

DUSSINDALE NEWS



Week beginning: Monday 5th February 2024

office-ds@yare-edu.org.uk

www.dussindaleprimary.co.uk

Welcome

Welcome to February! Thank you for your patience and understanding with Arbor last week in relation to booking Parents Evenings Consultations. This week the whole school is taking part in Children's Mental Health Week and Safer Internet Day. As part of the week the children will be taking part in morning exercise, thinking about what is important to them and will be meeting up with their buddy class to play some playground games. Parents are invited to the Anxiety Workshop coffee morning with the Mental Health Schools Team on Thursday 8th February from 9 - 10am. Good luck to the KS1 children taking part in the Football Festival today.

Be Ready, Be Responsible, Be Respectful, Be Resilient

Well done to the pupils who represented the school at Young Voices at the O2 in London on Monday.

The children sang beautifully and were great ambassadors for our school. Thank you to the adults who accompanied the children and parents who came to watch. If you would like to view the concert online please click this [link](#).



Staffing Update

We are pleased to welcome Mrs Baldwin to the role of Classroom Assistant in Year 5.

Children's Mental Health Week

This week in school our children will be taking part in Children's Mental Health Week, where the theme will be "My Voice". To complete our week, children are invited to take part in "Dress to Express Day" on Friday 9th February. Children can come dressed in any clothes that represent their personality. Children do not bring a donation.



Dussindale in the Community

We are proud to be working with Mary Chapman Court and Friend in Deed this year. We are looking for pupils who would like to be a pen pal for residents at Mary Chapman Court. Pupils need to write a note / letter to the residents introducing themselves. Mrs Bowen will put a postbox outside her classroom next week to collect any pieces. Every child who takes part will receive a house token.

Little Visitors

Friend in Deed

Meet other parents, try something new and bring some sunshine to your local care home!

FREE PLAY SESSION
for babies and children of all ages

where?

Mary Chapman Court
Mary Chapman Close,
Dussindale
NR7 0UD

when?

Thursday 22nd February
10.30am - 11.30am

How to sign up:

Register at friendindeed.org.uk/volunteering



Bring along a toy, book or game to encourage play & interaction



Together on a voyage of discovery...
Be responsible, Be respectful, Be resilient and Be ready

Support For Parents

Positive mental wellbeing is essential if our children are to flourish and lead fulfilling lives. We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

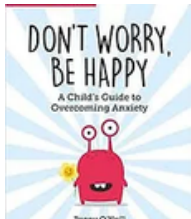
When our children experience challenging times that affect them emotionally, we are here to support. Through our PSHE curriculum all children learn about what they can do to manage and maintain their own positive mental health. They are taught when to when to seek help, what help is available and what can affect their mental health.

If you have any worries about your child's mental health, or would like some advice, you can contact Just One Norfolk on the details below or contact our Mental Health Lead-Miss Dorling or Mrs Bradley via the school office.

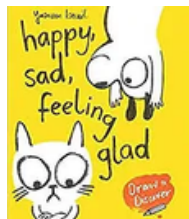
Useful Resources for Parents



This book is written by a psychotherapist to help children manage their worries. (7+)



A guide aimed at age 7-11 using CBT methods and simple activities to help your child to overcome anxiety.



Through activities this book helps children identify activities that may help them and others feel happier.



A book for children struggling with playground politics or don't know how to share friends.

[Click here for more useful resources from CAMHS](#)

Parenting Advice

Place2Be have several parenting tips for parents on their website from how to deescalate children's behaviour to helping your child sleep.

[Click Here](#)

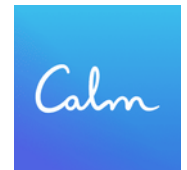


Anxiety

Anxiety UK have a useful guide for parents on how to support your child who could be experiencing anxiety.

[Click here to read](#)

Useful Apps



koeth

Norfolk - Just One Number

You might have a parenting question or a worry about your child or young person's (age 0-19) physical, mental or emotional health. Whatever your reason to call, our team are here to help you.

Phone: Just One Number on [0300 300 0123](tel:03003000123)

Text: Parentline on 07520 631590

Visit: www.justonenorfolk.nhs.uk



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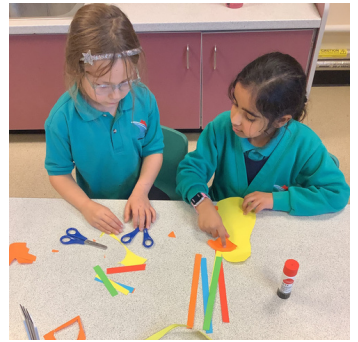
FANTASTIC LEARNING



Some children attended the Adapted Games on Monday. The children all participated well and were very proud of their medals!



