



THE OLD SCHOOL
HENSTEAD
INDEPENDENT PREPARATORY SCHOOL



Henstead Headlines

Spring Term
16th January 2026



Welcome Back to the Spring Term

It has been a pleasure to welcome the children back to school after the Christmas break. They have settled in extremely well, quickly re-establishing routines and throwing themselves into both learning and play with enthusiasm. Classrooms have felt purposeful and calm, while break times have been lively and energetic!

I've enjoyed noticing how many pupils have come back a little taller, a little more mature, and in some cases with gaps in their teeth when they smile - bittersweet reminders of just how quickly they grow.

Although the spring term can be dark, cold and often wet, it is also a time of renewed focus and steady progress. Over the coming months, pupils will continue to build confidence, deepen their learning and enjoy the many opportunities that life at Henstead brings.

Thank you, as always, for your continued support - we're off to a fantastic start.

- Mrs Sonn





Nursery



Collaborative Winter Art

This week, the children worked together on a large collaborative artwork inspired by winter. They explored different shades of blue, experimenting with a range of tools and techniques to see how the paint moved, mixed, and changed. The focus was on the creative process rather than the finished piece, encouraging the children to share ideas, take turns, and work alongside one another. Next, we will add collage materials to the artwork, building on the piece as the children continue to explore texture, layering, and winter-themed creativity!

- Miss Doughty



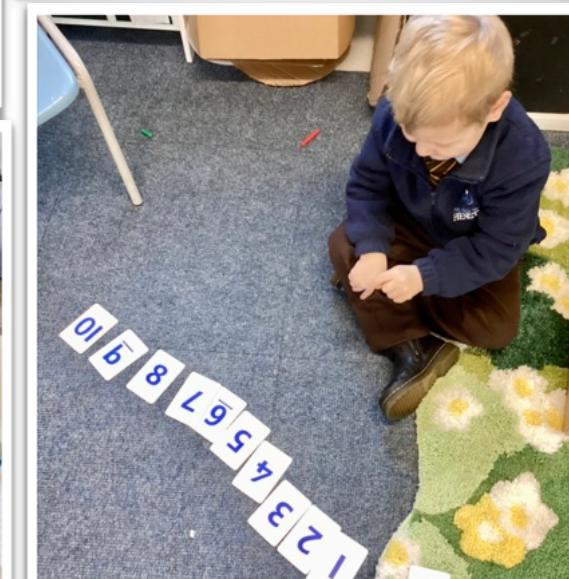


Mrs Webster's Class

It has been a wonderful two weeks back at school. This term we are learning all about Antarctica and penguins.

The boys enjoyed exploring ice through hands-on experiments and used their creativity in art to make their own ice dream catchers. In maths, they practised ordering numbers and developed their number recognition skills. During Spanish, they revisited colours and enjoyed playing a 'find the right colour' game. It's been a fantastic start to our new term, with lots of curiosity, exploration and learning taking place.

- Mrs Webster





Junior School - Mrs Dakin's Class

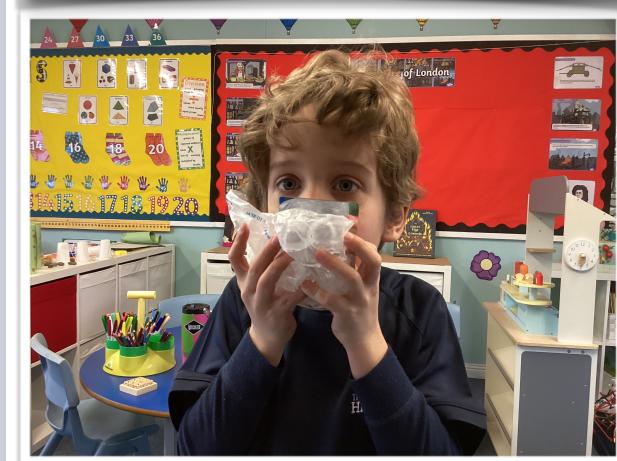
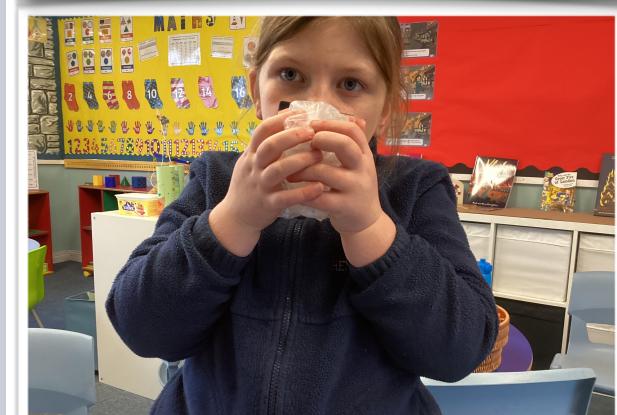
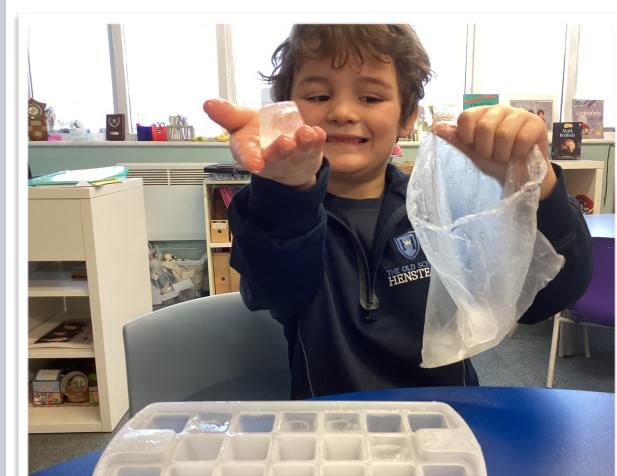
This week in science, the children investigated why breath is easier to see on a cold mirror than a warm one. We began by asking, 'what do you think will happen when you breathe on the mirror?' and made predictions together.

