

Toftwood Infant School
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infantreception@toftwoodfederation.co.uk



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Website: www.toftwoodfederation.co.uk

Follow us on twitter - @ToftwoodFedera1

Toftwood Infant and Junior School Federation
Executive Headteacher - Mrs Joanna Pedlow

Newsletter 10 - 8th March 2024

Student Teachers

As a Federation, we are committed to supporting teachers joining the profession.

This year we are pleased to be supporting further students from the UEA, SCITT and from Norwich City College.

We have been joined by:

Miss Lynn in Mrs Morris's class

Miss Diacciati in Mrs Cudby and Mrs Thompson's classes

Miss Howe in Miss Morton's class

We will be joined by:

Ms Cooper in Miss Goddard's class from the end of April

We look forward to working with them as they take their first step in their new careers.

MSA Vacancy

We still have a vacancy for a midday supervisor at the Infants. Hours preferably are 11.30-1.30 daily.

If you are interested or know anyone who may be, please ask them to contact the infant office for an application form.

Applicants would need to have 2 references that are work based. If you have ever worked with children, a reference would be required from that setting in line with Keeping Children Safe in Education. You would also need to have a full DBS check undertaken.

The Big Plastic Count

You have been emailed information today on 'The Big Plastic Count'. This aims to involve everyone to join in with a positive change.

All the information is on the email so please do join in, from Monday until Sunday evening by counting all the different types of plastic packaging you throw away at home.

Parking

Thank you to everyone who parks sensibly and safely for the school run.

We have had requests from our neighbours on Foxley Park for parents and carers not to block their driveways or access. So, please do consider this when driving to or from school and respect others.

British Science Week

Next week is British Science Week! This year the theme is time and we will be taking part in a lot of exciting investigations during the week to get all of the children excited about science.

Science Fair

We would also love you to explore science at home by creating your very own science experiment or project to be displayed in the Main Hall at the Juniors school as part of our Toftwood Science fair. The Science Fair will be taking place after school on **Wednesday 13th March from 3.10pm onwards**. All projects will need to be in school by the morning of the 13th to be set up ready for the fair. If you do not wish to bring in a project/experiment, then we would love to see photos of anything 'science-y' you have done at home. We will also be displaying any photos of science home learning during our science fair for everyone to see.

If you have children at the Infant school, you will be able to collect them from the Infants and walk across the path to the Junior school to enter via the Year 6 door. If you have Junior children to collect you can collect them from the playground and then come back in via the red double doors usually used by MM4. There will be staff around to direct you if you are not sure where to go.

We look forward to seeing what you can come up with! Thank you to Miss Jacobs and Miss Goddard for organising this and the Big Plastic Count.

Parental Requests for SEND Support/Reports

We have recently received a large number of requests from parents for reports/questionnaires/information that a GP has requested from us or other agencies have requested.

Please note that we have to do these in order, and it is not an instant response as we do not have the capacity to do this.

If you have been waiting more than three weeks for a response or a form, then please let us know.

Please be patient as we deal with these as quickly as possible alongside our daily work directly with the children.

SENDIASS

The Norfolk SEND Information, Advice and Support service have their attest newsletter available on their website.

Please click on the link for further information.

<https://www.norfolksendiass.org.uk/news/newsletters/spotlightfeb24-2/>

County Lines Information Session for Parents

County Lines is where young people are drawn into selling drugs for dealers. They often look for vulnerable children, and children as young as Primary age are caught up in this in our area. They will befriend them when they are out with friends or out alone, or even online.

This free session will give you the opportunity to hear how to protect your child and the signs to look out for that may indicate they are at risk from this or may be involved in it.

Parent webinar
County Lines
in Norfolk

Hosted by
Ivison Trust,
a parent with lived experience & a
local police officer.

Register today
www.ivisontrust.org.uk/webinars

7-8.30pm
12th
March

i feel so much
more confident to
talk to my child

ivison trust
NPCC National County Lines Coordination Centre

KS1 Girls Disney Football Festival

As part of the Barclays Girls Football Partnership, North Norfolk, South Norfolk and West Norwich and Dereham SSP working in conjunction with Norwich City Community Sports Foundation organised a KS1 Disney Inspired Shooting Star Multi Skills Football Festival on Tuesday 5th March which was attended by 10 of our year 1 and 2 girls. This was a fun festival with a carousel of different football activities for the girls to try and enhance their skills whilst being encouraged by a Disney inspired theme.

