

Date:  
15/03/24



# BROOKE NEWSLETTER

## SUNFLOWER FEDERATION



This week we have welcomed IRock and the Air Ambulance in for assemblies. The children were really inspired by the musicians and I know that the children really enjoyed all singing along to the music. As we know, the Air Ambulance do such important work locally and the children were really keen to find out about the charity and their work. Both assemblies were really inspiring and link to our work on developing career education by introducing children to opportunities.

We look forward over the next few weeks learning about Ramadan and then Eid after Easter, we are keen for children to learn about different religions and culture. This forms part of our work on Diversity and we hope that over the next two weeks the children share their learning with you.

Ms Weal - Head of School

### SPORTS NEWS THIS WEEK

# 1.



This week KS1 are continuing to work on whole body movements (gross motor skills) with a focus on balance and flexibility. This has included participating in a range of activities and games that focus on the development of these key movement skills. A special mention goes to Edie in Buttercup Class for showing brilliant improvement and progression in her PE lessons.

KS2 are continuing their Ultimate Frisbee lessons. Ultimate Frisbee is a very unique sport where the game is self-governed, meaning players referee and officiate the match themselves. We have been focusing on developing team tactics such as player marking and defending and applying these tactics to game situations. A special mention goes to Alesha in Bluebell Class for demonstrating brilliant teamwork and communication skills in her PE lessons.

# 2. READING CORNER

Children need support from the adults around them to develop the habit and love of reading. Alongside reading aloud to your child we encourage families to participate in "Book Chat".

What is "Book Chat"?

Book Chat is the informal interaction that accompanies reading to and with children, developing children's language and comprehension and nurturing a love of reading. Time and space to hear stories and to read and talk informally about what you're reading makes a difference to children's pleasure in reading. Below is a guide to Book Chat produced by The Open University

In addition, you can use the following links to watch short films which model this relaxed interaction through the use of open questions, comments and prompts.

Have fun reading and chatting at home!

[Ben Harris reads One Fox by Kate Read for 5+](#)

[Richard Charlesworth reads A House that Once Was by Julia Fogliano and illus. by Lane Smith for 7+](#)

[Professor Teresa Cremin reads The Same Inside Poems about Empathy and Friendship, by Liz Brownlee, Matt Goodfellow and Roger Stevens for 9+](#)

## A Guide to Book Chat

Research indicates that parents who regularly read with their children at home lay solid foundations for language and literacy development. It's a precious time for you both to relax, share your thoughts and feelings, have fun and chat together. Whilst sharing books, your child has your undivided attention, and the conversation, connection and enjoyment they experience is invaluable.

To promote children's pleasure in reading and foster the habit, we need to read **to** children and **with** them and to **talk** to them about books. These conversations are crucial as they help children to engage and think deeply.

There are several ways to prompt book chat, these are our Top Tips.

- Watch and listen carefully to follow their interests**  
**Observe and respond:** Pay attention to what captures your child's attention and build on their interests, for example, "Oh, you've spotted the...".  
**Leave pauses:** So they can look closely and think, this will lead to comments on the pictures or questions. Respond to their lead and let the book chat flow.
- Invite your child to get involved**  
**Pose questions:** Open questions encourage thinking and discussion, such as, "How do you think the boy is feeling?". Try to avoid closed questions, such as "What colour is that?"; these have a single answer and don't keep the conversation going.  
**Draw attention to illustrations:** Encourage your child to notice details in the pictures and think what they might mean, for example, "Look! What's that hiding, what do you think it might be?".
- Wonder and connect to your lives**  
**Ponder and wonder:** Encourage your child to think about what might happen, using phrases such as, "I wonder if/whether/what/why/what...".  
**Make personal connections:** Picture storybooks not only allow children to empathise with the experiences of fictional characters but enable them to make sense of events in their own lives. Talk about connections, for example, "That reminds me of when...".
- Share your emotional responses!**  
**Comment on your feelings:** By sharing your emotional response to a character or something that's happened you encourage your child to do the same, helping them engage and learn to express their emotions.
- Keep it light and enjoyable!**  
**Your combined pleasure counts:** Bring the story to life with facial expression, actions and sounds, encouraging your child to join in! Do offer information to help with unfamiliar words, such as "That's the hencoop, it's where the hens live", but keep the focus on fun.



