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Toftwood Infant and Junior School Federation

Executive Headteacher – Mrs Joanna Pedlow

Newsletter 7 December 2025

Dates for the Spring Term

Dates since the last newsletter went out have been highlighted blue

Date	Infant School	Junior School
20th January	Orienteering workshops for each year group	
20th January	Bikeability for selected Y1/2	
20th January		Year 3 visit to Norwich Cathedral
22nd January	Selected children in Years 1-3 to Easton Tennis Centre for the Sports' Festival	
22nd January		Little Troopers Club Lunchtime
22nd /23rd/26th/27th January	Book Fair after school in the Junior Hall for all children 3.15 – 4 Card payments please	
27th January	Bikeability for selected Y1/2	
28th January		Road safety Show for Years 3 and 4
Week beginning 2nd February		Year 6 Residential
3rd February		Julia Edwards Author visit for Years 3-5 and Year not on residential
4th February 9.15 – 11.15	Pre school activity morning for children due to start school September 2026	
5th February		Little Troopers Club Lunchtime
6th February		Classical Musician Visit to Juniors
9th February	Ellise Owen to Infants for Children's Mental Health Week	
11th February	Wellbeing Day	
12th February	Y1 Shabbat Visitor	
12th February		Swimming gala for selected KS2 children
13th February	Schools close at 3.15/3.25 for Half Term	
23rd February	Schools reopen at 8.40 am for children	
24th February	Bikeability for selected Year 1 /2 children	
26th February	Tell a Fairytale Day	
26th February	Email sent re parent consultations booking (Info on how and when to book)	
2nd March		Pedal Power Level 1 Course for selected Year 4

Date	Infant School	Junior School
3rd March		Pedal Power Level 2 Course for selected Year 5
4th March		Pedal Power Level 2 Course for selected Year 5
4th March	Booking opens online for parent consultations at 4pm	
5th March	World Book Day	
5th March		Little Troopers Club Lunchtime
5th March		Tag Rugby Festival selected Year 5-6 children
6th March 2.15 to 3 at infants 2.15 – 3.15 at juniors	Open Afternoon for all Year Groups. Come and look at your child's work ahead of parent consultations. No younger children in classes due to space limitations. If you need to bring a younger child, please telephone the office and they will arrange for your child and their work to join you in the library.	
9th March		Pedal Power Level 1 Course for selected Year 4
10th March	Cricket festival for selected Year 1 and children at UEA sports' park	Pedal Power Level 2 Course for selected Year 5
11th March		Pedal Power Level 2 Course for selected Year 5
11th March	First responder visit to Year R	
12th March	Parent Consultations online 4-7 online	
16th March	Parent Consultations online 4-7 online	
Week Beginning 16th March	National Sign Language Week	
18th March 9.15 – 11.15	Pre school activity morning for children due to start school September 2026	
19th March		Orienteering Festival for selected Year 4/5 Children at Langley School
19th March		Little Troopers Club Lunchtime
24th March	Janet Marshall to Year 1 for Lent and Easter visit	
27th March	Dance Show at The Space	
27th March	School closes at 3.15/3.25 for the Easter Break	

Pokemon Primary Football Cup

Our Junior team travelled to the Nest looking to defend their Primary Cup win from last year.
The team of Year 6 children took on Queenshills Primary in their first game and it appeared that there were some nerves in the first game but came alive in the second half and had a few chances but were unlucky not to score. A strong display of goalkeeping from Albert kept the team in the game but the final whistle was blown and a 3-0 loss was recorded.
In the second game Toftwood faced a strong well drilled Woodlands team. The players really stepped up in this game and a well-balanced game with both teams attacking (through Albert, Austin, Oliver, Jake, Theo and Archie) and defending doggedly (through Finley, Blake, Freya and Toby in goal) was coming to a well-deserved draw for both teams when Woodlands broke free from the defensive grip shown throughout the game, and scored with a well taken finish. The final result of 1-0 showed the improvement in game two but was not a true reflection of the game. Unlucky Toftwood.
Game three saw Toftwood take on North Wooton and another strong performance by both teams led to a 1-1 draw with a well taken penalty by Austin (earned by Theo with his persistent hunting for the ball).
All players should be very proud to be placed third this year in the county of Norfolk. You played incredibly well and deserved more than the score lines showed on the day.
Congratulations on being the third best Primary football team in Norfolk, Toftwood, we are very proud of you.

School Lunch Ordering

Please be aware that the new system will not allow your child to order a lunch if there is no credit on their account at Juniors, so please take responsibility for checking your child's account has funds on it each week.
Thank you for your support.

