

# St Michael's VA Junior School



What's happening from  
**15th January 2024**  
<http://www.stmichaelsjuniorschool.co.uk/>




**HOPE, RESPECT, PERSEVERANCE, TRUST, SUCCESS**

Monday	Tuesday	Wednesday	Thursday	Friday
PE Year 3	PE Year 4		PE Year 5	PE Year 6
<b>ALL CLUBS FINISH AT 4.15PM</b>				
<b>After School Club</b> • Multi-sports	<b>After School Club</b>	<b>After School Club</b>	<b>After School Club</b> • Girls Football • Rugby	<b>After School Club</b> • Boys Football

## DATES FOR YOUR DIARY

- Thurs 18 January
  - **Thurs 18 January**
  - Thurs 8 to Fri 9 Feb
  - **Fri 16 February**
  - **Mon 26 February**
  - Wed 6 March
  - Thurs 7 March
  - Mon 11 to Fri 15 March
  - Fri 15 March
  - Fri 22 March
  - Wed 27 March
  - **Wed 27 March**
  - **Mon 15 April**
- Dental Screening for Year 5 and Year 6  
**Special Lunch**  
Year 6 Eaton Vale trip  
**School finishes for Half Term at 3.15pm**  
**Return to school**  
Year 5 & 6 trip to see Matilda  
World Book Day ~ dress up as your favourite book character  
Parents consultation evenings  
Comic Relief Day  
Non Uniform day ~ bring donation of an Easter Egg  
Easter Egg Raffle  
**School finishes at 3.15pm for Easter Holidays**  
**Return to school**



**SCHOOL LUNCH**

**MENU WEEK COMMENCING**  
**15th January 2024**  
**WEEK 3**

See website for full menu, click on link below  
<http://www.stmichaelsjuniorschool.co.uk/parents-carers/school-meals/>  
**Book in the usual way on ParentPay.**





Clover Hill VA Infant and Nursery and St Michael's VA Junior Schools are Federated. This means we are like a **through primary school on 2 sites**. Your child can start with us aged 3 in our Nursery and stay in the Federation until they leave for high school at the end of year 6 aged 11!

**But do you know why our Federation is called All Angels' Federation?**

Well, we are named after the old church! Have you visited the ruins of St Michael's and All Angels? Have a wander round the heritage site and see where we got the inspiration for our Primary Federation.



**SPECIAL LUNCH**

**THURSDAY 18 JANUARY**

**MAIN MEAL**  
Hot Dog, wedges and beans

**VEGETARIAN**  
Quorn Dog, wedges and beans



**PLEASE REMEMBER**  
to order in usual way on ParentPay by 8am day required


**Vacancy at CLOVER HILL – Lunch time Play Leader**  
**Daily from 12.00 to 1.30pm term time only.**  
**Salary £11.59 per hour.**

We have a vacancy for someone who loves organising games and activities with children! If you would like to be considered for this rewarding and valuable position, please email [choffice@allangelsfederation.org.uk](mailto:choffice@allangelsfederation.org.uk) for an application form and appointment to discuss the role.

**This position is subject to safeguarding checks.**



**TUESDAY AND THURSDAY REVISION CLUBS FOR YEAR 6**



**DSL Designated Safeguarding Leads for St. Michael's VA Junior School**  
**Designated Safeguard Lead** Mrs McCarney, **Alternate Safeguard Lead** Mrs Claffin and 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

# THANKFULNESS

HOME SCHOOL VALUES

This term we will be focussing in school on the value THANKFULNESS. We hope your family will find these ideas helpful as you explore the value and have fun together.

## TALK ABOUT THANKFULNESS TOGETHER...

'Count your blessings' is an old saying, but it reminds us to be **thankful** and not take things for granted.

As a family you may like to talk about

- Remembering to let other people know when you are **thankful**
- Not taking things for granted
- Practical ways of showing gratitude
- How it feels when someone **thanks** you!

## THINK TOGETHER ABOUT WORDS OF WISDOM

"God gave you a gift of 86,400 seconds today.

Have you used one to say **thank** you?"

Anon



## READ TOGETHER...

### The Man Who Came Back

Jesus was travelling along the dusty roads towards Jerusalem. At each village he was welcomed by people, happy to see him and listen to his teaching. But today, as he entered the village he saw in the distance a small group standing apart from the crowd. They were calling out, "Jesus, Master, help us, please make us well." These poor people had a disease called leprosy. They were terribly ill and no-one in the village wanted to go near them.

But Jesus didn't ignore them. He stood among them and prayed for them. As each of them went on his way they began to notice that their whole bodies were healing up. They were so excited that they immediately rushed off to share their good news. Well, nine of them did. The tenth turned and fell on his knees in front of Jesus and **thanked** him for what he had done.

"I healed ten people with leprosy today", said Jesus to the man. "Where are the others?". But then he smiled "Well at least you came back to say **thank** you!".

