



# NEWSLETTER

Regular news updates from All Saints School, Lessingham

## KEY DIARY DATES

Mar:

23rd: Reading & HP Reward

24th: Non-uniform in aid of 'each'

24th: End of term

25th-12th Apr

\*\* Easter Holidays \*\*

Apr:

13th: Staff Inset

14th: Students return to school

## IN THIS ISSUE

Message from Ms Dangerfield  
East Anglia's Children's Hospices  
RSE

Meningitis

Careers Weeks

Cross Country

Year 8 Pizza

Year 7 London trip

Upper Juniors

Puppet Tree trip

Lower Juniors

Wellbeing

Diversity

Year 8 History

Ms Jones's KS3 Writing Group

Well done Tilly

World Book Day

Year 9 History

Fidget Toys

Carers Voice

Let's Go Zero Parent Survey

World Oral Health Day

## 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

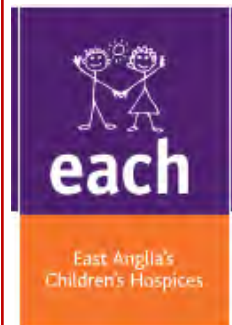
As we come to the end of another busy and rewarding term, I want to extend my sincere thanks to all our staff, parents and carers for your continued support. Your commitment makes an enormous difference and it is felt in every element of our school community.



This term has been filled with wonderful moments — from the energy and curiosity we see every day in classrooms, to the joy of social times outdoors, to the excitement of trips, visits and the many inspiring guests who have joined us. These experiences enrich our school life and remind us of what a vibrant, caring community we are building together.

As Headteacher, I am incredibly proud of everything we achieve as a team. The dedication, kindness and hard work shown by our students and staff continue to make All Saints School a very special place.

I wish everyone a restful and refreshing break. We look forward to welcoming you back in school on Tuesday 14th April 2026, ready for more learning, growth and shared successes.



## East Anglia's Children's Hospices

**'Ensuring the best possible quality of life and making every moment count for children and families.'**

On Tuesday, we will be raising money for East Anglia's Children's Hospices 'each'. Students can wear non-school uniform and we would greatly appreciate any donations made.

For more information about 'each,' please follow this link:  
<https://www.each.org.uk/>

**RSE** We have been working hard to ensure we are compliant with the latest RSE guidance. Please watch this space for a consultation doc and an invite to a Virtual workshop on 27<sup>th</sup> April.

## Meningitis



You may have seen the sad news this week regarding cases of invasive meningococcal disease confirmed in Kent.

Signs and symptoms of meningitis and septicaemia can include a fever, headache, rapid breathing, drowsiness, shivering, a dislike of bright light, vomiting, cold hands and feet and a characteristic rash that does not fade when pressed with a glass.

If you or anyone you know develops any of these symptoms, seek medical help immediately by contacting a GP, calling NHS 111 or dialling 999 in an emergency.

Click on the link for further information: [https://www.schools.norfolk.gov.uk/article/76888?dm\\_i=7MOA,2LV8R,3UPZU8,5TISK,1,0,0,0](https://www.schools.norfolk.gov.uk/article/76888?dm_i=7MOA,2LV8R,3UPZU8,5TISK,1,0,0,0)

## Careers Weeks

Students enjoyed today's lunch club 'Draw Your Own Future' for the start of Careers Week. It was lovely to hear about interests in a variety of jobs including dancing, law, gaming and hair and beauty.



An action packed first week to All Saints Careers Weeks, students have attended careers lunch clubs, had a careers carousel from a range of industries and been to the Norfolk Showground Future Careers Expo. All external visitors/industry professionals and staff have commented on how engaged our students have been and how well they have represented the school.



Careers Week 2 came to a close, fantastic engagement from students, a massive thank you to professionals who visited /hosted us for visits and to the staff team for supporting students to make the most of these opportunities. We had a visit from a published author, a STEM workshop from someone working in the field, a trip to Court de Padel and visits from RSPB and CATS Protection League.



## Cross Country

6 students who attended our lunch time running club and showed an interest in running, represented the school brilliantly at the SEN Norfolk Cross Country Championship. We had 1 gold medallist, 2 silvers and lots of resilience on display on what was a very windy day.



**Year 8** made pizzas using Tortilla wraps and an assortment of toppings during Fine Motor Skills intervention.

Food preparation included chopping, spreading and grating skills.



## Yr 7 London Trip

A massive well done for Year 7 who had a fantastic trip to London. They got to see Big Ben, No.10 Downing Street and Buckingham Palace. They then had a brilliant tour around Westminster Abbey. A day to remember! Here are some diary extracts students wrote after their visit to London for their English lesson.

More photos are on the school website:

<https://www.allsaintslessingham.co.uk/2025/12/year-7-2025-26/>



Here are some diary extracts students wrote for their English lesson after their visit to London.



