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 19th May 2025

HOPE ~ RESPECT ~ PERSEVERANCE ~ TRUST ~ SUCCESS

Monday	Tuesday	Wednesday	Thursday	Friday
PE Year 3	PE Year 4 Swimming 5WL		PE Year 5 Swimming 5C	PE Year 6
Multi-Sports *finishes at 4.15pm*	Lego Club Year 5 and 6 Street Dance - All Years *finishes at 4.15pm*	All Angels' Active Club *finishes at 5pm*	Cricket *finishes at 4.15pm*	Football *finishes at 4.15pm*

DATES FOR YOUR DIARY

Thur 22 May - Year 3 Ancient Greek Day
Fri 23 May - Non-uniform day bring donation of sweets or treats!
Month of June - Gypsy Roma Traveller Month
Fri 13 June - Non-uniform day for Day of Welcome donation £1
Fri 20 June - St. Michael's Summer Fayre 1.30pm to 3.30pm
Thur 26 June - Year 5 & 6 Royal Norfolk Show
Fri 27 June - Family Picnic - book via ParentPay in the usual way
Mon 30 June - Year 3 to Walsingham
Tue 1 July - Year 4 to Walsingham
Wed 2 July - Year 5 to Walsingham
Wed 2 July - New pupil and parents evening
Thur 3 July - Year 6 to Walsingham



NEW! SCHOOL LUNCH

Week commencing 19th May

WEEK 2

See website for full menu



School menu click here

YEAR 5 & 6 NORFOLK SHOW TRIP

THE ROYAL NORFOLK SHOW
25 & 26 JUNE 2025

Please remember to go on ParentPay to pay £8 for your child to go to the Royal Norfolk Show





Well Done YEAR 6

on completing your SAT exams, you have all worked really hard and we are

SUPER! PROUD OF YOU ALL

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.

How to keep your child healthy - click here



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

YEAR 3 ANCIENT GREEK DAY

On Thursday 22nd May, Year 3 will be having an Ancient Greeks day hosted by the Year 3 staff.

On this day we would like to invite the children to dress as an Ancient Greek. There are ideas for outfits below and they do not need to be expensive or elaborate.

The Greeks wore light, loose clothes as the weather was hot for most of the year. Long pieces of fabric were used to make the Greek clothes.



The main item of clothing for men was a **tunic**, called a **chiton**. These were big squares of cloth with a belt round the waist. They were made from wool in the winter or linen in the summer.



Women also wore clothing which was made from big square piece of fabric. Unlike the men's, the women's dresses always went down to the ankles.

Wealthy people had tunics made of coloured cloth. The tunics of the poor were plain. In cold weather, cloaks were worn. Most Greeks went barefoot. If they needed shoes, they put on leather sandals or boots.

Hair was often curled, arranged in interesting and carefully designed styles. Long hair was often braided, arranged on top of their head, or worn in ponytails. Headbands, made of ribbon were very popular.

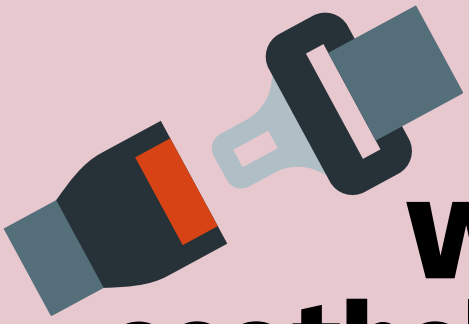
THURSDAY 22ND MAY 2025

NON-UNIFORM DAY
FRIDAY 23 MAY

We are asking for a donation of sweets & treats for our Tombola stall at the Summer Fayre.

NO chocolate, in case its HOT!
Items like packets of sweets, crisps, popcorn, biscuits and fizzy pop.
Please bring to the school office. Thank you.







What is the seatbelt rule in the UK?

Wearing a seat belt is a **legal requirement for all drivers and passengers.** Drivers are responsible for making sure **children under 14 wear a seat belt.** Passengers aged 14 and above are responsible for their own belts.

You must make sure that
any children in the vehicle you're driving are: in the correct car seat for their height or weight until they reach 135 centimeters tall or their 12th birthday, whichever is first.

You can be fined £500 if a child under 14 years old is not wearing a seat belt. Or if a child is under 135cm tall or under 12years old and is not in the correct car seat.

Children must normally use a child car seat until they're 12 years old or 135 centimetres tall, whichever comes first.



Child car seats: the law: When a child can travel without a car seat - GOV.UK
click here for more information.

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.