



THE OLD SCHOOL
HENSTEAD

INDEPENDENT PREPARATORY SCHOOL



Henstead Headlines

Autumn Term
17th October 2025



A Half-term of Discovery and Growth

As we reach the end of this busy half-term, I've been reflecting on how much our pupils have achieved and how many fresh experiences they've embraced along the way. From meeting different teachers and exploring exciting areas of learning, to striving for academic success, pupils have shown great enthusiasm, curiosity and resilience.

There have been inspiring educational visits and sporting adventures, opportunities to develop new skills, and moments to celebrate both individual and collective success. Our Reception pupils have settled in beautifully, eagerly skipping into school each morning, ready for the adventures ahead. They've loved discovering the delights of learning, enjoying the freedom to explore and play on the field and forming wonderful friendships, approaching each day with bright smiles and boundless enthusiasm. Across the school, we've also seen children stepping into roles of responsibility, supporting one another and showing kindness and teamwork.

Trying unfamiliar things is such an important part of growing and learning. It builds courage, creativity and self-belief — qualities that help our pupils flourish both in and out of the classroom. Whether it's taking on a challenge, meeting someone different or stepping a little further beyond our comfort zones, each new experience shapes confidence, resilience and independence.

It's been a half-term filled with learning, laughter and discovery, and we are proud of how every pupil has embraced each opportunity with such positivity and joy.

- Mrs Sonn



Key Dates:

Monday 3rd November - Term begins

Friday 7th November - Henstead bonfire and fireworks night

Friday 14th November - Remembrance Service - St Mary's Church

Monday 17th November - Flu Immunisations

Friday 21st November - Children In Need non-uniform day

Monday 24th November - School Photographs

Monday 20th - Friday 25th November - Scholastic Book Fair

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



Nursery

The children have been engaging in lots of craft activities this week. We made binoculars with toilet rolls and decorated them with tissue paper and glitter which supported fine motor skills. We went outside onto the field and used our binoculars to see what we could find.

The children have also been supporting their physical development with running and ball activities. They listened well to instructions and played together, soaking up the last of the sunshine.

- Miss Johnson



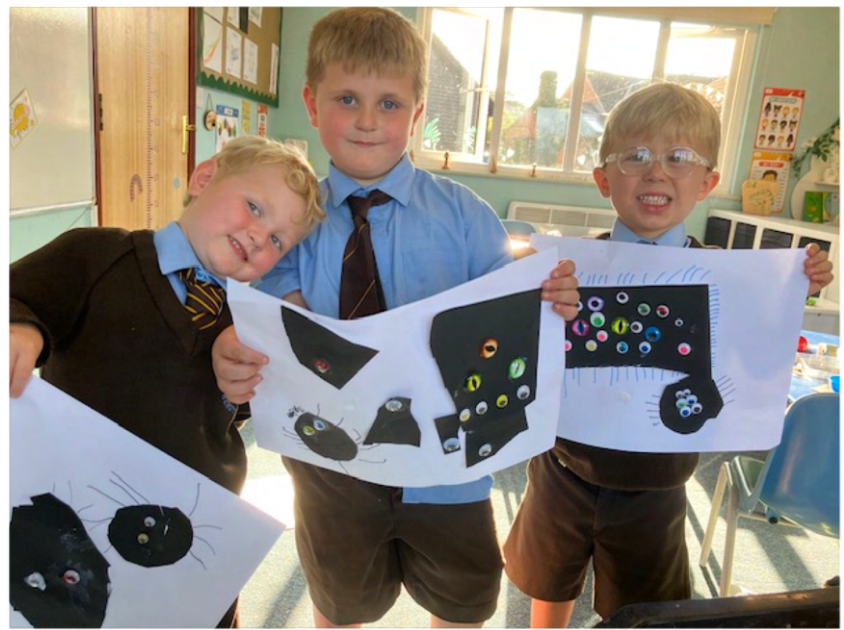




Reception

This week in Reception we have been busy practising our writing based on the story Elmer the Elephant. The children loved exploring Elmer's colourful world and then created their own beautiful patchwork elephants, thinking carefully about all the different colours and patterns he might have. We've also been getting a bit spooky! The children enjoyed making spiders and other creepy creatures, adding lots of eyes and using their imagination to come up with some wonderfully creative designs. Well done Reception-what fantastic creativity and enthusiasm you've shown this week!