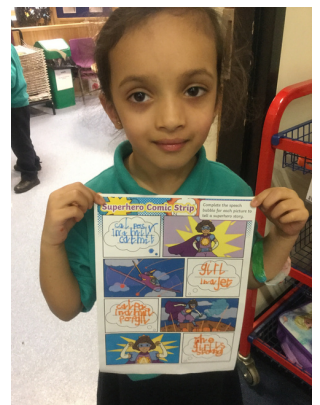
Year 4 took part in an experiment to learn about tooth decay.



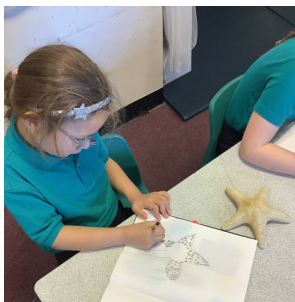
Year 2 practised working together to make a dream bird in their PSHE lesson.



Year 5 have created some amazing fashion in their art lessons.



EYFS enjoyed being comic book writers.



Year 2 explored still life drawing last week.



Year 1 learnt about capacity using some practical tasks.



REMINDERS

School Lunches

Please order (or cancel) your child's school lunch, via Parent Portal by 8am on the day. If a lunch has not been ordered you may be phoned and asked to bring a packed lunch for them.

Unfortunately, Aspens informed us at the end of the last day of term, that the revised/new menu will not be available until after February half term 2024.

School Day

The site opens at 8.30am and the doors at 8.40 am. The gates close at 8.50 am as this is registration. In the afternoon the gates open at 3.10 pm ready for Reception to be collected at 3.15 pm and Year 1-6 at 3.20 pm.

School Uniform

Pupils are expected to wear a jade sweatshirt with the school logo, jade green polo shirt, navy trousers, shorts or skirt with green, navy or white tights or socks and plain black, flat shoes with a good sole grip. Green and white gingham dresses are also permitted. Your child's teacher will confirm when the class are learning PE and on these days children are expected to attend in a white t-shirt, black shorts, dark colour trainers and or black, navy or grey tracksuit. Please note all clothing must be plain with no logos.

Lost Property

Please name all items of clothing so it can be returned to pupils. Unnamed items will be kept in the office for a fortnight for collection.

Attendance

If your child is absent please ensure you let the office know by either leaving a message on the school answer phone 01603 436180 or email office-ds@yare-edu.org.uk. Please be aware that when children reach 9 unauthorised sessions within a six week period, schools are now required to issue a fixed penalty notice. If you are worried about your child's attendance Just One Norfolk have some useful advice: <https://www.justonenorfolk.nhs.uk/attendance>
Please refrain from using Class Dojo for reporting absences as the admin team do not have access to it.

Benjamin DAB - Breakfast and After School Club

Breakfast club sessions run from 7:30am to 8:40am and cost £6. A choice of cereals and toast are available. After school sessions run from 3:20pm to 6:00pm and cost £12. All children are provided with a school snack pack. Sessions are operated by school staff and will usually take place in the hall. Sessions are filling fast, with some already being full up. For any enquiries, please email benjamindab@yare-edu.org.uk

Parking

Can we please remind parents to use Sainsbury's Car Park and walk through to the Vane Close school gate to keep our pupils safe and ensure they respect local residents.

Spare Clothes

As we head into the colder months we are need of some spare clothes to keep in our First Aid room. The items we need are girls/boys bottoms, tights, socks and pants for all year groups. Any spare items can be given to the office or passed on to a member of staff.

Pupil Admission Number

We have been asked to make parents aware that we are currently consulting on a proposed change to our admission numbers - details can be found [here](#).

Guide for parents worried about Neurodiversity Differences/Additional Needs

This NHS [guide](#) (on the SEND page of the school website) signpost families to resources and services to support you on your journey as well as useful information about training, EHCPs and help with sleep and mental health difficulties. Please reach out to these services for help.

Clubs

This half term the following clubs are available to book on [Arbor](#): Art and Craft for Years 1 and 2 on a Monday, Tennis for Year 5 on Tuesday, Year 4 on Wednesday, Year 3 on Thursday, Girls Football for Years 2 - 6 on Monday, Kindness in the Community Years 1 to 3 on a Wednesday and Never too old to play for Years 2, 3 and 4 on a Monday. **Clubs will run from week beginning 15th January to Friday 9th February 2024, 3.30 - 4.30 pm**, except sport which will run until Friday 22nd March. Snow White also continues this term on a Wednesday 3.30 - 4.30 pm.

Children's Mental Health Week - Parents Coffee Morning/Workshop

Our Mental Health Support team invite parents and carers to a coffee morning and anxiety workshop at 9am on Thursday 8th Feb in the school hall.

Year R Height and Weight Checks

If your child is not taking part in the Year R Height and Weight Checks on the 12th and 13th February please return the form in this [link](#).

