

# St Michael's V.A. Junior School



allangels'primaryfederation  
Clover Hill V.A. Infant & Nursery School  
& St. Michael's V.A. Junior School,  
Bowthorpe, Norwich



**Week  
commencing  
13th May  
2024**

**HOPE ~ RESPECT ~ PERSERVERANCE ~ TRUST ~ SUCCESS**

## Monday

PE Year 3

## Tuesday

PE Year 4  
5W Swimming

## Wednesday

## Thursday

PE Year 5  
5S Swimming

## Friday

PE Year 6

**CLUBS FINISH AT 4.15PM WITH EXCEPTION OF ALL ANGELS ACTIVE WHICH FINISHES AT 5PM**

- Tennis
- Gardening

- Nature Club  
**Year 4 ONLY**

All Angels Youth Club  
**finishes at 5pm**

- Summer Sports
- Cricket

- Mixed  
Football



## DATES FOR YOUR DIARY

**Mon 13 to Thur 16 May** - Year 6 SATs

**Thurs 16 May** - Class 5V Hall Farm Trip

**Fri 17 May** - Year 3 Ancient Greek Day

**Tues 21 May** - Movie Night

**Tues 21 May** - Class 5S Hall Farm Trip

**Thurs 23 May** - Class 5W Hall Farm Trip

**Sat 22 June** - All Angels Community Summer Fayre  
at Clover Hill Infant & Nursery School 12pm to 3pm



## SCHOOL LUNCH

Week commencing 13th May 2024

## WEEK 2

See website  
for full menu,



[School menu click here](#)

## SATS WEEK FOR YEAR 6

Monday 13th to Thursday 16th May.

**FULL** attendance is expected of **ALL YEAR 6** pupils  
during this week and pupils to arrive at school at **8.30am**



**PLEASE** make sure to send your  
child to school in the **CORRECT**  
**PE KIT** on PE days



## WALKING TO SCHOOL

As most of our families live in Bowthorpe, we encourage all children to walk to and from school. This is good exercise and helps to reduce traffic issues.

**Our Walk to School  
Week is commencing  
20th May.**



**MORE INFO ON PAGE 3**

## SUMMER IS COMING!

Don't forget sunscreen,  
sun hat and a bottle of  
water when the  
weather is warm!



## 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.

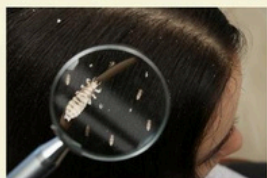
### Check if it is head lice

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.

# WALK TO SCHOOL WEEK

The week beginning the **20th of May is Walk to School Week**. We will be encouraging the children to walk, scoot or cycle to school instead of using a car. The children will receive a diary to track their progress and earn a reward for their efforts at the end of the week.

Of course, there are some children who live too far from school to be able to walk. If this is the case, can they make 5 journeys outside of school where they choose to walk instead of travel by car, maybe to the shops or to a relative's house.



## MOVIE NIGHT! Kung Fu Panda 4



Showing on **Tuesday 21st May** 3.15pm to 5pm

Book your place for £4.50 this includes chips and drink (squash) by Friday 17th May via ParentPay.

**EXTRAS available on the day at 50p like sweets etc.**



## GET TO SCHOOL ON TIME!



School starts at **8.45am** so make sure your child is in school ready to start their learning at 8.45am.

**Classroom doors open at 8.40am.**

Remember, being late is unsettling for your child.



## JOIN OUR PTA



Do you have any time to offer? If you would like to join our PTA please contact the school office.

[Click here to register your interest.](#)

Register interest to join All Angels' PTA





St. Michael's V.A. Junior School

## FAMILY HUB DROP IN

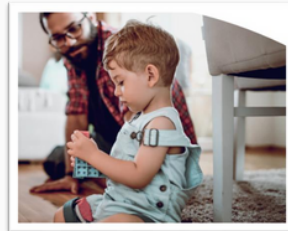
OPEN

### FOR WHO?

Parents/ carers of children aged 0-19 years (up to 25 years for young people with special educational needs and disabilities)

### WHY JOIN US?

- Safe and confidential space
- Free information, advice and support
- Links to other services and organisations



### WHEN & WHERE?

**From 16th April term time only**  
**Every Tuesday 9:00am – 12:30pm**

The Family Room, St Michael's V.A. J School Astley Rd, Norwich NR5 9LA



Free Coffee & Biscuits



## VOLUNTEERS NEEDED



Make a difference for families in Norfolk

### When

4-week training course starting **Wednesday 5th of June** 10:00-14:00

### Where

**St Elizabeth's Church Hall**, Cadge Road, Norwich, NR5 8DG

We are looking for **compassionate, non-judgmental and caring individuals** to join our community of over 100 volunteers to share their parenting experiences and knowledge with families in Norfolk.

Volunteering with Home-Start Norfolk is a fulfilling experience. Make a significant impact on young children and their parents in your community. By generously dedicating a few hours of your precious time each week, you can make a lasting impact on the lives of children

The benefits of volunteering can last a lifetime—not only for the families you are helping but for yourself as well.

To find out more about volunteering visit

[www.homestartnorfolk.org/volunteer](http://www.homestartnorfolk.org/volunteer) or call 01603 977040

[www.homestartnorfolk.org](http://www.homestartnorfolk.org)

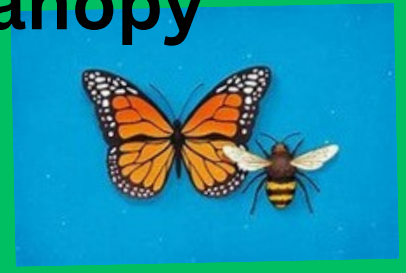


**HOME START**  
Norfolk

Home-Start Norfolk is a Company Limited by Guarantee, registered in England and Wales, Number 5196432. Charity registered in England & Wales Number 1106362.



# May Half-Term Sandringham Estate Forest School Canopy



29 30 31 May

1 hr Sessions: 10.30 12.00 1.30

£12 per child

(min of 1 adult to attend with each child max of 2)

Parking extra

booking essential limited spaces

<https://sandringhamestate.co.uk/events>



**29 May: The Ugly Bug Ball:**  
make a clay creature, make a bug house, bug hunt and buggy games



**30 May: The King's Garden:**  
make a miniature garden fit for H.R.M. the King on a plate.



**31 May: Save the Bees and Butterflies:** Make a seed bomb and whittle your own seed bomb dibber. Design your own packaging.



# FATHER'S DAY ARCHERY

SUNDAY JUNE 16 TH

**£30 per 30 minute session  
for up to 6 people.**



**At The Sandringham Estate  
Forest School Area**

TREAT YOUR DAD TO A FUN SESSION OF  
RECURVE TARGET ARCHERY  
PROVIDED BY  
LAVENDER FOREST TARGET SPORTS  
BOOKINGS: [HTTPS://SANDRINGHAMESTATE.CO.UK/EVENTS](https://sandringhamestate.co.uk/events)