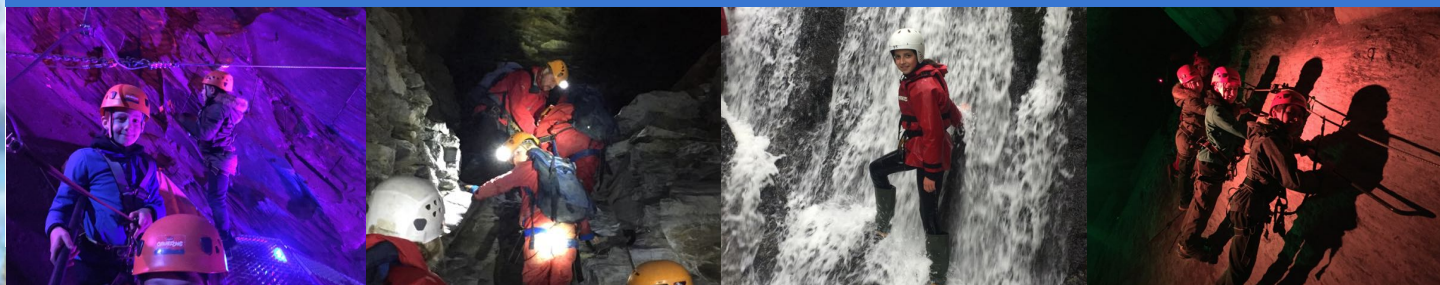




The Old School Henstead

Newsletter

Summer Term 2019 Issue 2 3 May 2019



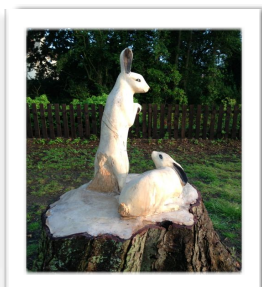
Calendar for next week

Monday 6 May	Bank Holiday (School Closed)
Tuesday 7 May	Reception, Years 1 & 2 visit Thrigby Hall 1.30 Nursery Swimming 2.15 Years 4, 5 & 6 Swimming 2.30 Year 3 Gymnastics
Wednesday 8 May	9.00 Year 3 visits Jimmy's Farm 2.00 U11 Boys' Cricket v Framlingham Prep (A) 2.00 U11 Girls' Cricket v Framlingham Prep (H)
Thursday 9 May	9.30 Year 4 departs for Wardens Centre
Friday 10 May	3.30 Year 4 returns from Wardens Centre 6pm PTFA Family Quiz

Dates for your diary

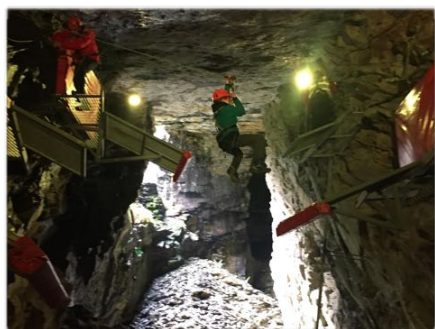
Saturday 18 May	Open Morning (9.30 Pupil Registration)
Saturday 22 June	Henstead Golf Day (note change of date)

Message from the Headmaster



It seems unusual to be writing this message many miles from school, but outdoor education and residential visits for our boys and girls are essential aspects of our curriculum at The Old School. Year Five and Year Six children will already be sharing the memories and experiences that they have enjoyed this week. These are lessons that will last long after they depart from here, for they build all the values that we nurture during the school year.

Mr McKinney



Snowdonia.

Year 6



Sunday 28 April

Mr Hunter's decision to forego the Norwich promotion celebrations, resulted in favourable early traffic and the customary early lunch stop by Iron Bridge was a pleasant interlude - we passed the impressive sight of ten thousand charity fundraising motorcyclists en route. Clouds scudded across from the west as the skyline of Snowdonia was revealed, snow lingering in the north facing hollows.

We received a warm welcome from Jude, our instructor, and the range of kit required for the various activities was issued. A hearty supper was preceded by an evening stroll through the streets of Llanberis, where Louis introduced himself to the lake as well as the adventure playground. Textual evidence of arrival and enjoyment was transmitted to settle domestic nerves.

Monday 29 April

Bear with me... It was off to work as the intrepid thirteen 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.

A glorious drive up the Conwy valley and we arrived in Llandudno in time for a walk along the sea front and pier of this picturesque Victorian

resort was followed by the matinée glorious evening drive back to our base in Llanberis. Chips and bed!

