



PRESTON BULLETIN

'Living Life to the Full'



Friday 2 February 2024

Dear Parents/Carers,

Next week, it is [Safer Internet Day](#). We have updated the information on our website with a number of useful links for parents/carers which provide information about how to support your child to be safe online:

<https://tasvalley.org.uk/prestonprimary/e-safety/>
<https://tasvalley.org.uk/saxlinghamprimary/e-safety/>

An excellent resource is available at [Internet Matters](#). The Family Digital Toolkit enables parents to access personalized advice and resources to support their children. Parents are required to answer a couple of simple questions about their children's online activities and the personalized toolkit will be sent to you via email.

Another useful site is [Parentzone](#), where you can search for an 'Everything you need to Know' guide to most Apps and Online Games. This might support parents in judging whether Apps and Online Games are appropriate for their child to use.

You will find some further information and advice on the following pages of the bulletin.

Next week, parents will be able to sign up for an appointment to speak with their child's teacher (Saxlingham parents have already received a letter about this). Parent/Teacher consultations will take place on Tuesday 13 February and Thursday 15 February 2024.

Wishing you a wonderful weekend!

Yours sincerely,
Matt Walker
Executive Headteacher

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Helpsheet

parents and carers: primary



Education from
the National
Crime Agency

8 steps to support your child to be safer online

- 1. Explore together.** Ask your child to show you their favourite websites and apps and what they do on them. Listen, show interest and encourage them to teach you the basics of the site or app.
- 2. Chat little and often about online safety.** If you're introducing them to new websites and apps, talk to them about how to stay safe on these services and in general. Ask if anything ever worries them whilst online. Make sure they know that if they ever feel worried, they can get help by talking to you or another adult they trust.
- 3. Help your child identify trusted adults who can help them if they are worried.** This includes you and other adults at home, as well as adults from wider family, school or other support services. Encourage them to draw a picture or write a list of their trusted adults.
- 4. Be non-judgemental.** Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.
- 5. Supervise their online activity.** Keep the devices your child uses in communal areas of the house such as in the living room or kitchen where an adult is able to supervise. Children of this age should not access the internet unsupervised in private spaces, such as alone in a bedroom or bathroom.
- 6. Talk about how their online actions affect others.** If your child is engaging with others online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.
- 7. Use 'SafeSearch'.** Most search engines will have a 'SafeSearch' function, allowing you to limit the content your child can access online. Look out for the 'Settings' button on your web browser homepage, often shaped like a small cog.
- 8. Parental controls.** Use the parental controls available on your home broadband and all internet enabled devices in your home. You can find out more about how to use parental controls by visiting your broadband provider's website.

Helpsheet

parents and carers: primary



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Crime Agency

Support your child with CEOP Education resources

CEOP Education films and games are a great way to start and continue chats about online safety:

4-7s

Jessie & Friends

www.thinkuknow.co.uk/parents/jessie-and-friends-videos/

A three-episode animated series which helps keep 4-7s safer online.

4-7s website

www.thinkuknow.co.uk/4_7/

Featuring characters from Jessie & Friends, the 4-7s website helps children to recognise worrying or scary situations online through four interactive badges covering: watching videos, sharing pictures, online gaming, chatting online.

8 – 10s

Play Like Share

www.thinkuknow.co.uk/parents/playlikeshare/

A three-episode animated series that helps keep 8-11 year olds safe from risks they might encounter online.

Band Runner game and advice website

www.thinkuknow.co.uk/8_10/

A fun interactive game that helps reinforce key messages about online safety.

Other recommended resources

NSPCC PANTS. A simple way to keep children safer from abuse, by teaching them to remember the 5 rules that spell 'PANTS'. www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/

Internet Matters. A useful tool showing how to set parental controls across a range of devices and websites. www.internetmatters.org/parental-controls/interactive-guide/

Follow us on social media

For up to date information and advice:
@CEOPUK on Twitter
ClickCEOP on Facebook



www.thinkuknow.co.uk/parents



Living Life to the Full



- Ladybirds: **Erin** for always completing your homework menu tasks with enthusiasm and great effort!
- Bumblebees: **George** for focus and concentration during Guided Reading.
- Grasshoppers: **Alyssa** for her reasoning during Maths discussions using key vocabulary carefully.
- Caterpillars: **Ronnie** for showing ambition and enthusiasm with grammar.
- Dragonflies: **Skyla** for her good focus and contributions in RE this week.

