



# Clenchwarton Primary School

## Weekly Newsletter - 25th November 2022



Hello everyone,

Please be aware that the pedestrian crossing outside our school is unmanned. This is a very busy road. We are that you be extra vigilant. We also ask you to please park sensibly and follow the Highway Code and respect the local residents in the area.

Well done to the children who took part in the Cross Country Finals on Thursday. We are very proud of you all.

Lilacmoon Photo proofs have now been sent out. To order please visit—[www.imagepartner.co.uk](http://www.imagepartner.co.uk) using the reference and password provided on your proof by no later than Sunday 27th November 2022. Only online orders will be accepted. Thank you.

Many thanks for your support. As always, we want to ensure that your experience at Clenchwarton Primary is a positive one and we will keep you informed of your child's progress or any other incidents which happen in school. If you have any concerns, in the first instance, please telephone or email the school office.

Best wishes

Ms J Borley  
(Executive Headteacher)



### Attendance

Reception:	95.19%
Year 1:	95.83%
Year 2:	98.67%
Year 3:	94.84%
Year 4:	97.14%
Year 5:	91.67%
Year 6:	98%

**Congratulations to \*Year 2\***

### Online Safety—Coffee Morning

Friday 9th December 2022 from 8.45am.

As advised on our School Dojo page, Mrs Maddison will be holding an online safety coffee morning for any parents that would like the opportunity to register on the National Online Safety website and complete a parent course while enjoying a coffee and mince pies.

We look forward to seeing you.



[www.clenchwartonprimary.co.uk](http://www.clenchwartonprimary.co.uk)

Governors email address: [chairgov@clenchwartonprimary.co.uk](mailto:chairgov@clenchwartonprimary.co.uk)



## P.T.A.



The next PTA meeting will be held on Tuesday 29th November 2022 at 6pm in the school hall.

It would be much appreciated if you have any raffle prizes and tombola prizes could kindly be donated for the Christmas Fair. Please hand them in to school office.

Upcoming events:-

Monday 5th December - Cinema Club—£2.50 per child.

Monday 12th December—Purple Dreams Panto—The Little Mermaid

A Christmas Fair has been arranged for Friday 9th December 2022 at Clenchwarton Primary School - 3.30-5.30pm. A pitch can be purchased for £5.00 each. Please speak to Miss Kelly Childerhouse

(Chair). [clenchwartonpta@gmail.com](mailto:clenchwartonpta@gmail.com)

Thank you for your support.  
PTA



## Head lice

Please check your child's hair as soon as possible and treat, if necessary.

Thank you.



## Library



To celebrate our new library relaunch we are inviting children and their parents/carers to come and read together on Thursday afternoons from 3.15pm—4pm. We look forward to seeing you. For more information, please contact Mrs Waterston.

## **Christmas Fair @ Clenchwarton Primary on Friday 9th December 2022**

All donations of any raffle prizes and tombola prizes for our Christmas Fair on 9th December 2022 would be much appreciated.

Please hand them in to school office.

Thank you for your support.



## Lunchtime Co

Please see the school website for the menu. If your child has any dietary requirements that we are not aware of, please inform the school office.

**All Bookings should be made via ParentPay, by midnight on a Sunday. If you do not choose your child's option, we will only be able to provide your child with a hot meal from now on.**

NB. Please note that due to food supply issues the kitchen are doing their very best to accommodate, but the menu may be subject to change.  
Thank you.



## ParentPay Lunches

**Please** book school lunches via ParentPay before midnight on a **Sunday**. Thank you.

Please make any outstanding payments on ParentPay ASAP. All payments will need to be made online as we are now a cashless school.

## Free Schools Meals on-Line

Please visit:- <https://www.gov.uk/apply-free-school-meals>.



## Have your circumstances changed recently?

You may be eligible for Free School Meals!

The school receives funding for each child who comes under Pupil Premium (including FSM). You can apply online:-

<https://www.gov.uk/apply-free-school-meals>.

## Families in hardship and needing wider support


In addition to the offer of FSM vouchers for eligible families, there is support available for families who are facing hardship and need support. Anyone experiencing hardship may be able to receive support through the Norfolk Assistance Scheme (NAS), which may be able to provide support for food, fuel, clothes and other essential household items to families experiencing hardship. Wider support from a range of partners can then also be made available with NAS working alongside the Children's Services Community and Partnerships service. Families may get in touch with NAS via their dedicated website which includes an online application form, at [Norfolk Assistance Scheme - Norfolk County Council](#) or if they cannot access the internet, they can call **0344 800 8020**.



## Diary Dates

\*Please be aware that dates are for guidance only and are subject to change.

Diary dates are also located on the school website.