Tuesday 30 April

A benign forecast, still conditions and an elevated cloud ceiling saw us heading up the spectacular Llanberis Pass dropping off another minibus in Llanberis en route. There was next to no snow on the highest mountain in Wales whose anglicised name bares the name of said 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 risked life and limb to unearth in yesteryear. A mild and dry morning allowed an steady start and good progress, for we knew that the forecast was to hold for the day, putting time and daylight on our side. It was very pleasing to see the boys and girls supporting each other, encouraged by Jude, our instructor and they scrambled their way above Glaslyn, the lake below the summit in which Excalibur is said to have been cast. "Is it still there?" asked one, with another line of enquiry centred on the purpose of the piles of stones known elsewhere as cairns. A member of staff suggested that these were the nests of the elusive mountain creatures that are rock ferrets. A search proved fruitless, Mr M confiding that creatures are so shy and crafty that he had never seen one in summer. By now we were moving along the summit ridge for a celebration on the highest point in Wales (and England) and a steady descent towards Llanberis. By end of day the temperature was decidedly pleasant, but tired legs were pleased to be home for a bath and supper.

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Snowdonia.

Year 6



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Wednesday 1 May

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 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 Jude paddled into view in a rubber boat - the paddling of which was a directional challenge for our explorers, but which the boy crew was every bit as adroit as the girl! To earn their lunch, a further cavern wall was ascended by a via Ferrara handrail, followed by an abseil into 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 eat lunch 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 gates into the late afternoon sunshine. It was a most agreeable end to a grand day.

Thursday 2 May

The rain finally arrived but to no avail, for we were already kitted up with wetsuits (Jack declined the first one offered on the grounds that it wasn't actually wet) buoyancy aids helmets and scramble belts. The Dolgellau canyoning trip allowed us to scramble up and over rocks, not least an astonishing feature rejoicing in the moniker of the elephant's bottom. We climbed alongside and through gushing waterfalls, slid into basins and jumped into plunge pools. Back in time for a sort out of kit and a shopping trip to town - ice cream for some, Welsh cakes for Harry the aquaman.

Before we returned to our accommodation for the journey back, we reflected on the last few days and directed our thoughts to our proudest and most challenging moments. Jude 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 some of the activities that they have faced this week.

A roast dinner and a good night's sleep in anticipation of our early start for home the morning.

Mr McKinney

Flying High.

Year 5



The 2019 Year 5 Residential to Kingswood, West Runton, was, in many ways, a highlight of the year. The weather, the activities, the behaviour and attitudes of the pupils were all verging on perfect. Having sunshine and very little wind made the North Norfolk experience even more enjoyable for the pupils who attended the residential this year.

We left school on Monday and headed directly for the North Norfolk coast. Arriving at 2.30pm, we were met by our instructor, Michael, who gave us a tour of the campus and showed us to our rooms. The first task lay ahead: making the beds. After some to-ing and fro-ing for about half an hour, we got through this seemingly momentous task and were ready for our first activity: fencing.

Isabelle's recent success as a national fencer meant that we had a pro amongst the ranks and we watched in awe as she put classmate after classmate to the sword. After dinner, we had a team challenge activity where we had to work together to solve a variety of problems. It was very quickly revealed that communication was an area of focus that the group would have to work on; having too many cooks in the kitchen proved to be detrimental to our performance. Our last activity for the evening was nightline - blindfolded obstacle courses. Having one's eyes blindfolded for over an hour isn't a particularly appealing thought, but each of the pupils approached this task with boundless enthusiasm and trusted each other as they navigated through, around, over, under and between various obstacles without the use of one of their five senses.

After a good night's sleep, the new day dawned with a host of exciting new adventures. Laser tag was our first activity, this year outside as opposed to inside. It doesn't appear at this point in time that any of the Year 5s have a future career with the Special Forces, however, after getting the idea of how a laser gun works, great fun was had by all. Our Tuesday rock climbing activity proved to be the first of the activities that really pushed the pupils out of their comfort zones. The prospect of scaling a wall was, for some, a piece of cake. For others, it was a daunting challenge best avoided. However, pleasingly, each and every one of the Year 5s scaled the wall to some degree: some to the top, others half way, others a few steps up. The whole point of a residential is to encourage the children to push themselves further than they think they are capable. It is activities like these, the activities that are uncomfortable, challenging, sometimes even painful, that push the pupils where needed. I was very proud to see the children attempt this first challenge.