CFS staff ran workshops and activities involving the girls' favourite Disney characters, to get them active and practising their football skills.

For many of the girls, it gave them their first experience of football in a fun, safe and inclusive environment, where they could develop their football skills whilst combining the sport with their favourite Disney stories and characters.

World Book Day

We have had a whole host of activities to promote a love of reading and an interest in books this year.

We had stories, visitors, online sessions, quizzes and much more!

In Year 3, the children searched through their favourite books brought in from home (including picture books and chapter stories) to generate their very own 'Vocab Dozen'. This is a resource used in class for each new topic, incorporating 12 words from the text which are representative of what it is about. The children enjoyed hunting for some very exciting vocabulary!

Then, the Year 3s created a double-page spread on their favourite books! Their criteria was to include a title; a list of the Vocab Dozen words; the names of some of their favourite characters, and a book review expressing what they liked most about the book. The children then had control over what else they would like to include! We were very impressed with the children's hard work and the creativity of their designs.

In the afternoon, the children enjoyed a virtual visit with Lynne W. Bailey, who wrote 'The Chronicles of Avalon' book series. Following this, the children then crafted a headband with a World Book Day-theme to finish off our celebrations. It has been a fabulous day and we have loved seeing everyone in their costumes!

In CT3, Alice said, "I liked making a double-page spread about my book 'Cat Kid' because I used lots of colours and fabrics." Darcy said, "My book is 'Oliver Moon and the Monster Mystery', and I liked drawing pictures of the characters and making a Vocab Dozen."

In LM3, Gabriel said, "Today I learned that 100 countries all over the world celebrate World Book Day. My favourite part of today was seeing everyone's costumes - I think mine was the best!" Alessa shared, "I liked being creative and making flaps to lift up and reveal a secret book fact underneath for my double-page spread about Hairy Maclary."

In HP3, Ethan said, "I liked writing a book review and saying what my favourite part of it was." Erin added, "I really liked writing lots of interesting things about my book."

Children across the Federation joined in some great activities and learning experiences.

You can see some pictures from Year 3 on the website here:

<https://www.toftwoodfederation.co.uk/year-groups/year-3/year-3-world-book-day-2024/>

Thankyou to all of the staff who worked so hard to make it a special event.

Reading

Following on from our World Book day activities, thank you for your support in continuing reading at home. We see greater progress from those children who read regularly at home than those who do not. Please do support your child to read at least three times per week and record this in their reading record, which is checked weekly.

If your child is in Junior School, then please support them with their reading by asking questions about the text. The children take a quiz once they have finished the book and aspire to 1100%, although anything over 80% shows sufficient understanding of the book. Check in with your child as to how many quizzes they have competed successfully this school year.

Most children could average one per week, but once they read longer, chapter books, we know it may only be one every two-three weeks.

Open Afternoons

Thankyou to everyone who came along at open afternoon to look at their child's work with them. We hope you found that a useful experience ahead of parent/carer consultations.

Educational Visits Coming up

We do try to put on special events for the children, and only ask for a contribution for visits that are off site. This is because we simply do not have the money to pay for them.

We aim to let you know in advance in case you want to put money aside.

You may have already received a letter about visits for your child, or will receive one soon.

Please note that if we do not have contributions from everyone, we will not have the funds for the visit to go ahead and it would have to be cancelled.

Thankyou for your support

Ben Langley Visit

We were lucky to be able to treat the children to a performance of 'To the Moon and Back' by Ben Langley.

The play explored the science behind a trip to the moon with KS1 and KS2 topics such as Earth, space, light and forces. The play told the story of Tom who wakes one morning and decides to build a rocket to fly all the way to the moon! Together with his AI friend, Squiffy, Tom embarks on a mission to reach the stars - a journey that taught both a lot about space and themselves.

The children all enjoyed the performance, and it was lovely to hear their laughter and excitement at this live performance.

Lego

If anyone has any unwanted Lego at home they would like to donate, we would be very grateful. The children enjoy working with it.

School Meal Charges Increase

We have been informed by NORSE. Who provide our school meals, that meals for Junior School children will be increasing from the beginning of the Summer term, after Easter.

