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Toftwood Infant and Junior School Federation

Executive Headteacher – Mrs Joanna Pedlow

Newsletter 9 February 2025

Diary Dates

Please see below for the diary dates already planned for this term. Any new events, since the last newsletter, are highlighted in yellow!

Date	Infant School	Junior School
Tuesday 11th February	9.15 – 11.00 Pre school activity morning for all children due to start school September 25	
Wednesday 12th February	Wellbeing sessions with Ellise Owen For Years 1 and 2	
Thursday 13th February		Year 3 and 4 PE event for selected children
Friday 14th February	Reading and Writing Workshop for Years 1 and 2 9 am at infants	
Friday 14th February		Wellbeing sessions with Ellise Owen for Years 3-6
Friday 14th February	School closes at 3.15 (Infants) and 3.25 (Juniors) for half term	
Monday 24th February	Schools reopen to pupils at 8.40 am	
Monday 24th February	World Thinking day. Children in rainbows, brownies, guides, beavers, cubs or scouts are invited to wear their uniforms for the day.	
Wednesday February 26th	Computing workshop for parents/carers 2.15 – 3 at Infants	
Thursday 27th Feb		Year 5/6 swimming gala for selected pupils
Thursday 27th February		High School leaders in to see year 6 as part of transition preparation
Friday February 28th	Mad Science Norfolk in for the children	
Tuesday 4th March		KS1 Girls' football event at the nest for selected children
Thursday 6th March	World Book day – please note we are NOT dressing up this year, other activities will replace this	
Thursday 6th March	Online booking opens at 5 pm for online parent/carer consultations	
Friday 7th March		Possible Years 3-6 girls' football event for selected children

Date	Infant School	Junior School
Friday 7th March	Federation open afternoon from 2-3 for parents/carers to come and look at books ahead of parent consultations No younger children in the classrooms due to space, but please ring ahead to the office if you need to bring younger children and we can arrange a space for you to look with your child at their books.	
Monday 10th March	Year 1 and 2 Cricket festival for selected children at UEA	
Thursday 13th March	Parent consultations online 4-7	
Monday 17th March	Parent consultations online 4-7	
Wednesday 19th March	Active maths festival at Dereham Leisure Centre for selected Y 2 and 3 pupils	
Friday 21st March	World Poetry Day	
Wednesday 26th March	9.15 – 11.00 Pre school activity morning for all children due to start school September 25	
Wednesday March 26th	International Epilepsy Day Wear a top or sweatshirt of a different colour	
Friday 28th March	Dance show – details to be confirmed by those who run dance clubs	
Friday 28th March	Reception visit form the dentist to talk about looking after your teeth	
Wednesday 2nd April		Junior Rocksteady Concert at 10am
Wednesday 2nd April	International Autism Awareness Day Wear your favourite shoes, trainers or boots	
Thursday 3rd April	Infant Rocksteady Concert at 10am	
Thursday 3rd April		Year 3 and 4 non football club festival for selected children at Goals in Norwich
Friday 4th April	School closes at 3.15 (Infants) and 3.25 (Juniors) for half term	
Wednesday 23rd April	Schools reopen to pupils at 8.40 am	

Nut Free

Can we just remind everyone that we have several children who have severe/life threatening nut allergies in school and therefore nuts or products with nuts should not be sent to school. This includes use of hair products containing nuts or coconuts.

We have been made aware that some parents on collection are bringing their children nut based snacks, so can we please ask you not to do this and wait until they get home, as even close contact can cause an allergic reaction. Thankyou for keeping everyone safe.

Head Lice

We have had a few cases of headlice. Sometimes parents /carers report treating it, but they have not all been removed so appears they are still there.

Can we ask you to all please check your child's hair regularly and treat any lice when found.

You do not need to use chemical treatments, but you can treat them with wet combing.

Wet combing

Lice and nits can be removed by wet combing.You can buy a special fine-toothed comb (detection comb) online or from pharmacies to remove head lice and nits.

There may be instructions on the pack, but usually you:

- wash hair with ordinary shampoo
- apply lots of conditioner (any conditioner will do)
- comb the whole head of hair, using the detection comb, from the roots to the ends

It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair.

When you've finished combing the hair, comb through all the hair again for a second time.

Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.
For more advice please see: https://www.nhs.uk/conditions/head-lice-and-nits/

International Epilepsy Day

Wednesday March 26th is International Epilepsy day. We have some children who have epilepsy and seizures in our schools and they have asked us to acknowledge this.
On this day we are inviting all of the children to wear a top or a sweatshirt of any colour, but no hoodies please!
You can find more information here:
https://www.epilepsy.com/volunteer/spreading-awareness/international-epilepsy-day#:~:text=The%20Epilepsy%20Foundation%20is%20proud,February%20as%20International%20Epilepsy%20Day.

International Autism Awareness Day

Wednesday 2nd April is International Autism Awareness day.
We have many autistic young people in our schools, and some have requested we acknowledge this day.
Chatting to Alice in Year 6 who has asked for us to acknowledge this day, she would like everyone to wear their **brightest, funkiest shoes or boots or trainers** to show our differences and our personalities. All we ask is they are suitable for a day in school.
You can find more information here:
https://waam.autism.org.uk/

Family Voice Norfolk Conference

The Family Voice Norfolk Annual Conference on Saturday 22nd March 2025 is a **free event**, exclusively **for parents and carers** who have children and young people aged 0-25 with special educational needs and/or disabilities (SEND). The conference is designed to give parents and carers access to information and workshops relating to SEND
For further information anout the day and how to book please click on
https://www.familyvoice.org.uk/conference-2025/

National School Governors Awareness Day

School governors in Norfolk play a crucial role in supporting and improving the educational experience for pupils. They volunteer their time and expertise to help schools run effectively, ensuring that the needs of pupils are met and that schools are held accountable for their performance.
Governors come from diverse backgrounds, bringing a wide range of skills and perspectives to the table. This diversity helps in making well-rounded decisions that benefit the entire school community.
They work closely with headteachers and school staff, providing strategic guidance and support in areas such as finance, safeguarding, monitoring school performance, and policies.
Their dedication and commitment are invaluable, and by volunteering as a school governor, individuals not only contribute to their community but also gain personal and professional development opportunities.
If you would you like to know more about becoming a school governor and shaping the future of education, this free online event is designed to:

- Showcase best practices in governance.
- Celebrate the dedication and commitment of governors.
- Inspire and support the recruitment of new governors.

If you would like to explore the programme if you are thinking about this role, then please click here:
https://web.strictlyeducation.co.uk/nsgad-2

If you would like a chat about one of our Governor vacancies, please email your details to governorapplications@toftwoodfederation.co.uk and someone will get back to you as soon as possible to arrange a time to discuss the role of a Governor and their duties over time.

Monitoring Online Activity of Children

We often have issues arising from what's app groups children join or are added to. These can escalate quickly into unpleasant messages and children say things that they would not normally say, which causes hurt and upset.

Issues also arise where children are watching things on you tube or have accounts for platforms such as tik tok, snapchat and Instagram, which they should not have. They do not have the emotional maturity to deal with such things and they can easily be influenced by these.

We would recommend you keep a close eye on your child's online activity and encourage them to have screen free time to just be a child!

There are some free sessions for parents/carers about cyber choices and online safety being run over the next few months run jointly with NCC and the police to help you ensure your child is safe online. These are billed as suitable for parents/carers of children in Year 5 or above but if your child is younger and has a phone or tablet that connects to the internet, it would be useful for you to join.

Full details can be found here:
https://www.schools.norfolk.gov.uk/article/66256/Free-cyber-security-education-sector-based-webinars
Scroll down to event 3.

Psychology in Schools Team

For further information, please scan the QR code or visit http://www.nsft.uk/workshops as it was sent as a PDF to us so the links will not work

Supporting Young People's Mental Health
Parent/Carer Workshops Spring Term 2025

Parenting the Anxious Adolescent – Part 2

This workshop is the second part of a two-part webinar which is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents feel more confident in supporting their young people.

Thursday 6th February 18:00 PM (Part 2) – BOOK HERE

Supporting your Child/Adolescent With Anxiety

Aimed at parents and carers of children and young people aged 12-18, this workshop describes what anxiety is, why we experience anxiety, how it effects the brain and the body, how it affects what we do and don't do. It then explains how to support your child/adolescent if anxiety is becoming a problem.

