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 9th June 2025

HOPE ~ RESPECT ~ PERSEVERANCE ~ TRUST ~ SUCCESS

Monday	Tuesday	Wednesday	Thursday	Friday
PE Year 3	PE Year 4 & Year 6 Swimming 5WL		PE Year 5 Swimming 5C	
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

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 **3.45pm to 5pm**
Thur 3 July - Year 6 to Walsingham
Mon 7 July - Year 3 and 4 Sports afternoon
Wed 9 July - Pupils to meet their new Class teacher
Fri 11 July - Year 5 and 6 Sports afternoon
Tue 22 July - SCHOOL FINISHES at 1.15pm for Summer Hoildays

SCHOOL LUNCH

Week commencing 9th June

WEEK 1



See website for full menu

School menu click here

YEAR 6

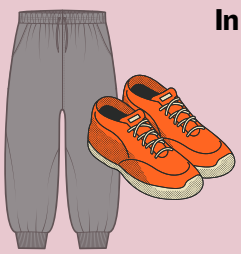
PE is is on Tuesday this week NOT Friday



Non-uniform day for Norfolk Day of Welcome Friday 13th June Suggested donations of £1.

A DAY OF WELCOME

We will be celebrating **Norfolk's long history of offering refuge to people seeking safety.** We are so proud of our history of compassion and inclusion, stretching back to those who welcomed the Huguenots in the 16th century. It is even the reason for our Norwich canary!



In addition to this, we are collecting donations of men's footwear and trousers. These can be donated to the school from Monday 2nd June. Thank you for helping us continue Norfolk's tradition of welcome.



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

St Michael's V.A. Junior School
All Angels' Primary Federation

ST. MICHAEL'S SUMMER FAYRE

FRIDAY 20TH JUNE
1.30PM TO 3.30PM

Join Us for a Fun-Filled Summer Fayre!
Parents, carers family and friends welcome.

MORE INFORMATION TO FOLLOW SOON!



You are invited to join your child for a

Family Picnic

from 12.45pm on Friday 27th June

Bring a blanket, picnic basket and enjoy spending time in our wonderful school environment.

Adult pack lunches can be booked via ParentPay under PAY FOR OTHER ITEMS.

Please book your child's lunch in the normal way.

BOOK BY FRIDAY 20TH JUNE.

We will have a few stalls selling refreshments , lollies and sweets too.



It’s scoliosis awareness month

Click here to view the video about ABCD of Scoliosis

Scoliosis Support & Research

The A B C D Of Scoliosis

Scoliosis is the abnormal twisting and curvature of the spine and can affect people of any age, from babies to adults. Early detection is key, and that’s where the ABCD of scoliosis comes in.

A Asymmetry in the Back or Waist

Check for scoliosis by spotting unevenness: Are the shoulders or waist uneven? Does one rib cage or side fold more than the other?

Asymmetry is a key sign and takes just a moment to check.



B Bend Forward



The Adam’s Forward Bend Test is a quick way to check for spinal issues.

Ensure the back is uncovered. Have the person bend forward with straight legs and arms, hands between knees if possible. Check for rib bulges or unevenness in the spine or shoulders

C Check for Curve

When scoliosis is present, the spine curves sideways or forward in some cases, creating a C or S shape in some cases.

If you spot a curve during the Bend Forward test or notice asymmetry, it’s important to consult a healthcare professional.



D Diagnosis by X-ray



A formal diagnosis is made by a scoliosis specialist using an X-ray to determine the type and severity of the curve.

Early diagnosis means early intervention which can make a significant difference.

Scoliosis Support & Research is a registered charity - no: 1181463

Little Clovers

Parent and toddler group (0-4yrs old)

Fridays 9.30am - 11am

Clover Hill VA Infant & Nursery School

Rawley Road, Bowthorpe.

Every Friday, term-time only £1 per session.

Refreshments available











Little Clovers allows your child to experience and explore new surroundings inside and out along with making friends.
Little Clovers is held in a safe and secure setting enabling you to relax and your child to gain confidence.