



# PRESTON BULLETIN

*'Living Life to the Full'*



Friday 3 November 2023

Dear Parents/Carers,

I hope that you all enjoyed a restful half term. It seems a long time ago that we were trying to navigate the flooded roads on the last Friday before the holiday, but unfortunately, this week we have seen similar scenes with the arrival of Storm Ciaran. In the event of inclement weather, we will always try to be responsive to the conditions, but would ask you to keep checking texts and emails for updates about the conditions in Tasburgh and Saxlingham. In the event of extreme weather, please allow additional travel time to and from the schools.

It has been a busy week back with a number of exciting events taking place. We were extremely proud of our cross-country team, who performed brilliantly together at the South Norfolk Schools event at Langley School. As well as an excellent team performance, there were a number of stand-out individual performances, with 5 children qualifying for the next stage. Well done to Lucy, Amber, Aston, Bertie and Fin!

Both schools have hosted Music Worldwide Workshops for our older pupils, led by Pedro Espi-Sanchis, a music educator based in South Africa and Spain. He is a renowned storyteller and musician, who specialises in the field of instrumental African music and the use of African instruments in schools. He uses stories to introduce African instruments – many of which are ensemble instruments needing audience participation – showing how they are made and played. The children very much enjoyed this experience!

Yours sincerely,

Matt Walker  
Executive Headteacher

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# Living Life to the Full



- Ladybirds: **Halle** for using her phonics knowledge to segment and blend words independently
- Bumblebees: **Mia** for her brilliant work on expanded noun phrases.
- Grasshoppers: **Neave** for showing resilience in Maths when learning a new method.
- Caterpillars: **George** for showing great enthusiasm in Music.
- Dragonflies: **Liam** for his hard work and perseverance at cross country this week.

## BEHAVIOUR FOR LEARNING

'demonstrating a fantastic attitude to learning and school life'

Ladybirds: **Max**

Bumblebees: **Ben**

Grasshoppers: **Albert**

Caterpillars: **Freya**

Dragonflies: **Kenzi**



## RECEIVED A CERTIFICATE FOR THEIR TTRS ROCK STATUS

**Summer – Y3**

**Neave – Y3**

**Max – Y3**

**April – Y3**

**Ronnie – Y4**

**Toby – Y5**

## MOST TIME SPENT PRACTISING

**Mia – Y2**

**Clemency – Y2**

**Max – Y3**

**Summer – Y3**

**Flynn – Y4**

**Iona – Y4**

**Aiden S – Y5**

**Natalie – Y5**

**Charlie – Y6**

**Oscar – Y6**



When parking within the vicinity of the school, please be considerate of our neighbours and of other road-users.

Please park safely and legally without causing obstruction to driveways of neighbouring properties. The Highway Code states that you must not park opposite or within 10 metres of a junction. This is to allow drivers emerging from, or turning into, the junction a clear view of the road they are joining. It also allows them to see hazards such as pedestrians or cyclists at the junction.

## DIARY DATES

- Monday 13th November 9am Coffee Morning for parents/carers of pupils with SEND to be held at Preston. Parents/carers from both schools are welcome to attend.
- Friday 17th November: Non-uniform Day with donations for Children in Need
- W/C 27th November Y5 Bikeability (details to follow)
- Monday 27th November: Open Afternoon for Prospective Parents, 2-3pm
- Monday 4th December Infant Nativity PM
- Tuesday 5th December Infant Nativity AM
- Friday 8th December: Santa Dash and Christmas Jumpers



## PE UPDATE

Please can all children bring a change of shoes for PE. The most sensible option would be to wear school shoes with PE kit and bring trainers to change into for the lesson. If the field is muddy, this will keep the inside of the school and the classrooms much cleaner! Thank you for your help!



## BY GOLLY, BE JOLLY It's Christmas Card Time!

Vote for the village Christmas card  
designed by the children

Come along to the church on Sunday 19th November,  
2-4pm, winner announced 4.30pm

**Crafts for the children,  
take home a Christmas  
tree decoration!**

***Hot chocolate and yummy  
cakes available too!***



## SOUTH NORFOLK SCHOOLS CROSS COUNTRY

Cross Country at Langley School saw children from all over South Norfolk racing. Both Preston and Saxlingham children gave it their best, showing self belief and perseverance to conquer the course. We were very proud of all their outstanding achievements. Five of our pupils made it in the top ten which puts them through to the Norfolk Games Cross Country Finals on November 22nd. Thanks to Miss Dignum, Mrs Edwards, Mrs Whitefoot for their support.



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Every Day

Counts



Missing a day of

school a week

is the same as  
missing over  
2 years of school.



From Monday 6<sup>th</sup> November, items from the poppy appeal will be available for the children to purchase at break times.

With there being a limited amount of items available for the children to buy, we are suggesting that the children only purchase **one** item, with remaining items being available to buy from Thursday 9<sup>th</sup> November.

Below is a list of items available with a suggested donation price.



Donation Suggestions:

Wrist bands: £1

Ruler wrist bands: £1.50

Rubber: 50p

Poppy Key Ring: 50p

Zip pulls: 50p

Pencil: 50p

Stick on poppy: 50p

A monetary donation of 20p+ for a paper poppy.



**norse**  
CATERING



*Fresh Ideas Feeding Minds*

# Autumn / Winter

**Menu 2023/24**

**We hope you enjoy our Autumn/Winter Menu, offering high quality and varied dishes using local and seasonal ingredients where possible!**

All poultry, pork and beef we use are traceable right back to the farm and sourced from East Anglian suppliers.

A full allergen list for this menu can be found on our website [www.norsecatering.co.uk](http://www.norsecatering.co.uk)

Should your child have a medically-diagnosed allergy or health condition and needs an alternative menu, please complete our Allergen Aware Registration Form which can be found in the school office or on our website.