- Mrs Dakin





Junior School - Mrs Dakin's Class

This half term Years 1 and 2 have focused on stop-motion filming during their computing lessons.

The pupils have worked hard on understanding how to film a stop-motion picture and the step-by-step process that is needed, such as spacing between each photo, always taking the photo from the same position and keeping changes to a minimum. They used Playdough, Lego and paper to create some cool films. Please feel free to pop in and have a watch!

- Mr Hunter

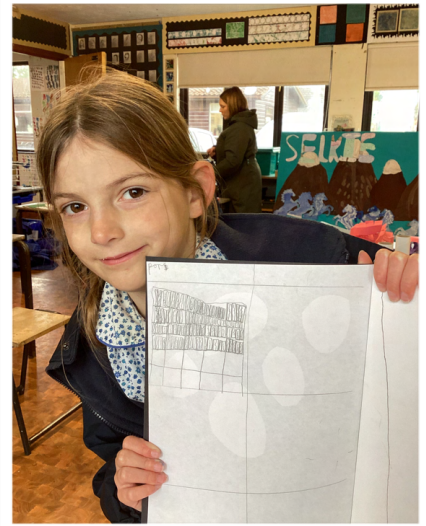




Senior School - Mrs Braidwood's Class

This term, in art, the children in years three and four have been doing a project called 'A portrait of a place'. They have been using their observational skills to capture accurate and realistic images of areas of our school. The term culminated with the children completing a group art piece where they each were given a small square image of our school for them to draw and paint before we put them together like a jigsaw puzzle to create a large image of our wonderful little school. I am so proud of our budding artists this year!

- Mrs Braidwood





Senior School - Mrs Sonn's Class

History Takes Flight!

What a day to remember! Our pupils enjoyed an action-packed and inspiring visit to the Norfolk and Suffolk Aviation Museum, where history truly came to life.

The adventure began aboard one of the museum's historic aircraft, where we discovered what air travel was like before the war. Sitting inside the cabin and imagining passengers from another era made the experience feel wonderfully real. Pupils then had the chance to try on wartime gas masks, gaining a powerful sense of what life was like for people on the home front.

We also learned about the extraordinary bravery of those who flew during the war, especially the rear gunners who spent up to eight hours confined in a tiny turret, high above enemy territory. The courage, endurance and teamwork required left us all in awe.

After an exciting morning, we enjoyed lunch in the NAAFI canteen, before taking to the skies ourselves, this time in flight simulators! Pupils loved the challenge of taking off, flying and landing safely, with some surprisingly skilled pilots among the group.

The afternoon brought another unforgettable experience when we found ourselves caught in an air raid during the Blitz. Everyone hurried into an Anderson shelter, where we learned how families passed the time until it was safe to emerge. Finally, the pupils became wartime evacuees, discovering what life was like for children sent to the countryside during the war.

Many thanks to the museum's fantastic volunteers, who were full of knowledge, passion and enthusiasm. By the end of the visit, the pupils had learned so much - not just about aviation, but about courage, resilience and life during wartime. It was truly a super day, and several of the children agreed it was the best school trip they've ever been on!

- Mrs Sonn





Cooking up Creativity

Our Senior pupils have been busy this week working on a brilliant Food and Nutrition project: creating a recipe designed for a specific type of person. Using iPads and the Eatwell Guide, they researched nutritional needs, dietary preferences and portion planning before working together to design their own unique dishes. Each team developed a recipe tailored to their chosen individual - from athletes to busy parents - and carefully budgeted ingredients to ensure their meals were both balanced and cost-effective. The planning and teamwork on display were excellent, and pupils showed great creativity in their menu designs. We can't wait to see their culinary creations brought to life after the half-term break, when they'll head into the kitchen to cook their recipes for real!

-Mrs Sonn





Cross-country



The first cross-country event of the year was held near Chelmsford this week. The boys and girls all ran a minimum of 1.2km, and, with 80 runners in each race, showed great determination and enthusiasm, many finishing the races in the top half, with some excellent sprint finishes. A great start to the cross-country events calendar, with hopefully more success to follow.