Wednesday 26th February 12:00 PM - BOOK HERE

Supporting Your Child/Adolescent with Obsessive Compulsive Disorder (OCD)

This session covers: what OCD is, how it affects and impacts children and young people, how parents and carers can support their children/adolescents who might be struggling with OCD, and what further support is available.

Thursday 27th February 13:00 PM - BOOK HERE

Supporting Your Child to Manage Their Big Feelings

As our children grow, they experience many changes in themselves and the world around them. During this time, our children and young people feel a variety of feelings such as anxiety, which they do not know how to manage. We break down what leads our children and young people to have these feelings and ways in which we can support them to manage if they become overwhelmed.

Monday 24th March 12:00 PM - BOOK HERE

Building Understanding and Supporting Your Child With Tourette's symptoms/TICS

This workshop, delivered by clinicians experienced in working with children and young people with Tourette's/Tics Disorder, will provide information about Tourette's and Tics in children and young people, dispel some common myths and give guidance on how you can best support your child/teenager as they negotiate the highs and lows of life with tics.

Tuesday 25th March 12:00 PM - BOOK HERE

Scan the QR code to find out more and book a place on a workshop or visit http://www.nsft.uk/workshops

Working together for better mental health

Community News

Football Opportunities for Girls Goalkeepers

There are opportunities for female Goalkeepers set out below:
The Norwich City Community Sports Foundation are providing a taster sessions for female goalkeepers that either are currently playing for a team or would to try a new skill for the 2024/25 season!
Off the back of the event, some players could potentially be offered a goalkeeper development centre place for the remainder 2024/2025 season and beyond.
Friday 7th February @ Brundall Sports Hub, (U7,U8,U9,U10 & U11) 5:00pm-6:30pm
Friday 7th February @ Brundall Sports Hub, (U14&U15) 6:30pm-8:00pm
Please see links below to register:
Brundall: U7-U11: Girls
https://bookonline.communitysportsfoundation.org.uk/event/518296#init<https://urldefense.com/v3/__https://bookonline.communitysportsfoundation.org.uk/event/518296*init__;Iw!!KyHJrpw!pDvc6kHRxhRT1wCaYgHVjgeVRP-vKVMJ2Mo_W1KvkZwGMtQ61ar96UEcXPrkmy_MKtP30s2S8pY6FPhZxdnWmzkfX1iL3fTCIJDUcexQ$>
Brundall: U14-U15: Girls
https://bookonline.communitysportsfoundation.org.uk/event/518330#init<https://urldefense.com/v3/__https://bookonline.communitysportsfoundation.org.uk/event/518330*init__;Iw!!KyHJrpw!pDvc6kHRxhRT1wCaYgHVjgeVRP-vKVMJ2Mo_W1KvkZwGMtQ61ar96UEcXPrkmy_MKtP30s2S8pY6FPhZxdnWmzkfX1iL3fTCII1RaRGo$>

For any queries, please contact Norwich City CSF
on: https://www.communitysportsfoundation.org.uk/contact-us/

Half Term Activities at the Cathedral

Norwich Cathedral are holding a magnificent materials children's activity day on the 19th February from 10-3. Children can have fun exploring the magnificent materials that Norwich Cathedral is made of in our half-term activity day!
The Magnificent Materials Children's Activity Day takes place on Wednesday 19 February and features activities inspired by wood, metal, glass, stone, fabric and more.
Families can just turn up on the day and, for £2.50 per child, take part in a trail around the Cathedral and enjoy various craft activities.
There are also three special workshops about stone, sewing and stained glass and these must be booked in advance.
For further information visit:
https://cathedral.org.uk/events/magnificent-materials-childrens-activity-day/

Adventures Away From Home at Whitlingham

Adventures Away from Home aims to foster the social and emotional development of young people aged 11-18 (and up to 25 for those with special educational needs and disabilities), by providing funded bursaries for young people who face barriers to participation. This programme offers outdoor learning opportunities across England, that encourages participants to experience, learn and develop while also connecting with others and the natural environment.
For further advice and information call 01603 632307 or visit
https://www.schools.norfolk.gov.uk/article/66188/Adventures-Away-from-Home-programme-at-Whitlingham-Adventure

Activities at Sandringham for Half Term

There are a range of activities at Sandringham over half term. These include snowdrop walks, archery and family forest activities.
For further information please see their website:
https://sandringhamestate.co.uk/events/february-half-term/