<b>Monday 28th November 2022</b>	Tag Rugby Festival—Selected
<b>Tuesday 29th November 2022</b>	Year 3—Stories of Lynn-King's Lynn Museum—Payment via ParentPay. Year 1—Class Assembly-2.50pm— Parents invited
<b>Wednesday 30th November 2022</b>	Year 6—Class Assembly—2.50pm-Parents invited
<b>Thursday 1st December 2022</b>	Anti Bullying Ambassador training—Selected children Year 3- Class Assembly-2.50pm—Parents invited
<b>Friday 2nd December 2022</b>	Bikeability (limited spaces) for Year 3.
<b>Monday 5th December 2022</b>	PTA—Cinema Club—£2.50 per child— Letter to follow.
<b>NEW DATE—Tuesday 6th December 2022</b>	EYFS/KS1—Nativity— AM performance— School Hall-Tickets a Carol Service at St Nicholas Church—6-7pm—Selected (Parents to take and pick up)
<b>Thursday 8th December 2022</b>	EYFS/KS1 —Nativity-PM performance-School Hall-More SSP Cross Country finals —Selected
<b>Friday 9th December 2022</b>	PTA—Christmas Fair (Hall at Clenchwarton Primary) — 3.30pm –5.30pm
<b>Monday 12th December 2022</b>	Whole School—Purple Dreams Christmas Panto—The Little Mermaid (Kindly funded by the PTA)
<b>Thursday 15th December 2022</b>	Christmas lunch—Bookings via ParentPay—Thank you. Christmas Jumper Day—Come into school with your favourite Christmas jumper-No donations on this occasion. KS2—Christmas Carol Concert—2pm—School Hall. More details to follow.
<b>Friday 16th December 2022</b> 	Break up for Christmas break.
<b>Wednesday 4th January 2023</b>	Back to school.

### School Calendar

Please note that the West Norfolk Academies Trust school calendar for 2022/2023 & 2023/2024 can be located from the school's website. School holiday dates are slightly different to NCC.

Thank you.





# What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

## 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (provided they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

## 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

## 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, lumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

## 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

## 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

## 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

## 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

## 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

## 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

## 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

## FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

**Childline:** talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**National Bullying Helpline:** counsellors are available on 0845 225 5767 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 800 5000

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and texting behaviour of young people in the UK, USA and Australia.



**NOS** National Online Safety  
#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

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**After School Clubs will run from w/c Monday 7th November 2022 to Thursday 8th December 2022.**

**Autumn 2 term-5 weeks**

- Tuesday's** = ICT Club with Mrs Bloodworth-Year 1 to Year 6 only.  
Journalism Club with Mrs Waterston-Year 5/6 only—to continue with previous children.  
Dodgeball Club with Premier Sports-[premier-education.com](https://premier-education.com) .
- Wednesday's** = Multi Sports with ICS Coaching-KS1 only.  
Choir with Miss Webb & Miss Welch only.
- Thursday's** = Football with ICS Coaching-KS2 only.
- Friday's** = Gymnastics with Premier Sports [premier-education.com](https://premier-education.com) . Last session will be on Friday 2nd December 2022. **(4 weeks only)**

*This is for your information:- Pupils to be shown how to dress appropriately for PE/Swimming (appropriate clothing, long hair tied back away from the eyes, no hard head accessories)*

**Earrings.** Ideally pupils will remove earrings however, pupils unable to remove earrings should make them safe by taping, front and back, which may offer a measure of protection. The taping should be sufficient to prevent the stud post penetrating the bone behind the ear should an unintentional blow be received from equipment such as a ball or a person. The taping may be done at home for younger children (as stated Safe Practice in PE and School Sport and Physical Activity 2016).

**\*Please note that Premier will issue a credit note for the Gymnastics session that was cancelled on Friday 21st October 2022 to those who booked this day. Thank you.**

Morning Club Spaces are available for the morning club which runs everyday in the hall from 7.40 am-8.40 am. If you would like your child to take part. Please book via Premier—[premier-education.com](https://premier-education.com)

If your child is not attending an afternoon club for any reason, please inform the school office with the reason. Thanks.

# Community News



Clenchwarton Youth Football Club are looking for players to join our fantastic football club for the 2022 / 2023 season.

We are a family friendly FA Standard Chartered Club that encourages and develops all our players.

We are currently looking for players for our Under 6 team playing and training on a Saturday morning (Under 6 - Year 1 based on September 2022 school year)

All our coaches are FA qualified, DBS checked and First Aid trained.

So if you're interested or would like more information then please contact us either:

By email - [Secretary.clenchwartonfc@gmail.com](mailto:Secretary.clenchwartonfc@gmail.com)

Through our Facebook page @clenchwartonyouthfootballclub

Or phone or text Ben Hails 07972364346

# Before & After School Clubs at your School...

## What's happening at your school:

Clenchwarton Primary School

Starting 31<sup>st</sup> October  
Before school club - everyday - £3.75

Starting week commencing 7<sup>th</sup> November  
Tuesday Dodgeball Club (5 week block)  
Friday Gymnastics Club (4 week block)

All details can be found when booking

Limited To 20 Spaces  
Avoid disappointment, visit  
[premier-education.com](http://premier-education.com) to book!!

- Kickstart the day with our brilliant before-school sessions

- Let loose with lunchtime activities

- Keep on moving with awesome after-school clubs

Over the past 20 years, we've expanded our term-time offer of school activities to include sessions held before the school day begins, in lessons - covering or supplementing existing lessons, at lunchtimes as an extra chance to get active, or after-school, giving parents a more convenient pickup time while the kids keep engaged.

Before, Lunchtime & After School Clubs for Children Age 4 - 11.  
To book now, visit [premier-education.com](http://premier-education.com)

Follow our socials - search Premier - Cambridgeshire & West Norfolk



Based on over 8,500 reviews

**Premier**  
Education