BEHAVIOUR FOR LEARNING

'demonstrating a fantastic attitude to learning and school life'

Ladybirds: **Connor**

Bumblebees: **Clemency**

Grasshoppers: **Alfie**

Caterpillars: **Bella B.**

Dragonflies: **Ethan C.**



RECEIVED A CERTIFICATE FOR THEIR TTRS ROCK STATUS

Meredith – Y3	Ollie – Y3 Kenzi – Y6	Flynn – Y4
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MOST IMPROVED

Bobby – Y2	Robyn – Y3	Amira – Y4
Mia – Y2	Ollie – Y3	Violet – Y4
Ben – Y5	Ethan – Y5	Ethan – Y6
	locran – Y6	

RSPCA Workshops

Both schools were visited by Leanne, who spoke to the children in Collective Worship so that they could learn about the work of this important charity.



Following Collective Worship, Dragonflies and Owls have been learning about the dangers of litter. Caterpillars and Hedgehogs have been learning about wildlife and their habitats. Grasshoppers have been considering how wildlife friendly our school is. Squirrels, Ladybirds and Bumblebees have been learning about Pet Care. What a fantastic week of learning it has been for the whole Federation! .

DIARY DATES

Tuesday 6th February	'SEND Coffee Morning' for all Federation Parents to be held at Saxlingham, 2pm-3pm.
Thursday 8th February	Movie Afternoon open to children in Reception, Year 1-3.
Tuesday 13th February	Parent Teacher Meetings
Thursday 15th February	Parent Teacher Meetings FOPPS Cake Sale
Friday 16th February	Library reopening



SEND Coffee Morning

The next SEND Coffee Morning will take place on **Tuesday 6th February**, 2pm-3pm, at Saxlingham School. This is open to all parents across the Federation.

Jo Evans, who is a Specialist learning Support Teacher, will be speaking to provide information and answer questions about dyslexia. **Anyone with an interest or query is welcome!** Please contact Ms Ladbroke for more information (via the office).

As we start 2024, please continue to show consideration for our neighbours, pedestrians and other road users when driving in the vicinity of the school.



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.



NORFOLK SENDIASS NEWSLETTER

The Norfolk SENDIASS Newsletter is available [here](#).

NORWICH SCIENCE FESTIVAL

Presented by:
the
forum

**PLUS!
FREE
EVENTS**

BOOK NOW!

DELVE DEEPER

SAT 17-SAT 24 FEB

norwichsciencefestival.co.uk

NorwichSciFest    Norwich Science Festival

YOU ARE INVITED TO
FREEDOM CAFÉ
 @ **Tasburgh Village Hall**
This Sunday 10.30 Start



**Free Breakfast
 It's Church
 but Different!**



LIBRARY REOPENING

In December, we were very lucky for our school library to be revamped by the Norfolk Children's Book Centre, with £5000 of new books, which was very kindly funded by our FoPPS. We would like to commemorate the opening of our new library by inviting parents to class family reading sessions on Friday 16th February. In these sessions, you will be able to browse our updated library and spend some time sharing books with your child. The family reading session times will be as follows:



- Ladybirds: 9.00-9.30am**
- Bumblebees: 9.45-10.15am**
- Grasshoppers: 10.30-11.00am**
- Caterpillars: 11.15-11.45am**
- Dragonflies: 2.00-2.30pm**



Throughout these sessions, FoPPs will be selling tea and coffee refreshments. The Norfolk Children's Book Centre will also be holding a book fair. You will be able to purchase any books with your child if you wish. At 2.45pm, we will be holding our Friday celebration assembly, with an official opening of our new revamped library at the end. Parents are very welcome to join us for this assembly.