Book chat develops language, comprehension and pleasure



## Book Chat

Developing a Love of Reading



Book Chat encourages readers. Open questions, comments and prompts get the Book Chat going. Invite your child to make connections and share views. Join in with your thoughts too!

Book Chat develops language, comprehension and pleasure.



For more information visit:  
[bit.ly/RFPHome](http://bit.ly/RFPHome)

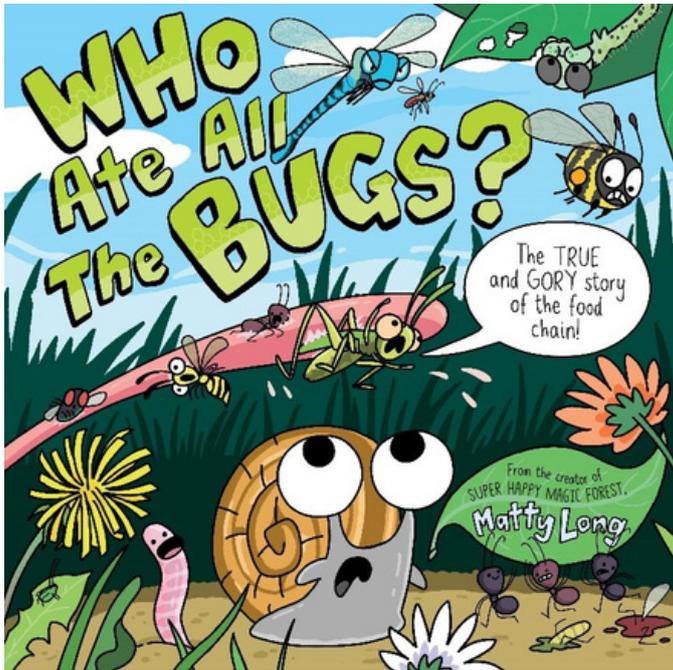


# 3.

## BOOK REVIEW FROM MISS SEMINARIO-FALCON CLASS, HEMPSTALL

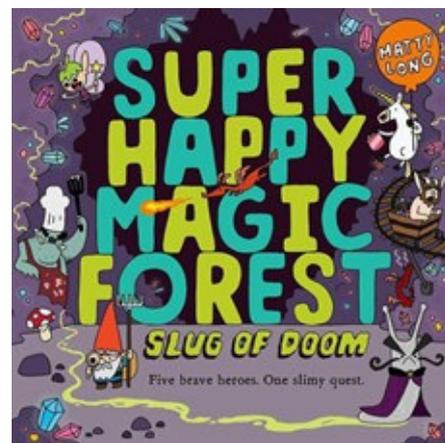
Falcon class have really enjoyed reading 'Who Ate All The Bugs?' This book is perfect for KS1 and can be linked into science work or for children interested in bugs and the outdoor world!

Matty Long, the author has written over ten picture books exploring ecosystems and the creatures within them. It combines non-fiction and activity elements with the story of a snail who is curious about what has happened to his friends! We found the pictures funny and loved all the characters, especially the snail!



I wonder if you can find a comfy space in your house this weekend to explore a read your favourite book!

