



NEWSLETTER

Regular news updates from All Saints School, Lessingham

KEY DIARY DATES

October:

- 18th: House rewards day
- 18th: Lower Juniors trip to London

19th-27th: Half Term

November:

- 1st: Yr 8 Parent/Carer Café
- 1st: KS4 Parents Evening
- 2nd: Individual & Sibling Photos
- 3rd: Yr 11 Reports home
- 7th: Yr 11 Post 16 Information Evening
- 8th: PE basketball trip to UEA
- 8th: Yr 7 trip to Cambridge
- 15th: Yr 8 trip to Norwich
- 20th-24th: Wellbeing week
- 22nd: Yr 9 trip to Bacton

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Catherine Jeans

Hautbois

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

In the past weeks we have had a number of visitors, each and every one of them have commented on what a phenomenal school we have. This doesn't just happen by chance but is a result of the incredible hard work of each member of the staff team. We will of course continue to develop opportunities that will benefit your children but for now it is lovely to hear such fantastic comments. I also want this week to thank each of you for your support, whether it be attending the parent cafes or the parent forum or by helping us to support your child.

I know it is when we work together we make the biggest difference



All Saints School welcomes Catherine Jeans

<https://thefamilynutritionexpert.com/>

Catherine Jeans DipION mBANT CNHC is a registered nutritionist and nutritional therapist, who supports young people and families around the UK with nutritional advice for optimal health. She has over 13 years experience, working with clients 1:1 and in group settings, and specialises in supporting people with neurodiversity.

Catherine firmly believes that simple nutritional swaps and tweaks to how you eat can make a difference to your health and wellbeing. Her ethos is to focus on healthy foods to add to your mealtimes, meaning you can still enjoy the foods you love, but in a healthier way.



She looks forward to meeting you at Wellbeing Week and teaching you how to choose and prepare delicious foods that support your physical, emotional and mental health and maximise your ability to learn. It's going to be a fun week – with lots of delicious and nourishing foods to try!

Any student wishing to change talk to Catherine to obtain nutritional advice, please talk directly to Miss King in school who will be able to arrange an appointment for you. Very happy if you prefer to see Catherine with a friend or supported by a member of staff.

*** Calling all Parents and Carers ***

Join Catherine at our next Parent Support Group

Thursday 30th November 2-3pm

The Parent and Carer Support Group will be held on Zoom and an invitation link will be emailed to everyone in advance.

We have received positive feedback for the Support Group meeting yesterday

PE

Students practising their basketball skills prior to a tournament at UEA



Juniors' Parents and Carers Café

Thank you to all parents who attended our most recent Parents and Carers Café. Our youngest students recreated 'layers of the earth dirt pudding' using coloured custard, crushed digestives and oreos, chocolate pudding and jelly worms. Great fun!

Year 6 were creating fantasy characters then describing them using expanded noun phrases and similes.





Event ** Please visit the colleges website for more information and to book your place **	When	Time
Easton College open evening	13 th Oct	5pm-7:30pm
Easton College Open Day	14 th Oct	10am-1pm
NHS Careers Clinic http://www.gehkl.nhs.uk/careersApply.asp?s=careers&ss=work.with.us&p=apply.for.a.job.with.us	14 th Oct	10am-3pm
Sprowston Sixth Form Open Evening	16 th Oct	6pm
Sir Isaac Newton Sixth Form & Jane Austen College Open Evening	17 th Oct	5:30pm
Jane Austen College Sixth Form Open Evening @ Guildhall Site (Social Sciences)	17 th Oct	5pm-7pm
Attleborough Sixth Form Open Evening	18 th Oct	7:00pm
Diss Sixth Form Open Evening	19 th Oct	6pm-8pm
Thorpe St Andrew Sixth Form Open Evening	19 th Oct	6:30pm-9pm
Great Yarmouth Jobs Fair	25 th Oct	10am-12pm
Hellesdon Sixth Form Open Evening	1 st Nov	7pm-9pm
City of Norwich School Sixth Form Open Evening	2 nd Nov	5:30pm-8pm
Sheringham Sixth Form Taster Day	2 nd Nov	8:35am-3pm
Reepham College Taster Day	3 rd Nov	8:45am-3:25pm

Hautbois