Using ice cubes, we cooled one mirror while keeping another warm. The pupils breathed onto both and compared how long each mirror stayed misty. We discovered that the cold mirror stayed misty for longer.

We learned that our breath contains water vapour, and when it touches a cold surface it turns into tiny water droplets. This investigation helped us understand how temperature affects what we can see, and introduced the children to the scientific idea of condensation.

They loved investigating, predicting and explaining their ideas like real scientists.

- Mrs Dakin





Senior School - Mrs Braidwood's Class

This term, the children in years three and four are learning all about the Vikings in Humanities lessons. So far, we have explored where the Vikings come from, made a timeline of key dates and have even made some fantastic replica Viking brooches! The pupils are all very excited about this topic and are looking forward to our trip in a few weeks' time, when they can immerse themselves in the lives of the Vikings!

- Mrs Braidwood





Senior School - Mrs Sonn's Class

RSPB Bird Month in Outdoor Education

As part of RSPB Bird Month, the class has been busy taking part in a hands-on Outdoor Education project, building a fantastic bird feeder for the school grounds.

Under the watchful eye of Mr Hunter, pupils worked collaboratively to design, assemble and hang the feeder, carefully using materials and thinking about what birds might need during the colder months. The activity encouraged teamwork, problem-solving and a sense of responsibility for our local wildlife.

The feeder has been positioned so it can be seen clearly from the classroom, and the children are excited about watching the birds come to enjoy a good feed over the coming weeks. We are also looking forward to observing which birds visit, and to plenty of enthusiastic spotting from the classroom windows and the path.

All in all, it's been a tweet success and the pupils are really feeling chirpy about their hard work!

- Mrs Sonn







Year Two Art

The children in year two are learning all about wild folklore and this week they have been exploring the work of Andy Goldsworthy. We spoke about the features of his work and the things that they enjoyed most and then got stuck in with creating some beautiful natural sculptures - you may have even noticed them as you walked down the path!

- Mrs Braidwood







Mascots

This week's mascot winners are:

Reception - Lennon, for his focus and attention during art.

Year 2 - Robert, for an excellent and positive attitude to his learning.

Year 3/4 - Athena, for her growing confidence in maths.

Year 5/6 - Louiza, for always making an effort in maths and never giving up



Last week's mascot winners were:

Reception - Oskar, for coming into school with a positive attitude every day and always trying his best.

Year 3/4 - Reuben, for his effort in all of his lessons.

Year 5/6 - Hazel, for showing great empathy.



House Golds

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

Yare - Izaak

Deben - Lexi

Orwell - Beatrix

Waveney - Margot





Lunch Menu - w/c 19th January

MONDAY	Beef & vegetable pie with new potatoes & peas Nursery: Pesto pasta
TUESDAY	Chicken fillets, seasonal vegetables & new potatoes
WEDNESDAY	Beef burgers, potato wedges & corn on the cob Nursery: Sausage, mash & peas
THURSDAY	Homemade pizza with a choice of toppings
FRIDAY	Hot Dogs Dessert of the week Soup served daily Salad/fruit bar and yoghurt

Alternatives for vegetarian, vegan and food intolerances.



Lunch Menu - w/c 26th January

MONDAY Jacket potato with beans, tuna or cheese
 Nursery: Tomato pasta

TUESDAY Chicken fillets, seasonal vegetables and
 new potatoes

WEDNESDAY Sausage, mash and peas

THURSDAY Pesto pasta and garlic bread
 Nursery: Homemade pizza

FRIDAY Homemade sausage rolls with potato
 wedges

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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