



NEWSLETTER

Regular news updates from All Saints School, Lessingham

KEY DIARY DATES

October

5th: Individual and Sibling photographs

7th: HPV vaccinations—yr 8

11th-15th: Yr 11 mock week (1)

13th: Flu vaccinations

20th: House rewards day

21st-29th: Half term

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Numbers to contact for help

Ms Dangerfield: 07879 875925

Miss Paffett: 07733 417296

Norfolk children's support line:

Text 07480 635060 or call 0344 800 8029

NUTS

We are a nut free school. Please do not send any nuts to school with your child.

MESSAGE FROM THE HEADTEACHER

Being able to regulate ourselves and understanding how to cope when we are out of control or sad or excited is an important part of growing up. At All Saints School we aim to create an open culture around the discussion of mental health and wellbeing and to empower our children be able to regulate their emotions. By implementing the Zones of Regulation curriculum we aim to teach our pupils to identify emotions in themselves and others and provide them with bank of strategies to help regulate their emotions and improve their wellbeing.

It would be great if you could use the Zones of Regulation at home, as this will ensure we are all using the same language and it will reinforce the strategies that we use in school to keep ourselves in the green zone.

There are suggestions in this newsletter and links to resources on our website. If you would like a copy of our poster to have at home, please do let us know and we get a laminated copy to put on the wall.

Reminders:

Attendance—If your child is going to be absent for any reason, please contact the office by phone or email before 8.30am.

It is a parent's responsibility to advise the school and also to advise the taxi firm.

If your child has a medical appointment, please send us a copy of the appointment card/letter.





Uniform—Students change to winter uniform after October half term. Please visit the website to check you have everything your child needs. Please complete a form and send your payment at the same time. Payment via BACS is preferred, please contact the office for bank details: <https://www.allsaintslessingham.co.uk/parents/uniform/>

Coats—As the weather is turning, please encourage your child to bring (and wear) a coat to school . All items should be named—initials can be used if necessary.

Medication—All medication must come to the office with a completed form: <https://www.allsaintslessingham.co.uk/wp-content/uploads/2020/12/Parental-Agreement-for-Administering-Medication-2015.pdf>

Lateral Flow testing—For those students who are testing at home, please check the expiry date on the box. We are sending home another kit today.

The **ZONES** of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

What can I do to support the Zones of Regulation at home?

- ◆ Identify your own feelings using Zones language in front of your child (e.g. “I’m feeling frustrated because..... , I am in the **Yellow Zone.**”)
- ◆ Talk about which tool you will use to be in the appropriate Zone (e.g. “I’m going to go for a walk as I need to get to the **Green Zone.**”)
- ◆ Provide positive reinforcement when your child is in the **Green Zone** and if they make efforts to stay in the Green Zone. Eg. “I can see you are working really hard to stay in the **Green Zone** by...”
- ◆ Label which Zones your child is in throughout the day (e.g. “You look sleepy, I wonder if you are in the **Blue Zone?**”)
- ◆ Teach your child which Zone tools they can use (e.g. “It’s time for bed, let’s read a book together to get to the **Blue Zone.**”)

College visits for years 10 and 11

Years 10 and 11 will be visiting several colleges this term during school time.

Confirmed dates and times we have had back so far:

East Norfolk Sixth Form:-

Year 11: Monday 18th October 9:45am

Year 10: Monday 8th November 9:45am

Paston College:-

Year 11: Wednesday 20th October 9:45am

Year 10 – TBC

City College Norwich and Easton College – are still to confirm

Do remember all colleges currently have open evenings and mornings running, published in our last newsletter.

Please contact Miss King if you have any questions

Edfords Care Farm

A huge thank you to Chris and Lou for allowing us to visit for on Wednesday morning.

It was great to hear about all the different jobs that take place on the farm and learning about all of the benefits of spending time with the animals and working in the gardens.

We really enjoyed being able to see the piglets, chickens and bunny rabbits and look forward to seeing you again soon — year 7



Congratulations...

Head Student Jasmine has had a very busy schedule over the last few weeks.

On the 17-19th September she competed in the England Squash Sheffield Junior Open, Girls Under 17 Category. After a successful weekend of matches, Jasmine progressed to finish 11 out of 32 players from all over the UK.

Following on to this weekend and she competed in the East Regional Junior Girls Under 17 competition held at Ipswich.

Competitors came from all over the East of England With a successful two days of matches, Jasmine finished in second place.

Picture: Jasmine after being presented with her Trophy at the East Regional competition.



