



Clenchwarton Primary School Weekly Newsletter-26th April 2024



Hello everyone,

Year 6 visited Duxford Imperial War Museum on Monday and had a great day.

On Wednesday Year 4 visited the Norwich Theatre Royal to watch 'The Boy at the Back of the Class' and thoroughly enjoyed the performance.

Mrs Scott will be holding a 'Used Uniform' event on the following dates:-

Wednesday 22nd May @ 8.35am & 3.15pm.

Wednesday 26th June @ 8.35am & 3.15pm.

Wednesday 17th July @ 8.35am & 3.15pm.

On Thursday 16th May we will be having a 'Seaside Special' lunch. No alternatives available on this day. Please book via your ParentPay account.



On Wednesday 8th May we are holding our first coffee and cake afternoon at 2.30pm at Clenchwarton Primary School. We will be joined by Sarah from the Family Hub. Sarah will be available for a friendly chat and to offer signposting to activities and services for all your family support needs in the local area. We look forward to welcoming you all. If you require any further information please email g.scott@westnorfolkacademiestrust.co.uk



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:	96.52%	Year 4:	97.67%
Year 1:	93.7%	Year 5:	99.67%
Year 2:	95.19%	Year 6:	89.63%
Year 3:	96%		

Congratulations to *Year 5*



www.clenchwartonprimary.co.uk

Governors email address: r.wenn@westnorfolkacademiestrust.co.uk
SENCO email address: t.menday@wnat.co.uk



Duxford Imperial War Museum



What Parents & Educators Need to Know about **ENERGY DRINKS**

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded Tasted, a sensory food education charity.



#WakeUpWednesday

The National College

Source: See full references on guide page at nationalcollege.com/guides/energy-drinks

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.04.2024

Community News



Norfolk County Council has a

SCHOOL CROSSING PATROL VACANCY

Clenchwarton Community Primary
School, Main Road, Clenchwarton

5 Hours Weekly
Term Time Only

Training & uniform provided.

For any queries about the role please contact
Charlotte Hayter, School Crossing Patrol Manager at
charlotte.hayter@norfolk.gov.uk or on 07766 800621

To apply online please visit the below website:

[Road Crossing Patrol - Norfolk County Council Careers
\(oraclecloud.com\)](https://oraclecloud.com)