Headlice

Please check your child's hair regularly and treat any headlice promptly. We have had a couple of incidents in both schools, so to stop any further spread, please check this weekend. All members of the household should be checked/treated and bedding and towels washed. You can remove them very effectively by regular wet combing with a nit comb and conditioner, so doing this weekly can help prevent the spread. If all lice and eggs are not removed, then the lice will remain.

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.

If we all check regularly and wet comb at least weekly, then headlice will not occur or spread.

More information can be found here:

https://www.nhs.uk/conditions/head-lice-and-nits/

What's App Groups

We know that many children in primary schools are now using WhatsApp to chat with friends. While this can be a fun way for them to stay in touch, it can also bring challenges that young children may find difficult to manage on their own.

Helpful Do's

- **Keep an eye on chats** and check in regularly with your child about what they're seeing and sending.
- **Talk about kindness online**—remind children to think before they type.
- **Set gentle boundaries**, such as no messaging after a certain time in the evening.
- **Encourage your child to come to you** if something online makes them feel unsure, upset or confused.

Important Don'ts

- **Avoid large group chats**, where messages can quickly get overwhelming or unkind.
- **Don't assume children understand online behaviour**—they're still learning.
- **Don't ignore changes in mood or behaviour**, as these can sometimes be linked to online worries.

Impact on Children's Wellbeing

Group chats, misunderstandings or late-night notifications can make children feel worried, left out or stressed. Some children may feel pressure to reply quickly or to keep up with constant messages, which can affect their sleep and confidence.

A quick chat each week about how things are going online can really help children feel supported and safe.

If you would like any advice on helping your child stay safe online, please get in touch—we're always here to help.

This guide will help support you manage your children's digital lives

https://www.childrenscommissioner.gov.uk/resource/what-i-wish-my-parents-or-carers-knew-a-guide-for-parents-and-carers-on-managing-childrens-digital-lives/

Compass App – Important

Please can all parents and carers ensure they sign up to the compass app and enable push notifications. This is the main way we will communicate with you and how you will access the payment system which will be used for all trips in the future.

If you do not know how to access it or have any questions, please just call the office and someone will be pleased to help you. We don't want anyone to miss out on any important information.

This will also be used to book parent/carer consultations and access them, so you will need this for that also.

We would therefore recommend that you set this up as soon as possible and do not leave it too late. Thankyou.

Federation Values

This term, we are focusing on **resilience**—a skill that helps children cope with challenges, manage disappointment, and keep going even when things feel tough. Resilience isn't about "being brave all the time" or pretending everything is fine. It's about learning how to bounce back, try again, and believe that mistakes are part of learning.

What Is Resilience?

Resilience is the ability to recover after setbacks, adapt when things don't go as expected, and continue trying even when something feels difficult. Children aren't born resilient—it's a skill they grow over time with guidance and encouragement from adults.

Why Do So Many Children Find It Hard?

Many children struggle to cope with disappointment or challenges for a number of reasons:

- **Instant gratification:** In today's world, children are used to things being quick and easy—TV on demand, instant answers online, games that restart in seconds. Waiting or working through difficulty can feel unfamiliar.
- **Fear of failure:** Some children worry about making mistakes or not being "good at" something straight away, which can make them avoid challenges.
- **High emotions:** Younger children especially can feel big emotions but don't yet have the tools to manage them.

It's completely normal for children to feel upset when things don't go their way. What matters is helping them learn how to recover, reflect, and move forward.

Why Resilience Matters

Resilience helps children:

- **Build confidence** in their own abilities
- **Feel comfortable taking on new challenges**
- **Develop emotional strength**
- **Learn problem-solving skills**
- **Cope with the ups and downs** they face at school, at home, and with friends

Children who learn resilience early are more likely to stay motivated, handle change better, and develop a positive approach to learning and life.

How Parents Can Help Build Resilience

Here are some simple ways you can support resilience at home:

1. Normalise Mistakes

Let your child know that mistakes are part of learning. Phrases like *"Everyone gets things wrong sometimes—what can we try next?"* help them see challenges as opportunities.

2. Praise Effort, Not Just Results

Celebrate hard work, perseverance and improvement rather than only focusing on the outcome.
"I'm proud of how you kept trying—that's brilliant resilience."

3. Model Calm Problem-Solving

Children learn by watching adults. When something goes wrong, talking through your thought process ("This is tricky, but I'll try a different way") helps them learn what to do when they feel stuck.