Bible story based on Luke 17:11-19



## QUIZ

### Jumbled Words

Unjumble the words (that are known as anagrams), to discover words from the story.

r sleep \_\_\_\_\_

per day \_\_\_\_\_

net \_\_\_\_\_

sly rope \_\_\_\_\_

heed al \_\_\_\_\_

had kent \_\_\_\_\_

sue js \_\_\_\_\_





## FASCINATING FACTS

Have you ever thought about how many people we have to **thank** for some of the everyday things that we take for granted? For example the milk we drink.

**Thank** you Mum & Dad for buying the milk,

**Thank** you supermarket workers for stacking the shelves and operating the cash tills,

**Thank** you lorry driver for bringing cartons of milk to the supermarket,

**Thank** you workers in the packaging factory,

**Thank** you milk tanker driver for collecting the milk from the farms and bringing it to the factory,

**Thank** you farmers for milking the cows.



## HALL OF FAME

### Tom Daley

Tom has become very well known as an expert diver. While still at school he won medals at swimming events across the world.

**Happy times** - Tom learned to swim when he was 3 years old and to dive when he was 7. Tom's parents soon realised that their son had a great gift as a diver and they did all they could to help him develop his talent.

**Difficult times** - For many years, Tom's father coached him, but sadly he became very sick and died when Tom was just 17.

**Painful times** - Like many athletes, Tom has also had to cope with great sadness in his life as well as some serious sports injuries.

**Thankful times** - Tom has been BBC Young Personality of the Year on three occasions. He loves his sport and is full of **thanks** for the people who have helped him to become a first class athlete.



## HOME-SCHOOL CHALLENGE

### Thank you chain

Think about how an everyday item reaches you: Where does it come from? Who was involved in making it? Who should you **thank**?

Make a **thank** you chain and bring it to school to hang in the Challenge Gallery.



## FAMILY FOCUS

### Time to say "Thank you"

Draw a clock face for your family to fill in together.

Choose one day and ask every one to think, as the hours tick by, about one thing in each hour that they would like to say **thank** you for. Draw a picture of what you are **thankful** for in each segment.





# NO MOBILE PHONES or SMART WATCHES IN SCHOOL

We remind parents and children that we **do not allow** children to bring their phones or smart watches to school.

***This is a common policy in schools due to safeguarding reasons.***

Unfortunately, there have been some pupils in the past who have used their phones inappropriately in school, leaving other children and staff vulnerable. In addition, school staff cannot be held responsible for the safekeeping of mobile phones.



Some parents state that they want to know if their child has got home safely. If you have any worries about your child's safety, it may be best to pick them up from school or arrange for them to walk with others.

Should there be **exceptional circumstances** requiring the need to bring a phone to school, we will need you to state these in an email to the school office addressed to Mrs McCarney.



# Have Fun!

## GIRLS FOOTBALL



### Wild CATS GIRLS FOOTBALL

The perfect way for girls aged 5-11 to get involved with football

**TIME AND DATE**  
Thursdays 4pm to 5pm

**LOCATION**  
FDC, Bowthorpe, Norwich, NR5 9ED

**NEXT STEPS**  
Head to [thefa.com/WeetabixWildcats](http://thefa.com/WeetabixWildcats) to book on to a session, or for more info contact us [motive8sports@hotmail.com](mailto:motive8sports@hotmail.com)

USE PHONE CAMERA TO SCAN



# BOYS' FOOTBALL

## THE FDC BOWTHORPE NORWICH



THURSDAYS 4PM TO 5PM

BOYS 4 TO 11 YRS

[MOTIVE8SPORTS@HOTMAIL.COM](mailto:MOTIVE8SPORTS@HOTMAIL.COM)

**TIME AND DATE**  
Thursdays 4pm to 5pm

**LOCATION**  
FDC, Bowthorpe, Norwich, NR5 9ED

PLEASE CONTACT US FOR MORE INFO  
[motive8sports@hotmail.com](mailto:motive8sports@hotmail.com)

USE PHONE CAMERA TO SCAN



# 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.



# NORWICH SCIENCE FESTIVAL



**FREE  
FAMILY  
EVENT**

## COSTESSEY SCIENCE SATELLITE

**AT ORMISTON VICTORY ACADEMY  
SAT 20 JAN, 10AM-4PM**

Enjoy a FREE family day out jam-packed with hands-on workshops, inspiring talks, hilarious interactive plays and more! Book in advance for specific events, or take part in drop-in activities on the day.

**VISIT OUR WEBSITE  
TO FIND OUT MORE  
AND BOOK!**



This is a preview event for Norwich Science Festival, presented by The Forum, which takes place across the city 17-24 February.

**NORWICHSCIENCEFESTIVAL.CO.UK**

# NorwSciFest    Norwich Science Festival

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