



THE OLD SCHOOL HENSTEAD

INDEPENDENT PREPARATORY SCHOOL



School Newsletter
Autumn Term
29th September 2023



Many thanks to all those who were able to attend our Harvest Festival Service on Thursday and gave so generously. Gathering together for the first time this academic year, we celebrated the time when crops have been gathered from the field, sharing an opportunity to reflect and show gratitude for the food that we have. We are grateful to be able to donate this to those at the Waveney Food Bank. They serve those in our local community who are living below the poverty line and need that extra bit of help. Thank you for being part of such an important cause!

- Miss Clifton



All of the wonderful donations have been safely delivered to Waveney Food Bank. Thank you.





Key Dates:

Monday 2nd October - Nasal Flu Vaccinations

Friday 6th October - Parent-Teacher Meetings

Thursday 19th October - Bonfire & Firework Night

Friday 20th October - Open Morning

Monday 23rd October to Friday 3rd November - Half Term

Thursday 9th November - Remembrance Service at St Mary's, Henstead

Full details regarding each of these events will be provided nearer the time and more dates will be added weekly.



Nursery

The children in the Nursery have been very busy this week learning all about Autumn. On Thursday we took a trip to Mutford Allotments to learn all about the fruits and vegetables that are harvested at this time of year and to pick our very own pumpkins. We also learnt that pumpkins originated from Mexico, which was very surprising indeed!

- Mrs Braidwood





Nursery





Year One

The children all look forward to Tuesday as it's cookery! This week we made jam tarts and it was a real team effort. We had two teams, one on the pastry rolling and cutting and the others were jam fillers! Thank you for all the jam that was sent in.

In maths we have moved onto our next topic of addition. We are looking at counting on from a given number using spots on dice, fingers and gems to help us solve addition sums. Keep up the great work Year One!

- Mrs Dakin





Year Three



This week in English we have been exploring the traditional tale of Rama and Sita. We have used the medium of drama, music and writing to gain a better understanding of the story. Here you can see us reenacting the story.

- Mrs Bennie





Year Five



Year Five is reading the Ted Hughes story The Iron Man, and the boys and girls have decided to build their very own man of steel! It's been fun making him out of recycled items and tin foil (thank you, parents) and he's beginning to take shape.

Despite the fact that he eats all the metal he can get his hands on in the story, and the farmers think he's going to gobble them up too, the pupils think he might actually be a friendly Iron Man. We'll be reading on next week to find out!

- Mrs Sonn





Lunch Menu - w/c 2nd October

MONDAY	Spaghetti Bolognese with Garlic Bread and Salad Bar (A,b,d,g,i)
TUESDAY	Hot Dog with Curly Fries and Salad Bar (A,b,d,g,i,m,n)
WEDNESDAY	Chilli Con Carne, served with Rice and Salad Bar (a,b,d,g,i)
THURSDAY	Roast Chicken, Yorkshire Pudding, Stuffing and Roast Potatoes served with Seasonal Vegetables (a,b,d,g,i)
FRIDAY	Jumbo Fish Fingers served with Chips, Garden Peas or Baked Beans and Salad Bar (a,b,d,e,g,i,n)

Daily - Selection of Fresh Fruit, Yoghurts, Cheese and Biscuits with a Sweet Treat on a Friday^(g,b)

Alternatives for vegetarian, vegans and food intolerances.

(a=celery, b=gluten, c=crustaceans, d=eggs, e=fish, f=lupin, g=milk, h=molluscs, i=mustard, j=nuts, k=peanuts, l=sesame seeds, m=soya, n=sulphur dioxide)



Under 11's Hockey Tournament



All members of Years Four and Five headed off to Norwich last Friday to take part in an U11's Hockey tournament.

Both teams watched the first match, providing an opportunity to check out their opponents! When our first matches finally arrived, the Year Fours got off to a flying start winning the game 1-0 thanks to a great goal from Max, whilst the Year Fives matched them with a 1-0 victory. With no time to rest, the next round of matches started, both goalkeepers for Henstead making some great saves.



Under 11's Hockey Tournament

The Year Four team battled hard but lost 3-0 whilst the Year Five team, who were playing some great Hockey, cruised to a 3-0 victory with goals from Louis, Alex and Monty. The Year Four team found themselves in the 3rd / 4th place play off. Dominating the game, goalkeeper Sonny was a spectator for the majority of the game. Somehow we were unable to find a goal and a sucker punch in the last minute when Sonny made a fantastic save the rebound hit a Norwich player's stick to score the vital goal.

Year Five made it to the final, playing a fantastic game, full of confidence and were passing the ball around making countless chances to score. They found themselves 3-0 up quickly with goals from Louis and Jayden, and this is how it finished leading them to victory of the whole tournament.





Under 11's Hockey Tournament



Some fantastic Hockey was on show from the boys and girls, some excellent game understanding of positions and how to find space along with a great work ethic to constantly run around putting other players under pressure. Well done to both teams. - Mr Hunter



School Mascots

Mascots were awarded this week and last to the pupils best demonstrating our school values for this half term: confidence and creativity.

Well done to all of our mascot winners from this week:

Reception - Rosie
Year One - Ottilie
Year Two - Freddie

Year Three - Izaak
Year Four - Max
Year Five - Alex





Pete the Pigeon

Year Five has made a special home for their mascot, Pete the pigeon, to live in when he's not flying away on his adventures with each week's winner!





Achievements

Last weekend, Eddie finished the 5km Lowestoft Park Run in under 30 minutes. He has been building up his distance and pace and smashed through his personal goal this week.

Well Done, Eddie!



Reminders

- **Nasal Flu Vaccinations** will take place on Monday 2nd October for all children where consent has been given.

- **Parent-Teacher Meetings** will take place on Friday 6th October. Emails with booking information have been emailed to all.





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