



# The Old School Henstead

## Newsletter

Summer Term 2017

Issue 4

19 May 2017



### Calendar for next week

Thursday 25 May

Friday 26 May

1.00 U10 Mixed Rounders v Beccles Academy (A) at Sir John Leman

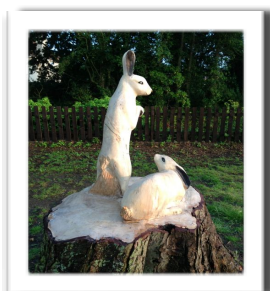
*The Henstead Hike* in aid of a Defibrillator for the School & Henstead Village  
Half Term Begins

### Dates for your diary

Saturday 24 June

9.45 Open Morning, followed by the Summer Fayre

### Message from the Headmaster



It is entirely fitting that we finish off this half of term with a huge team effort in the Henstead Hike. We will be starting from the most easterly point in England and walking over the bridge to the coastal path, continuing south down the coast and picking up all of the school year groups on the way, finishing up with a celebration back at The Old School. It will help us to support the provision of a defibrillator for the school and villages of Henstead and Hulver and will be an opportunity to train and learn more about emergency response and first aid. Details of the day are with you already and we invite the whole Henstead community to join us - even our Nursery will be walking the final section of the route and it promises to be a wonderful day.

*Mr McKinney*

## The Henstead Hike 2017.



Next Friday 26 May the whole school will undertake our fourth annual Henstead Hike, this time to raise money for a defibrillator for the school, and also for use by residents in the villages close to the school. Children will start at age-appropriate points along the coastal route, ending at school. Full details have been emailed to parents.

We encourage parents and grandparents to join us. It is usually a great day of challenge and fun, for a great cause. And it's a great way to end this half term.



# Reception Roundup.



More displays have been updated this week in preparation for welcoming our new parents who have children due to join us in September and our upcoming open Morning. There is very much a focus on the children's amazing progress and a demonstration of their fine and gross motor skills.

We have had a go at drawing a representation of ourselves from a photo, sentence writing to support and understand how a sentence is written and our enjoyment of reading 'Smiley Shark' by Ruth Galloway and 'Can You Catch A Mermaid ?' by Jane Ray

As a class we have created our very own mermaid tail using a newspaper, tissue paper and PVA glue technique that challenged our team working skills and creativity. We have also had a go at using air drying clay to create our own sea creatures which we are looking forward to painting next week.

In maths we have continued to practise our counting in 2s and understanding the concept and value of money. It was lovely to have such a glorious day on Tuesday when we went outside and collected natural resources to use for making addition sums and creating patterns.

The week was brought to a close with a fantastic trip to see the Blythburgh pigs (see next page).

*Mrs Scriven & Mrs Dakin*



# Down on the farm.



Reception's week was brought to a close with a fantastic trip to see the Blythburgh pigs.

We had the opportunity to see how the pigs are reared and compare the different sizes and stages of the process involved in pig farming.

Thank you to Mr and Mrs Blois for looking after us all so well and the lovely sausage meat. We had great fun making sausage rolls when we returned to school. Delicious!

*Mrs Scriven*



# The Heart of the Matter.



This term, Year 5 has been learning about MRS GREN.

MRS GREN stands for Movement, Respiration, Sensitivity, Growth, Reproduction, Excretion, and Nutrition.

So far we have focused on nutrition. In this topic of nutrition, we have learned that there are 7 things you should consume in a healthy balanced diet. These are fibre (which gives you regular poos), vitamins (that help you stay healthy and fight disease), carbohydrates (that give you long term energy), water (that washes away toxins), minerals (that help to grow your teeth, bones, muscles and keep your blood healthy), protein (which helps to grow and repair your muscles) and fat (used for energy and keeping warm).

We have also studied the food pyramid. The food pyramid is a diagram which helps to explain how much of each food type we should consume. At the top of the pyramid (the things we should eat least) can be found sugary and fatty foods like: cake, sweets and chocolate. At the bottom of the pyramid (the things we should eat the most) can be found your



carbohydrates. These are foods like bread, pasta, rice, potatoes.

