

St. Martha's News

'Be the best you can be'



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Assistant Headteachers: Mairead Annely,
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Catholic Life of the School

In the Gospel this weekend, we hear about a woman who did something very special. And we think about how we can share from what we have, no matter how little that is.



Jesus wants us to be generous and to share what we have with others. This is hard but we need to think – are we holding on to more than we need, like the rich people in Jesus' story? Could we give a bit more or have we shared all that we can?

Jesus also shows us in this reading that everyone has something that they can give, even if at first it does not look like much.

We can give money, but we can also give other things too. Can you think what else we can give and share with others?

We can give our time – by listening to others, by being there for them when they are sad or worried. And we can give our talents – for example you could sing a song, or paint a picture, or make someone laugh.

Together as a family, you could discuss how you can share with others what you have.

Dates for your diary:

Thursday 14th November: Year 5 and 2 Class Mass

Dear Families,

I hope you all had a lovely half term with your families. First week back after half term has been busy but this is always one of my favourite half terms with the run up to Christmas. We have lots going on this half term, so keep an eye on the diary and Dojo.

Well done to Year 3 Blue who shared their learning with parents this week, a lovely start to the term. Thank you to all their parents who came; I hope you enjoyed looking at their work with them afterwards. Next week, we look forward to Year 3 Yellow's assembly. All parents from Year 3 Yellow are invited to attend and stay to look at their books afterwards.

Next week is Children in Need. On Friday 15th November, the children can wear non uniform/Children in Need merchandise to school. We are asking, if you are able to, for a £1 donation towards Children in Need.

I have received an email from someone called Harley, who is a Research Facilitator from Norfolk Community Health and Care, working for the National Institute of Health and Social Care Research (NIHR).

Safeguarding

The wellbeing of our children is of paramount importance to all staff. Should any parent have a concern regarding a child's wellbeing, please inform the school's Designated Safeguarding Officers: Mrs. Child, Mrs. Edwards, Miss Annely and Mrs. Bowman.

She has asked me to help advertise a Type 1 Diabetes Screening Clinic that is happening at the Clock Pharmacy, 1 Gayton Rd, King's Lynn PE30 4EA on **Saturday 23rd November 2024, 09:30 – 12:00.**

The ELSA Study (stands for EarLy Screening for Autoimmune diabetes) is a research study run by the University of Birmingham and is open across the whole of England. It is looking to test children between the ages of 3-13 years to see if they are at risk of developing type 1 diabetes and get them help before they become unwell. This is a research study, so results will not be immediate as the bloodspots taken will be processed by a lab at the University of Birmingham. Our Research team is currently helping to run this study through the East of England.

Their team is running a clinic, which will consist of a simple bloodspot test that will be performed by a Research Nurse at The Clock Pharmacy. Parents who are interested will need to complete a consent form online before the test, this can be done in advance or on the day.

If you would like more information or to sign up, please see the following websites:
ELSA Diabetes Website: <https://www.elsadiabetes.nhs.uk>

Children can be signed up for the test here: https://redcap.link/The_ELSA_Study

Information for Parents: <https://elsa-info.digitrial.com/>

I have attached a poster below with the clinic details.

I received another email from **Caroline Ball, who is a Children & Young People Engagement Advisor, who sent me a leaflet, attached below, about support available for parents and carers experiencing abuse from their children.**

CAPVA (Child & Adolescent to Parent Violence & Abuse) Support Services

The term "Child and Adolescent to Parent Violence and Abuse" (CAPVA) is used to describe a situation where a young person (8 years -18 years) engages in repeated abusive behaviour towards a parent or adult carer.

How can CAPVA Impact Families?

CAPVA It is a hidden harm which often goes unreported due to feelings of shame. It can be deeply distressing for families, and subsequently may result in poor mental health for all involved.

There is no Universal definition of CAPVA which results in inconsistent support for those experiencing such traumatic events.

Support Services:

Fortunately, there are services available to assist families. Please see the Child on Parent Abuse tab under Useful Links and Documents at the top of this page, for a leaflet which contains all of the relevant support services and resources.

Happy Birthday!

Reception: Florence

Year 1: Isabella, Emilia

Year 2: Jack, Esah

Year 3: Emily

Year 5: Alfred

Year 6: Lorenzo, Harley

May God never stop showering you with His blessing!



