based activities.

Children will eat lunch on the field.

In the afternoon, we would like to invite you - the parents and carers - to come into school and cheer your children on in a selection of exciting races. **Please arrive from 1pm.**

There will be a short celebration presentation with the whole school following the races. The day will conclude at approximately 2:45pm, subject to events running to time.

Should the weather forecast be poor, we may need to rearrange the day - we will aim to give as much notice as possible for this.

Parents and carers wishing to attend in the afternoon are warmly welcome and should arrive via the carpark gate, however we ask that any photos/videos you wish to take of your children are **not** put onto social media and are kept for personal use only. This is to ensure the safety and wellbeing of all in our community.

## **ADHD MEDS + HOT WEATHER = EXTRA CARE NEEDED!**

If you take stimulant meds for ADHD (like Elvanse, Concerta, or Ritalin), hot weather can hit harder. Here's what to watch out for:

-  **REDUCED THIRST**  
→ dehydration risk
-  **HIGHER BODY TEMP**  
→ risk of overheating
-  **APPETITE LOSS**  
→ low energy, low blood sugar
-  **MOOD CHANGES**  
→ more irritability or fatigue
-  **DRINK WATER** even if you're not thirsty
-  **SNACK REGULARLY** (yes, even if you "don't feel like it")
-  **REST IN THE SHADE**
-  **WEAR BREATHABLE CLOTHES**
-  **SET REMINDERS TO HYDRATE + EAT!**

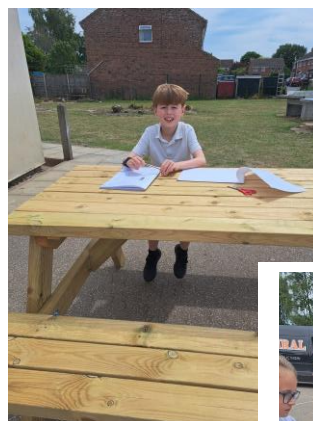
Let friends know if you're on meds – it's not always visible, but it matters.

Your ADHD brain is brilliant – keep it cool



## Thank you FOSS

This week we were lucky enough to take delivery of 6 new picnic tables. FOSS have kindly provided these and as you can see the children have been enjoying them already.



## Salhouse Primary School: *Soaring on wings*

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

