



NEWSLETTER

Regular news updates from All Saints School, Lessingham

KEY DIARY DATES

March:

w/c 11th: Yr 9, 10 & 11 Careers:

Carpentry Project

13th: Yr9 Blood Brothers trip

13th: Homework Reward trip

14th: PE Cross Country event

18th: World Maths Day

21st: Yr11 Philosophy & Ethics
trip to Catfield Church

April:

12th: Staff Inset Day

15th: Student return to school

IN THIS ISSUE

Message from Ms Dangerfield

Year 11 Parents and Carers

School Absence

World Book Day

Reading Rewards

Juniors

7B

Festival of Knowledge

Rose

Well Done

Super 1s Sport

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

This week we joined in with World Book Day. Thanks to Mrs Fuller and James from the Crazy Comic Club, we celebrated the joy of stories and how to bring them to life through drawings.

Reading books may have several physical and mental benefits. These include strengthening your brain, increasing your ability to empathize, reducing stress, and building your vocabulary, among others.

I know that for many reading is hard and therefore a chore not a joy, audiobooks are a brilliant way of enjoying books being read aloud, whether you're sharing them with family or friends, or listening on your own. Take a look at the world book day link below and listen to a story together, share with us which ones you liked the best.

<https://www.worldbookday.com/world-of-stories/>

WORLD
**BOOK
DAY**

7 MARCH 2024

Year 11 Parents and Carers

If your child has a visit to a college or an interview or they have secured work experience for themselves, please let me know so we can support them.

Thank you.

Miss King

kking@allsaintslessingham.co.uk

Is your child too ill for school?

If your child is unwell and you are unsure if they should come to school, please contact us for advice. You can also have a look at the NHS website:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

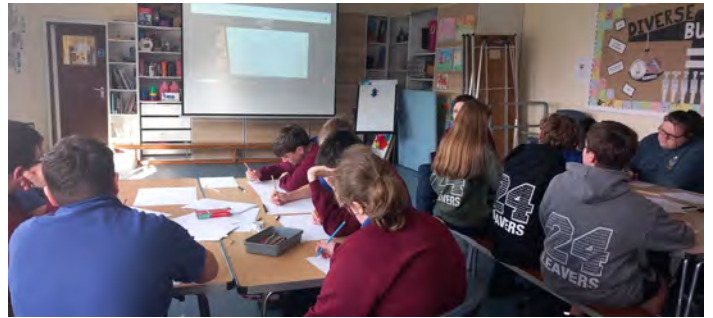
Please can we remind all parents and carers that you must contact the school office each day before 8.30am if your child is unable to come into school for any reason.

The office is manned from 8am every day, you can also leave a message or send an email to office@allsaintslessingham.co.uk

Reading

World Book Day Celebrations

Students from across the school had great fun participating in online workshops with James from the Crazy Comic Club. Some amazing artwork was produced which the students proudly shared.



Mrs Fuller and the **Literacy Leads** took a trip to Waterstones Norwich to collect the World Book Day books for the school.

The students spent some time looking for books that they would like to see in our Library at All Saints.





READING REWARDS

Reading for Pleasure

- Reading what you want to read, based on own interests and preferences.
 - Reading without worrying about being graded or judged.
 - Having someone read to you whatever your age.

- **30 Credits = £5, a bronze star badge & certificate**
- **60 Credits = £5, a silver star badge & certificate**
- **100 Credits = £10, a gold star badge & certificate**
- **150 Credits = £10, a platinum badge & certificate**

- Read four times (planner signed by an adult) = 4 credits.
- Read a whole book – do one of the following to receive your credits;

A book review, a drawing related to the book, a character study, a letter to the author, a conversation with a member of staff or by adding a review to the Library Jamboard.

Juniors

In science, the Upper Juniors have been looking at fossils such as belemnites and echinoids from our local beaches. The Upper juniors also looked at Woolly Mammoth teeth and a Woolly Rhino bone, all found locally.



Can Lower Juniors investigate whether sugary drinks damage our teeth? Yes we can!
What an egg-cellent science lesson this was!



Keeping our minds calm and our body healthy is very important, especially if we can raise the awareness of human rights violations at the same time.

Lower Juniors did it with a yoga demonstration to celebrate World Yoga Day.



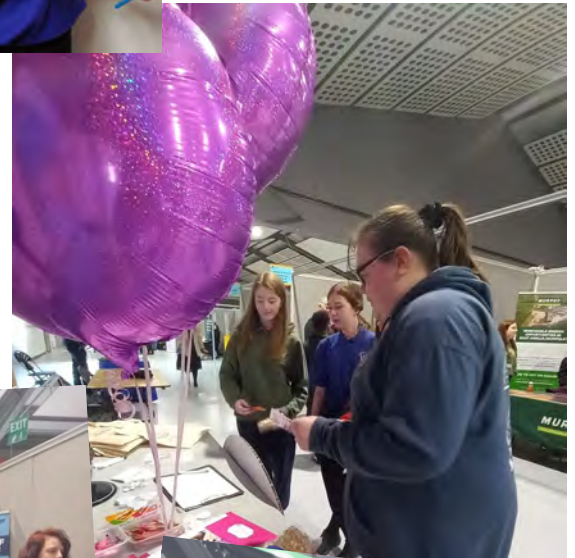
7B

During fine motor skills 7B have been making pipe cleaner animals



Festival of Knowledge

Yrs 9, 10 and 11 took a trip to the Festival of Knowledge at the Norfolk Showground. The Festival is aimed purely at students, helping to raise their aspirations and answering their questions about possible career opportunities.