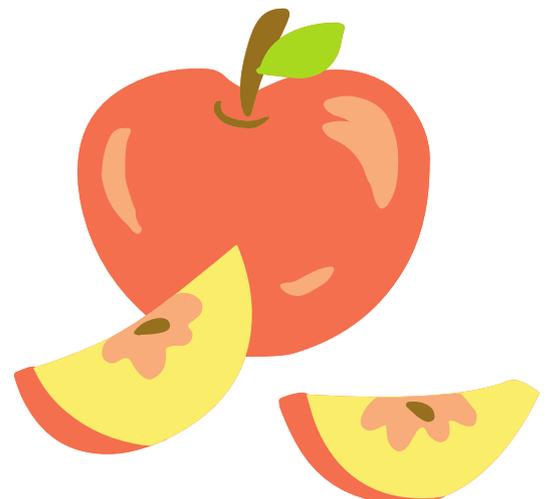
Miss Seminero



# 4.

## SCHOOL REMINDERS

Message from the kitchen.....Please can all KS2 children remember to bring in a healthy snack for morning break.



We are currently undergoing an email address migration.  
Most importantly the primary school email addresses have changed:

Brooke office: [brookeoffice@sunflowerfed.org.uk](mailto:brookeoffice@sunflowerfed.org.uk)

Hempnall office: [hempnalloffice@sunflowerfed.org.uk](mailto:hempnalloffice@sunflowerfed.org.uk)

SENDCO (Miss Ringwood): [SENDCO@sunflowerfed.org.uk](mailto:SENDCO@sunflowerfed.org.uk)

Executive Headteacher (Mr Griffiths): [exechead@sunflowerfed.org.uk](mailto:exechead@sunflowerfed.org.uk)

Chair of Governors (Neil Batchelor): [chairofgov@sunflowerfed.org.uk](mailto:chairofgov@sunflowerfed.org.uk)

Please save these and ensure that they are stored as "safe senders" in your inbox to avoid them going into your junk mail.

Until April 1st, any previous email addresses used in school will automatically forward to these new inboxes, from 1st April, please only use the email addresses listed above.

MESSAGE FROM OUR SENCO, MISS  
RINGWOOD THIS WEEK.....

6.



Week 13

## Children's Sleep

Getting enough sleep is important for our physical and mental wellbeing. Getting the right amount of sleep will;

- Improve concentration and attention span.
- Give the brain time to 'file' in your memory what it has learnt in the day.
- Let the body rest and repair - this helps to keep the immune system ready to protect from illnesses.
- Reduce stress hormones and is good for emotional and mental health.

Making sure children and young people get enough sleep helps them keep well, thrive and reach their potential.

### Sleep Difficulties

Sometimes sleep is more difficult. There are many things that get in the way of a good night sleep for children. It could be;

- Life changes and / or worries about things happening in their lives
- Bad dreams and night time fears
- Not having a regular bedtime and getting up time
- Being 'over-stimulated' before bedtime by some foods or drinks, screen time or social media
- The room being too hot, too cold, too light / too dark.

There are things you can do to help your child get enough rest, this is called sleep hygiene.

Please see the downloads section below for more information about sleep hygiene.

More information available via : <https://www.justonenorfolk.nhs.uk/child-development-additional-needs/behaviour-sleep/behaviour-troubleshooting/>

# WHATS BEEN GOING ON IN & OUT OF SCHOOL.....

# 7.



Bluebell Class have been experient how quickly chocolate melts!! Safe to say, enjoyed by all.



Big shout out to Barney Hewitt Yr 6, who played in a development fixture for Norwich City v Cambridge United. Barney played in a goal and Norwich won the game 11-2. Well done!!



## Poppy

**Iris** - For putting her hand up and trying hard to contribute to class discussions

**Eilidh** - for trying hard to come into school bravely and with a smile on her face

**Nina** - for always being ready, respectful and safe

## Buttercups

Double awards for Buttercup Class next week- Miss Green

## Daisy

**Ella** - has show strength in her resilience this week. She has been a really valued, helpful member of the class.

**Elliot** - for demostrating wonderful behaviour all week. - Well done.

**Joshua** - for working amazingly hard in maths lessons this week

## Bluebells

**Alana** - for demostrating wonderful behaviour all week.

**Ernie and Charlie** - for being good role models and helping tidy the equipment away at the end of every lunchtime.

## Lavender

**Olive** - for writing a brilliant explanation text about the digestive system

**Tilly** - for having the most incredible attitude to her learning and being a kind and thoughtful friend

**Sofia** - for always following our school rules: ready, respectful and safe.

# BIRTHDAY ANNOUNCEMENTS

## 9.

One birthday this week at Brooke.....