After a brief lunch, we took a walk along the cliff top to Beeston Bump to take in some of the surrounding views, to see the effects of erosion on the coast, and to observe the local wildlife. The warm weather made this walk even more pleasant, and the view could be appreciated in all directions for miles.

When we returned to campus, we then headed to the Activity Zone for archery where we were set different challenges to achieve on the targets. Each of the pupils was able to walk away knowing that they had improved in their aim to some degree by the end.

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Flying High.

Year 5

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Following archery was another of the nerve-wracking activities: zipwire. This activity involves climbing to the top of the ropes tower, harnessing in, and zipwiring for about 200 feet across the fields towards the sea. Again, this was a challenge that provoked fears of varying degrees for the pupils. For some, the prospect of stepping off the tower was exciting, for others, frightening. Reports back to me suggest that stepping off is the only hard part; the journey down the zipwire itself is sheer excitement. This was the first occasion where Miss Sindall and I saw the attitudes of the pupils change to a desire to encourage and be encouraged, something of which they should be proud.

Our final day dawned and, after breakfast, we prepared ourselves for that well-known rite of passage: the leap of faith. I watched in awe as child after child scaled the pole higher and higher. It is a testament to each of them that they all attempted the leap of faith. Each child, whether willing or unwilling, harnessed in and scaled the pole a little further than they thought possible. Miss Sindall and I were very proud to watch the pupils as they took to this challenging activity, and each of them passed the rite of passage with pride.

Our final activity was a last team challenge. After more difficulties working through communication and leadership, the pupils learned about some of the hindrances to their success and were able to, at last, conquer the team challenge as a united team. For this, I am very pleased.

After lunch, we stopped at West Runton beach to visit the rock pools and dip our feet (and legs, arms, heads...) into the water. A damp minibus ride home awaited for some...

Mr Jensen



Goldilocks & the Three Bears.



On Friday morning Reception and Year One invited their parents and the rest of the school to see what they have been learning in their music lessons. They delighted us all with a presentation of the story of *Goldilocks and the Three Bears*, complete with songs and percussion.

Narrators Henry, Jude and Raef told the story fluently and expressively, Rex was a suitably gruff Daddy Bear. Chloe was the gentle Mummy Bear and Robin spoke really clearly in the role of Baby Bear.

The trees in the forest looked remarkably like Margot, Emily, James, Jay, Rohan, and William, while the character of Goldilocks was brought to life by Violette.

The children performed admirably. Their songs were tuneful and rhythmic, even in some of the more complex sections, and they showed understanding of both introduction and coda as well as excellent recall of the words.

Well done to everyone. You showed great confidence and can be very proud of your performance.

Miss Sindall



Nursery News.



Just before the Easter break the nursery mascot was stolen by our resident villain, Orange Annie the evil scientist. The children were very angry because Tilly is well loved and the children thought that they had seen and heard the last of Orange Annie after they had completed the set of challenges she had set them earlier on in the term.

This week Tilly returned. However, she wasn't the same sweet-natured squirrel that the children had come to love. Tilly had been brainwashed by Orange Annie. She was wearing an eye mask, cape and had orange hair! The children were shocked by her transformation and her new bad attitude. Tilly told the children that she was bored of being good and was here to cause mayhem. The children decided that they needed to teach Tilly how to be good and kind again and show her that being this way wasn't boring. They showed her that sharing and helping and being kind was the way to be included in games, a way to make new friends and was definitely the way to be happy. Eventually, Tilly broke. She saw the error of her ways, brought flowers for the children and wrote them a card. She was lonely and felt isolated by her bad behaviour and attitude. She was ready to reform. We would like to say a big well done to all of the children in the Nursery who have worked very hard at being good friends and role models to each other and Tilly this week. It worked.

Mrs Vorster and Miss Butcher

Nursery Star of the Week ★

Well done William. Tilly has chosen to go home with you because of the amazing friend you are to the children in nursery. You have been sharing, helping the younger children and taking turns in games.





Reception Roundup.



Reception has been working extremely hard at embracing this terms values; 'thinking and teamwork'.

We have been thinking about St George, England's primary patron saint, who according to legend, killed a dragon. This inspired our maths lessons, where we have been focusing on ordering and recognising numbers beyond ten, as well as counting in 2s, 5s and 10s.

Air is our class topic for this half of term and as part of our literacy lessons we have been using our science and maths lessons, planting and measuring sunflowers, to inform our sentence writing. I have been particularly impressed by the children's sequencing of how things grow.

