



THE OLD SCHOOL
HENSTEAD

INDEPENDENT PREPARATORY SCHOOL



Henstead Headlines

Spring Term
30th January 2026



Recently, our school community has been celebrating many of the values that lie at the heart of our learning. As part of RSPB Schools Birdwatch Month, pupils have shown real care for nature, enthusiastically observing wildlife and learning about the importance of protecting the natural world around them.

Our oldest pupils have also engaged thoughtfully with learning around Holocaust Memorial Day, developing an age-appropriate understanding of the dangers of discrimination and persecution, and why kindness, respect and inclusion matter so deeply.

Alongside this, it has been wonderful to see children simply being children - hardy and resilient in all weathers, enjoying football, imaginative play and creative games on the field. They are building strong friendships, learning how to resolve conflict and growing in maturity while still embracing the joy of childhood. Through it all, they show an understanding that everyone has value and deserves to be treated with care and respect.

- Mrs Sonn





Key Dates:

Wednesday 4th February - Sponsored Swimathon

Thursday 5th February - Starting Reception: Parent information morning

Thursday 5th February - Children's Mental Health Week Express Yourself Fashion Show (non-uniform day for School and Nursery)

Monday 9th February - Year 3/4 trip to Time and Tide Museum

Monday 9th February - Valentines cake competition and sale

Tuesday 10th February - Mrs Sonn's class assembly

Thursday 12th February - Valentines disco

Friday 13th February - Cross-country at Littlegarth Prep School (Parents welcome)

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



Nursery

Light, shadow, colour, shape!

The nursery children have loved exploring our new projector set up. We've had lots of discussions about shadow, shapes, colours and light. We've told stories, spotted numbers and practised letter recognition too!

What a fun way to explore so many different topics!

- Miss Doughty





Mrs Webster's Class

The boys have been busy practising their phonics sounds ch & ng, taking turns matching the sounds to the correct pictures. In art, the boys have loved creating their own penguins using clay. They modelled each body part well, waited patiently for them to dry, and then painted them before taking them home. In Maths, they have been practising their number formation in their maths books.

- Mrs Webster







Junior School - Mrs Dakin's Class

In Maths, the children have been learning all about 2-D shapes, focusing on identifying and counting sides and vertices. They explored these shapes practically by creating their own using lolly sticks and blu-tac, which helped them see and feel the properties of each shape. The children then applied this knowledge independently when completing worksheets on the same topic, showing growing confidence in recognising and describing 2-D shapes.



In Topic, the children created their own Great Fire of London scenes using pastels. The finished pictures are quite striking, with the children using their fingers to blend colours effectively to create dramatic fire and skyline effects. Alongside this, we learnt the rhyme 'In 1666, London burnt like rotten sticks,' which helped them remember the key year and brought our learning to life. - Mrs Dakin





Senior School - Mrs Braidwood's Class

This term, the children are learning how to create pots and vases in our art lessons. The children have been specifically looking at Greek amphorae. They designed their own stylised versions in their sketchbooks, then they spent the past two weeks sculpting their creations into existence. Next week, we will be painting them and decorating them using the sgraffito technique. I am thoroughly impressed with the time and care everyone has taken with this project and can't wait to see the finished result!

- Mrs Braidwood



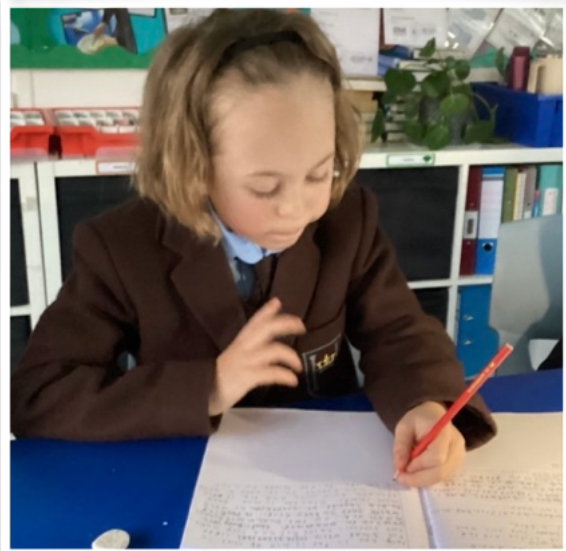
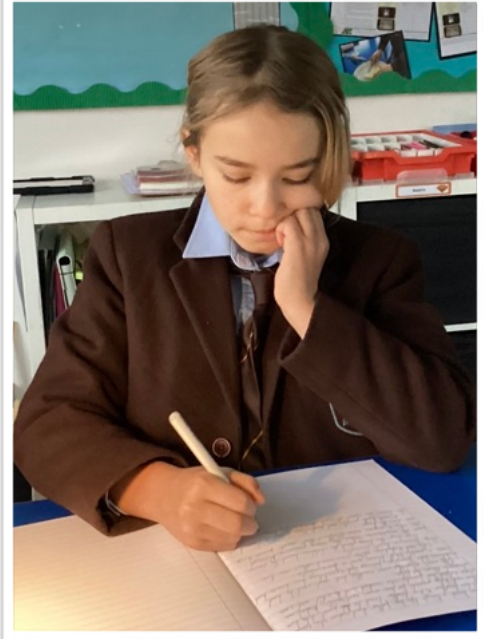




