

# North Elmham CEVA Primary School Stibbard All Saints CEVA Primary School Flourish Federation



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**April 2021**

Dear Parent/Carer

I am delighted to tell you about the launch of a mental health and wellbeing project for our school community.

## **What is Mental Wellbeing?**

It is how we are feeling and coping with the things we face in everyday life. Just like physical health, sometimes it is good and sometimes not so good. You could think of it as your mental fitness.

I am sure you will agree that there has never been a more important time to speak openly about mental health and wellbeing with children and young people and to encourage them to talk about their feelings with family, friends, and trusted adults.

Research tells us that building the following proven five simple ways into our everyday lives can make a really positive difference to the mental health and wellbeing of both children and adults alike and help to build resilience and confidence.

- 1. Talk and listen – CONNECT**
- 2. Be ACTIVE**
- 3. Remember to TAKE NOTICE**
- 4. Keep LEARNING Every Day**
- 5. Acts of Kindness – GIVE to others**

As part of our commitment to the wellbeing of our children, staff, and wider school community, I am proud to advise you that we will be launching the 5 ways to wellbeing project in our school with Tuesday May 4th.

We will be sharing information with the children about the 5 ways to wellbeing through assembly and then exploring how we can put them into practice every day both in school and at home. The focus of the project will be to highlight to the children how the 5 ways to wellbeing can easily form part of their daily lives and link to their everyday experiences and to know that by doing these 5 things every day, they are taking good care of their mental health.

You may already have heard of the 5 ways to wellbeing as this freely available NHS guidance has become more widely used since the start of the pandemic. One of our key aims as soon as the COVID restrictions allow will be to provide an opportunity for our parents and carers to find out more about the project and to become more involved. In the meantime, the 5 ways to wellbeing guidance is available for parents on the NHS website at [www.nhs.uk](http://www.nhs.uk). You can also find further information about how to apply the guidance at home at [www.youngminds.org.uk/amillionandme](http://www.youngminds.org.uk/amillionandme). We are feeling incredibly positive about promoting the 5 ways to wellbeing guidance in our school community and we welcome the opportunity to encourage our children and staff to reflect on the 5 ways each day in school and the positive steps they can take to look after their own mental health.

We will keep you informed about the project over the coming weeks through our website and newsletters; please do not hesitate to contact me if you have any questions at all.

We staff are receiving training in this field and we are adopting the 5 ways to mental health. Members of staff are training as mental health champions too.

### Medical Appointments

If your child has a medical appointment during the school day, please could you provide a copy of the letter confirming the date/time of appointment to the school office as soon as possible. We will only authorise relevant travel time to the appointment and time for the actual appointment; children are expected to be in school either prior to their appointment and afterwards to avoid missing valuable learning time.

### North Elmham Ofsted

During the last week of lockdown for us in school settings, we received an Ofsted inspection. Suffice to say it was remarkable in that it was virtual but no less intense and thorough in its inspection. I was especially proud of my school staff, LA, governors and children who contributed to the inspection. I can share the outcome with you all

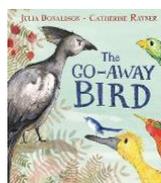
‘Having considered all the evidence and taking into account the impact of COVID-19 on the school, I am of the opinion that at this time: **Leaders and those responsible for governance are taking effective action to provide education in the current circumstances**’

The letter is on the school website.

### Enrichment Surprises

Miss Ludlow commenced our new term by sharing the story: Catherine Rayner.

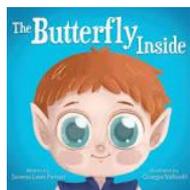
This story is about a bird that just wants to be left alone, but play with her. When she finds herself in trouble, she soon friends. This book is based on how important friendship is. act as her friend. In the second half of the enrichment the friends in their class. Reception, year 1 and Nursery shared their friendships with the whole school. The context of the story also re-enforced our focus on the value of “Forgiveness” this half term, which Ms Jones launched in collective worship on the first Monday back.



The Go Away Bird by Julia Donaldson &

the other birds are keen to talk and realises that everyone needs their Miss Ludlow used a parrot puppet to children made friendship bracelets for

Last week Mrs Otty read The Butterfly Inside by Serena Lane Ferrari



This story is about determination, growth mind-set and using friends to support with any problems encountered. Oli, an Elf, wants to transform into a butterfly. He is determined that he will be able to fly like a butterfly and doesn't listen to those who mock and laugh at him. He asks his friends to help him achieve his goal. With determination and help he succeeds. Mrs Otty had a wind up butterfly hidden in a card which the teachers released at the end of the story. Some of the children took the butterflies outside at break and watched them fly in the wind. All children made a masquerade mask to show what was inside them - their short term and long term goals. A pupil from each class shared their masks and goals with everyone. There was a wide range of dreams including dancers, footballers, princesses, vets and You-tubers.

## Nursery

### **St Georges Day**

We had a special guest in the nursery on Friday 23rd 'Dave the Dragon' he came to tell the children the story of George and the Dragon. The children made flags to celebrate the day.



## Sunscreen.

As you are aware, the children spend most of their learning day outside, so I would like to say thank you to all parents who have sent in sunscreen and hats. Can we ask for you to put sunscreen on your child before they come to nursery and staff will top it up during the day as needed, also can they have a named hat with a flap on the back, to keep at nursery, this will prevent their necks catching the sun. We ask that all clothing covers the shoulders so no tops with straps, and the children must wear suitable shoes/trainers, no open toed sandals.

Thank you for your understanding.

## Lunch boxes

Please can you pop an ice pack in your child's lunch box now the weather is getting warmer.

## Session for September

If you would like to increase your child's session in September please contact Sue, [nursery@stibbardallsaints.com](mailto:nursery@stibbardallsaints.com).

## Sickness or absence

If your child is unwell or is going to be absent from nursery please can you call the nursery or put a message on FAMLY to let us know. If we do not hear from you we will follow, our safeguarding procedure and make a welfare call to make sure you are all okay.

## Looking ahead

We are hearing from secondary schools re: their transition dates for current Year 6 pupils. So far, we know provisional transition dates are planned for:  
transition to Fakenham Academy is on 14th/ 15th/16th July  
transition to Northgate is on 19th/ 20th/21st July

transition to Neatherd is on 20th/ 21st

We are also planning to have the last three days of term 19th to 21st as transition days for all our pupils where children move up to their new year group teacher – Stibbard - or some remain with their existing teacher where its mixed year group classes – North Elmham. I am in consultation at present as to what this will look like for both schools and I will confirm straight after half term.

We are awaiting school guidelines for post 21st June, because testing seems to be the remit for public events at present, we are left uncertain at this stage as to what can safely go ahead in the last month of term and what is achievable for us in these circumstances. We will of course keep you posted.

Enjoy the Bank Holiday weekend.

Ms Paula Jones  
Executive Headteacher of Flourish Federation