



The Old School Henstead

Newsletter

Summer Term 2018 Issue 2 4 May 2018



Calendar for next week

Monday 7 May

Tuesday 8 May

Bank Holiday (School Closed)

1.30 Nursery, Reception and Year 1 Swimming

1.30 Parent & Toddler Group

2.15 Years 4, 5 & 6 Swimming

2.30 Years 2 & 3 Gymnastics

Wednesday 9 May

Thursday 10 May

Professional Development visit to The Perse School, Cambridge

6.00 Family Quiz Night

Dates for your diary

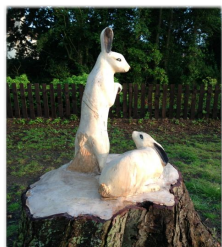
Friday 25 May

Saturday 23 June

The Henstead Hike

9.45 Open Morning (Half day school with programme of activities)

2.00 Henstead Golf Day (save the date!)

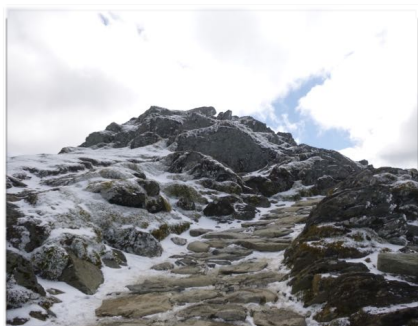


Message from the Headmaster

What a week it has been, especially for our Upper School pupils! I am already hearing wondrous stories (fans of Yes take note) of all our school values as our boys and girls adventured from East Anglia to Wales. Their stories are here for you to share. Well done to them all and to the staff who supported them throughout.

Mr McKinney

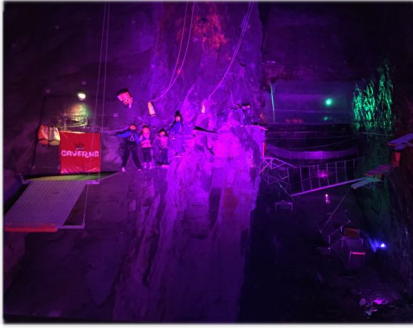
Wales 3000ers Fundraising Challenge.



In order to raise funds for a new school minibus we have set two challenges for this term: our annual *Henstead Hike* plus a new parent/teacher challenge of completing the *Wales 3000ers* - a challenge to complete 14 Peaks (above 3000 feet) in Snowdonia, in a journey travelling North to South. Highlights along the way include climbing to the summit of Snowdon, the highest mountain in Wales and England.

Our small team of parents and teachers will set off for Snowdonia on Sunday 20 May 2018, with the aim of completing the challenge and returning by Wednesday 23 May. On the Friday of the same week the children and any parents free to join us, will undertake the *Henstead Hike*. Details of our online fundraising page and sponsorship forms will be available soon. We appreciate your support.

Success in Snowdonia.



The Year Six adventurers made for a seven o'clock departure on Sunday, waved off by the parental and sibling body. Mr Hunter even made time to feed the school lambs before we set off!

After a traffic-friendly journey we arrived just as the skyline of Snowdonia was revealed in the sunshine. Sophie, our instructor, was as welcoming as ever and the range of kit required for the various activities was issued. A hearty supper was followed by an evening stroll through the mountain slate mine workings at Deinolen.



On Monday there was a birthday to celebrate as the intrepid seven kitted up in full body harnesses, Via Ferrara units, zip line trolleys and helmets and headed into the caverns of the Blaenau Ffestiniog underground complex. An hour of training and they were released on the challenging course, with an array of steps, platforms, log and chain link, all embedded into the walls of the caverns and linked by tunnels, ladders, Burma bridges and a dozen zip wires of increasing pitch and length. They acquitted themselves magnificently and as we reappeared into the sunshine there was real pride in achieving what is, even for many adults, a most daunting endeavour.



The day ended with a glorious drive up the Conwy valley to Llandudno for the cinema and supper at the sea front of this picturesque Victorian resort.



On Tuesday, for the first time on our trip in three years, there was no snow on the highest mountain in Wales, whose Anglicised name Snowdon - snowy mountain,

reflects the aforementioned frozen precipitation. We were able to tackle the Pyg track to the summit, no porcine Suffolk reference here, more the iron ore that the hardy miners of old risked life and limb to unearth. A crisp and dry morning allowed an early start and good progress, for we knew that the wind was forecast to strengthen later in the day. So it proved and the boys and girls supported each other as they scrambled their way above Glaslyn, the lake below the summit in which Excalibur is said to have been cast. A careful advance along the summit ridge, the celebration on a windswept highest point in Wales and a steady descent towards Llanberis.