Senior School - Mrs Sonn's Class

This term, the class has been exploring ancient Greek myths in both English and History lessons, including the stories of Persephone and Hades, King Midas and his golden touch, Theseus and the Minotaur and Icarus, who flew too close to the sun.

As well as learning that these myths were often used as cautionary tales to teach children about choices and consequences, the class made some thoughtful observations about the characters themselves. We noticed that in many myths - and in traditional fairy tales too - female characters are often portrayed as being at fault or to blame. This led to some excellent discussion about why stories from the past might reflect the beliefs and attitudes of the societies that created them.





They're in the process of writing their own myths, using all that they've learned to create their own heroes, quests, gods and monsters and using their knowledge of what life was like in ancient Greece to inform their imaginations.

The children have demonstrated critical thinking skills in probing and questioning ideas from the ancient world, showing that they can handle big ideas just as confidently as any Greek hero!

-Mrs Sonn

Long long ago there was a girl who lived in the city state of sparta. It was surrounded by beautiful wild flowers. Elizabeth always went to the fields of flowers she always walked the seaside. She always wanted to be a heroine and has always wanted to travel the world and go on adventures.

One day Elizabeth was on the seaside everything seemed normal at first and then a kraken rose out of the sea. Elizabeth was kidnapped she ran home and told her parents they said that she can go only if she packed correctly she got her bag ready and had a full night of sleep and then she set off.

Long ago, in ancient Greece, Appollo was slammed to the ground. As his senses returned, he took in his surroundings; he was in Delphi, just outside the temple. How insulting. He noticed that there was a man watching him, so he immediately confronted him and demanded to know what he was staring at. "Who are you?" Appollo asked. "I am John, and I'm visiting the oracle," said John. The Oracle exclaimed Appollo, "Let us visit it together!" "Sure," said John.

As they walked down the path, Appollo said: "I was a god, you know." "Really?" Asked John. "Yes; Zeus is VERY angry at me." The steps finally came to an end. A large doorway came into view, and a priest was guarding it. "Hello; would like to visit my oracle, please," said Appollo. "Yours?" "It's not yours, it's Appollo's." He frowned sternly. "I am APPOLLO! It is MINE!" "Sorry, my lord, sorry," whimpered the priest. "I would like to visit MY oracle," repeated Appollo. "Oh, it's in there." He squeaked.

The oracle was in a marble-floored chamber, with stone walls and two chairs in the middle. Appollo and John walked into the middle and sat. The oracle

Babalina lived a tough life, her father died when she was 5 and her brother 9. Her brother tried to be just like his father and help provide for his mum and sister. Babalina also helped her family, she cooked and hunted and was always there to help.

Jeff was slightly more wealthy, but not rich he had hobbies like fencing, boxing and wrestling his house was a marble tiled floor and a few servants.

Jeff and Babalina often saw each other, over time they became best friends.

One day the king died the children heard the news from the neighbors when they were running through the city. Everyone was terrified that mean prince Greg was now the king!!!

A week had past and Babalina heard a knock on the door she opened it and it was the king, he said "I want to imprison your mother"

"why?" I said furiously

"she stole a pair of sandals from the market"

The king's servants charged into her house and found her mum.

"No, you can't imprison her she's sick and probably hasn't to pay." She screamed at the top of her lungs.

"It was not only her but Jeff's mum too!" he said angry. Her brother came to the door and said

"If I win a duel then can you let my mother and Jeff go?"