School Governance - Can you help?

The Governing Body of Dussindale and Hemblington Primary Schools currently have vacancies for parent representation from each site. As volunteers, school governors carry out a valuable role in supporting and constructively challenging our schools in the best interests of pupils. If you would be interested in this role and want to know more - please email head-ds@yare-edu.org.uk

SENCo Coffee Morning

We will be holding our next SENCO coffee morning on Monday 26th Feb at 9am. Mr Salgado (Thorpe St Andrew High School Senco) will be joining us. He will talk to parents/carers about the schools SEND provision/transition arrangements. Refreshments provided.



WHAT IS A MENTAL HEALTH SUPPORT TEAM (MHST)?

MHSTs are intended to provide early mental health support to children and young people in education settings with mild to moderate mental health concerns. Your child's school has signed up to be part of this government programme to support children and young people with mild to moderate emerging mental health issues, and so, has a team of NHS staff now linked to the school and available to support and help.

The team is made up of different clinical staff who are trained in mental health. They are able to provide:

Individual face-to-face work (online or in-person), such as brief, low-intensity interventions for children, young people and families experiencing anxiety, low mood or behavioural difficulties.

Group work for pupils or parents, such as Cognitive Behavioural Therapy (CBT) informed guided self help for young people with conditions such as anxiety.

Ask to speak to schools mental health lead about referrals. Our mental health lead is: Sarah Dorling

Dyslexia Awareness Training

Tues 6 Feb 2024 9.30 – 11.45AM	Technology Focus (secondary age) – The workshop will explore technology useful for supporting a dyslexic young person with reading, writing, spelling and maths at high school.	£10 per person
Weds 27 Mar 2024 9.30 – 11.45AM	Making Learning Stick (all ages) - The workshop will explore what working memory is, as well as many ways for you to support your child with working memory skills to help increase their confidence and ability when reading, writing, doing arithmetic or studying for exams.	£10 per person
Thurs 2 May 2024 9.30 – 11.45AM	Supporting Maths Difficulties (all ages) - The workshop will look at the types of challenges a dyslexic young person might face when doing maths and explore a wide range of practical support tools, resources and apps that you can use at home to support your child.	£10 per person
Tues 18 Jun 2024 9.30 – 11.45AM	Reading/Spelling Strategies (primary age) – The workshop will look at the types of challenges a dyslexic young person might face when doing reading and spelling, and explore a wide range of practical support tools, resources and apps that you can use at home to support your child.	£10 per person

To book your place please click [here](#)

Please contact Laura Bates for further information or to book a place at: dosadmin@taverhamhigh.org or telephone 01603 860505 ex 239

Qwell

Whenever you're struggling with...

- Whenever you're struggling with **change**
- Whenever you're struggling with **money worries**
- Whenever you're struggling with **health concerns**
- Whenever you're struggling with **your relationship**
- Whenever you're struggling with **bereavement**

Reach out to us. www.qwell.io

A Message for Safer Internet Day, 2024, from Norfolk Constabulary's Children and Young People Team.

Dear Parents and Carers,

February 6th, 2024, marks this year's Safer Internet Day. We can all play a part in keeping children and young people safe online and I am writing to tell you that online safety remains one of the Constabulary's main priorities. With this in mind, we would like to share some links and resources with you.

- Organisers of Safer Internet Day, The Safer Internet Centre, have a wealth of information for parents and carers on their website on the "Guides and Resources" section. Go to www.saferinternet.org.uk
- Setting boundaries and rules about your child's internet use as early as possible will help you to have open and honest conversations about any issues that arise. Please find below both a colour and black and white copy of Norfolk Constabulary's 'Family Internet Agreement' to help you do this.
- Head to YouTube where you will find a recording of the webinar we delivered on Safer Internet Day, 2023, [Recorded Online Safety webinar for parents and carers \(youtube.com\)](#)
- Follow National Online Safety on Twitter - @natonlinesafety; Instagram - @nationalonlinesafety; or search "National Online Safety" on Facebook. You can also download the "National Online Safety" app in the Play Store, or on Google Play. Here you will find information about games, websites and apps young people are using so you can make sure your knowledge is up to date.
- The National Crime Agency's Child Exploitation and Online Protection (CEOP) Education team have a parent and carer area on their website where you can get advice about online safety [Parents and carers | CEOP Education \(thinkuknow.co.uk\)](#) If you are worried that your child is being groomed online, or sexually exploited, you can find advice about reporting by clicking on the 'How to get help' tab.
- The Internet Watch Foundation and the NSPCC have developed the 'Report Remove' tool, in partnership with age verification app, [Yoti](#). Report Remove can support a young person in reporting sexual images or videos shared online and enables them to get the image removed if it is illegal. Go to [Report Remove \(iwf.org.uk\)](#)

Inspector Bex Brown
Norfolk Constabulary, Children and Young People Team.

