



THE OLD SCHOOL
HENSTEAD

INDEPENDENT PREPARATORY SCHOOL



Henstead Headlines

Spring Term
20th February 2026



As we reach the end of another busy half-term, it's hard to believe quite how much we've packed in. Alongside the daily learning in and out of classrooms, there have been plenty of enriching activities that are very much part of the lifeblood of our school community. From class assemblies and special events to creative projects and shared experiences, it's been a full and rewarding few weeks.

One comment from a pupil in my class stood out to me this week: she said simply that she loves coming to school. It's was a wonderful reminder of why we do what we do. We feel fortunate too, because of the thoughtful, enthusiastic and resilient children we have the privilege of teaching each day.

We wish you all a relaxing, fun and hopefully dry (!) half-term break, and we look forward to seeing everyone refreshed and ready when we return.

Mrs Sonn.



Key Dates:

5th March: 20th March: Red Nose Day come to school wearing something red and bring a £1 donation

9th-13th March: Science week

9th March: Chinese New Year - pupils will be trying Chinese food

20th March: summer show auditions

27th March: Easter service at St. Mary's Church. Families welcome

27th March: Senior school Individual poetry competition in the school hall after the church service. Please come and support the pupils!

28th March: Easter fair - we hope you can join us for an Easter egg hunt, Easter bonnet parade, greet the animals, bouncy castle and much, much more.



Nursery

We've been exploring all things LOVE this week in nursery. In celebration of Valentine's Day, the children have been busy creating cards, making playdough 'cakes' and mark making in glitter and rose petals! We've had some lovely discussions about people we love and even made a heart-shaped hopscotch for maths! We LOVE our learning!





Reception

This week the boys enjoyed their colourful art lesson tie-dyeing their 't' shirts! Applying the dye carefully resulting in some lovely colourful creations!





Junior School—Mrs Webster's Class

The boys have been busy practising their phonics sounds ch and ng, and taking turns matching the sounds to the correct pictures. In art, they have loved creating their own penguins using clay, carefully modelling each body part. They then patiently waited for them to dry and painted them.

They also brought in some T-shirts to learn how to do some tie-dye! They carefully added the elastic bands, chose their colours and took their time applying the dye. I can't wait to see them proudly wearing their creations!

In Maths, they have been practising number formation in their maths books.

Well done!
Mrs Webster





Junior School—Mrs Dakin's Class

Our recent science sessions have been full of excitement, curiosity and lots of “wow” moments!

Exploring Heat We Can't See

This investigation focused on heat and how we know it is there, even though we cannot see it. We used special black thermal sheets and placed our hands onto them. The children observed the colours that appeared and noticed how different parts of their hands showed different shades such as red, green and blue. We discussed how these colours represent heat energy coming from our bodies. Warmer areas showed brighter colours, while cooler areas appeared darker. They loved comparing the shapes and colours that appeared and talking about why some areas were warmer than others.





Colourful Milk Magic

This experiment explored what happens when milk, food colouring and washing up liquid are combined. Milk was poured into a shallow dish and droppers were used to carefully add food colourings. Then, using a cotton bud dipped in a small amount of washing up liquid, the surface was gently touched. Instantly the colours burst into movement, swirling and spreading across the dish. The children were amazed by the dramatic patterns. We talked about how washing up liquid breaks down the fat in the milk. It was a fantastic way to see how substances can react with each other. It was lovely to see the children so engaged, curious and eager to explain what they thought was happening. Science is definitely becoming a favourite part of our week!

Mrs Dakin





Senior School—Mrs Braidwood's Class

The children in years three and four went on a trip to the 'Time and Tide' museum to immerse themselves in the lives of the Vikings. They held artefacts and planned what items they would need to take with them on a long journey across the sea on a long boat.

Afterwards, they worked together to navigate a course to sail using the north star and a crow! Once they had landed in Britain, they were met by a young Anglo-Saxon lady who showed them the Anglo-Saxon-style boats and told them the story of King Edmund. The children helped act out the tale, showcasing their fantastic drama skills. Just before lunch, the children helped the Anglo-Saxons make some beaded jewellery that they could offer to the Vikings for the burial of one of their great warriors.

After lunch, they joined a Viking warrior to learn the art of being a 'Berserker' and trained in the art of shield wielding, axe combat and even axe throwing! The museum staff made a point at the end of our trip to tell the teachers what a good day they had had. They said that every session had run longer than planned because it is rare they get such an engaged, polite and fun group of children to work with. I couldn't be prouder of the class.







Senior School—Mrs Sonn's Class

Our class assembly took last week us back more than 2,000 years, as the pupils confidently presented the research they had prepared themselves on ancient Greek scientists. Excellent public speaking skills were on display; clear voices, great expression and confident delivery made the assembly both informative and very entertaining. We learned lots about the achievements of figures such as Archimedes, Pythagoras and Hippocrates, and it was fantastic to see the children explaining their ideas so clearly and enthusiastically.

After the assembly, we were delighted to welcome parents and grandparents into the classroom to join in with our lesson. Together, we put our inference and detective skills to the test by solving a series of school-themed “whodunnits”. Using clues, teamwork and careful thinking, adults and pupils worked together to crack the mysteries. It was a lovely opportunity to share our learning and enjoy some problem-solving fun together and a brilliant way to round off a great morning!

Mrs Sonn





Valentines Day Bake-Off

Our Valentine's Cake Bake-Off was a great success.

