

St Michael's V.A. Junior School



**Week
commencing
21st October
2024**

HOPE ~ RESPECT ~ PERSERVERANCE ~ TRUST ~ SUCCESS

Monday

PE Year 3

Tuesday

PE Year 4

Wednesday

Thursday

PE Year 5

**SCHOOL
CLOSED**

Multi-Sports
finishes at 4.15pm

Lego Year 5 & 6
finishes at 4.30pm

All Angels Active Club
finishes at 5pm

Dodgeball
finishes at 4.15pm



DATES FOR YOUR DIARY

Thurs 24 October - Finish 3.25pm for Half Term

Mon 4 November - Return to school

Fri 8 November - Year 6 trip to Parliament

Fri 8 November - Flu Vaccine (session 2)

Tue 12 November - National Odd Socks Day

Fri 15 November - Children In Need Day - dress as a Super Hero

Thurs 21 and Fri 22 November - Book Fair at the end of the school day



SCHOOL LUNCH

Week commencing 21st October

WEEK 2

See website
for full menu,



[School menu click here](#)

OUR GLOBAL FAMILY



We are excited to share that our students have thoroughly enjoyed learning about **Black History Month!**

They have celebrated our wonderful global family through engaging assemblies and by learning about important Black British icons.



One of the highlights was the **Benjamin Zephaniah poetry hunt**, which was a lot of fun! Our Black History Month Quiz, hosted by Culture Society members—Priscila, Aviel, Joan, Joshua, Abdullah, Morola, and Emma—was a huge success.

Thank you to everyone who participated and made this month special!

LAST DAY OF TERM THURSDAY 24 OCTOBER SCHOOL LUNCH WILL BE



Chicken Nuggets

(order Sausage Roll on ParentPay)

OR

Veggie Nuggets

(order Macaroni Cheese on ParentPay)

with chips and beans and various deserts

CHILDREN IN NEED - Friday 15 November



Come dressed as a Super Hero,
maybe you could make your own costume!

MAKE A DONATION VIA PARENTPAY

NATIONAL CHANGES TO SCHOOL ATTENDANCE

Planning a holiday?
Illness with no medical evidence?
Arriving Late after registers closed?
The Government has made changes
to school attendance.

This could affect you!

If your child is absent for 5 days or
more without permission or medical
evidence you will face fines.

You can help yourself!

We can give you information,
advice and guidance.
Speak to us for support.

DSL Designated Safeguarding Leads for St. Michael's VA Junior School

Designated Safeguarding Lead Mrs. McCarney, Alternate Safeguarding Lead Mrs Claflin & Mr Bennison

SENCO Mr Laband, Mrs Brabbin Pastoral Mrs Francis, Mr Stapleton, Ms Howard, Miss Armstrong

Year 3 Lead Mrs Reeve Year 4 Lead Mr Shailes Year 5 Lead Mr Watkins Year 6 Lead Mr Anstiss



PLEASE BE AWARE SOME PUPILS HAVE HAD HEADLICE, SO MAKE SURE YOUR CHECK YOUR CHILD'S HAIR

HEAD LICE AND NITS ADVICE FROM THE NHS



ONCE A WEEK,
TAKE A PEEK!

Head lice and nits are very common in young children. They don't have anything to do with dirty hair and are usually picked up from head-to-head contact.

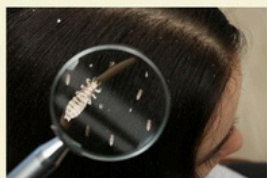
Check if it is head lice

Head lice are small insects, up to 3mm long. They can be difficult to spot. Head lice eggs (nits) are yellow, brown or white (empty shells) and attached to the hair.

How does it feel?

- Itchy!
- like something is moving in your hair

The only way to be sure someone has head lice is by finding live lice or eggs.



You can do this by combing the hair with a special fine-toothed comb (detection comb). You can buy these online or at pharmacies.

How to get rid of head lice

You can treat head lice without seeing a GP. Treat head lice as soon as you spot them. You should check everyone in the house and treat them on the same day if they have head lice.

Use a fine toothed-comb

If you don't want to use chemicals, you can buy a special fine-toothed comb online or from pharmacies to remove head lice and nits. There will be instructions on the pack but you should - use the comb on wet or dry hair - although it usually works better on wet hair with conditioner. Comb the whole head of hair from the roots to the ends.

