



NEWSLETTER

Regular news updates from All Saints School, Lessingham

KEY DIARY DATES

8th October: KS3 parents evening

17th-25th October (incl): Half term week **Please note this is a change to the date published at the beginning of term.**

5th November: KS4 parents evening

6th November: Individual photos

25th-29th November: Wellbeing week

5th December: Christmas Fayre

6th December: Interim reports to parents

10th December: Pantomime at Sheringham Little Theatre

11th December: Christmas lunch

12th December: End of term

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MESSAGE FROM THE HEADTEACHER

Welcome to our new format newsletter, I do hope you like the new design. I intend to send a newsletter every month to help you keep up to date with what is happening in school. Please do take a good look and keep an eye on the upcoming key diary dates. If you have any questions or concerns, please get in touch with the school office. Recently we have welcomed a number of visitors to our school, including many prospective parents; all have commented on our friendly and welcoming atmosphere, how polite your children are and the wonderful ethos and feel of the school. It's an honour and a privilege for me to show visitors around.

HOME-SCHOOL COMMUNICATION

Every student now has a home-school book to help with communication. Please do use it to let us know how things are getting on at home. You can use it to ask a question or request further information. Teachers will write in it to share success and to keep you updated with any concerns that we may have.

We are moving towards sending all information home via email or text. Please do let us know if you would prefer to have a paper copy of letters or the newsletter.

THANK YOU TO SUSAN GOTHARD

We would like to say thank you to Susan Gothard for all that she did for the school over the past year. She has decided it is a good time to leave the school and continue with her work in other areas. If you would like to contribute to a leaving gift please send a contribution in a clearly labelled envelope marked for the attention of the school office.

NEWS FROM HEAD BOY AND GIRL

Louis Williamson, new head boys says "Hello everyone, I am surprised that I have been voted as this year's Head Boy. I am looking forward to working with staff and fellow peers. I hold the principles of honesty above all and I hope to incorporate this when working with the younger children and staff."

Imarni Dann, new head girl says, "It has been good to come back to school after the summer break and see all the younger students settled back in. I have enjoyed showing the new people around. I can't believe we have only 9 months left at All Saints!"

HEALTHY BODY– HEALTHY MIND



Year 9 making healthy soup at college

We know from all the research that a healthy body leads to a healthy mind. As a school we want all our students to be successful in all areas of their lives. Our Wellbeing week will take place 25-29th November where as a school we will be exploring the 5 Ways to Wellbeing - **Connect, Get Active, Be Mindful, Keep Learning and Give to Others**. The aim of Wellbeing Week is to provide young people with the tools and knowledge to help manage their physical and mental health.

A good night's sleep followed by food in the morning helps your child to stay active and concentrate at school. It also means your child is less likely to be too hungry during the morning and it can help with performance at school. A healthy lunch is also important to sustain us throughout the day.

Lunch box suggestions include:

- Sandwiches or pitta bread with cheese, lean meat, hummus and salad
- Cheese slices, crackers with spread, and fresh or dried fruits
- Washed and cut up raw vegetables or fresh fruits

We offer a breakfast club and the chance to make a healthy packed lunch in school; please do let us know if you think your son or daughter would benefit from this provision.

ATTENDANCE

Please notify the school at the first possible opportunity on the first morning of your child's absence and every day after that, that they are absent. Regular daily updates are required. If your child has sickness or diarrhoea, we ask that he/she does not return to school for 48 hours after the last episode as this kind of illness can be very infectious. For all absences please provide a valid reason as these need to be recorded and we are unable to use the term 'unwell'.

REMINDERS

The weather is now changing. Can we please ask that students are in school with jumpers and coats. Winter uniform starts after October half term. We are expecting the school ties to arrive in school before half term. Please help us by naming all uniform.

Linked to us thinking about the foods we eat, we are also trying to encourage all the children to drink plenty of water to keep them hydrated. Please ensure that your child has a named water bottle in school.

MOBILE PHONES IN SCHOOL We would prefer for the children not to bring mobile phones to school.

However, if they do, please make sure that they know to hand the device to the office at the beginning of each day, for collection at the end of the school day. Thank you

MATHSWATCH

The school has bought into MathsWatch. This online resource bank of questions contains 1000s of exam-style questions that are automatically marked. Please encourage your child to use at home to complete their homework.

Careers & Guidance

I am delighted to inform you that we will be continuing to work with Beacon East to provide our students with high quality, independent and impartial careers guidance.

Our careers adviser, Kelly Lee, will be in for the next 3 weeks, starting on the 2nd October and will be running one-to-one appointments with every student in year 9, 10 and 11.

Every student will be issued with a copy of their careers action plan for you to view at home. Any questions please do not hesitate to contact me at the school.

Thank you, Miss King

QUOTE OF THE MONTH

Do not underestimate yourself by comparing yourself with others.

It's our differences that make us unique and beautiful.