Attendance Award

Congratulations to Year 5 Yellow with 98.67% attendance this week!
Well done!

Every day at school counts, helping with learning, developing skills, and building friendships.



The PTA are organising their first event of the year – a Christmas Disco! Tickets will go on sale next week, so keep an eye on Class Dojo for more information.



Parents evening appointments are now open for bookings.

Please click the link <https://stmarthascatholicprimary.schoolcloud.co.uk> or follow the link from the email that has been sent to you.

Parents evenings are as follows:

Reception, Year 1 and Year 2,
Wednesday 20/11/2024 1.30pm - 4pm
Thursday 21/11/2024 3.30pm-6.30pm

Year 3, Year 4, Year 5 and Year 6.
Wednesday 20/11/2024 3.30pm-6.30pm
Thursday 21/11/2024 1.30pm - 4pm.

I would like to wish the Year 5 children the best of luck as they perform their first Shakespeare production at the Guildhall on Monday. I am looking forward to watching all your hard work from this week put in to action on the stage! Good luck also to the Cross Country Finalists, I hope the weather stays dry!

On Monday 11th November, we will be honouring armed forces members who have died in the line of duty. All staff and children will come together at 11am for 2 minute silence.

Next week is Anti-bullying week. The theme for this week is 'Choose Respect'. The children will be doing lots of work around this theme during the work so please do support this week by talking with your child about what they are learning.

Wishing you all a lovely weekend,

Mrs Edwards



Well done to our **Be the best you can be** winners this week . . .

Reception: Arthur & Daniel

Year 1: Rita & Martha

Year 2: Annabell & Alfie

Year 3: Artiom, Timas & Blue

Year 4: Evie & Dominykas

Year 5: Alexandra & Antoni

Year 6: Yuan & Elsie

Dates for the Diary (new dates highlighted in green)

NOVEMBER 24						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER 24						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

11 – 15	Anti Bullying week
11	Year 5 at Guildhall for Shakespeare Rehearsal during the day and production at 6pm 9am Cross Country Finals
13	Year 3 Yellow Class Assembly
14	Year 5 and 2 Class Mass
15	Children in Need
20	Parents Evening EYFS/ KS1 1:30 - 4pm KS2 3:30 – 6:30pm EYFS/KS1 Enrichment Afternoon
21	Parents Evening EYFS/KS1 3:30-6:30 KS2 1:30 – 4pm KS2 Enrichment Afternoon
21	Year 6 and 1 Class Mass
26	Reception 2025 New Intake Information Evening 5:30pm
27	Year 4 Yellow Class Assembly Year 3 Trip to Flag Fen
28	10am Rock Steady Band Concert
1	1 st Sunday of Advent
2	Year 2 Nativity to Parents (2:15pm and 5:30pm)
4	Year 1 Nativity to Parents (2:15pm and 5:30pm)
5	Reconciliation Service
6	7pm Advent Service – now confirmed
10	Reception Nativity to Parents (2:30pm and 5:30pm)
11	Carol Concert
12	Christmas Jumper Day
16	Whole School Trip to Pantomime at King’s Lynn Corn Exchange
18	End of Term Mass Christmas Lunch
20	End of Term: Finish at 1:45 pm

The
ELSA
Study



UNIVERSITY OF
BIRMINGHAM



Screening children for type 1 diabetes



**Would you like to get your child
screened for type 1 diabetes in the
ELSA diabetes research study?**

**We are screening children, aged 3-13 years,
at a clinic near you:**

Date: Saturday 23rd November

Time: 09:30-12:00 Walk ins welcome

Location: The Clock Pharmacy

Register here: www.elsadiabetes.nhs.uk

Contact us: research.eoe@nihr.ac.uk

Scan for info



SUPPORT SERVICES

Child and Adolescent to Parent Violence and Abuse

Are you the parent/carer of a young person and struggling with their behaviour?

Conflict between a young person and their parent/carer is often a part of growing up. It's normal and healthy for children and young people to become angry or frustrated, but this should not result in violence or abuse against family members.

When that behaviour crosses the line into aggressive and harmful behaviours, it can be difficult to know where to turn.

It is not a parenting failure. It is not shameful. Support is available.