As a part of our discussion about healthy eating, we have talked about the importance of not eating too much and not eating too little. We studied a profile of two people: one person who eats too much and has lots of health problems; and one person who doesn't eat enough, resulting in some health problems also. It's shown us that we must eat a balanced, mixed and healthy diet if we want to have a healthy life. On top of this, we've also talked about getting plenty of exercise to keep our heart healthy.

Year Five



# Show time!



The show time is almost with us again. Years Four, Five and Six have been very busy auditioning this week for their forthcoming production and the cast list is almost complete. *Dazzle!*, written by Andrew Bailey, is a magical show which tells the story of young Poppy who inherits a failing funfair and its crowd of weird and wonderful helpers. Full of drama, comedy and featuring Andrew Bailey's outstanding songs, the show reveals Poppy's struggle to keep the fairground alive and out of the evil clutches of Murgatroyd Megarich.

The younger children will begin work after the half term holiday on one of Mrs Suffolk's wonderful

stories, *Spinerelli Cappuccelli*, a rags-to-riches story about a rather inventive Italian ice cream maker!

We look forward to much fun both in rehearsal and in the final production of both shows.

*Dazzle* will be performed on Wednesday July 5th (2pm) and Thursday July 6th (7pm).

*Spinerelli Cappuccelli* is on Wednesday July 5th (6pm) and Thursday July 6th (2pm).

Save the dates!

*Miss Sindall*

# Field to Fork.



This week in 'Field to Fork' we planted cress seeds. We talked about the important role sunlight and water has in growing and how healthy it is to eat food that we have grown ourselves. We all have a role during the week to make sure our cress is watered.

We look forward to watching the cress grow and using it to make our own sandwiches.

Our beans and carrots are being closely watched in the school garden for signs of life. I'm sure with the warm weather and the children's commitment to watering we will see signs of life soon.

*Mrs Scriven*

# Village Update.



The Year Three children utilised their hard work during open classroom morning this week when they were able to direct their carefully written open and closed questions towards Ivor Themepark.

Thinking about how to articulate their questions in a delicate manner, they were greeted with an animated interviewee. Despite coming under fire from an array of challenging answers, the children were prudent in the way they professionally argued. Sadly, Ivor Themepark was not what they had expected. Optimistically, they had hoped he would show good intentions, he did not.

Next week the children will find out if he is able to build his theme park. Over the next week, however, they will attempt to sway the local authority by controlling the media's representation of the interview. Watch this space!

*Mr Hunt*

## Sharing books in the sunshine.



Year One made the most of the warm weather and shared some dinosaur books outside in the sunshine. A huge thank you to Isla's Gran for allowing Year 1 to share her large collection of dinosaur books.

*Ms Thomson*

# Nursery News.

## A Busy Week.



It has been a full on week at Nursery! We have enjoyed a variety of activities ranging from counting sea creatures, making bread dough caterpillars and bird feeders, planting seeds, painting our feet and practising our name writing.



We enjoyed playing outside and had many of the junior school come and play with us during breaks. We are delighted to say they have modelled extremely good behaviour and manners for our younger Nursery members.



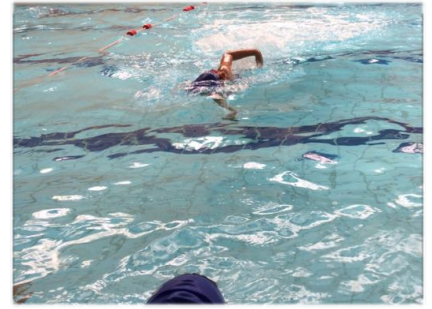
## Nursery Star of the Week ★

Nursery Star of the Week goes to Freddie, for good listening ears. Freddie is trying really hard to listen to the grown-ups and making good progress. Well done Freddie!