The closing date
for applications is

NA



Norfolk
County Council

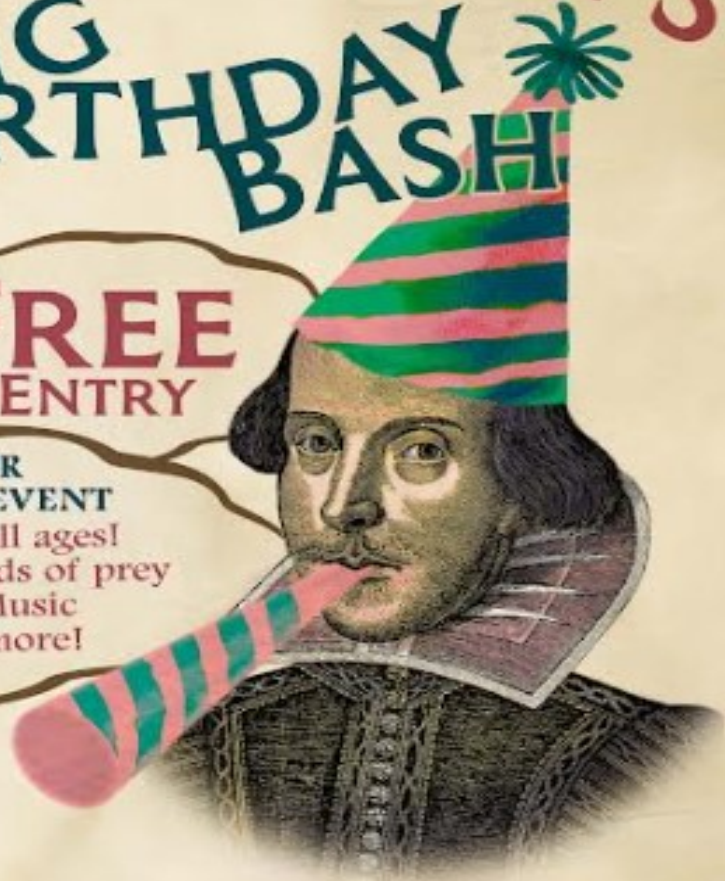


SHAKESPEARE'S BIG BIRTHDAY BASH

**FREE
ENTRY**

**TUDOR
THEMED EVENT**

Activities for all ages!
Live theatre - Birds of prey
Archery - Music
Crafts and more!



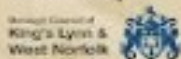
**ON SUNDAY 28 APRIL 2024
11AM - 3PM**

CELEBRATE WILLIAM SHAKESPEARE'S BIRTHDAY

**AT ST GEORGE'S GUILDHALL WITH LIVE THEATRE,
MUSIC, CRAFTS AND MORE!**

GUILDHALL-EVENTS.CO.UK

Funded by:

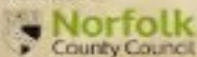


**LEVELLING
UP**

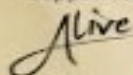


HM Government

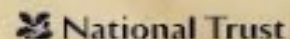
Partners:



Supported by:



In collaboration with:



ST GEORGE'S GUILDHALL 29 KING STREET, KING'S LYNN PE30 1HA



Beginner Music Ensembles



A wonderful opportunity to make
music together

Starting Wednesday 17th April

Springing Strings (String Orchestra): Suitable for all Stringed Instruments (Violin, Viola, Cello, Double Bass)

'Masterblasters' (Concert Band): Suitable for all Woodwind (Flute, Clarinet, Oboe, Bassoon), Brass (Trumpet, Cornet, Horn, Trombone, Tuba) and Percussion.

Where: Springwood High School

When: Wednesdays, 3.45-4.45pm (term time)

Who: Beginner to Grade 2; any ages up to 12 who are starting on their musical journey

Cost: FREE

As part of our ongoing commitment to make music available to all, Springwood High School is excited to announce the formation of two new Beginner Music Ensembles after Easter. Each group will be led by two experienced professional musicians/teachers.

Suitable for Primary-aged children and also those in Year 7 who are starting on their musical journey the groups will be aimed for those that have been playing for around a term to approximately Grade 2 standard.

To register interest please complete the form at <https://forms.gle/FLol91R9Hvi2qTwa8>

Any queries please contact music@springwoodhighschool.co.uk

MAKING SENSE OF

SEND



FREE INFORMATION FAIR

For parents/carers of young people with SEND and the professionals who work with them.



Wednesday 15th May 2024



10am-12pm



Knight's Hill Hotel, King's Lynn, PE30 3HQ



**Browse
information stands**



**Listen to a talk on
Early Years at 10.30am**



**Enjoy free
refreshments**

Information stands will include:

- Norfolk SEND Local Offer
- Norfolk SENDIASS
- Family Voice Norfolk
- Vision Norfolk
- Nansa
- Healthwatch
- ASD Helping Hands
- TITAN
- DRAGONS
- Just One Norfolk
- Dyslexia Outreach Service
- West Norfolk Autism Group
- Community and Partnerships team
- Family Action
- Mancroft Learning
- Migliori
- Achieving Aspirations
- Fostering Recruitment
- Family Hubs Norfolk
- Norfolk Library Information Service
- Direct Payment Support Service
- Carers Matter Norfolk
- Newcross Healthcare



Book your place through Eventbrite



Norfolk County Council

P.T.A.

Upcoming events:-

The next PTA meeting is on Monday 13th May 2024—5pm at Clenchwarton Primary School.

Thank you to everyone who attended the PTA Bingo on Tuesday.

Wednesday 22nd May 2024—KS1 Disco—4:45pm—5:30pm KS 2 Disco 5:45—6:30pm

Friday 5th July 2024—Summer Fayre.

