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

Newsletter 9 March 2023

Reading!

We love to celebrate and promote the joy of reading in school. Recently we have purchased hundreds of pounds worth of new books to inspire the children.

In Juniors the children have been really enjoying the graphic novels, written in a comic book format. They have been very popular and children are excited to find them in the library. It seems like we may need to buy some more to ensure everyone can have a try! Your child in juniors can borrow one Accelerated reader book and one 'reading for pleasure' book from the library. This can be to share at home or for you to read to your child, as reading is about more than just saying the words on the page.

If your child is in Juniors, please do ensure you listen to them read at least three times a week and record it in their book. The children should then take an AR quiz and aim to get at least 80% each time to improve their reading.

We have already had some word millionaires this year, and we look forward to celebrating the next ones! Congratulations to Wren, (double millionaire), Rose and Sam, all in GB6 who are already millionaires.

The children in Junior School also took part in a live session with the author Michael Morpurgo this week which was a great experience for them all.

If your child is at Infants they have one reading book to support them with reading and also a library book which encourages reading for pleasure and the sharing of books at home. They also should read at least three times a week to help develop their reading skills.

If your child is in Years 2-6 they will have by now bought home their readathon sponsor card. We have already received some online sponsorship money so thank you to everyone who has already started! Please do take part, even if you don't feel able to donate money at this time. We really want the children to enjoy their reading and we will celebrate the amount of reading completed over the next week as well as the money raised for the charity of Read for Good. If you would like to find out more about where the money is going, please follow this link to a video the children were shown yesterday.

https://www.youtube.com/watch?v=qNSvq-rhotg&ab_channel=ReadforGood

Attendance

The government place a high importance on regular attendance and punctuality in schools and as a result of this we have a duty to monitor attendance and alert parents and carers to where this is at an unacceptable level or where there is persistent lateness.

We look at patterns of absence, eg if it is always on a certain day of the week, at reasons and at the overall percentage. If it falls below 92% your child is classed as a persistent absentee by the

Government and we would look at how we can improve that attendance. Equally if they have 3 or more lates after the gates close, we will write to you so you are aware.

Please do arrive on time before the gate closes and also ensure regular attendance unless they have a genuine reason for absence.

If you have any barriers to getting your child to school regularly or on time, please do speak to us and we can draw up a plan to support you. Mrs Bates, our family support worker is always available to help. You

can contact her via either school office or via email on familysupport@toftwoodfederation.co.uk

There are a range of ways we can support and help you so please contact us if you need some support.

Children's Mental Health Week

The week beginning 6th February was Children's Mental Health Week and the theme this year was 'Let's Connect' The children explored this theme in their classes throughout the week as well as joining in with an assembly about the importance of connecting with others to help our wellbeing and mental health.

Take a look on the website to see what each Year group did in this week.

<https://www.toftwoodfederation.co.uk/special-events/special-events-2022-23/childrens-mental-health-week-2023/>

Thinking Day

On Wednesday 22nd February, Toftwood Federation invited pupils who are part of the Guiding organisation to wear their uniforms to school for the day to mark 'World Thinking Day.'

This special day is a global event celebrated each year by the Girl Guiding organisation and has taken place annually since 1926. It is a day for all Guides and Girl Scouts to think of each other and celebrate around the world. This year's theme was 'Our World, Our Peaceful Future'.

Along with our Rainbows, Brownies and Guides, we invited children who belong to the Beavers, Cubs and Scouts to also wear their uniforms to school. It was lovely for us to see all the amazing badges the children have earned and for them to be given the opportunity to talk about their achievements.

<https://www.toftwoodfederation.co.uk/special-events/special-events-2022-23/world-thinking-day-22nd-february-2023/>

NORSE Salad Shortages

As you are likely aware, there is currently a national shortage of fresh salad items both in supermarkets and at wholesale. Our fruit and veg supplier, Barsby Produce, has indicated this will be an issue for the foreseeable future.

To avoid shortages and last-minute menu disruption, we have taken the decision to make some menu adjustments to the current menu so we can ensure all children still receive high-quality and nutritious school meals at lunch time.

The below menu changes will come into effect from **Monday 13th March**:

- **Packed lunch Menu** - replace Cucumber Sticks with Carrot Batons
- **Packed Lunch Menu Fridays** - Ham Salad Wrap will be Ham and Lettuce
- **Main Menu Week 2 Thursday** - Salad Sticks will be replaced with Baked Beans
- **Main Menu Week 3 Tuesday** - Mixed Salad will be replaced with Carrots and Peas

Football Festival

On Tuesday 28th February nine children from the Junior school, attended the non club kick about festival at GOALS.