Outdoor Education

Over the last few weeks, we have been looking at the RSPB schools bird watch. The pupils have worked extremely hard making bird feeders and some excellent bird hides, so we can get up close to them. Each pupil managed to make a bird feeder using Lard, seeds and cardboard or wood. Have a look at some of our different designs.

Each class came up with an idea for their own bird hides, these were positioned in front of our bird feeders so we could get a closer view. The children have spent lessons and break times watching the birds as they have come down to feed. The birds have learnt that we are friendly and now come down to visit the feeders regularly, much to the enjoyment during lesson time in my classroom.

- Mr Hunter







Junior Inventors and Builders Club

The children have enjoyed the first two weeks of Junior inventors and builders club.

Week One: Tower Challenge- to see who could build the tallest tower using cups, bricks and Lego boards. This required teamwork and balance skills. The towers had to stand for longer than ten seconds!



Week Two: Bridge Builders- to build a bridge for a toy car using cardboard, blocks and cups. Individual creative skills. Can it hold a toy car and get from one end of the bridge to the other?





Tile Art Club

Creativity Taking Shape

We have been delighted by the beautiful tile artwork being created in Mrs Karliychuk's Thursday after-school Tile Art Club. Pupils have been exploring pattern, colour and texture, producing vibrant, nature-inspired pieces — from butterflies and bees to flowers bursting with colour. They are experimenting with a range of media and techniques, including acrylic markers, decoupage, gems, stickers and glitter, to create their unique designs.

Tile Art Club runs until the end of term, so there's still time for pupils to join if they would like to be part of this creative experience. We can't wait to see what they make next!





Mascots

Last week's mascot winners were:

Reception - Julius for his fantastic attitude to learning.

Year 1/2 - Rosie for excellent 'bossy verb' sentences in english and a super attitude to her learning.

Year 3/4 - Otilie for her effort in English and her excellent written work.

Year 5/6 - Lexi for her confident contributions to class discussions.



This week's mascot winners are:

Reception - Henry for his resilience and kindness.

Year 2 - Robert for confidently experimenting with clay techniques in art.

Year 3/4 - Florrie for her focus and growth of confidence in maths.

Year 5/6 - Sophia for her enthusiastic approach to her learning and life at school.





House Golds

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

Orwell - Anna

Waveney - Margot

Deben - Athena

Yare - Amy



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

Orwell - Ottilie

Deben - Florrie

Waveney - Hollie

Yare - Amy





LAMDA

We are very proud of our LAMDA pupils who took their examinations in December and achieved truly outstanding results. Every single pupil was awarded a Distinction, the highest accolade possible, an achievement that is rare for an entire group from one school and a real testament to their hard work, confidence and commitment.

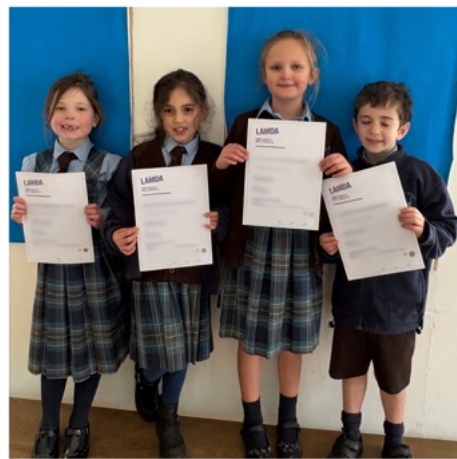
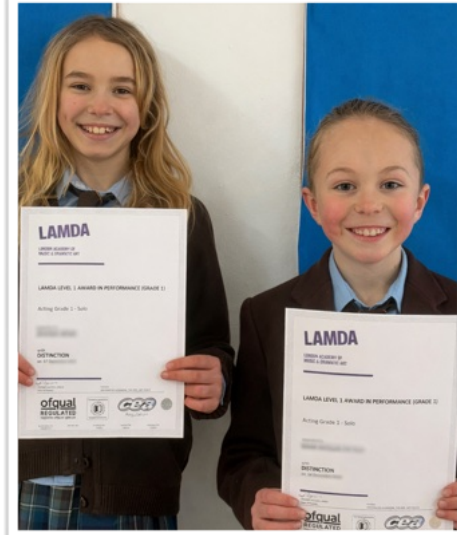
Congratulations go to Ottilie M, who achieved a Distinction in Introductory Verse and Prose Stage Three; Hollie, who was awarded a Distinction in Introductory Verse and Prose Stage Two; Ayla, who achieved a Distinction in Introductory Verse and Prose Stage One; Reuben, who was awarded a Distinction in Introductory Verse and Prose Stage Two and Margot, who achieved a Distinction in Introductory Verse and Prose Stage Three.