A school meal for children will cost £2.58 when we return so in the holidays please make sure your account is in credit.

Mental Health in Schools Team

We are partnered with the Mental Health in Schools Team so support our children when required.

At this age, most of the work is done directly with parents and carers so they can support their child's mental health. This is generally NOT direct therapy with the child.

There is some information below, and if this is something you wish to participate in or find out more about, please email Mrs Bates at

familysupport@toftwoodfederation.co.uk

Please note we only have a limited number of spaces and we would need to prioritise them in accordance with the criteria given.

If you feel your child has a mental health need that needs direct therapy, then you would need to ring Just one Norfolk or contact a GP.



Who are we?

Mental Health Support Teams (MHSTs) support children and young people in selected schools and colleges across Norfolk and Waveney. We operate 9am-5pm Monday-Friday and are open during school holidays.

What do we do?

We offer short term (6-10 sessions) interventions based on cognitive behavioural therapy, catered to the current difficulties your child is experiencing. We may also put you in touch with other services for further support.

What do we offer for primary schools?

Anxiety: Support for parents/carers using the 'Helping Your Child with Fears and Worries' programme. This is delivered by working directly with parents/carers to give you tools and techniques to support your child in dealing with their anxiety.

Behaviour Management: We offer 6-8 one to one behavioural support work with parents/carers focusing on boundary setting, positive attention, praise and improving communication for primary school aged children.

Our service can also signpost and refer to alternative services for further support.

How do I get help?

All of our referrals must come directly from the mental health lead in your child's school or college. If you are concerned about your child, please contact school staff and request a referral to be made.

For more information about supporting your child's mental wellbeing, please visit:

Supporting Smiles
<https://www.ormiston.org/>

Just One Norfolk
<https://www.justonenorfolk.nhs.uk/emotional-health/norfolk-waveney-mental-health-advice-support-for-0-25-s/>

NSFT
<https://www.nsft.nhs.uk/parent-workshops/>

Help for expectant or new parents

The perinatal well being service have support available to those in need. Please see the information below.

If you wish to talk to someone about concerns in this area, please do contact Mrs Bates, our family support worker.

To get in touch with us for support by post, just fill in your details below, and send it in an envelope, by first or second class post to:

Wellbeing Service, The Conifers, Drayton High Road, Norwich NR6 5BE

Your name:

Your date of birth:

Your address:

Postcode:

Your email address:

Your daytime phone number:

How would you prefer us to contact you? (tick one as appropriate)

Phone Email Post

Is it OK to leave a voice message? Yes No

Name of your GP:

Address of your GP:

Where did you hear about us?

Contact us

Wellbeing Norfolk and Waveney,
The Conifers,
Drayton High Road,
Norwich
NR6 5BE

wellbeingnands.co.uk

0300 123 1503

WellbeingNandW

WellbeingNandW

Watch us on YouTube

WellbeingNandW



If you would like this information in large print, audio, Braille, alternative format or a different language, please contact Customer Services and we will do our best to help.

Tel: 01603 421486

Email: customer.service@nsft.nhs.uk

Wellbeing Norfolk and Waveney is provided by Norfolk and Suffolk NHS FT working with Mind and Relate.

We work together to deliver a range of support interventions for people ages 16 and over with low mood, anxiety and depression. For more information about who we are see: wellbeingnands.co.uk

Wellbeing Norfolk and Waveney is commissioned by Norfolk and Waveney Integrated Care Board.

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Pregnant or have a baby and feel: Overwhelmed? Anxious? Low?

It is common for pregnant women and new parents to experience anxiety, depression or emotional distress. If you are troubled by any of these things, or know someone who is, we are here to help with a range of free and confidential support.

Call us on: 0300 123 1503
wellbeingnands.co.uk

WellbeingNandW

WellbeingNandW

WellbeingNandW



for anxiety and depression

What is the Wellbeing service?

Wellbeing offers a range of free and confidential support to help people make changes to improve their wellbeing and to help them cope with common mental health and emotional issues such as low mood, stress, anxiety and depression.

Our service is for people who are 16 years and over, living in Norfolk and Waveney and Suffolk.

How can the service help me?

Having a baby can be an exciting and happy time. It is also a time of change and with this can come feelings of being overwhelmed, anxious and depressed. It is estimated that one in five women can experience emotional difficulties in pregnancy and the first year following the birth of a baby.