Many thanks for your continuing support.

If you have any queries, please speak to Miss Kelly Childerhouse (Chair).
clenchwartonpta@gmail.com

Thank you for your support.

PTA



Water Bottles

Please make sure that only water is in your child's class water bottle. They are allowed squash for their lunch box drinks (No fizzy or Prime bottles please).



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](https://www.norfolkassistance.co.uk) or if they cannot access the internet, they can call **0344 800 8020**.



Attendance & Pastoral Support

Gail Scott is our Attendance and Pastoral support officer for Clenchwarton Primary School. Mrs Scott can be contacted by emailing:-
g.scott@westnorfolkacademiestrust.co.uk



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.

Price increase from 1st April 2024 will be £2.60 per meal.

Free Schools Meals on-Line

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



Healthy Snacks

Pupils can bring in a healthy snack to eat at playtime. E.g. fruit, cereal bars (**no nuts**), raisins, vegetable sticks, etc.

Crisps and chocolate are not allowed as a snack but can be put in your child's lunch box for lunchtime. We are encouraging a healthy lifestyle!



Lunchtime Co—NEW MENU TO USE FROM W/C 01.04.2024.

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. Our next special meal is on Thursday 16th May 2024. **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.** 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.





Diary Dates

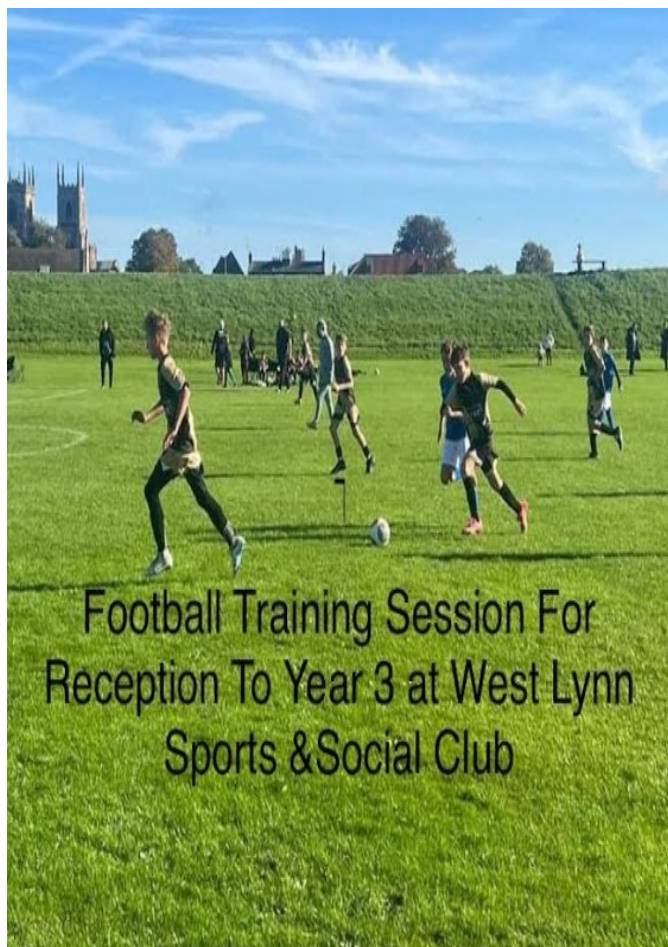
**Please be aware that dates are for guidance only and are subject to change.*

Diary dates are also located on the school website. Please note that the West Norfolk Academies Trust school calendar for 2023/2024 2024/2025 can be located from the school's website. School holiday dates are slightly different to NCC.