Once we got off the train, we went to get on the tube. When we walked outside, I saw Big Ben. Next we walked to Buckingham palace and saw the changing of the guards. Doesn't that sound cool? *By Millie*

Next we went to Westminster Abbey. We went to eat our lunch, then after that we went on a tour. We lit a candle for Jesus. When in Westminster Abbey I felt happy. It was really nice there and calm. *By Mollie D*



Today I was going on a trip to Westminster Abbey and when we all met up at the Norwich train station the train got there really quickly so we got one and I said "bye mum". *By Louise*

We also went to see Big Ben and we went to the underground to Liverpool Street and went to Westminster Abbey and had lunch in a room and then we had a tour by 2 people called Sophie and they were nice and gave us a tour around Westminster Abbey where all of the kings and queens got crowned and we saw where the monks had all their meetings. *By Corey*



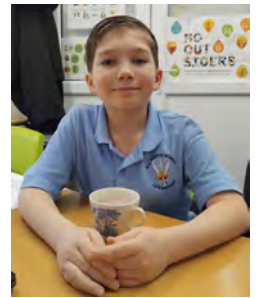
In that church nearly every King and Queen were buried there. Then our excitement took over because of the oldest door in the United Kingdom! We then walked through the church into a room filled with pictures of past Kings and Queens on the windows. Then we walked back to the tube and got back on the train. *By Oliver*



**Upper Juniors** enjoyed learning about lent and Pancake day, especially flipping the pancakes.



They also enjoyed a hot chocolate after their hard work performing an assembly.



They explored the local area as part of their field study and gathered data to make a bar chart.



Used their knowledge of Ancient Greece to decorate terracotta pots in fine motor skills and have also been using pointillism



Enjoyed investigating with magnets during science.



Loved investigating mammoth teeth, ammonites, echinoids, belemnites and a woolly rhino femur during science to support their fossilisation topic.



**Upper and Lower Juniors** enjoyed their visit to the Puppet Tree. The Upper Junior students made characters from Greek Mythology and the Lower Juniors made characters from the Alphabet of Animals, to support their English lessons.

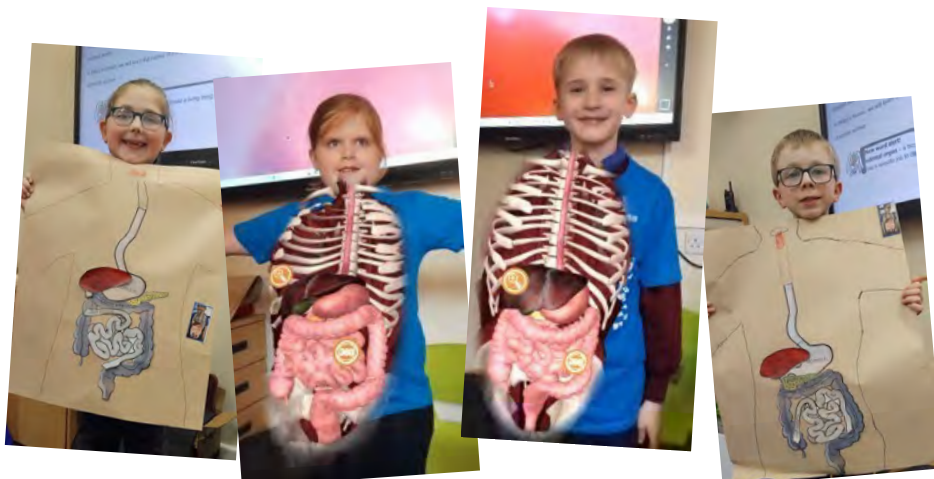


### Lower Juniors

Enjoying the first rays of Spring's sunshine and new sensory equipment that will improve their posture and balance.



**Lower Juniors** enjoyed looking inside their bodies to see what their digestive system looks like. Just to then recreate the "live size" ones!"



### Lower Juniors

shared a whole class effort to show how frightened the animals were when Mr Spit caught them and locked them in gages.

*The aardvarks' snouts trembled,  
The bears' legs stamped nervously,  
The capybaras' paws clung,*

***In the alphabet of animals.***

*The dormice's spines shivered,  
The elephants' eyes stared cautiously,  
The foxes' noses twitched,*

***In the alphabet of animals.***

*The gorillas' hands gripped gruesomely,  
The hares' eyes shrieved shakily,  
The iguanas' back hunched,*

***In the alphabet of animals.***

*The jackals' tails twitched timidly,  
The kangaroos' eyes twitched,  
The lions' manes bristled,*

***In the alphabet of animals.***

*The macaws' claws scratched,  
The nightingales' eyes stared nervously,  
The ocelots' whiskers flicked,*

***In the alphabet of animals.***

*The porcupines' spikes stiffened,  
The quails' feathers flapped furiously,  
The racoons' eyes shrieved shakily,*

***In the alphabet of animals.***

*The salamanders' bodies stiffened,  
The tapirs' shoulders trembled,  
The uakari monkeys' tails shook,*

***In the alphabet of animals.***

*The vampire bats' wings flapped,  
The weasels' ears shivered,  
The Xolos dogs' legs lowered,*

***In the alphabet of animals.***

*The yaks' hooves stamped cautiously,  
The zebras' manes shook.*

***In the alphabet of animals.***

## Wellbeing

The wellbeing friendship group enjoyed decorating some Easter biscuits.