Anyone can experience this. Fathers also commonly experience significant changes in their mental health.

Common experiences of pregnant women or new parents are:

- Feeling tearful or low in mood
- Feeling irritable or angry
- Sleep disturbance not related to the baby
- Loss of appetite or overeating
- Feeling unable to cope or enjoy anything
- Mixed feelings about becoming a parent
- Anxiety about labour or the experience of a difficult labour
- Worrying about the baby or keeping baby safe
- Worrying about being a good enough parent

Experiencing emotional difficulties following the birth of a baby does not mean you cannot care for your baby, and anyone can experience these difficulties. Asking for support as soon as possible is important and gives you the best chance to get things back on track.

It is very common to worry about seeking help, and often it is hard to know what is wrong.

The Wellbeing service can help you to understand what might be happening for you and work with you to think about support that will help you to start to feel better.

The Wellbeing service offers a range of psychological and social interventions:

- One-to-one support
- Self-help advice
- Relationship counselling
- Workshops and group sessions
- Peer support and access to social groups
- Employment support

Getting out with a new baby can be tough, therefore the service supports new parents and pregnant women to access the service by offering appointments face to face, by video, by telephone and we have a range of online options including webinars.

How can I get Wellbeing support?

There are a number of ways people can get our help:

- Ask their GP or any other health or social care professional to refer them to our service
- Get in touch themselves via our website www.wellbeingnands.co.uk or by calling us on 0300 123 1503* (people aged 16 and over)
- Ask someone they trust to call on their behalf
- Fill in and tear off the form overleaf and post it to us
- We often hear from friends or relations who are concerned about someone close to them and don't know what to do. We are happy to talk to them to offer some general advice

This service is not for crisis or emergency situations. If you feel you are in crisis, experiencing feelings of despair or are suicidal, contact The Samaritans at any time on 116 123 or visit www.samaritans.org

If you need an emergency service dial 999.



*Depending on your provider call costs from a land line or mobile will vary.

How can I get support from the Wellbeing Service?

There are a number of ways you can access our service:

- Ask your GP or health professional to refer you into the service
- Self-referral via our website wellbeingnands.co.uk or by calling us on **0300 123 1503**
- or by scanning the QR code opposite.



Scan me



If you only want to join one of our **online workshops**, you can book your **free place without referring** into the service by visiting wellbeingnands.co.uk or scanning the QR code opposite.

Scan me



Contact us

- ✉ Wellbeing Norfolk and Waveney, The Conifers, Drayton High Road, Norwich NR6 5BE
- 🌐 wellbeingnands.co.uk
- ☎ 0300 123 1503
- 📺 WellbeingNandW
- 📺 WellbeingNandW
- 📺 Watch us on YouTube
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communication for all

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We work together to deliver a range of support interventions for people ages 16 and over with low mood, anxiety and depression. For more information about who we are see: wellbeingnands.co.uk

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Dad-to-be or have a baby and feel: Overwhelmed? Anxious? Low?

It is common for new parents to experience anxiety, depression or emotional distress. If you are affected by any of these things, or know someone who is, we are here to help with a range of free and confidential support.



What is the Wellbeing Service?

Wellbeing offers a range of **free and confidential support** to help parents make changes to improve their wellbeing and to help them cope with common mental health and emotional issues such as low mood, stress, anxiety and depression.

Our service is for people who are 16 years and over, living in Norfolk and Waveney.

How can the service help me?

Becoming a dad can be an exciting and happy time. It also can be one of the biggest changes people experience and the transition into parenthood can come with challenges and feelings of being overwhelmed, anxious and depressed.

It is estimated that **25% of new dads experience depressive symptoms and other emotional difficulties in the first year following the birth of a baby.**

Anyone can experience this. Dads are more likely to experience significant changes in their emotional and mental health if their partner also experience emotional difficulties during pregnancy and post-birth.

Common experiences of dads are:

- Difficulty with adjusting to parenthood
- Feeling tearful or low in mood
- Feeling irritable or angry
- Loss of libido
- Partner conflict
- Changes to sleep patterns including a lack of sleep
- Loss of appetite or overeating
- Withdrawing from family life, work and social situations
- Mixed feelings about becoming a parent
- Worrying about the baby or keeping baby safe
- Feelings of incompetence of being a good enough parent and meeting expectations

Experiencing emotional difficulties following the birth of a baby does not mean you cannot care for your baby and family. Anyone can experience these difficulties. Asking for support as soon as possible is important and gives you the best chance to get things back on track. It is very common to worry about seeking help, and often it is hard to know what is wrong.