Repeat every few days for 2 weeks

Use lotion or spray

You can use medicated lotions and sprays to kill head lice in all types of hair. You can buy these from pharmacies, supermarkets or online. Head lice should die within a day. Some treatments need to be repeated after a week to kill any newly hatched lice.



There is **NO** need to keep your child off school if they have head lice.

There is nothing you can do to prevent head lice. You can prevent head lice from spreading by avoiding head-to-head contact.

Don't use medicated lotions or spray to prevent head lice as this can irritate the scalp and skin.

Are you Separated or Separating?

**Worried about your child getting caught in the middle?
Family Transitions Groups can help**

What parents have said -

“Has had significant benefits and an insight into how to overcome challenges with co parenting”

“The teachers (course leaders) were kind, thoughtful, helpful and supportive”



Completely Free! Two online groups available, attendance is one session per week for 5 weeks.

Friday 1st November- Friday 29th November 10am-12pm

or

Thursday 7th November- Thursday 5th December 09:30am-11:30am


To book search [Request for Support Early Help Information and Consent - Privacy - Section 1 - Norfolk County Council](#) or contact roxanne.mcdowell@norfolk.gov.uk

Parking around schools - help keep our children safe



Norfolk County Council

Dos

- GO** Let children out of the car on to the pavement not the road
- GO** Park away from the school
- GO** Set a good example to other drivers and your children; they will learn from you
- GO** Help your children to learn road safety skills
- GO** Encourage other drivers to make the roads around schools a safer place
-  Always stop for the lollipop

Don'ts

- STOP** Park your vehicle where it will endanger, inconvenience or obstruct other road users or pedestrians, e.g. Zebra crossing
- STOP** Block the school entrance or people's driveways
- STOP** Block the road - emergency vehicles may need access
- STOP** Park on yellow lines or zig-zag markings
- STOP** Park on the pavement or across dropped kerbs
- STOP** Park opposite or within 10m of a junction

DOs

Try these options to promote health and fitness, reduce congestion and help the environment

- Walking or Cycling
- Park and Stride
- Walking buses
- Car sharing &
- Using public transport

Remember:
Always wear your seat belt - it saves lives!



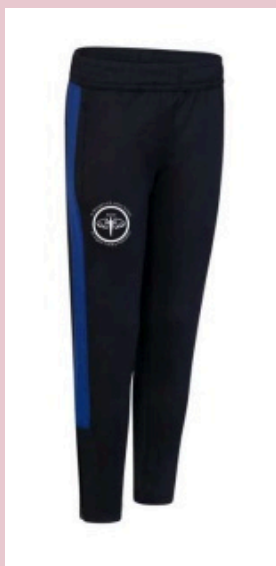
Don'ts



PE KIT FOR WINTER TIME

Please make sure your child has a warm blue or black tracksuit/joggers and sweatshirt or the school PE tracksuit for the winter months.

We aim to get the children outside for PE as much as possible.



THE WEATHER IS CHANGING! So please send your child in with a named coat EVERY DAY



We always try to have morning breaks and lunch breaks outside.



ODD SOCKS DAY

TUESDAY 12TH NOVEMBER



Thousands of kids and adults across the UK are going to be wearing odd socks on Tuesday 12 November and there's a really good reason why! It's the start of Anti-Bullying Week.

Odd Socks Day is a national event all about celebrating what makes someone unique.

It's organised by the Anti-Bullying Alliance which is a group of organisations, charities and individuals who work together to try and stop bullying



BARRACUDAS

ACTIVITY DAY CAMPS

LOCAL OCTOBER CAMP!
EXCLUSIVE DISCOUNT
EXTRA £20 OFF!

USE CODE: SCHOOL20

*Min 2 days booking. Can't be used in conjunction with other offer codes

1 WEEK TO CAMP!
OPEN 28 OCT – 1 NOV

- ⊙ 4½ to 14 year olds!
- ⊙ Choice each session!
- ⊙ Use Tax-Free childcare!
- ⊙ Flexible bookings!
- ⊙ Boost Confidence!

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01480 467 567



The UK's favourite
holiday activity
camp !!!



✓ OFTSED REGISTERED

All children are entitled to a free NHS sight test

- Up to the age of 16 (or 19 if still in full-time education)
- Plus an [Optical Voucher](#) entitles you to help towards the cost of glasses or contact lenses

A FREE SIGHT TEST

can give every child the ability
to see clearly, learn effectively
and develop normally.