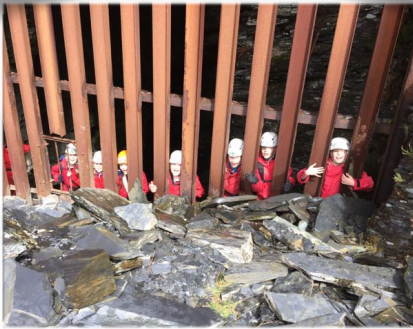
By end of day the expected occasional shower had turned to driving rain and all were pleased to be home for a bath and supper.

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Success in Snowdonia.

Part 2



Outdoor education very much includes an appreciation of the history and culture of this spectacular Welsh National Park and our exploration of the Rhiwbach mine gave our Year Six just that.

Waterproof suits kept out the early morning drizzle and we were soon climbing up through the shelter of the pine forest. A pause to fit safety helmets with lamps, climbing belts and cow's tails (a double carabiner safety system) and we were splashing through the water of an access tunnel into the mine. We learned about mineral deposits and the truck and rail system for extracting quarried slate, the black gold roofing material of the Victorian mine owners, but supporting a whole community at the head of Cym Penmachno.

Excavated caverns of various sizes began to appear to right and left of the tunnel and progress was soon blocked - not by the impressive height to which the Welsh miners had cleared it, but by the flooded cavern floor, the water clear and still. We donned buoyancy aids and Sophie paddled into view in a rubber boat - the paddling of which was a directional challenge for our explorers! Lunch was taken in a dry cavern, lit only by candles, indeed we learnt that these would only be used when essential by the miners and that many tasks, including those undertaken by children as young as the audience, would be done in complete darkness. It was the easier to relate to this as we attempted to move along a tunnel with no light whatsoever - it was most disconcerting. The ascent to the upper exit was accomplished by an ascent of an angled tunnel with an impressive cascade running down it - the children quickly learnt that running water cleans the rocks of any impurities and give them the most secure grip. A rope assisted climb up a steeper entry shaft and we

emerged through the upper levels into the late afternoon sunshine. It was a most agreeable end to a grand day.

Thursday's activity began with a picturesque drive over the Menai bridge to the Isle of Anglesey, former home of HRH the Duke and Duchess of Cambridge. Once we had put on our waterproofs, buoyancy aids and helmets we set off with our paddles in an inflatable rib for a journey along the Menai Straits. Sophie explained that at several points along the straits we would encounter eddies - circular currents of water that are constantly in motion - and that if we paddled correctly the rib would 'dance' in the eddy, or spin. We followed her instructions and did indeed whirl round and round, resulting in shrieks and laughter.

The afternoon was spent learning outdoor survival skills in the rather fetching setting of pine-covered dunes by the sea. We made a fire and cooked pancakes and the children proved themselves most capable - they must have a fantastic outdoor education teacher. Matthew was a dab hand at flipping. Delia Smith must be quaking in her Norwich box. Alex was most competent at lighting a fire and boiling the Kelly Kettle so that we could make our hot chocolate.

Before leaving we reflected on the last few days and shared our thoughts about our proudest and most challenging moments. Sophie complimented the boys and girls on how well they had worked together, not only showing fantastic team spirit but also being incredibly supportive of one another when reassurance and encouragement was needed during all of the challenges that they have faced this week.

Mr McKinney

Leap of Faith.

The Year 5 residential trip to Kingswood, West Runton, always provides children with ample opportunities to develop, learn and demonstrate different skills. For many children, the biggest hurdles to get over are not even the outdoor activities, but these hurdles are no less important.

This year's group of pupils took to the outdoor experiences with lots of enthusiasm. Arriving on Monday to a wet and blustery North Norfolk coast was a shock to the system, but fortunately for us the first activities were indoor ones.

Tuesday brought with it much finer weather: calm skies and brilliant sunshine, perfect for the most popular activity of the trip, Nightline. Nightline is a blindfolded obstacle course where the pupils had to navigate following a rope, over obstacles and through hurdles, working on developing communication with the other children in front of them and behind. A new activity to our list was fencing and all of the pupils took on board the techniques and looked very professional with their foils. A real challenge for the pupils was working together when bouldering across a rock wall.

Our final day culminated in arguably the most important activities: team challenge and the *leap of faith*. The team challenges provided opportunities to see team work in action and to work towards improving communication and problem solving. The leap of faith tackled by almost everyone and was a great way to finish off a wonderful residential trip.

Mr Jensen & Mrs Scriven



Camping Explorers.

Year Four had a very successful time at the Wardens Centre and we all enjoyed the warmth and sunshine.