Norfolk Area SEND and Alternative Provision Strategy (NASAPS) community engagement events

Parents/carers of children with special educational needs and disabilities (SEND), and the professionals who work with them, are invited to attend one of the free NASAPS events taking place across the county this spring term.

Learn about the plans for improving SEND services and support in Norfolk from representatives from Norfolk County Council, and their partners.

Secure your place by booking through either [Eventbrite](#) or [Facebook](#), selecting from one of the dates below:

Date	Time	Where
Wednesday 17 January	10:00am - 12:00pm	Great Yarmouth Library
Wednesday 24 January	10:00am - 12:00pm	Swaffham Assembly Room
Thursday 25 January	10:00am - 12:00pm	Young's Park, Aylsham
Monday 29 January	10:00am - 12:00pm	Charles Burrell Centre, Thetford
Wednesday 31 January	10:00am - 12:00pm	Sheringham Community Centre
Tuesday 6 February	10:00am - 12:00pm	Fairstead Community Centre, King's Lynn
Thursday 8 February	10:00am - 12:00pm	Harford Community Centre, Norwich

Why should I attend?

- Learn about the new SEND strategy including themes, priorities, actions and how these were chosen
- Hear from senior leaders at Norfolk County Council and their partners
- Find out how you can get more involved
- Tell us your views on our SEND plans for 2024-2029
- Learn more about SEND services and support by visiting the information stands
- Share your experiences
- Talk to other parents/carers and professionals across education, health and social care
- Complimentary refreshments.

Complimentary refreshments

Secure your free place today by using the above booking links

If you have any questions or would like to speak to the team, please contact us: send@norfolk.gov.uk | norfolk.gov.uk/send



Norwich Science Fair

Ahead of science week in March, Norwich Science Fair has lots of free events for families in February. Visit this [link](#) to find out more.

DIARY DATES

Monday 5th to Friday 9th February - Mental Health week
Monday 5th February - Year 1/2 boys Football Festival
Thursday 8th February - Parents and Carers Coffee morning and anxiety workshop with School Mental Health Team
Monday 12th and Wednesday 14th February - Parent Teacher Consultation Evening
Monday 12th February - Ten Year 3/4 girls to take part in football NCFC league
Thursday 15th February - 3.30 pm PTFA meeting in the library
Friday 16th February - 8.50 - 9.20 am Parents reading in class with children
Monday 19th to Friday 23rd February - Half term
Monday 26th February - 9 am Parent and Carer Coffee Morning with SENCo
Wednesday 6th March - Science Bus to Year 5 tbc
Thursday 7th March - World Book Day
Friday 15th March - Year 4 Bikeability Group 1 and 2
Friday 15th March - Comic Relief tbc
Wednesday 20th March - Year 5 Wicked trip
Friday 22nd March - Year 4 Bikeability Group 3 and 4
Friday 22nd March - 8.50 - 9.20 am Parents reading in class with children
Friday 22nd March - School 'Festival of Light' discos - PTFA event
Wednesday 20th - 27th March - Easter Egg lottery squares on sale
Wednesday 27th March - Easter Egg lottery draw
Monday 25th March - Year 5 Level 1 Bikeability Groups 1 and 2
Tuesday 26th March - Year 5 Level 1 Bikeability Groups 3 and 4
Thursday 28th March - Trust INSET day School Closed
Friday 29th March - Friday 12th April - Easter Holidays
Monday 29th April Yr 5 Victorian Day at Gressenhall
Monday 6th May - Bank holiday Monday
Tuesday 7th - Thursday 9th May - Year 4 Eaton Vale residential
Monday 13th - Thursday 16th May - Key Stage 2 SATs week
Friday 24th May - 8.50 - 9.20 am Parents reading in class with children
Monday 27th - Friday 31st May - Half term
Week beginning Monday 3rd June - Year 4 Multiplication Tables Check
Wednesday 5th June - Year 2 educational visit to Strangers Hall
Week beginning 10th June - Key Stage 1 Phonics Screening
Monday 6th - Wednesday 8th June - Year 6 residential to Gillwell Park
Tuesday 18th June - Year 3/4 Safeguarding Talk by Police
Wednesday 19th June - Year 3/4 Safeguarding Talk by Police
Thursday 20th June - EYFS and Key Stage 1 Sports Day morning followed by picnic
Friday 21st June - Day of Welcome
Monday 24th June - Year 3/4 football NCFC
Thursday 27th June - Year 3/4 Sports day morning and Year 5/6 Sports day afternoon with picnic lunch
Monday 1st July - Year 6 to Broadland Business Park