Ex student Rose, submitted an entry for the Young Writers competition and decided to write about Autism and how much it can impact your life - quite the challenge to fit into 500 words.



The struggle and magnificence of having a superpower

People who know me well would describe me as determined, Laser-focused and intelligent. Even funny, outgoing and supportive. Whilst I own all these qualities, there is always more hidden under the surface. Emotions that I cannot always express. Although I may appear fine, I am always having an internal debate with myself.

For as long as I can remember, I have always felt different to other people my age. A square peg trying to fit in a round hole. I have never made friends easily, sometimes people pull faces because they think I am 'odd' or 'strange'; they never seem to understand. The simple fact is, I prefer to be on my own, finding comfort in the presence of my own company. Always sticking to adults and dogs for comfort because they can't judge you. On

the outside it looks like I am a social recluse at times, however, I have always wanted to make friends - I just didn't know how. Autistic people find it hard to understand social cues, for instance, I struggle to read when people are getting bored of me talking about a particular subject. I can also struggle to understand sarcasm and jokes due to people's tone of voice. For the past seventeen years of my life, I have never understood the joke 'why is 6 afraid of 7?'; because '7 ate 9'. I still laughed to not make people feel bad, but I always thought they meant '7, 8, 9' the number sequence.

I feel emotions more intensely than most people. Autistic people can suffer from secondary conditions such as anxiety. I suffer with social anxiety, which can build up layers over time when I leave the house. At a certain point, I can freeze on the spot, unable to speak or move. This is known as an autistic shutdown, where I become so overwhelmed my body literally shuts down. Emerging from something so simple to the everyday person, such as meeting up with your friends. I also find that my 'social battery' drains very quickly when I do go out with my friends, sometimes requiring days to recover.

I know I am not your average seventeen-year-old girl, the presence of boys, going out on the weekends and drinking do not appease me. I have special interests that can fluctuate, but once fixated, I must know everything about it. I love politics and going to the gym; a simplistic life. My hyper focus and vast memory of small details allows me to concentrate on studying to attain the grades to go to university. Sted-fast routine ensures I am uncomplicated and easy to predict. All these qualities are what makes having autism a superpower and loveable by people. I am lucky to be surrounded by understanding people who love me just the way I am, and you will too!

I cannot change the way I am wired.

When I see myself, I don't see autism, I see 'Rose'.

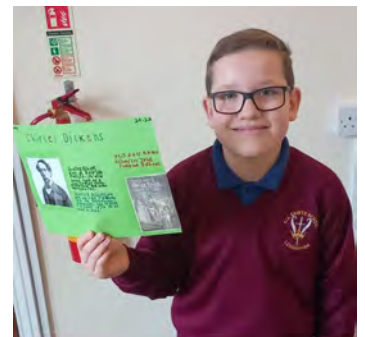
Well done...



Huge congratulations to Max, who produced this excellent display over half-term all about Charles Dickens. Max was asked as part of his homework to create a display that would help his Year 8 class learn about Charles Dickens.

Max presented this in front of his class and his display now sits perfectly on the Year 8 Personal Best board.

Well done Max, keep up the great work!



March 8th is International Women's day and it also happens to be national women's football day. With this in mind we wanted to share a picture of our Year 8 student Niamh who recently was selected to represent Norwich City Football Club Under 13's. Well done Niamh, a fantastic achievement.

If you think your child might be interested in opportunities to play football, please contact Mr Morton through the school office and he can support with local teams and sessions in your area.

JOIN THE Super 1s



**All disabilities welcome
Ages 12-25**

CHALLENGE YOURSELF
BE MORE ACTIVE
IMPROVE YOUR SKILLS
MAKE NEW FRIENDS

**Free inclusive
cricket sessions!**

WHEN:

Wednesdays 5pm - 6pm
(Starting 10 January 2024)

WHERE:

Dereham Northgate High
School, Northgate,
Dereham NR19 2EU

CONTACT:

Abi Sutherland
07542 769082
abi.sutherland@norfolkcricket.co.uk

www.lordstaverners.org/super1s



LORD'S TAVERNERS
Empowering young people through cricket

Registered Charity No. 306054 | OSC No. SCO46238



**NORFOLK
CRICKET BOARD**

JOIN THE Super 1s



**All disabilities welcome
Ages 12-25**

CHALLENGE YOURSELF
BE MORE ACTIVE
IMPROVE YOUR SKILLS
MAKE NEW FRIENDS

**Free inclusive
cricket sessions!**

WHEN:

Every Thursday
4.30pm - 5.30pm
(Starting 8 February 2024)

WHERE:

Open Academy,
Salhouse Road,
Norwich NR7 9DL

CONTACT:

Abi Sutherland
07542 769082
abi.sutherland@norfolkcricket.co.uk

www.lordstaverners.org/super1s



LORD'S TAVERNERS
Empowering young people through cricket

Registered Charity No. 306054 | OSCR No. SCO46238



**NORFOLK
CRICKET BOARD**