*Miss O'Mara & Miss Butcher*

# SPORTS ROUND UP

## Swimming & Gymnastics



### SWIMMING

The Year 4, 5 and 6 pupils have been enjoying great lessons and training sessions in the pool.

Whilst trying to perfect their strokes for the swimming gala later this term, the Year 5 and 6 pupils have also been working towards their Water Safety badges. This involves being able to tread water for three minutes, using a plastic bottle to keep their group afloat and safely rescuing their peers. Well done to all those pupils who successfully completed their Water Safety today and good luck to those who will be embarking on theirs next week.

*Mrs Jensen*

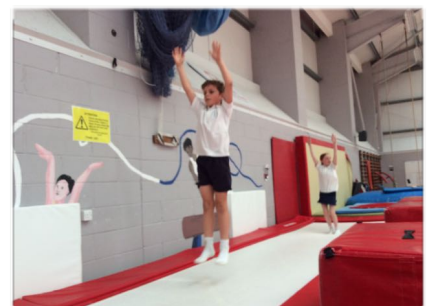
### GYMNASTICS

Tumbling, leaping and bouncing around the gym was the theme of Monday afternoon. The children yet

again displayed oodles of confidence as they both learned new skills and developed existing ones. I continuously find it endearing to witness how well they bravely tackle these challenges and their sheer delight at surprising themselves with what they can do after showing confidence and courage. Indeed, this is coupled with the constant camaraderie between the children, promoting strong values of teamwork inherent within their conversations and encouraging words to one another. The smooth way in which these skills are refined have a real impact in the classroom too, both in how they interact in group settings and their ability to lean forward to new challenges.

Of course, it should also be mentioned again that both myself and Mrs Loader are always proud of how well the children represent the school when going on visits.

*Mr Hunt*





The Old School Henstead

# **Summer Fayre**

**Traditional Games  
Live Music  
Raffle & Prize Draw**

**Craft Stalls ♦ Barista  
Arena Displays ♦ Bouncy Castle  
Sweet Sunrise Crepes ♦ Bar**

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**And Much More!**  
***Saturday 24th June 2017***  
***12pm - 3pm***  
***Toad Row NR34 7LG***

# Mascot Awards.

Mascots were awarded to the pupils best demonstrating our school value Teamwork:

Reception - Ariane, for demonstrating excellent teamwork skills through helping others and demonstrating excellent classroom etiquette.

Year 1 - Lucas, for great teamwork during science.

Year 2 - Marli, for noticing when to help and listen to others in a team situation.

Year 3 - Harry D, for encouraging friends when performing difficult tasks.

Year 4 - Matilda, for assisting and encouraging her peers creating Eiffel Towers in MFL.

Year 5 - Rachael, for being a respectful team member when working in small groups and large groups.

Year 6 - Beth, for assistance with the new gold system - a focused and efficient team member.



## Violin Lessons



If anyone wishes to start or resume violin lessons, please contact Miss Sindall or the office, as we have spaces available with our new violin teacher Miss Bullen.

## Pony Club



The Old School Henstead Pony Club had another great session last Friday, earning another Pony Club badge at the end of the evening.

Parents of members of The Old School Henstead Pony Club are encouraged to visit the Uniform Shop before half term to try on sizes and place their orders for the new Pony Club sweatshirts.



## Uniform Shop



After half term the Uniform Shop will be open on Monday (instead of Tuesday) mornings 8:15-9:15 and Thursday afternoons 3:15-4:15.

## PTFA

News Extra

**Next Meeting** Friday 9 June  
7pm Three Horse Shoes

**Summer Fayre** Saturday 24 June 12:00-3:00pm, following the Open Morning. Posters have gone out in bags. Please help spread the word.

**Summer Party** Saturday 8 July. Book your Early Bird tickets now. Forms have gone out in bags this week.

## UNIFORM SHOP

**Opening Times**  
Tuesday 8.15-9.15  
(changing to Monday after half term)  
Thursdays 3.15-4.15



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