PEGS - Parental Education Growth Support

Open to any parent, carer or guardian experiencing Child to Parent Abuse, regardless of the age of their child (including those with adult offspring). Services (virtual drop in sessions, peer support group, Empowering Parents in Crisis (EPIC) sessions, access to one-to-one support with a dedicated practitioner). These are offered virtually to limit any boundaries. All services are specifically for parents however there is a network of partner services who specialise in child-focused support and PEGS can signpost or refer into these as necessary.

- www.pegssupport.co.uk - for online self-referral form and professional referral forms.
- Live chat available 9am to 3pm on weekdays.
- or get in touch at: hello@pegssupport.com

Capa First Response

Capa (Child or Adolescent to Parent Abuse) is a 'First Response' service to families and professionals impacted by a child using harmful and/or aggressive behaviours in the home, offering free or low cost support. For those with caring responsibility for a child under the age of 18 or for a young person up to the age of 25 years if there is a neurodiverse diagnosis including ASD, ADHD or a learning disability. Offering 1 to 1 sessions with trained practitioners, to create an action plan so that everyone feels safe at home, including siblings/extended family. Offering services to all regardless of location. As well as offering free consultations for professionals.

- www.capafirstresponse.org
- **For support get in touch at: info@capafirstresponse.org**

Family Lives

A confidential and free (from landlines and most mobiles) helpline service for families in England and Wales. Offering emotional support, information, advice and guidance on any aspect of parenting and family life. Provides you with space to talk and to help you explore your situation and identify the way forward.

- **Get in touch on 0808 800 2222 Mon- Fri 9am to 9pm. Weekends 10am to 3pm. If you don't get an answer first time please do try again.**
- **Alternatively email: askus@familylives.org.uk.**
- **or live chat at: www.familylives.org.uk between Mon-Fri 10.30am-9pm.**

FamilyLine

FamilyLine supporting family members over the age of 18, providing emotional support and practical guidance on family issues.

- **Get in touch by calling: 0808 802 6666 or Text: 07537 404 282 Mon-Fri, 9am to 9pm**
- **Alternatively email: familyline@family-action.org.uk**
- **or contact live chat at: www.family-action.org.uk**

Childline

Childline are there to listen and support children and young people with anything they want to talk about in confidence.

- **Calls are free to 0800 1111**
- **live chat or email in confidence via www.childline.org.uk/login**

Newbold Hope

Supporting parents and professionals to reduce violent and difficult behaviour in children and young people with a disability and/or an additional need. Entirely run by parents who have been through this with their own child. Offers free and helpful videos, articles and resources for professionals and families.

- www.newboldhope.com

YoungMinds

Mental health and well being advice and tools for young people under 25 and their parents/main carers. Parent helpline provides detailed advice, information, emotional support and signposting to empower them to be the best support they can be to the young person in their lives.

- **Parent helpline (free) 0808 802 5544. Mon-Fri 09.30am-4pm**
- **Live chat/email via www.youngminds.org.uk**

Other support services

For families living in Norfolk:

Leeway -specialist domestic abuse charity, supporting adults, children and young people. **For free, confidential and non-judgemental support contact 0300 561 0077**

Just One Norfolk - for advice and support on child development, emotional health, behaviour and much more! Visit www.justonenorfolk.nhs.uk or call on **0300 300 0123 Mon-Fri 8am-6pm. 9am-1pm Sat or Text: Parentline 07520 631590. Mon-Fri 8am-6pm, 9am-1pm Sat.**

Resources

- Practical guides and information for those experiencing abuse/violent behaviour from their child;
 - [Adolescent violence to parents \(cescp.org.uk\)](https://cescp.org.uk)
 - [When_your_Child_or_Adolescent_is_Violent_.pdf \(hubble-live-assets.s3.amazonaws.com\)](https://hubble-live-assets.s3.amazonaws.com)
 - [CAV_Resource.pdf \(hubble-live-assets.s3.amazonaws.com\)](https://hubble-live-assets.s3.amazonaws.com)
- Home Office Guidance (2016) **Information guide: adolescent to parent violence (safelives.org.uk)**



Last updated 24/05/24

The Snowman & the Snowdog

Wednesday 18th December, 4pm & 6pm
King's Lynn Minster

FREE
Family
Event

Watch this wonderful family film in our beautiful Minster Church, accompanied by a solo chorister performing 'Walking in the Air'



Tickets are FREE but do need to be booked using the link or QR code:
<https://buytickets.at/kingslynnminster/1441797>



Concert - Flute Music

Saturday 14th of December 2024

10am - 1pm

Greenland Music: Bridge St, King's Lynn PE30 5AB



Free entry - Retiring collection
Access to this event at anytime

Programme

10am - 11.30am **Concert part I**

Flute students from:

West Norfolk Music Centre

Springwood High School

St Martha's Catholic Primary School

11.30am - 12pm **Break**

Warm drinks, home made mince pies,...