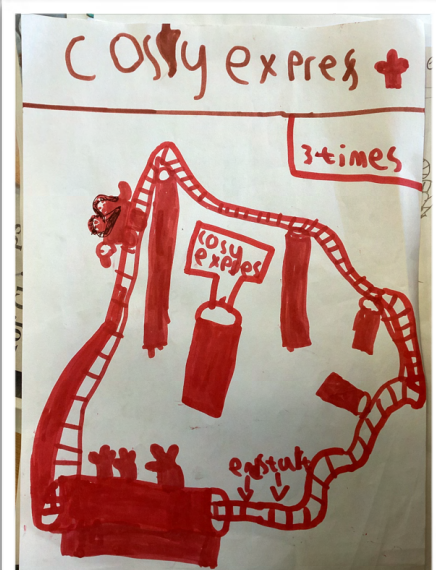
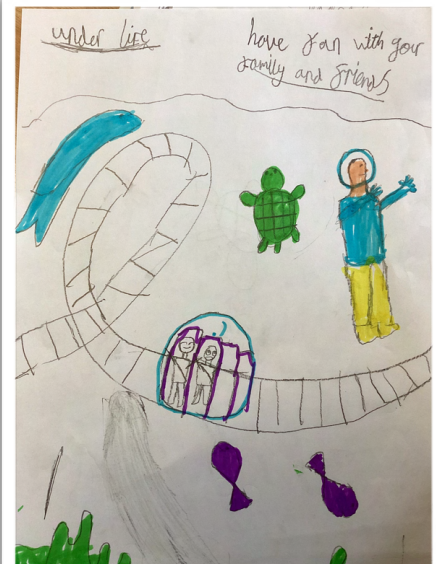


KS2 DT Project

Over the past few weeks, the children in KS2 have been working on a group DT project. They received a brief that asked them to design a family-friendly new rollercoaster to pitch to the new owners of Pleasurewood Hills. Each team had to design a unique rollercoaster with a clear visual identity and then make a model, poster and speech about why their design should be chosen.

Team 1 - Designed an exciting aquatic-themed rollercoaster called 'Under Life' where riders would board bubble-shaped carriages in groups of four to soar through thrilling loops and dips on a cobalt coloured track that even zooms through an aquarium tunnel with live animals for you to see. To quote their speech, "this coaster is certain to fulfil your needs for drops, thrills and terrain so beautiful".

Team 2 - Designed an autumnal-themed rollercoaster that combines cosiness and gentle thrills called 'The Cosy Express'. Riders of this coaster would board long trains (shaped like sausage dogs) and nestle down into luxurious cushions before gliding around an undulating track that included a fairy-lit, leaf-strewn tunnel. The USP of this coaster was that riders could purchase a delicious fall-themed beverage to enjoy on their journey.





Team 3 - Designed a thrilling rollercoaster where riders could choose how fast they would spin by selecting one of the Sanrio characters, aptly named 'Spinning Sanrio'. On a stilted pink and purple track featuring death-defying loops and enormous drops, small spinning carriages would seat up to five riders as they twirled along with speeds up to 50mph. This coaster has its very own merch shop where riders can buy Sanrio accessories to remember their day.

As always, the children's creativity and passion blow me away. I don't think there is a single ride that I wouldn't want to try from this collection. Well done!





Pumpkin Carving Winners

Congratulations to our pumpkin carving competition winners. It was extremely difficult to judge, as everybody put an enormous amount of effort in. After much deliberation, the winners were:

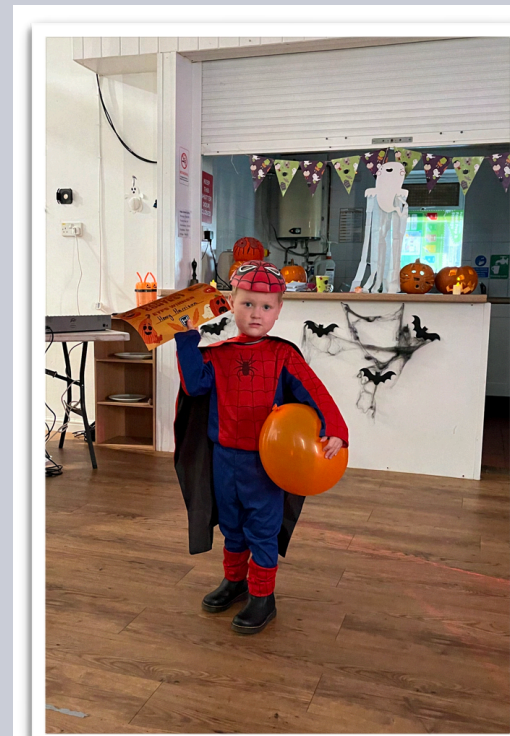
EYFS - Henry

KS1 - Robert

LKS2- Hollie

UKS2 - Sophia

Well done to everyone who took part!





