



NEWSLETTER

Regular news updates from All Saints School, Lessingham

KEY DIARY DATES

November:

- 14th: HPV Vaccinations
- 15th: Homework Reward trip
- 16th: Yr 8 trip to Norwich
- 17th: Junior Sports Festival at UEA
- 18th: Children in Need
- 21st-25th: Well-being week
- 24th: GCSE Art trip

December:

- 1st: Yr 11 CCN and Easton College visits
- 2nd: Yr 11 East Coast College visits
- 5th-9th: House/Form competitions
- 6th: Lower Junior Parent Café
- 12th: Christmas lunch/form activities
- 13: End of term: Church Service at Ingham Church
- 14th—5th Jan: School holidays

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Message from Ms Dangerfield

I have lots of reasons to thank our families this week. Firstly, thank you to those of that completed my survey regarding changing the schools' registration to an Independent Special School. Secondly, a huge thank you to those of you that have taken the time to write your thoughts, including some lovely comments about the school. I would like to assure you that the change is in status only. We will continue to provide places for young people with very similar needs to those that we cater for now and becoming a special school will not change our philosophies or practices. If you have not responded, please do check the email I sent to you explaining the rationale for the change or click on the link below which will take you to the survey.

https://forms.office.com/Pages/ResponsePage.aspx?id=dUV5FUaF8kub8IJHInoJ6EnEf9_JbJDn0WjWD7D_hdURVRHVfDQVknBSke1SDVDNzNYVldBTk03Ri4u

Finally, a huge thank you to those of you who have signed up the National Online Safety platform. As a school we have signed up to this platform to provide training and information for staff, parents, carers and advisory board members. It has a range of information and guidance around keeping ourselves and our young people safe online. I will be sending you all a link to a parent / carer course that I would highly recommend you undertake. I have completed the hour long course and found it really helpful; I learnt some things to support me in keeping my two girls safe online and the information presented in the course reminded me of the importance of ensuring their online activity is safe and a positive experience. I suggest you do as I did, grab a drink and listen to Myleene Klass as she explains what risks your children might be exposed to and just what you can do to support them.



Remembrance Day

Students and staff joined the nation today in observing 2 minutes silence in remembrance of those who made the ultimate sacrifice.

Children in need—Friday 18th November 2022

Non-uniform and games in the village hall – donations welcome.



Reminders

- ◆ Please ensure students are wearing the correct school uniform every day. ALL uniform must be named or initialed.
<https://www.allsaintslessingham.co.uk/parents/uniform/>
- ◆ Pupils are welcome to attend school in their PE kit on the day that they have practical PE, however, this does not include non-school uniform hoodies which are not part of the PE uniform and are not acceptable. Long hair must be tied back and earrings removed.

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

Lower Juniors

Dear Lower Junior Parents and Carers,

We would like to invite you to come to school on Tuesday 6th of December in the afternoon from 2.15pm.

This will be a chance to see the work your child has been involved with this year as well as take part in some "Let's make it together" activities. It will also be a chance to meet the adults working with your child.

Biscuits and tea/coffee will be available.

We look forward to seeing you all.

Thank you for your ongoing support.



Yours sincerely

Ms Czubaj

In History we were learning about prehistory. The best parts were: going on the trip to Time and Tide museum and making Stonehenge out of biscuits.



Young Writers

Huge congratulations to our lower junior students whose poems about Black History Month have been chosen to be published with Young Writers. Looking at Henry, the black boy who was a slave, their poems are written through his eyes.

We are very proud of them all!

I am a slave
And so is my mum
I work in a factory
And I have empty tum

I am cold and shivering
I have bare feet
My eyes are sleepy
I had nothing to eat

I miss my mum's hugs
My tears run down like a tap
I'm feeling lonely
I am inside a trap

by Finn

I am Henry, I work for free
I have no shoes
I am lonely on my own
I miss my mum
I have lots of tears
My face is sad like a rain cloud

by Phoebe

I work in a factory
I am cold and sad
My brother and sister work with me
My feet are covered in mud

On one fatal day
My master called my name
"I'm sending you to a new factory"
My heart was full of shame