Happy 7th Birthday to Charlie, Y2 (17th  
March)



# UPCOMING EVENTS.....

## 10.



- W/C 18/03/24 Parent Consultations
- 19/03/24 Girls Football Final at Goals Yrs 3/4
- 25-27th March - Bikeability for Year 6's
- 27/03/24 Hockey Festival - Magpies Yr 3 & 4
- 28/03/24 EASTER HOLIDAY
- 15/04/24 First day of summer term
- 17/04/24 Parent Curriculum Cafe 3.15pm
- 18th / 19th April Yr 4 Eaton Vale Residential
- 22/04/24 Phonics Screening Check Cafe with Mrs Perry 3.15pm
- 13/05/24 KS2 SATS week
- 20th / 21st May Yr 6 London residential
- W/C 27th May HALF TERM HOLIDAY



READ MORE AT

[www.hempnall.norfolk.sch.uk](http://www.hempnall.norfolk.sch.uk)  
[www.brooke.norfolk.sch.uk](http://www.brooke.norfolk.sch.uk)

# MEET THE TEAM

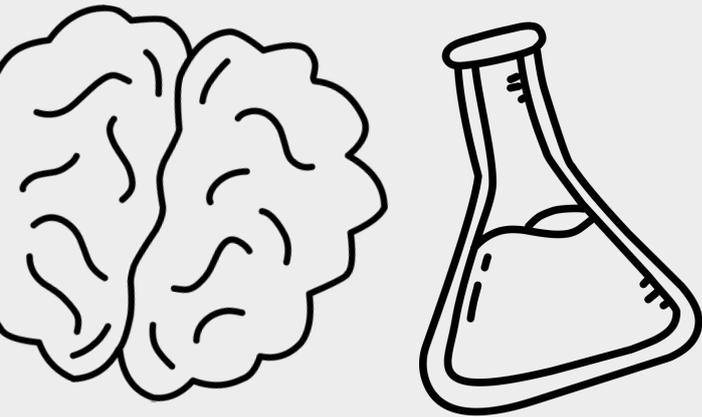
Who are you?  
Miss Marsh

What is your role in the Sunflower Federation?  
Class teacher- Reception/KS1  
Teacher trainee mentor and RE Lead

How long have you worked in one of our schools?  
6 Months- Since Sept 2023



Miss Marsh



What is the thing you most enjoy about your job?

Seeing the children work together and telling me things they have learnt. Also working in an incredible team!



What do you enjoy doing when not at work?  
Going to spin class, reading, watching hockey/rugby, running 10km and half marathons, swimming,

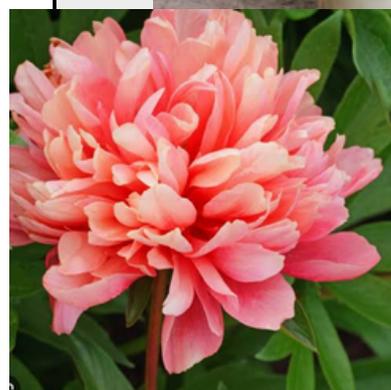
What is your favourite flower?

Sunflowers, peonies and Gysophila

Have you got a joke to tell us?

Why do golfers wear two pairs of trousers?

In case they get a hole in one!



# EASTER HOLIDAY CLUB AT BROOKE

# 12.

We're delighted to be participating in the Big Norfolk Holiday Fun programme this Easter. We've got fun activities designed for children aged 5-11 during the holidays, and we're offering free slots for children who receive benefits-related free school meals. For paid places, please book via SchoolMoney, free places will be available on EveryMove from 4pm today!