The theme for the day was honesty and team playing.

Firstly, the children participated in warm up activities and warm up drills, these included weaving, passing, shooting, and the cross bar challenge.

After the warm up activities the children went on to play five minute friendly five aside matches.

All of the children showed exemplary behaviour, supported each other and worked together as a team.

The children summed the trip up as, "Amazing, brilliant, their favourite trip so far but tiring!"

<https://www.toftwoodfederation.co.uk/news/sports-competitions/non-club-football-kick-about-festival/>

Pokemon Cards and Albums

Please do not let your child bring in Pokemon cards or albums, including any other training cards. These cause issues at lunch as children feel they have had them 'taken' or 'unfairly swapped.'

Parent Champion Programme

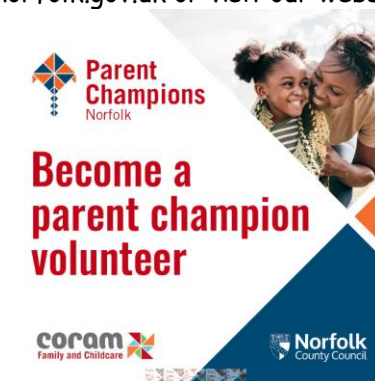
Would you like to be a Parent Champion, and volunteer to help other parents/ carers in your community? Norfolk County Council are looking for local parents/carers, who make good use of local services, are friendly and enjoy chatting with other parents/carers.

Parent Champions are volunteers who give a few hours a week to talk to other parents about the local services available to families.

Would you like to:

- Meet new people
- Learn new skills
- Gain confidence
- Give something back to the local community

If you would like any further information or you would like to become a Parent Champion, please contact them by e-mailing parentchampions@norfolk.gov.uk or visit our website



Big Norfolk Holiday Fun

Bookings are open for the Big Norfolk Holiday Fun. These activities are free for all children on means tested Free School Meals. Some families have also had an email from us about this too and should contact Mrs Feeke if they wish to take up the offer.

This is a good time to check if you are eligible for **free school meals**. Even if your child is at Infant school and gets a free lunch, if you are eligible for **free school meals** you can also access schemes such as this and get vouchers to help with your shopping.

Check out if you can claim, even if your child does not want lunch in school.

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

A colorful poster for Big Norfolk Holiday Fun. It features the text 'Big Norfolk Holiday Fun', 'April 3 - April 17', and 'Don't miss out - book today!'. It lists benefits like 'Funded holiday activity scheme for children aged 4 - 16 this Easter' and 'FREE for all families eligible for benefits related free school meals'. It includes a QR code and the website 'www.norfolk.gov.uk/bignorfolkholidayfun'. There are also testimonials from parents and a call to action 'Choose your activities and get booked today!'.

Support for Families

Message from the Trussell Trust

"Our friendly advisers can help you get the support you need if you're struggling to afford essentials like food, heating and toiletries. We can advise which benefits you're entitled to, guide you through any claims, and help you with emergency issues."

<https://www.trusselltrust.org/get-help/help-through-hardship-helpline/>

Dereham Community Lunch

Are you on your own every lunch time and feel lonely? Come and meet others at our friendly lunch club. Can you not afford to take yourself out for a two course meal? Come and be our guest for free - every 2nd Tuesday of the month.

We host it in the large hall of Dereham Baptist Church. Please get a free ticket from Green Pastures bookshop so that we can cater accordingly.

<https://www.lovedereham.org.uk/lunches>

Lofty Heights



Lofty Heights CIC, a non-profit social enterprise, is working in partnership with UK Power Networks across East Anglia to provide 2 days funded support for vulnerable people looking to reduce their living costs and improve their homes energy efficiency.

The following support is available:

- Loft Emptying to allow for roof repairs or insulation upgrades.
- Decluttering and room/house clearances to allow for boilers, radiators etc. to be inspected, serviced or replaced.
- Garden clearances to allow access for cavity wall insulation and external/internal window repairs/replacement.
- Replacement of electric heaters with free oil filled radiators that are more efficient to run.
- Signing vulnerable people up for the UKPRN Priority Service Register for additional support during power cuts.
- Replacing incandescent lightbulbs with LED lightbulbs which are more efficient and use less energy.
- Supply and fit of hot water cylinder jackets to reduce energy costs.