We use **wholewheat flour** in our bread and pastry recipes!

In addition to this menu, we offer a number of **themed menus** to celebrate holidays and seasonal events — please check details with your school.

If you think your child/children may be eligible for free school meals visit

[www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)


[www.norsecatering.co.uk](http://www.norsecatering.co.uk)

Please note the menu may be subject to change to meet local needs.






## Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Margherita Pizza with Tomato Pasta (v)	Breaded Chicken Wrap with Potato Wedges and a Dip	Roast Chicken with Stuffing and Roast Potatoes	Beef Burrito Bake with Steamed Rice	Breaded Fish Fingers
Option 2	Sweet Potato and Lentil Curry with Steamed Rice (v)	 Plant Balls with Tomato Sauce and Pasta (Ve)	Vegemince Cottage Pie (v)	Loaded Tomato and Bean Bake (v)	Garden Vegetable Goujons (v)
Served with	Mixed Salad	Peas and Sweetcorn	Carrots, Cabbage and Gravy	Mixed Vegetables	Chips and Peas or Baked Beans
Jacket Potato	Jacket Potato with Baked Beans	Jacket Potato with Tuna Mayo	Jacket Potato with Cheese	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese
And for Pudding	Mixed Berry Mousse	Cocoa Sponge with Cocoa Sauce	Shortbread with Apple Wedges	Fresh Fruit Selection	Lemon Drizzle Cake
Packed Lunch Option	Cheese or Ham Sandwich, Carrot Sticks, Sultanas, Fruit Portion and Mixed Berry Mousse	Cheese and Tomato Pasta Pot, Cucumber Sticks, Pizza Finger, Fruit Portion and Cocoa Cupcake	Tuna Mayo or Cheese Wrap, Carrot Sticks, Sultanas, Apple Wedges and Shortbread	Cheese or Ham Sandwich, Cucumber Sticks, Cheese Straw, Fruit Portion and Fruit Yogurt	Vegetable Goujons or Cheese Wrap, Carrot Sticks, Sultanas, Fruit Portion and Lemon Drizzle Cake

Week One: 30 Oct | 20 Nov | 11 Dec | 8 Jan | 29 Jan | 26 Feb | 18 Mar

## Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Margherita Pizza with Potato Wedges (v)	Chipolata Sausages	Chicken Pie with Mashed Potato	Chicken and Pesto Pasta	Breaded Fish Fingers
Option 2	Tex Mex Chilli with Steamed Rice (v)	 Plant-Powered Sausages (Ve)	Cheese and Potato Pie (v)	BBQ Quorn Loaded Wedges (v)	Baked Vegetable Burger (v)
Served with	Sweetcorn	Hash Browns and Baked Beans	Green Beans, Carrots and Gravy	Mixed Vegetables	Chips and Peas or Baked Beans
Jacket Potato	Jacket Potato with Baked Beans	Jacket Potato with Tuna Mayo	Jacket Potato with Cheese	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese
And for Pudding	Cocoa Krispie Cake	Fresh Fruit Selection	Fruit Jelly	Oaty Apple Crunch	Iced Sprinkle Cake
Packed Lunch Option	Cheese or Ham Sandwich, Carrot Sticks, Sultanas, Fruit Portion and Cocoa Krispie Cake	Cheese and Tomato Pasta Pot, Cucumber Sticks, Pizza Finger, Fruit Portion and Fruit Yogurt	Tuna Mayo or Cheese Wrap, Carrot Sticks, Sultanas, Fruit Portion and Fruit Jelly	Cheese or Ham Sandwich, Cucumber Sticks, Cheese Straw, Apple Wedges and Flapjack	Vegetable Goujons or Cheese Wrap, Carrot Sticks, Sultanas, Fruit Portion and Iced Sprinkle Cake

Week Two: 6 Nov | 27 Nov | 18 Dec | 15 Jan | 5 Feb | 4 Mar | 25 Mar

## Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Margherita Pizza with Pesto Pasta (v)	Chicken Curry with Steamed Rice	Roast Beef with Yorkshire Pudding	Pork and Carrot Meatballs with Tomato Sauce and Pasta	Breaded Fish Fingers or Salmon Fingers
Option 2	Sweet and Sour Quorn with Noodles (v)	Cheesy Pasta (v)	Plant Sausages with Yorkshire Pudding (v)	Quorn Fajita Wrap with Steamed Rice (v)	Cheese and Potato Pastry Pinwheel (v)
Served with	Mixed Salad	Mixed Vegetables	Mashed Potato, Peas, Carrots and Gravy	Sweetcorn	Chips and Peas or Baked Beans
Jacket Potato	Jacket Potato with Baked Beans	Jacket Potato with Tuna Mayo	Jacket Potato with Cheese	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese
And for Pudding	Cocoa Cupcake	Vanilla Ice Cream	Fresh Fruit Selection	Autumn Apple Cake with Custard	Flapjack with Orange Wedges
Packed Lunch Option	Cheese or Ham Sandwich, Carrot Sticks, Sultanas, Fruit Portion and Cocoa Cupcake	Cheese and Tomato Pasta Pot, Cucumber Sticks, Pizza Finger, Fruit Portion and Ice Cream Tub	Tuna Mayo or Cheese Wrap, Carrot Sticks, Sultanas, Fruit Portion and Fruit Yogurt	Cheese or Ham Sandwich, Cucumber Sticks, Cheese Straw, Fruit Portion and Autumn Apple Cupcake	Vegetable Goujons or Cheese Wrap, Carrot Sticks, Sultanas, Orange Wedges and Flapjack

Week Three: 13 Nov | 4 Dec | 1 Jan | 22 Jan | 12 Feb | 11 Mar