Bronwyn and Cooper enjoying a walk in the sunshine with one of our wellbeing mentors, Mrs Upton.



**Ms Jones's KS3 Writing group** have been exploring Anthropomorphism - a member of the group (who would like to remain anonymous) created this amazing piece of writing from the perspective of a dog in a War. Well done to the whole group for using so many techniques and thinking so carefully about language and punctuation.

## Dogs in WWI



*I remember the first time we flew; I was sitting on my owner's lap. The air was rushing past and we were getting ready for war. I was only a puppy new to this world. As we were in the sky riding a plane, I felt scared. The sky was gray and the humans were all on the fields coming in rushing like cheetahs. I could hear bombs, shooting and screaming everywhere.*

*The human laps are comfortable, but my ears hurt because of taking off and landing. I smell the smell of ash, burning due to the fire on the ground. I trust my owner from my heart, and I have the job to comfort my owner. My favourite part about flying in the plane is zooming really fast and being really curious, looking outside on the ground and seeing what's happening next. I can feel the touch of my owner's lap, his clothing and his fear. His body shakes intensely as he tries to focus.*

*"As I watched from the floorboards, I saw my Human's hands dancing in a frantic, rhythmic game of fetch—constantly tugging the tall stick and sliding the silver levers as if he were chasing an invisible ball that only he could see." well driving the plane.*

*"Through the thick fabric of his suit, I could feel his heart thumping—a fast, panicked drumbeat that told me he was more afraid than he let his face show."*

## Diversity

The Diversity leads led the way celebrating the Chinese New Year.



## Year 8 History

were tasked with writing a diary entry after looking at some sources relating to the Transatlantic Slave Trade

Dear friend

*I am writing this from a ship destined for the Americas, I do not know where exactly. I am very scared about what people will do if they find out if they find people escaping. The punishments especially! Such as shooting, packing people onto ships, starving people to death, giving them uncomfortable beds made out of straw and hay, etc, etc. And they are trading me for guns. And if I resist any of those punishments, they'll all kill me. Heaven knows what weapons they'll use to kill me! I am really frightened! Now back to what the beds are like. Not only are they made out of hay and straw, but you also have to lie down next to another person.*

By Christopher

## Well done..

Tilly took part in the first dressage competition of the season yesterday at Brick Kiln Farm. She did really well and placed 1st and 3rd!



## World Book Day

The KS2 and KS3 Literacy Leads accompanied Mrs Fuller on a trip to Waterstones in Norwich, they collected the World Book Day books for all the students at school and enjoyed looking for new books for the library.



As part of our World Book Day celebrations on Monday 9th March, we welcomed Alice Harman to All Saints. The students enjoyed learning about the process of creating a book, from the first draft to finally being published.

A message from Alice - Thank you so much for inviting me to your lovely school, and for making me feel so welcome throughout my visit. The children engaged brilliantly, and I really hope they enjoyed the sessions!



## Year 9 History

### Life in the Trenches

Year 9 students recently took part in an interactive lesson exploring what life was like for soldiers living and fighting in the trenches during the First World War. During the lesson, students visited several experience stations designed to help them understand the harsh conditions faced by soldiers on the Western Front.

To recreate the muddy trench environment, Mrs Lamb brought in a bucket of real mud from home. Some students bravely put their hands into the mud to experience what soldiers would have faced every day, considering how difficult it would have been to live and move around in such conditions.

Students also sampled cream crackers, similar to the type of basic rations soldiers might have eaten during the war. This helped them think about the limited and often unexciting food available to soldiers.

At the end of the lesson, the class held a debate about which trench experience would have been the most difficult for soldiers, encouraging students to reflect on the challenges of life on the front line. The activity helped students develop a deeper understanding of the realities of trench warfare during World War One.



In a combined History, Drama and English (Hisdraish!) lesson, Year 9 turned their classroom into the World War One trenches and recreated a deadly attack. On the German and British sides, strategies were discussed, lives were lost and orders were followed. Ms Jones was delighted to hear lines of poetry being shouted across No Man's Land and Mrs Lamb thought the warfare strategies were very authentic and showed how carefully people have been listening in History lessons. Some excellent first-person writing was produced in role from the trenches and we all agreed it was 'the best lesson ever'!