The Wellbeing service can help you to understand what might be happening for you and work with you to think about support that will help you to start to feel better.

The Wellbeing Service offers a range of support:

- One-to-one therapy (i.e. CBT, counselling etc)
- Online workshops and group sessions
- Relationship counselling
- Peer support
- Employment support
- Self-help advice and podcasts

The demands of having a new baby can be tough, therefore we support new and expectant parents to access the service by offering appointments face to face, via video or telephone, and we have a range of online options including online workshops.

Call us on **0300 123 1503** or visit our website wellbeingnands.co.uk



Community News

Norfolk Hoopstars

During the upcoming Easter Holiday, Norfolk Hoopstars have their Norwich basketball holiday camp from the 2nd of April to the 12th of April for Year 1-6, Year 7-13, and SEND students. As they've partnered up with Active Norfolk, they are thrilled to offer **Free Spaces to children eligible for means-tested free school meals** through the Big Holiday Fun initiative. Their aim is to increase basketball participation in Norfolk and provide a great chance to keep children active and make new friends during the Easter holiday.

Please see the details below:

Free spaces link via Everymove:

Year 1-6: <https://www.everymove.uk/providers/norfolk-hoopstars/activities/hoopstars-easter-basketball-camp-city-academy-year-1-year-6>

Year 7-11: <https://www.everymove.uk/providers/norfolk-hoopstars/activities/hoopstars-easter-basketball-camp-city-academy-year-7-year-11>

SEND Age 5-16: <https://www.everymove.uk/providers/norfolk-hoopstars/activities/hoopstars-send-easter-basketball-camp-city-academy-age-5-16>

Paid spaces link via our website:

<https://www.norfolkhoopstars.com/camp-5>

Paid spaces cost: £30 plus a FREE shirt for paid spaces per camp day.

Rocksteady

Support groups for Parents and Carers



Scan for QR's or find on NANSAs Website.



Norwich Support Group

Supporting Families affected by diagnosed/undiagnosed Special Educational Needs & Disabilities
at Nansa Family Centre
33 Woodcock Road NR3 3TT

MONDAY'S WEEKLY TERM TIME ONLY
10AM-12PM

Drop in at any time for chat with other parents/carers and one of our friendly Family Support Advisors

Refreshments provided

More info :
www.nansa.org.uk/sensational-families/



Sandringham Woodland Walks



WALKS WITH WOODLAND JULIE

Join me for stories, games, nature activities and more!

**24TH SEPTEMBER, 29TH OCTOBER,
26TH NOVEMBER**



Sessions at 10:30am & 13:00pm

 Sandringham Estate, Sandringham,
Norfolk, PE35 6EN



Join Woodland Julie, an experienced outdoor educator, through the Royal Parkland woods to see what you can find, listen to stories and enjoy a game in nature. Wrap up, meet new friends and be inspired in nature. Approx 1½ hour activity starting at 10.30am or 1pm, meeting outside the Ticket Office in the Courtyard. Please dress and wear appropriate footwear as the walk will go ahead in all weathers. For all ages (all children must be accompanied by an adult) and places must be booked in advance. £9 per child with one accompanying adult free. Advance parking online £4. Visit www.sandringhamestate.co.uk/events to book a woodland walk place

Make your own pumpkin house

Make Your Own Pumpkin House



JOIN LAVENDERFOREST AND WOODLAND JULIE
IN THE COURTYARD
OF THE SANDRINGHAM ESTATE VISITOR'S CENTRE
ON

THURSDAY 26 FRIDAY 27 SATURDAY 28 OCTOBER

SESSION TIMES

10AM-11AM 11.15AM -12.15PM

1PM-2PM 2.15PM-3.15PM

£12 PER PUMPKIN HOUSE

INCLUDES ALL MATERIALS

Booking Open
[https://sandringhamestate.co.uk
/post
/make-your-own-pumpkin-house-bcce7a](https://sandringhamestate.co.uk/post/make-your-own-pumpkin-house-bcce7a)