12 pm - 1 pm **Concert part II**

Sylvia Kewish & Anne Heemskerk (flutes)

Alistair Kewish (spinet, organ)

Stevie Wishart (hurdy-gurdy)

Contact & Infos

Anne Heemskerk, Flautist

Email: annelouise.heemskerk@gmail.com

Website: www.anneheemskerk.com

In their 80th Anniversary year, The King's Lynn Players proudly present this amateur production of THE SOUND OF MUSIC which is presented by arrangement with Concord Theatricals Ltd on behalf of The Rodgers & Hammerstein Organization.

The SOUND of MUSIC

Music by RICHARD RODGERS

Lyrics by OSCAR HAMMERSTEIN II

Book by HOWARD LINDSAY and RUSSEL CROUSE

Suggested by "The Trapp Family Singers" by Maria Augusta Trapp

at King's Lynn Corn Exchange

Tues 12 - Sat 16 November 2024

Nightly at 7.30pm • Matinee on Sat at 2.30pm

Audio described performance on Saturday 16 November 2024 at 7.30 pm.

Tickets £14 to £18


Sponsored by:



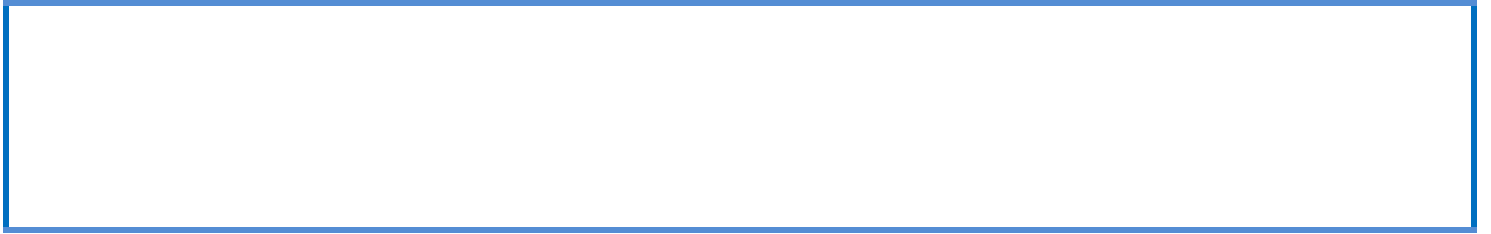
Book Now:

01553 764864



Contact us on: info@kingslynnplayers.co.uk or follow us on  and 

Come and watch
some of our staff
and past pupils
perform The Sound
of Music



Booking Information

Discounted rates

Are subsidised by the Borough Council of King's Lynn and West Norfolk, and apply to West Norfolk residents

Booking is advisable for all activities

All bookings are in line with our standard booking policy

Visit alivewestnorfolk.co.uk for full terms and conditions

All children should bring

Refillable drinks bottle, hat, suncream, jumper and jacket appropriate to the weather for holiday clubs/sessions

Junior Alive Cards are FREE.

Simply apply at your local centre

Alive Downham Leisure - 01366 386868

Alive Lynnsport - 01553 818001

Alive Oasis - 01485 534227

Alive St James Pool - 01553 764888

- *Under 5's must be accompanied at all times during the session by a responsible adult
- **Children must be accompanied 1 adult per 2 children
- *** Children must be confident in the water and be able to swim 25 metres unaided
- **** Under 8s must be accompanied by a participating adult and supervised on a ratio of 1 adult to 2 children
- ***** Participants should be confident in deep water and will be required to complete a swim test. If during the swim test participants are unable to swim 25 metres unaided, life jackets will be provided
- If your child has any medical, SEND or additional needs which require additional support, please contact us prior to booking at enquiries@alivewestnorfolk.co.uk to ensure we can facilitate this
- For all activities excluding holiday clubs, children under the age of 8yrs must be accompanied by a responsible adult who must remain within the designated viewing area for the specific activity/site for the duration of the activity and be able to assist their child if needed