Mascots

Last week's winners were:

Reception - Julius for his enthusiasm for learning and amazing reading.

Year 1/2 - Amelie for her amazing effort in maths.

Year 3/4 - Rose for her progress and growth in confidence in maths.

Year 5/6 - Louiza for high levels of effort every day in maths lessons.



Cross-Country Runners

A huge well done to all of our cross-country runners.





House Golds

Last week's winners of the house gold awards were:

Deben - Florrie

Orwell - Anna

Waveney - Rose

Yare - Reuben



This week's winners of the house gold awards were:

Yare - Oskar

Waveney - Robert

Orwell - Henry

Deben - Vincent





Achievements

Julius won the mascot, after taking part in a Southwold Rugby match.

Well done on this excellent achievement!



Congratulations to Louiza, who achieved an impressive 2nd place (by just one second!) in a combined dressage training competition last weekend. She showed fantastic composure and skill, finishing ahead of several riders in the adult category.

Well done, Louiza!



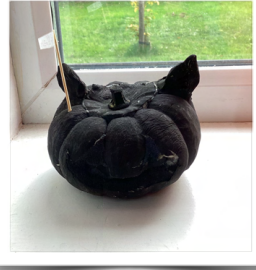
Congratulations to Abbie, our nursery practitioner, who has graduated at the University of Suffolk with a merit in FdA children's health, play and wellbeing. She is currently in her top-up year, completing her Bachelor of the Arts with Honors degree in applied care practice.

Well done Abbie, we are all very proud of you!



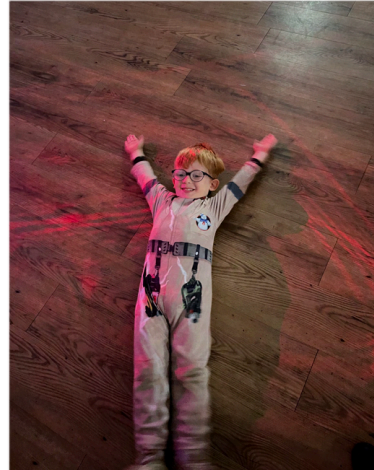


Pumpkins





Spooky Disco











Upcoming Events

There is still time to buy your tickets for our Henstead bonfire and fireworks night which will be held on Friday 7th November. You can purchase tickets by scanning the QR code on the poster or by clicking the link below.

[*BOOK HERE*](#)

We'd love your help spreading the word! If you see our bonfire night post online, please share it with your family and friends or repost it on social media.

Every share helps us reach more people, and will make this event an even bigger success!

If you have any wood that you would like to dispose of, please feel free to drop it off at the school for our bonfire!





Lunch Menu - w/c 3rd November

MONDAY	Tuna or chicken pasta bake with garlic bread
TUESDAY	Cottage pie with seasonal vegetables
WEDNESDAY	Roast chicken, boiled potatoes and seasonal vegetables
THURSDAY	Homemade pitta bread pizza with a choice of toppings
FRIDAY	Fish, chips & peas Dessert of the week

Soup served daily

Salad/fruit bar and yoghurt

Alternatives for vegetarian, vegan and food intolerances.



Lunch Menu - w/c 10th November

MONDAY	Jacket potato with cheese, beans or tuna Nursery - Tuna or chicken pasta bake
TUESDAY	Lasagne served with broccoli
WEDNESDAY	Hot pot with seasonal vegetables Nursery - Roast chicken, boiled potatoes and seasonal vegetables
THURSDAY	Beef burger, potato wedges and corn on the cob Nursery - Sausage, mashed potato and peas
FRIDAY	Hot dogs Nursery - Fish, chips & peas Dessert of the week

Soup served daily
Salad/fruit bar and yoghurt

Alternatives for vegetarian, vegan and food intolerances.



Social Media

See the magic of Henstead – follow us on **Facebook & Instagram!**

Want to see what our pupils are up to? Follow us on Facebook and Instagram for updates from school, trips, and special events.

It's a fun way to stay connected and see all the exciting moments happening at Henstead.



Instagram – [@theoldschoolhenstead](https://www.instagram.com/theoldschoolhenstead)



Facebook – [@theoldschoolhenstead](https://www.facebook.com/theoldschoolhenstead)





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