Our time began with our team shopping trip to a supermarket, where we had to buy all the food necessary to feed us while we were away. We were split into three groups and had to purchase food for dinner, breakfast and lunch. We shopped well and each group managed to come in under budget! When we arrived at the Wardens Centre we chose our own campsites and put up our tents. Once set up, we drove down to the woods at Kenton Hills and had lunch before our next team challenge.

Working in two groups, we were on an orienteering mission to find different numbered markers with a picture next to it. Mrs Jensen had taken photos of us at school, chopped them up and rearranged them into funny photos. Using a map, we had to locate these funny photos and together we had to work out whose forehead, eyes, nose and mouth were in each photo – let's just say we have some very strange looking new pupils in Year 4!

That evening we returned to Wardens Centre and had some free time before preparing our burgers and ice cream sundaes. After dinner, we had some evening activities organised by Mrs Jensen, and then toasted marshmallows on the camp fire. This was a highlight for most of Year 4.

We all slept outside in our tents – well Mrs Jensen might not use the verb 'slept' as freely, especially when referring to the girls, who were awake to see the sunrise! Once everyone was awake we had breakfast, put away our tents, went down to the beach and then headed to Thorpeness Mere for boating on Thorpeness Mere. Boating was great and we found out very quickly that it looks easier than it actually is. We had an ice cream and lunch down at the beach before heading back to school.

Mrs Jensen, Mr Jensen & Miss Butcher





Reception Roundup.



This week's learning objective has been based around the story "Burglar Bill" by Janet and Allan Ahlberg. There has been lots of focus on story sequencing and comprehension. The children enjoyed writing about what Burglar Bill had stolen and this prompted some good discussions around what is right and wrong.



In Maths we have continued learning how to use a number line for addition and are now starting to understand how we can use it for subtraction too. We have been practising vocabulary linked to maths daily to help us remember what the symbols; +, -, = mean.

We welcomed back the sun on Thursday and during games Mrs Scriven introduced us, together with Years One and Two, to some team building, leadership and communication games that the Year fives had been playing whilst on their recent residential to Kingswood. Reception can't wait to go now and experience "the leap of faith."



On Friday Nursery joined us as we were treated to a special visit from Suffolk Police. We asked questions, the policeman explained what the police's role in the community is and gave us the opportunity to try on some uniform, look at the inside of a police car and show us how to take finger prints.

Mrs Scriven & Mrs Dakin



Nursery News.



We have been developing our maths brains this week in Nursery. The children have been adding 1p and 2p coins together and exchanging the correct amount of 1p coins for a 5p or a 10p. They have been buying groceries at our Farm Shop, currant buns from the baker and creating their own pop up shops at various points in the day. Miss Butcher is even making them buy their snacks this week.



Our children are very good at sitting together and playing board games, taking turns, counting out the spots on the dice and moving the counters appropriately. The maths muscles have been fully exercised this week.



Our week ended with an exciting visit from the Police service, who let us explore their vehicle and various bags of kit, including helmets, radios and a breathalyser machine! They also used their speed gun to check the speed of our vehicles round the Nursery garden. We enjoyed learning how to take finger prints and each made one to fit in a key ring to take home.



Nursery Star of the Week ★

Nursery Star of the Week award goes to Tommy. Well done Tommy. Priscilla can see how hard you have been trying to be a good friend. You have been sharing toys and speaking nicely to your teachers and the other children. Enjoy the sleepover.

Mrs Vorster & Miss Butcher

PTFA

FAMILY QUIZ NIGHT

THURSDAY 10TH MAY 2018



£2 PER PLAYER
TEAMS OF UP TO 8 PLAYERS
DOORS OPEN 6PM FOR A 6.15 START
BAR AND SNACKS AVAILABLE

Register your team
in the school office
by 4th May

The heart of the matter.

Year 5 has been busy with anatomy lessons, dissecting hearts and lungs. This particular lesson proved to be a fascinating exercise, understanding the structure and anatomical names for the various parts of the body. Perhaps we have some aspiring medical students in Year 5.



Show Auditions



In anticipation of our end of year Upper School summer show *Joseph and the Amazing Technicolor Dreamcoat*, auditions will start this week. We wish everyone well.

Uniform Sun Hats



As we are experiencing some very strong sunshine on most days now, please ensure your child comes to school with a school uniform summer hat (available in house colours from the Uniform Shop for £5) and pack suncream in your child's bag. Thank you.

Mascot Awards



Mascot Awards will be made in Assembly on Tuesday morning, in order to take into account the pupils' performances during the various trips that took place this past week, with Year 6 returning after the end of the school day today.

PTFA

News Extra

Family Quiz Thursday 10 May. See Page 8 for details and sign up your team.

Watch this space for upcoming events.



UNIFORM SHOP

Opening Times
(Term Time)

Mondays 8.15-9.15
Thursdays 3.15-4.15



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