Senior Prefect Rose plays rugby for Norwich Rugby Club

“The players took a vote among themselves and then voted for who they thought played the best in the match within their team.

I play for the under 18's wildcats. I was the scrum half, so my job was to get to the breakdown of play and pass the ball out.

Don't worry if I look mean, it's all part of the game” says Rose

Year 9

Yr 9 have been enjoying learning about 'Hidden Figures' and the courage that black women in America faces to follow their dreams and change History. Catering at college on a Tuesday is a highlight of every week and this week's chicken curry smelled amazing - we have been delighted to have feedback from parents saying how families have enjoyed trying the dishes our students bring home too.

As a reward for settling in so well to yr 9 Paige and Rosie did some additional cooking with Mrs Senior and have promised to make enough nachos for all of us to share next time!

Ms Jones is settling in happily to life at All Saints and very grateful to all the students in yr 9 and the wider school for being so warm and welcoming!



Plant Cells

Zak, Taylor & Leland in Year 9 worked together to create a model of a plant cell. They used a plastic tub to represent the cell wall, cling film as the cell membrane, a grape for the nucleus, peas for the chloroplasts and a water filled bag as a vacuole. They added green water to finish off, this was the cytoplasm.



Year 11 mock week 11th – 15th October

Below is an outline of mock week for 11a and 11b

Remember mock exams are not about passing or failing or to judge you or to put you down.


They are a great way for your teachers to see what areas they need to address in order to optimise your lesson time and to make your revision time more efficient, enabling you to achieve the best possible grade for your exams next year.

All we ask is for you to try your best because it is then you will know where you are for each subject area. Miss King will catch up with you individually to explain your exam access arrangements and best ways to prioritise your time during each exam.

YEAR 11a MOCK EXAM TIMETABLE

11th – 15th OCTOBER 2021


Exams to be taken during lesson times in students normal working classroom, (ET Extra time students)

 ALL SAINTS SCHOOL LEEDS	11a week overview				
	<u>Monday 11th</u>	<u>Tuesday 12th</u>	<u>Wednesday 13th</u>	<u>Thursday 14th</u>	<u>Friday 15th</u>
Period 1 09:20 10:00	9:00am start Maths 1hr 30m 1hr 53m (ET) (both classes)	9:00am start Geography 1hr 30m 1hr 53m (ET)	9:00am start Combined Science 1hr 30m 1hr 53m (ET)	9:00am start Geography 1hr 30m 1hr 53m (ET)	9:00am start Maths 1hr 30m 1hr 53m (ET) (CvG only, AB normal lesson)
Period 2 10:00 10.45					
10:45-11:00					
Period 3 11:00 11:45	English Language 1hr 30m 1hr 53m (ET)	GCSE PE 1hr 30m 1hr 53m (ET)	English Language 1hr 30m 1hr 53m (ET)		
Period 4 11:45 12:30					
12:30-13:15					
Period 5 13:00 13:45	Combined Science 1hr 30m 1hr 53m (ET)	Computer Science 1hr 30m 1hr 53m (ET) Philosophy & Ethics 1hr 1hr 15m (ET)		Child Development 1hr 30m 1hr 53m (ET) Computer Science 1hr 30m 1hr 53m (ET) Philosophy & Ethics 1hr 1hr 15m (ET)	
Period 6 13:45 14:30					
Period 7 14:30 15:15					

YEAR 11b MOCK EXAM TIMETABLE

11th – 15th OCTOBER 2021

Exams to be taken during lesson times in students normal working classroom, (ET Extra time students)

 ALL SAINTS SCHOOL LEEDS	11b week overview				
	<u>Monday 11th</u>	<u>Tuesday 12th</u>	<u>Wednesday 13th</u>	<u>Thursday 14th</u>	<u>Friday 15th</u>
Period 1 09:20 10:00	9:00am Combined Science 1hr 30m 1hr 53m (ET)		9:00am English Language 1hr 30m 1hr 53m (ET)		
Period 2 10:00 10.45					
10:45-11:00					
Period 3 11:00 11:45	Maths 1hr 30m 1hr 53m (ET) (both classes)		Maths 1hr 30m 1hr 53m (ET) (CvG only, AB normal lesson)		
Period 4 11:45 12:30					
12:30-13:15					
Period 5 13:00 13:45	English Language 1hr 30m 1hr 53m (ET)			Child Development 1hr 30m 1hr 53m (ET)	
Period 6 13:45 14:30					
Period 7 14:30 15:15					