- **Tuesdays** - Sports with Nikki 9.00-12pm
- **Thursday** - Music with Pete Murdock
- **Fridays** - Nutritional Learning & Gardening
- 

Read more on Big Norfolk Holiday Fun: [www.activenorfolk.org/bnhf](http://www.activenorfolk.org/bnhf)

Find out if your child is eligible for a free place:

[www.norfolk.gov.uk/freeschoolmeals](http://www.norfolk.gov.uk/freeschoolmeals)

active norfolk | Norfolk County Council | Department for Education

## Big Norfolk Holiday Fun

**Spring into action-packed activities!**  
**Join us from 2-12 April**

- Fantastic sport, creative and outdoor activities with a free healthy meal
- **FREE** for all children eligible for benefits-related free school meals

We want activities to be inclusive. To ensure the right support is in place, please notify the activity provider if your child has special educational needs or a disability.

The funding from the Department of Education has enabled us to run our four-year Big Norfolk Holiday programme. Share with us your memorable experiences of the scheme so far, email: [bnhf@norfolk.gov.uk](mailto:bnhf@norfolk.gov.uk)

 Booking now open  
Find an activity near you  
Visit [www.everymove.uk](http://www.everymove.uk)

Please help support our team of walkers from the Federation- for this worthy cause.



13.

[https://www.justgiving.com/fundraising/sunflowerfederation?](https://www.justgiving.com/fundraising/sunflowerfederation?utm_source=facebook&fbclid=IwAR2LVEFrSrhyGM6S9IDjd629Dx0yNeY8RYjKRRatChZxCFFIIoRiv81InMY)

## PTFA NEWS.....

14.



Thank you for all your donations to the RAINBOW raffle! We have 5 goody bag prizes which will be displayed on our Facebook page and on the playground during ticket sales.

From Monday 18th at 8am - Fri 22nd March at 5pm you will be able to purchase raffle tickets online (£1 per 'ticket', which is equal to a strip) from our PTFA sales website

<https://tinyurl.com/yn262h4a>

Alternatively, you can purchase your tickets on the playground after school on Wednesday 20th, Thursday 21st and Friday 22nd March where you can also buy a square for £1 to win our giant Easter Bunny. Cash or card payments.

The raffle will be drawn at school on Monday 25th March.

Many thanks for your support 🌟😊

# Norfolk and Waveney Compassionate Communities event

# 15.

Imagine if everyone across Norfolk and Waveney knew where to find support if they experience serious illness, sudden loss, or bereavement.

Together we can spread the word about what is available across our region and find new ways to work alongside each other as a Compassionate Community.

If you would like to find out about how we can .....

- map and advertise our local community treasures for palliative and end-of-life care
- increase a concept known as Death Literacy in our schools, workplaces, and across our neighbourhoods
- evaluate our work in a meaningful way that tells a story about what has been achieved and learned
- extend our Compassionate Communities network wider across Norfolk and Waveney

... then this event is for you.

Please join us on Wednesday, 27th March, 10:00-16:00 at the Thomas Paine Study Centre, University of East Anglia

You will hear from representatives from TimeNorfolk, Off the Twig, Healing Harbour, Music Mirrors, MensCraft, the Norfolk Hospice, Rosedale Funeral Home, Compassionate Communities – East, Norfolk and Waveney NHS Integrated Care Board, as well as Childhood Bereavement Specialists, and others.

We will provide free lunch and refreshments.

If you choose to join us, we ask that you:

- Come ready to participate
- Adopt the mindset of ‘everyone a teacher, everyone a learner’ throughout the event
- Make a pledge to tell others about what we discuss.

[Click here to register](#)

For more details contact: [g.peryer@uea.ac.uk](mailto:g.peryer@uea.ac.uk)