Tuesday 30th April 2024	Tri-Golf event at Walpole Cross Keys—Selected.
Wednesday 1st May 2024	Year 6—Crucial Crew Trip. Payment via ParentPay. Thank you.
Thursday 2nd May 2024	Year 1—Judaism & Shabbat Workshop—Payment via ParentPay. Thank you.
Monday 6th May 2024	BANK HOLIDAY—School closed.
Tuesday 7th May 2024	Year 4—Summer term open classroom-9-10am. Parents invited. NEW TIME! Girls Tag Rugby Event at West Norfolk Rugby Club—Selected.
Wednesday 8th May 2024	2.30pm—Coffee Afternoon—Family Hub—Parents invited.
Friday 10th May 2024	Year 3/Year 4 Bikeability—Selected children .
Thursday 16th May 2024	Special Lunch today—No alternatives available.
Monday 20th May 2024	Bags2School collection @ 9am.
Wednesday 22nd May 2024	PTA Disco—KS1 4:45—5:30pm & KS2 5:45—6:30pm. TIME CHANGE
Friday 24th May 2024	School closes at the usual time of 3.15pm for half term.
Monday 3rd June 2024	School opens-8.45am registration
Thursday 6th June 2024	Year R Summer term open classroom— 2:45pm. Parents invited. SSP Tennis Festival at Lynnsport. Selected. Year 2—Summer term open classroom—2.30pm. Parents invited.
Tuesday 11th June 2024	Year 3—Stories of Lynn & Lynn Museum Trip. More details to follow.
Wednesday 12th June 2024	Year 1—Summer term open classroom—2.30pm. Parents invited..
Friday 14th June 2024	NSPCC Speak Out Stay Safe—more details to follow. 3.15pm Doughnut stall fundraiser to celebrate and raise funds for young carers week. Thank you for your support.
Tuesday 18th June 2024	SSP Dance Festival at King's Lynn Corn Exchange. Selected. New Reception intake evening.
Wednesday 19th June 2024	Year 6—London Theatre Trip. Year 3—Summer term open classroom—11am. Parents invited.
Monday 24th June 2024	Area Sports at St Clements High School. Selected.
Tuesday 25th June 2024	Year 5—Summer term open classroom— 9:30am. Parents invited.
Thursday 27th June 2024	Year 6—Summer term open classroom—2.30pm. Parents invited. New Reception children Stay and Play session Active Kids Festival at Lynnsport. Selected.
Monday 1st July 2024	Sports Day—KS1 10:00-11:30 & KS2 1:30-3:00—Weather permitting!
Tuesday 2nd July 2024	Year 5—Trip to Gressenhall Farm & Workshop.
Thursday 4th July 2024	Move up day. Year 6—Transition Day at St Clements High School.
Monday 8th to Friday 12th July 2024	Year 6—Hilltop residential.
Tuesday 9th July 2024	Year 5—Opportunity Day at St Clements High School.
Wednesday 10th July 2024	Year 3—Sandringham Classroom Day Trip. More details to follow.
Thursday 11th July 2024	SSP Tennis Festival at Lynnsport—Selected.
Friday 19th July 2024	School closes at the usual time of 3.15pm for summer holidays.

COMMUNITY NEWS



Football Training Session For
Reception To Year 3 at West Lynn
Sports & Social Club



Mindfulness Sessions (online)

Benefits of Mindfulness

- *reduces stress and anxiety
- *helps us to stay in the moment
- *improves our mood
- *boosts attention and concentration
- *helps you address difficult emotions

Weekly sessions
(10 weeks starting w/b 4th March)

KS1 3.45pm – 4.25pm Fridays
KS2 4.30pm – 5.10pm Fridays
KS3 and KS4 5.15pm – 5.55pm Wednesdays
(perfect for the lead up to and through tests and exams)

£3 per child a session (£30 payable up front)
Message me for more details or to book
thekalmingpurplepatch@gmail.com
(25 years teaching experience, DBS Registered, Mindfulness and Meditation Trained)



HOCKEY HEROES

A HERO IN EVERY KID

Join our exciting new hockey programme

FIND OUT MORE: hockeyheroes.co.uk



Next course starts August 31st

Book via the QR code

Open to all new players ages 4 to 9



PELICANS.H.C
Est. 1920



18th June 2024—Euro Speed Kick Challenge



SPEED KICK CHALLENGE 2024

WHO'S GOT THE HARDEST SHOT IN THE CLASS?