We focused this week on air transportation and discussions have inspired us to get creative. In art we used our own canvases to create collage hot air balloons, as well as working as a team to construct our very own air traveling form of transport. Fantastic examples of communication and helping others was observed.

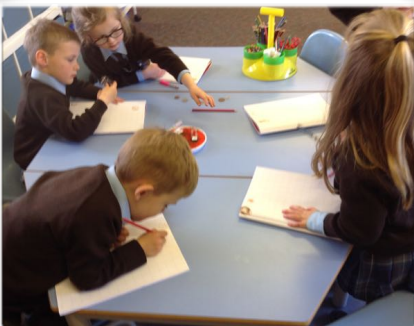
With sports day only weeks away, games lessons are now focusing on our competitive attitudes and how as individuals we can achieve great things. We reflected on the achievements of the London

Marathon runners and how resilience, training and emotional strength are useful attributes to us all.

Next week we will be thinking about how we can protect our environment.

We are very fortunate to have a local attraction, Thrigby Hall wildlife gardens, which have been playing their part in saving species from extinction, setting up the world wildlife fund and continuing to support conservation around the world. On Tuesday we will join with Years One and Two for an exciting day visit. This will also be an opportunity for us to reflect on our visit to the University Museum of Zoology in Cambridge last term and think about how our world is forever changing.

Mrs Scriven





School Council Election.



As we enter our final term of the academic year another opportunity arises for a new School Council. As elected members, the voice of our pupils and the contribution that their participation facilitates is greatly valued. Our PSHEE syllabus provides a learning platform for all pupils to understand the democratic process and the resulting benefits to all. As is the norm, the Polling Station was well attended, and the casting of votes enthusiastically completed. With the Head of School Council unavailable due to Year Six's residential trip to Wales, Year 5 took the administrative responsibility. The Polling Station was professionally run, and results verified.

Thank you to all those who stood and congratulations to the newly elected School Council. The Head of School Council and I look forward to working with you as representatives of your peers. Our first meeting will take place next Wednesday.

The results are as follows

Reception – Rohan and Violette

Year 1 – Raef and Caitlin

Year 2 – Elliot, Sam and Ariane

Year 3 – Isaac M, Millie and Isaac G

Year 4 – George, James and Phillip

Year 5 – Imogen P and Penelope

Year 6 - to be elected on Tuesday, following their return from Snowdonia.

Congratulations to all. We wish you a successful tenure in the term ahead. *Miss Clifton*





The Old School Henstead

Family*

Quiz

Night

Friday 10th May

6pm

£3 per person - teams of any size

Bar with snacks & drinks

available to purchase

*Suitable for children from reception upwards

Mascot Awards.

Mascots were awarded this week to the pupils best demonstrating our school values for this half term - **Teamwork and Thinker:**



Reception: Margot for thinking about sounds while writing sentences.

Year 1: Henry for thinking carefully about his writing when crafting.

Year 2: Edward for filling the role of fielder with the cricket team.

Year 3: Isaac M for thinking and focus during writing.

Year 4: Bertie for showing teamwork by listening to the opinions of others.

Year 5: Ayla for confidently thinking about pushing herself out of her comfort zone.

Year 6: Team Year Six for success in Snowdonia.

Free Tennis Tasters



Mr Ben Thompson, our tennis pro, will run some free lunchtime taster sessions for those keen to try tennis next Thursday 9 May and again on Monday 13 May. On both days there will be two sessions: the first for beginners and the second for those who may have played previously. Those signed up for the tennis After School Clubs are also welcome. Any pupils may join in, if they simply book a free place at the office and ensure they have games kit with them on the day. We have school racquets available for those who do not have their own.

Golf Day



We are holding a Golf Day for parents on Saturday 22 June, start time to be confirmed. If you are interested, please see Mr Hunter. It is usually a great day and Mr Ayres will be defending his title!

UNIFORM SHOP

Opening Times
Term Time

Mondays 8.15-9.15
Thursdays 3.15-4.15

Bag2School



If you are having a clear out at home, we appreciate donations for our Bag2School collection, which raises money for our PTFA funds, in turn providing extra resources for the school.

Please drop off your bags adjacent to the school gates at morning drop off (before 9am) on **Thursday 16 May**. (Unfortunately we are unable to receive donations after that time as they are picked up straight away by Bag2School.) There are some extra bags available from the office. Please be aware that no school or work uniforms are accepted. We are most grateful for your generosity.



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