My tears were flowing river
My heart was broken glass
When they took me from my mother
My anger will never pass

by Kasper

I am Henry
I am a brown boy
I have no shoes on my feet
I don't have any joy

My eyes are flooded river
My face is a rain cloud
The coldness makes me shiver

My ears hurt from the loud
The horses neigh and parents shout
I am sad to leave my mum and dad

by Anastasia



I am Henry
I'm sad that I have dirty toes
I have torn clothes

I'm so hungry
My tummy is rumbling
I need a drink
I can't think

I am a slave
I miss my birthdays
My family aren't here
So I shed a tear
My tears flow like a river

by Daniel

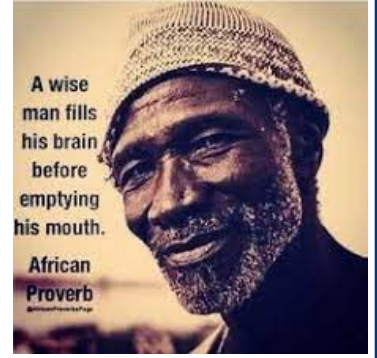
Year 9

We were delighted to welcome musician David into school to talk to year 8 and 9 about some fascinating music history. Students enjoyed building instruments and the handmade organ and pipes filled the hall with wonderful music.



Year 9 are enjoying a new English and Geography unit which is exploring Africa.

We particularly enjoyed this African proverb and have been trying hard to practice 'filling our minds before we 'empty our mouths'!



Keeping Safe

We have been combining PSHE and Social skills and have created some excellent role plays to practice how to keep ourselves safe in future social situations involving smoking, alcohol and drugs. We have had fun and now have social scripts to help us out in any possible tricky situations

We enjoyed our first lesson with Mrs Schaitel on the ukuleles.



College

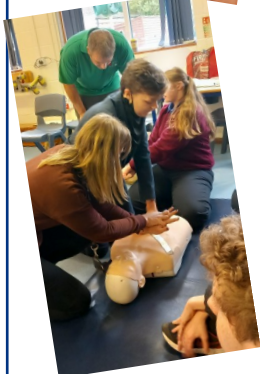
Well done to our year 11 students who have made amazing tool boxes in their construction lessons at college.

They are brilliant!



First Aid Training

Year 10 and 11 had first aid training yesterday with Andy from Mini First Aid. Topics covered included CPR, Recovery position, choking, anaphylaxis and inside a first aid kit.



Andy's feedback: I thought that all of your students were brilliant and there was a lot of knowledge and enthusiasm on show throughout the session, could you please congratulate all of them for me. You and your staff were equally as enthusiastic and I thank you all wholeheartedly for the support during the session.

National Online Safety

Your free online safety guides for #WakeUpWednesday: What Parents Need to Know about How to Combat Online Bullying.



<https://nationalonlinesafety.com/hub/view/guide/combat-online-bullying>

Ofcom's research indicated that two-thirds of parents and carers admitted to being worried about their child becoming the victim of bullying in the digital world – more than half of them specifying online video games as a particular area of unease. Concern was especially high among the parents of slightly older children: the 8–15 age bracket.

Year 11

Year 11 college visits confirmed so far:

Thursday 1st December – CCN and Easton - Norwich

Leaving school just after 9am, returning at 1pm.



Friday 2nd December – East Coast—Great Yarmouth

Leaving school just after 9am, returning for break time.



I am still awaiting to hear back from 2 other colleges to confirm visit dates.

Any queries please do get in touch

Miss King

Sporting success

More sporting success for Thomas in a Squash tournament over half term. Well done Thomas - you were a winner even with your racket breaking part way through!

Congratulations to Daisy-Mae for being awarded 'gymnast of the month' for training hard and being able to do front flips off a block onto a trampette!



North Walsham Town Football Club

Norwich City Premier League Kicks is BACK!

Starting from the Friday 4th of November, weekly sessions will be held at North Walsham FC from 5.30pm to 6.30pm.

Sessions to include:

- * Fun games to improve skills and techniques for football
- * Matches to use and test the skills learnt during sessions
- * A new rewards system for attendance, attitude and player developments
- * Plus a new initiative for participants to explore other footballing pathways—keep your eyes peeled!

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5767 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent "fighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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All Saints Christmas Service



Dear students, parents, carers,
advisory board members and the
Class of 2022



13th December

1 pm

At Ingham
Church

NR12 9AB

*We look forward to
seeing you there*

Parking available next to the church
and at Ingham field