4. Encourage Independence

Give children chances to solve small problems themselves—zipping their coat, packing their bag, or retrying a puzzle—before stepping in. This builds confidence and coping skills.

5. Help Them Name Their Feelings

When children can label emotions like "frustrated" or "disappointed," they find them easier to manage. A calm chat after things have settled can make a big difference.

6. Create Opportunities for Challenge

Trying something new—whether it's a hobby, a game, or a school task—helps children practise persistence in a safe environment.

Resilience is something children develop over time, and every small step helps. By working together—school and home—we can support our children to become confident, capable learners who aren't afraid to try, stumble, and try again.

If you'd like any advice or support, please feel free to speak to us. We're always here to help.

Recipe Time – Cheese and Potato Pie

Ingredients list

250g Mature Cheddar – grated

1x Egg – beaten

1x Small Onion – finely diced

2.5ml Oil

1kg Potatoes – peeled and cut

35g Margarine or butter

75ml Milk

Pinch Salt and Pepper

1 Tsp Fresh Parsley – chopped (optional)

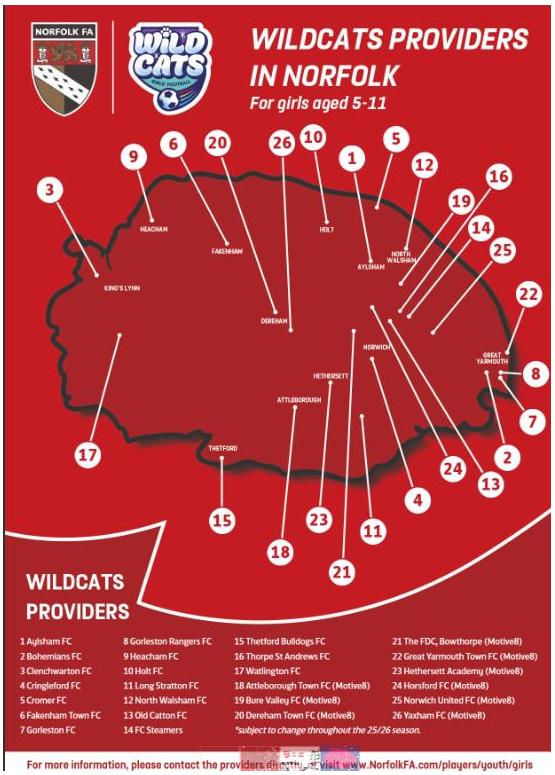
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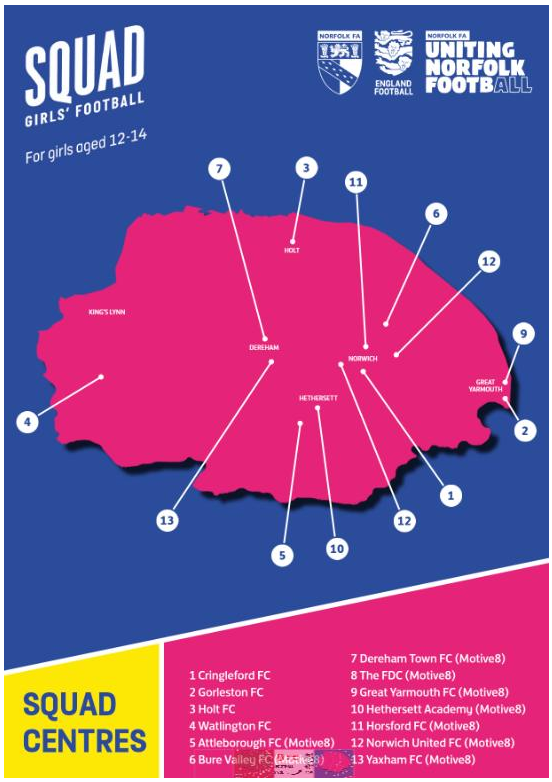
1. Pre-heat the oven to Gas Mark 4 or 180°C.
2. Boil the potatoes for 20-30 minutes. Drain well and mash with the margarine or butter.
3. Whilst the potatoes are boiling, heat the oil in another pan and gently fry the onions until soft without colour.
4. Add the beaten egg, salt, pepper, onions and most of the grated cheese to the potatoes and mix well.
5. Spoon the potato mixture into a suitable baking dish and sprinkle the remaining cheese on top.
6. Bake in the oven for 40-45 minutes until golden brown.
7. Garnish with parsley and serve.



Football Opportunities







NORFOLK FA | ENGLAND FOOTBALL

FIND FOOTBALL NEAR YOU

SCAN HERE