PREMIER EDUCATION UNDERSTAND THE FINANCIAL STRAINS THAT SCHOOLS FACE. WITH THIS IN MIND WE HAVE DEVELOPED A FUNDRAISING EVENT TO GET CHILDREN ACTIVE AND RAISE MONEY FOR BOTH THE SCHOOL AND A CHARITY OF THE SCHOOL'S CHOICE.

With a summer of european football ahead, we're glad to once again be able to support our schools with this amazing event!

- * Over £30,000 raised for schools in the last 3 years. * No school has ever raised themselves less than £800. * An additional 10% is donated to a charity of the school's choice by Premier Education.
- * All administration and organisation is provided by Premier Education.

WE'RE OFFERING OUR PREMIER EDUCATION SPEED KICK CHALLENGE TO HELP RAISE MONEY FOR SCHOOLS IN THE AREA.

This is a great way to get behind the home nations this summer, as they look to go one better than last time around and win the tournament.

All children receive a certificate of participation, along with trophies for the top scoring boy and girl in each class. There are also prizes available if certain milestones for fundraising are achieved.

The emphasis of the event is fun, with the school, parents and children, coming together as a team to raise much needed funds, with the added bonus of helping a charity of the schools choice at the same time.

ALL ADMIN IS COMPLETED BY THE PREMIER EDUCATION TEAM AND THE EVENT ONLY TAKES 30 MINUTES PER CLASS ENSURING AS LITTLE DISRUPTION AS POSSIBLE TO THE SCHOOL TIMETABLE.

“An enjoyable all-inclusive event where all children took part in a football fundraiser in celebration of the world cup. Not only did the school benefit from the fundraiser, we also raised money for a charity that is close to the school's heart. A great day and everyone enjoyed it! We will be doing this again!”

Deputy Headteacher
Fawbert and Barnard's
Primary School



* To book your fundraiser or ask for more information contact:
rgammon@premier-education.com or call 07967 337505

Premier
Education



Get Help

Samaritans
116 123

Lily
01553 616200

**Wellbeing
Service**
0300 123 1503



Wellbeing

**Family Lives
Helpline**
0808 800 2222

**ECFS
(ages 0-5)**
0344 800 8020

Parentline Text
07520 631590



Parenting

Just One Norfolk
0300 300 0123

NHS 111 Online
111

Change Grow Live
01603 514096



Health

**West Norfolk
Carers**
01553 768155

Carers Matter
0800 083 1148

Short Breaks
0344 800 8020



Caring



Safety

Worried about a child's safety?

Children's Services 0344 800 8020
or NSPCC 0808 800 5000

In an emergency 999



Food Banks

King's Lynn
07582 558143

Hunstanton
07795 491154

Downham Market
07707 191674



Money Matters

Money Advice Hub
0333 305 7648

**Norfolk
Assistance Scheme**
0344 800 8020

**Christian's
Against Poverty**
0800 328 006



Housing Advice

**West Norfolk
Housing**
01553 616200

Shelter (King's Lynn)
0344 515 1860



Relationships

**Norfolk Family
Mediation**
01603 620588

**Norfolk Community
Law Service**
01603 496623

**National Domestic
Abuse Helpline**
0808 2000 247

PRIMARY SCHOOLS - Term Dates 2023-2024

September 2023						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2023						
M	T	W	T	F	S	S
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2023						
M	T	W	T	F	S	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2023						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2024						
M	T	W	T	F	S	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2024						
M	T	W	T	F	S	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

March 2024						
M	T	W	T	F	S	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April 2024						
M	T	W	T	F	S	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May 2024						
M	T	W	T	F	S	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June 2024						
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July 2024						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August 2024						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Key: White dates – school open to pupils

Orange dates – pupil holiday

Purple dates – staff training day

Red dates – bank holiday

Staff training days are – Monday 4th September and Tuesday 5th September, Wednesday 3rd January and Thursday 28th March 2024 as whole training days.

Monday 22nd July 2024 is disaggregated.