(Match funding can be included for properties that require more than 2 days)

To make a referral, contact our friendly team at Lofty Heights on 01473 345301 or visit our website www.lofty-heights.org



Norwich Court Open Day

The poster for the Norwich Court Open Day features a light blue background with a white border. At the top is the HM Courts & Tribunals Service logo. Below it, the text 'Norwich Crown, Family & County Courts' is written in a serif font. The words 'Open Day' are prominently displayed in a large, bold, red serif font. Underneath, the date and time 'Maundy Thursday, 6th April 2023 10am - 3pm' are listed. A list of activities follows, including visiting cells, observing a mock trial, meeting a sniffer dog, learning about mediation, experiencing a video link, and demonstrations. The phrase 'Learn about the Justice System!' is written in a bold, sans-serif font. At the bottom, there is a photograph of the exterior of the court building, a three-story brick structure with a central entrance. Text overlays on the photo include 'Admission Free - all ages welcome' on the left, 'The Law Courts, Bishopgate, Norwich NR3 1UR' on the right, and 'Justice matters' at the bottom left. A small disclaimer at the bottom right states: 'All visitors are expected to go through security to enter the court buildings. Please check our guidance so that you know what is allowed. Please note that no photography is allowed'.

HM Courts & Tribunals Service

Norwich Crown, Family & County Courts

Open Day

Maundy Thursday, 6th April 2023 10am - 3pm

- Visit our cells • Observe a mock trial
- Meet a sniffer dog • Learn about mediation
- Experience a video link
- Demonstrations and other activities

Learn about the Justice System!

Admission Free - all ages welcome

The Law Courts, Bishopgate, Norwich NR3 1UR

Justice matters

All visitors are expected to go through security to enter the court buildings. Please check our guidance so that you know what is allowed. Please note that no photography is allowed

Gangs and County Lines

There is a free information session for parents and carers about gangs and county lines. These prey on vulnerable children and get them involved in criminal activity.


SOS+ Programme

Our gang and county lines parents' session consists of **speakers with lived experience** within the criminal justice system to unpack and explore the **realities and consequences** of county lines, gang involvement, and serious youth violence.

Perspectives from previous perpetrators and runners/transporters, combined with relevant case studies, aid audiences in gaining an **authentic and credible understanding** of this complex and cross cutting issue.

The session will help parents and carers to identify the **signs and triggers** that a child or young person might be involved in county lines and gain an understanding of **how to appropriately respond** to such indicators.

Register here!



[Click here!](#)

Booking and enquiries:
sospluswebinars@stgilestrust.org.uk

For more information:
emily.roberts@stgilestrust.org.uk

Delivered by Rosanna

St Giles
Turning a past into a future

St Giles is a registered charity No 801355.
St Giles Head Office
64-68 Camdenswell Church St, London, SE5 8JB
www.stgilestrust.org.uk © St Giles Trust 2021

Gangs and County Lines

Parents / Carer Webinar

Norfolk

18:30 - 20:00

28.03.2023

SOS Project What to do

Learn how to challenge – you need to be able to stay calm, ask questions and listen to answers without losing control. Don't be afraid of confrontations, but try and stay away from accusations.

If your child is in trouble with the Police or at school – be ready to challenge obvious signs of unacceptable behaviour – one step is to make an agreement and have set consequences for misbehaviour.

Listen and be supportive – if a young person is involved, they may not want to talk about it or be scared. Ultimately, you want to be the person your child can confide in and is honest with.

This means you need to be prepared to listen to your worst fears without the situation escalating or becoming abusive. It's important that they know you want to listen, support them and work with them to find solutions.

Don't be afraid to get help – You are not alone and there is always support out there to help you. In addition to the information in this leaflet, you can also contact the Citizens Advice Bureau who have specific groups who can assist you.

But you could start by talking to the school, teachers, faith groups and even other parents. On the back page of this leaflet are organisations that can give you more information and access support.

SOS Project Get help

If you're concerned about the issues raised in this leaflet, these organisations and resources are available to help:

The SOS+ Service
T: 020 7765 5000
W: stgilestrust.org.uk

Victim Support
National charity helping people affected by crime
W: victimsupport.org

NSPCC
A 24hr helpline providing advice and guidance
T: 0800 800 5000

Family Lives
For advice on all aspects of parenting issues
T: 0800 800 2222

St Giles
Turning a past into a future

St Giles head office: 64-68 Camdenswell Church St, London, SE5 8JB
020 7765 5000 – www@stgilestrust.org.uk – www.stgilestrust.org.uk
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Childline
T: 0800 1111
W: childline.org.uk

Missing People
We're missing people
W: missingpeople.org.uk


Kooth
Online mental wellbeing community
W: kooth.com

Norfolk Children's Advice and Duty
T: 01463 800 800

Norfolk Police
T: 101 and ask for Norfolk police

Combating violent crime

Warning signs, practical advice and support for concerned parents and carers.