We will look forward to seeing you at the family reading sessions!



Gardening Volunteers Wanted!

Saturday 10th February

10am-12 midday

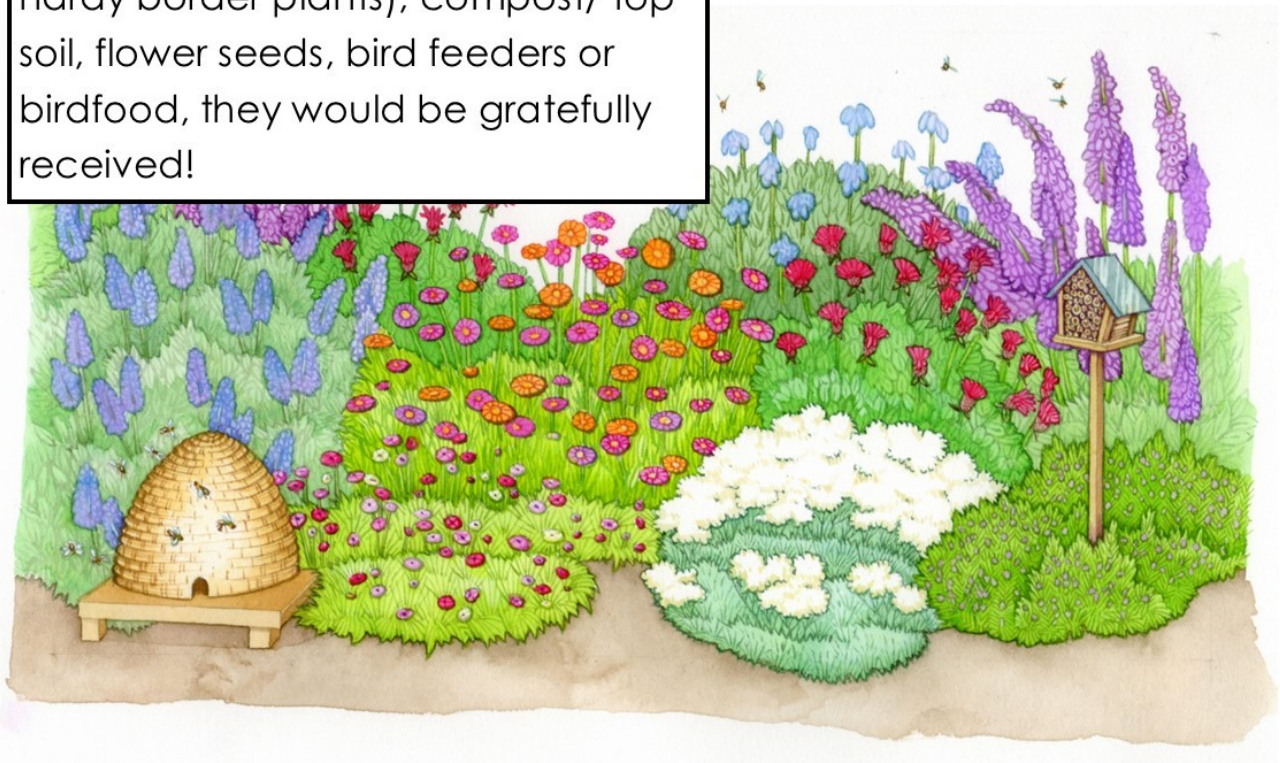
Come and join us to help improve our school grounds.

Refreshments Provided!

All members of the family welcome!

Any questions, please ask Mrs Farley or Mrs Hill.

If you are not able to help out, but have any spare plants (particularly hardy border plants), compost/ top soil, flower seeds, bird feeders or birdfood, they would be gratefully received!





Kids Camp

South Norfolk
COUNCIL

Kids Camp is back for February half term!



Sessions available at Wymondham and Long Stratton from 19 to 23 February.

Available from 8:30 am until 5 pm.

Sessions are £30 for a full day and £20 for a half day.



Book now by
scanning the
QR code.





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

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

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