There were plenty of delicious treats to look at and eat! We were impressed by the effort, imagination and baking skills shown by all who took part. Choosing the winners was no easy task.

A big congratulations to our winners:

Nursery & Junior School:

Julius, Addie and Robert

Senior School:

Anna, Sophia and Izaak

Thank you to everyone who took part. Whether you baked or bought, you helped to raise £120 for the school.







Swimathon

Sponsored Swimathon Success!

What a fantastic afternoon we had at our annual sponsored Swimathon, with pupils taking on teachers in a splash-filled battle of determination, stamina and school spirit! The atmosphere was electric, with cheers echoing around the pool as both teams powered through length after length, refusing to give an inch (or a lap!).

There was a fantastic spirit of competition throughout, but also plenty of encouragement, teamwork and laughter - a wonderful example of our school community at its best. Every length swum was a triumph, and both pupils and staff gave it absolutely everything.

And the results? The pupils swam 35 lengths and the teachers swam 36 lengths! Very close, but victory goes to the staff this time!

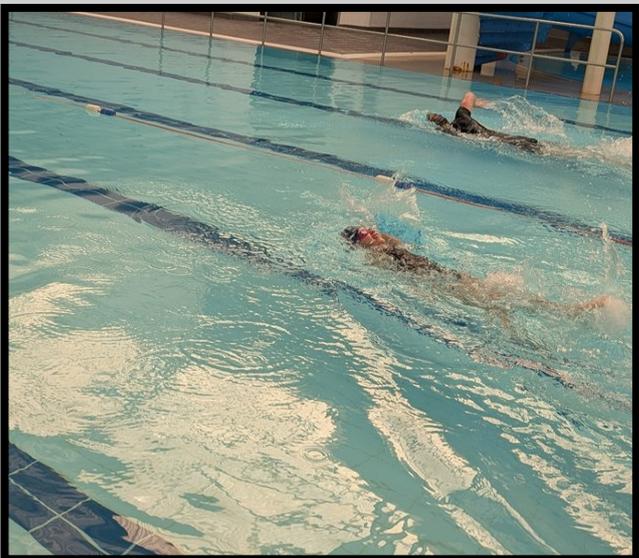
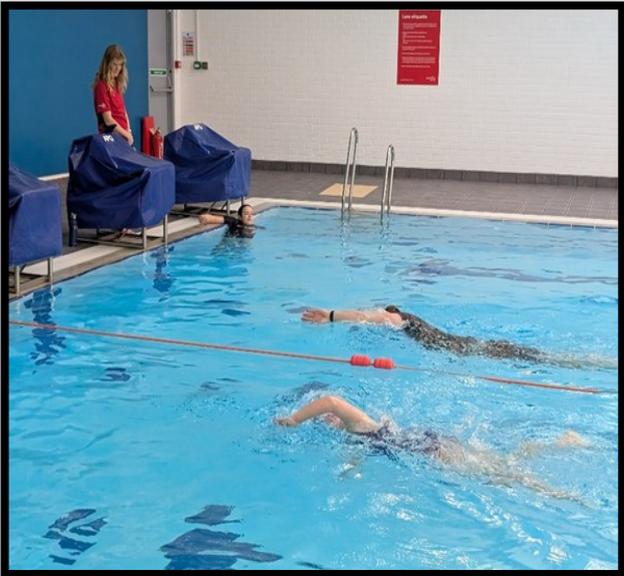
A huge thank you to our families for their generosity in sponsoring the event. Your support makes a real difference and is very much appreciated.

Whatever the outcome, one thing's certain... everyone really went the extra length!





Swimathon





Lego Club

This week's Lego club has been super busy. The children were on a mission to build the tallest tower. Some fantastic building going on!



Mascots

Mascot winners—2 weeks ago

Reception - Oskar for his beautiful work in his phonics and english books.

Year 2- Vincent for coming to school with a great attitude and resilience.

Year 3/4 - Hollie for putting so much effort into her writing and developing some beautiful handwriting.

Year 5/6 - Beatrix for her excellent analysis of ancient greek scientists for her presentation.



Mascots - Last weeks winners were

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 confidence in maths

Year 5/6 - Sophia for her enthusiastic approach to her learning.



House Golds

Golds 2 weeks ago:

Orwell : Anna
Waveney : Margot
Deben : Athena
Yare : Amy



Golds last week:

Orwell : Henry
Yare: Oskar
Deben: Florrie
Waveney: Julius



Lunch Menu :- w/c 23rd February

Monday:	Pesto pasta and garlic bread Nursery: Tomato pasta and garlic bread
Tuesday:	Chicken fillets with new potatoes and seasonal vegetables
Wednesday:	Beef burgers, potato wedges with corn on the cob Nursery: Sausage, Mash and peas
Thursday:	Homemade pizza served with corn on the cob
Friday:	Homemade sausage rolls Nursery: Fish, chips and peas

Soup served daily

Salad/fruit bar and yoghurt

Alternatives for vegetarian, vegan and food intolerances.

Lunch Menu :- w/c 2nd March

Monday:	Homemade quiche Nursery: Tomato pasta
Tuesday:	Chicken fillets with new potatoes and seasonal vegetables
Wednesday:	Sausage, mash and peas
Thursday:	Jacket potato with beans and cheese Nursery: Homemade pizza
Friday:	Hot dogs with corn on the cob and potato wedges Nursery: Fish, chips and peas

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](#)



Facebook – [@theoldschoolhenstead](#)

