



NEWSLETTER

Regular news updates from All Saints School, Lessingham

KEY DIARY DATES

December

6th — Reports to parents

6th—2nd Covid Jabs

6th-10th—House/From competitions

10th—Juniors visit to Cadbury World

14th Dec Christmas lunch & Church Service—time TBC

January 22

5th — Staff training day

6th—Students return to school

24th-28th—Year 10 Mock Week

24th-28th—Student Council week

February 22

11th—PLEASE NOTE

School closed in lieu of additional bank holiday

14th-18th—Half term

IN THIS ISSUE

Message from Ms Dangerfield

Thank you

Reminders

Well done

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

MESSAGE FROM THE HEADTEACHER

Last week was wellbeing week. When we look in the dictionary, definition of **Wellbeing**, it says [noun] – the state of being comfortable, healthy or happy.

Even though happiness is an integral part of your personal wellness, it includes other things such as the fulfilment of long-term goals, your sense of purpose and how in control you feel in life.

Last week we explored these ideas through a range of activities that were designed to allow the children and staff to explore how to be comfortable and healthy, how to identify your feelings and what you can do to help yourself to be in control and able to manage.

As we approach a very busy time of year, along with everything else that the world is throwing at us at the moment, it is very difficult for us as adults to find time for our own wellbeing and to manage. Please do reach out if you are finding yourself unwell or in need of support, we will always help if we can and if we can't, we can help you find someone that can.

This is our last newsletter of the year and so I want to also thank all of our parents and carers for your kind messages, your support and for working with us to ensure together we can provide the very best for your children.

Thank you

To all staff for working so incredibly hard during this term to enable our young people to have the best school experiences.

Enjoy your well-earned rest!



Reminders:

Absence: Please call the school office before 8.30am if your child is not coming in for any reason. If your child travels to school by taxi, you need to contact the taxi firm directly.

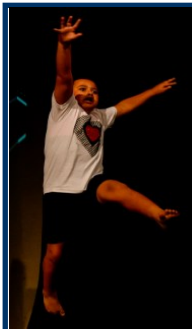
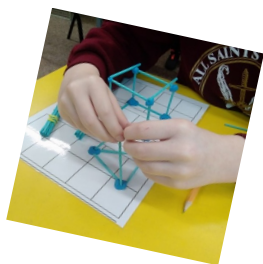
Covid19 Testing: If you are home (lateral flow) testing, please ensure you are doing so twice a week (e.g. Mondays and Thursdays) If you need any additional testing kits please let us know and we will be happy to provide them. If you're child is unwell (and especially if showing any Coronavirus symptoms) please do not send them to school.

Following DfE guidelines, ALL students in years 7-11 will be LFD tested at school on the 6th January. You will not to test them at home.

If your child has been in direct contact with someone who tests positive, please arrange a PCR test and keep them at home until they have a negative result. This is to ensure we keep our school community including vulnerable families safe.

Well done to.....

Lower Juniors who were learning about shape and lines of symmetry



Terrel who has been very busy taking part in a dance show and making amazing scones at school



Pupils from Juniors and Year 7 had a fantastic morning at Bure Valley School's dodgeball festival. They showed brilliant teamwork working with another school and the big question at the end of the morning was when can we do this again?...



Grace is a keen gymnast and used her gymnastic ability to impress the instructors at our wellbeing week boogie bounce session

She is shown plotting gym routine

Lower and Upper Juniors had a fantastic morning at UEA.

They competed in lots of sporting activities from table cricket to new age curling and finished 3rd place earning a bronze medal for all of their hard work and positive attitudes.



Mr Morton and the Sports Leaders (Rose, Gemma, Jasmine and Connor) organised a wellbeing week table tennis session. 25 pupils from Lower Juniors to Year 11's joined in with lots of smiles on faces.



Aiden choose to do some wood work whilst stuck at home recently resulting in one proud mum and a very happy little sister with her kitchen.



Liam, Aiden and Leland enjoyed a trip to Broadland for a game of tennis as a reward for being caring and compassionate towards fellow students.



*"I really loved
making the
stress balls"*
Year 9 student

*"We loved the fun
swim, boogie bounce
and making the stress
balls "*
Year 6 students

*"Body confidence
made me feel not to
be ashamed of who I
am or what I do"*
Year 9 student

*"When will
wellbeing week
happen again, I
really enjoyed it"*
Year 11 student

*"My dream
catcher is really
pretty"*
Lower Junior
student

Wellbeing week Well done everyone!

*"I loved
everything,
especially the
tent in soul
space"*
Year 8 student

*"I had so much
fun on the
trampolines, a
great way to
start your day"*
Year 7 student

*"The bread
making was my
favourite, it was
really relaxing "*
Year 10 student

*"I enjoyed Soul Space the
most, it was my favourite
moment, it was really
relaxing and gave me time
to myself "*
Year 11 student





Soul Space



Warming up



Boogie Bounce



Table tennis competition



Drama



Homemade Stress ball



Bread making

*I just want to say what a privilege it was to come and be a part of your Wellbeing week, thank you so much for having me.
I have to say what a wonderful group of students and staff! Thank you for making me feel so welcome and I hope your students really took away some key moments from the sessions.
Elle – Body Confidence Coach*



Body Confidence



Dream catchers



All about dreams



Fun Swim



Internet Safety



Body Confidence