St Giles Practical advice and support for parents

SOS+ Programme

Sometimes it feels like crime is getting more serious all the time. We see images of youth violence, stabbings and exploitation all the time. No-one would blame you as a parent or caregiver for worrying about what happens to your child, or asking what they could do to stop their child becoming another victim. Here is some guidance to consider, put together by our experienced SOS+ Service team.

Don't blame yourself – Even with specialist support, young people can be attracted into negative associations or habits through their own efforts.

Have those conversations – Young people frequently tell us that they were in trouble they would not get to an adult for help. Talk to a teacher, parent or someone in authority. Why not? Because they fear they would be judged, that adults would not understand or that they would receive the punishment. To get around this you are going to have to talk about what you will do if they ask you for help. You need to talk about what you will do if they ask you for help. You need to talk about what you will do if they ask you for help. You need to talk about what you will do if they ask you for help.

It's not just boys that get involved – Many girls may believe that only boys are being pressured or coerced to do 'normal' and acceptable. They might not realise what's happening to them is wrong. They may be afraid of what might happen if they tell anyone and they may believe no one will believe or protect them.

Check out their space – This includes physical spaces such as bedrooms and where they hang out but don't forget their online space. It's vital to know what social media platforms (TikTok, WhatsApp, Instagram, Twitter, Snapchat etc) they use and dependent on age and maturity you should have access to their activity. You don't always need the app to have an account – Google search the logos.

Be aware that chat rooms and texts can be used to bully and involve young people in participating in negative behaviour. Monitor risks and games for inappropriate content – maybe even play the games with them!

Signs and indicators:

Behaviour – Most young people go through a rebellion phase, which is normal and it's good not to panic and that healthy boundaries are maintained and challenged.

Your child's friends – Friends tell out sometimes and often change their interests, but who are your child's friends? When your child goes out, who are they with and what are they doing?

Gang names – Does your child's group of friends have a name and if so, how do they use the name?

Taunting – Do you check on whereabouts, are you speaking to teachers, have tutors noticed anything? If kids are not in school the question is, where are they? Some gangs, such as young people by sending them to other areas.


If your child starts to go missing, make sure you challenge them over their whereabouts and they go missing for periods of 24hrs or more ensure that it is reported and that you get help. If you're in trouble in building your children are doing in their spare time, ask, if necessary, monitor their activities.

Post codes and unsafe areas – Harder to spot, but some young people align themselves to post codes and therefore have 'territory' issues. If your child shows reluctance going to any specific areas, ask why, and be ready to ask again.

Unexplained cash or possessions – Have your child brought things they normally couldn't afford? Look out for possession of materials like mobile phones or expensive items brought home. Be ready to challenge excuses, too.

Signs of bullying/physical injuries – Your child may experience bullying and pressure to join a group. They may have injuries which indicate violence from others or self-harm. Either way, they need your support. Make time to listen and encourage them to talk to you.

Understanding the music – This can be a bit of a minefield because although music associated with gangs can be threatening, violent and glamourise the life of surrounding the culture it does not guarantee involvement. I think, unless you know what your child is listening to and what the music is about, and so to have those conversations about what the lyrics mean before you take any action.



Stay Warm and Well

Stay Warm and Well & Take One Leave One (TOLO) - Winter Campaigns

Elmhurst Group of Practices has been offered the opportunity of taking part in Norfolk County Council's 'Stay Warm and Well' campaign this winter. From last October to the end of March libraries in Norfolk – and now us, at Elmhurst, Swanton Morley and Toftwood surgeries – are offering free bags of essential items in 'Warm and Well' bags for adults and children – containing a scarf, hat, gloves, blanket, socks and a hot water bottle – as well as thermal vests in a variety of sizes.

There are also free Tricky Period bags of sanitary products (if anyone is struggling to afford these necessities, please help yourself to a bag. There is no need to ask', is what they say) as well as Toiletries to Go, for adults and children.

Follow the link below to find out more about what's on offer and to find your nearest library.
<https://improvinglivesnw.org.uk/.../our-.../warm-and-well/>



On the back of this we are also getting involved in an innovative initiative called Take One Leave One: TOLO's motto is "If you're cold take one, if you can help leave one", to enable anyone experiencing hardship to keep warmer over the winter months. In its fifth winter in a row communities such as ours at the surgery can help provide warm clothing where it's needed: TOLO founder says "everyone is welcome to help themselves to a coat, or hat or scarf, and everyone is welcome to come and drop off some warm clothes". For further information follow the link <https://takeoneleaveone.org/>

Both initiatives will be running in the waiting rooms of our surgeries.