We are equally delighted to celebrate our acting candidates, with Beatrix and Isaak both achieving Distinctions in Acting Grade 1.

Many thanks to our LAMDA teacher - Carl Bradley - for his expert tuition.

These results reflect not only exceptional performance on exam day, but also the pupils' growing confidence, communication skills and love of performance. Well done to all - you've done us and yourselves proud!

- Mrs Sonn

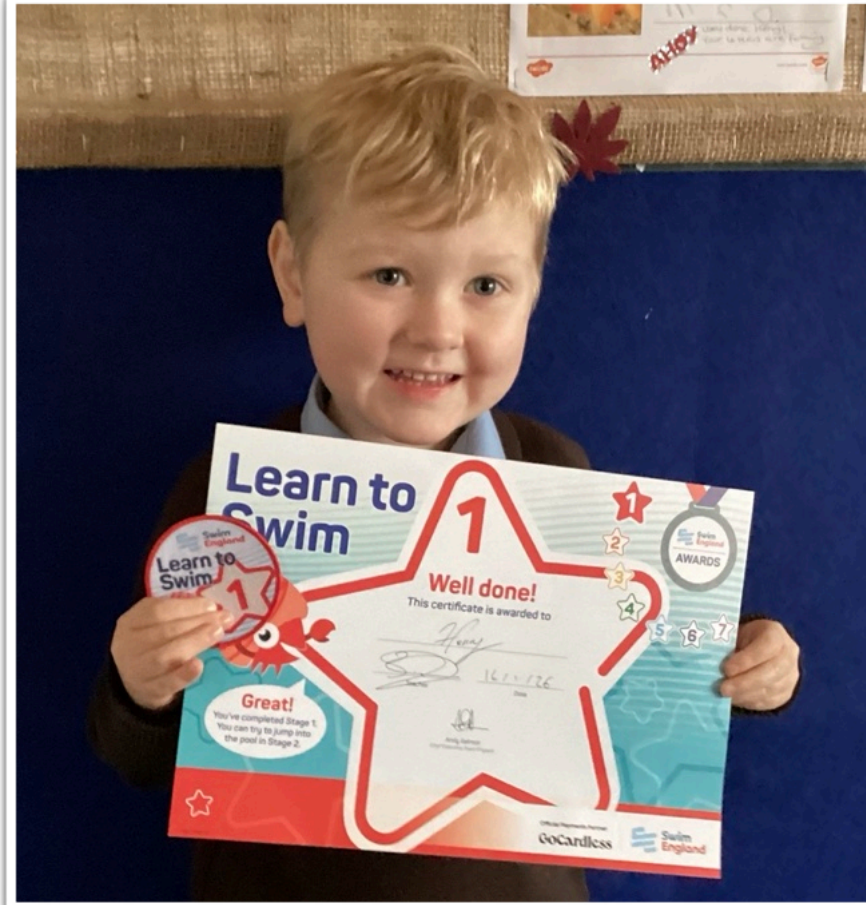




Achievements

A huge well done to Henry, who achieved his Stage 1 certificate for swimming 10 metres.

We are very proud of you!





Lunch Menu - w/c 2nd February

MONDAY	Sausage and vegetable pie with new potatoes and peas Nursery: Tomato pasta & garlic bread
TUESDAY	Chicken fillets, new potatoes and seasonal vegetables
WEDNESDAY	Beef burger, potato wedges and corn on the cob Nursery: Sausage, mash and peas
THURSDAY	Homemade pizza and corn on the cob
FRIDAY	Homemade sausage rolls Nursery: Fish, chips and peas Dessert of the week

Soup served daily
Salad/fruit bar and yoghurt

Alternatives for vegetarian, vegan and food intolerances.



Lunch Menu - w/c 9th February

MONDAY	Homemade bacon and tomato quiche Nursery: Tomato pasta
TUESDAY	Chicken fillets with new potatoes and seasonal vegetables
WEDNESDAY	Sausage, mash and peas
THURSDAY	Pesto pasta and garlic bread Nursery: Homemade pizza
FRIDAY	Hot dogs, corn on the cob and potato wedges Nursery: Fish, chips and 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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