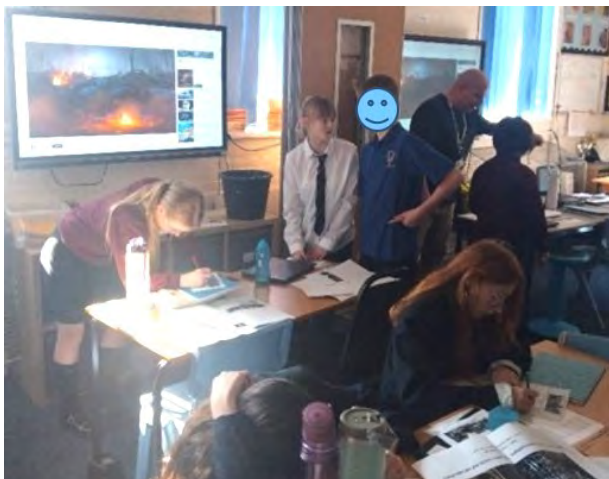
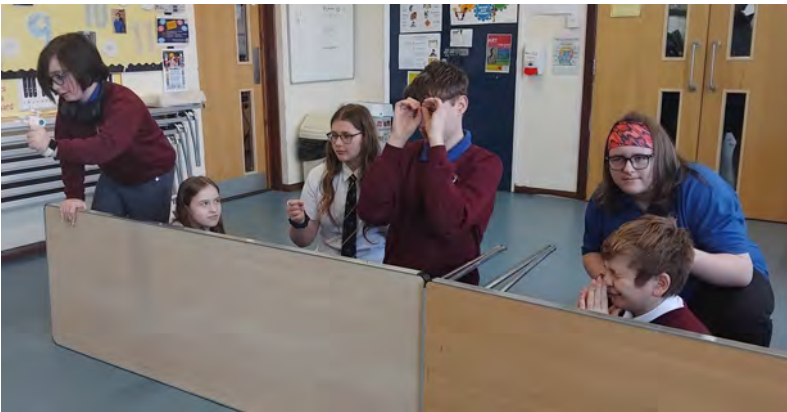
Pheobe and Archie's writing is here - all their own words.

#### **Pheobe writing from the trenches: Writing in role**

*Hello Mum,  
It's dark cold and very wet here. It is scary here and it reeks of death. We have just had a battle with the Fritz. It was really loud, guns and shells. I feel really sad that my good friends are no longer here. The food is dry and there is not much of it. The rats are growing bigger because they are eating all the dead people. Trench foot here is really bad if you don't treat it they have to cut off your feet.*

#### **Archie writing in role:**

*Day 4: It was a nightmare. Every night we hoped that another shell would not fly into our trench.  
Day 5: Today a gas attack happened so I put on my mask but not everyone had time to do it. I can't wait to go home.*



## Fidget / Chew Toys

A letter was sent home earlier this week regarding fidget toys <https://www.allsaintslessingham.co.uk/wp-content/uploads/2026/03/Fidget-Toys-18.03.26.pdf>

Please support us with this by keeping fidgets / chew toys not supplied by school at home and not sending them into school.

## Carers Voice



Is an independent charity representing Carers in Norfolk and Waveney. Our mission is to improve the health and wellbeing of all Carers in Norfolk and Waveney. Through working together with Carers and services, we make sure that the voice of Carers is heard and listened to, meaning support and services are what Carers want

The ethos of Carers Voice is to work in co-production with Carers on all projects and is central to everything we do. We are an integral part of the co-production process with the Integrated Care System in Norfolk and Waveney and provide guidance on areas of strategic change that will support Carers wellbeing.



Influence change



Help improve Services



Giving constructive feedback can feel liberating



Carers Identity Passport

Click on the link for further information:  
<https://www.carersvoice.org/>



## UCL Let's Go Zero Evaluation: Parental/Carer Survey

An optional component of the research project we are taking part in involves a short survey for parents and carers. Participation is entirely voluntary and anonymous and responses will help to supplement our school-based findings.

Here is the link created specifically for All Saints:

[https://qualtrics.ucl.ac.uk/jfe/form/SV\\_cVcTHD72Xai71PA](https://qualtrics.ucl.ac.uk/jfe/form/SV_cVcTHD72Xai71PA)



## World Oral Health Day



The 20<sup>th</sup> of March is World Oral Health Day and the third and final year of the theme 'A HAPPY MOUTH IS...' to highlight the importance of oral health.

Click on the link for information about World Oral Health Day, advice for children on how to keep their smile healthy and resources and activities: <https://oralhealthnewsletter-cds.my.canva.site/dahb2j8js-u>