All information is correct at time of print and may be subject to change

LYNNSPORT Holiday Clubs



Breakfast Club

Fun and games alongside a choice of cereal and fruit juice

Standard - £2 | Alive Card - £1
Alive Concession Card - FREE

28 Oct - 1 Nov | 8am-9am



The Fun Club

A range of sports, games & activities

28 Oct - 1 Nov | 9am-3pm



Basketball Holiday Club

Fun basketball games, tricks & matches

29 Oct | 9am-3pm



Football Holiday Club

Fun football games, leading to matches & a tournament

30 Oct | 9am-3pm



Girls Football Holiday Club

Fun football games for girls, leading to matches

31 Oct | 9am-3pm



Gymnastics Holiday Club

Fun gymnastics activities, ninja warrior & free play

31 Oct | 8am-3pm



LYNNSPORT

Holiday Activities



Date	Time	Activity	Age	Standard
28 Oct	2pm-4pm	Skateboard Skillz	8-15yrs	£8.93
28 Oct	10am-11am	Soft Archery	5-9yrs	£6
29 Oct	10am-12pm	Family Climb Time**	5yrs+	£8.93
29 Oct	1pm-3pm	Fun Time Climb	8-15yrs	£8.93
29 Oct	9.30am-10.30am	Beginners Tennis	5-8yrs	£6
29 Oct	10.45am-12.15pm	Intermediate Tennis	6-10yrs	£7.40
29 Oct	12.45pm-2.15pm	Development Tennis	11-15yrs	£7.40
29 Oct	10.45am-11.45am	Gymnastics	5-15yrs	£6
29 Oct	2pm-3pm	Trampolining	5-8yrs	£6
29 Oct	3pm-4pm	Trampolining	9-12yrs	£6
30 Oct	10am-12pm	School of Kickboxing	8-12yrs	£8.93
30 Oct	3pm-4pm	Ninja Warrior	8-12yrs	£6
31 Oct	10am-12pm	Family Climb Time**	5yrs+	£8.93
31 Oct	1pm-3pm	Fun Climb Time	8-15yrs	£8.93
1 Nov	11am-12pm	Spooky Arts & Crafts*	3-10yrs	£6
1 Nov	1pm-2pm	Scary Skating	5-15yrs	£6
1 Nov	10.45am-11.45am	Ninja Warrior	5-7yrs	£6



ST JAMES SWIMMING POOL

Holiday Activities



Swimming Crash Course Level 1

Introducing those with no previous experience of swimming confidence in the water. Please bring your own armbands

28 Oct - 1 Nov
9am-9.30am | 4-12yrs

Swimming Crash Course Level 2

These sessions include play time in the water and learning skills such as moving around, submerging, floating and using arms to travel through the water

28 Oct - 1 Nov
9.30am-10am | 4-12yrs

Swimming Crash Course Level 3

Swimmers will develop safe entries into the water including submersion and travel up to 10metres on their front and back. Water safety knowledge and rotation skills will also be progressed

28 Oct - 1 Nov
10am-10.30am | 4-12yrs

Family InflataFun****

31 Oct | 9am-10am
4yrs+
£6



InflataFun*****

31 Oct | 10am-11am
8-15yrs
£6



SOUTH LYNN COMMUNITY CENTRE

Holiday Clubs

The Fun Club

A range of sports, games & activities
30 Oct | 9am-3pm



Holiday of Play

25 October – 3 November

Alive
adventures

Soft Play

Alive Oasis
during opening
hours

Tumble
Tikes

Alive
Lynnsport

£1
Alive
Card

50p
Alive
Concession
Card

KASSET

SKATEPARK & MUSIC COMMUNITY

Alive Lynnsport during
opening hours

Tumble
Teds

Alive
Lynnsport



swimming

All pools during
general swim
sessions

Discounted prices are only available to children under 19 living in West Norfolk with an Alive Card, or an Alive Concession Card. Outside of this, activities are full price. Please see website for prices.

Supported by

Borough Council of
King's Lynn &
West Norfolk



School Holiday Booking Offers

Hire our Sports Hall/Multi-Use
pitch for a discounted price over
the holidays!

9am–4pm

Lynnsport
Half Sports Hall

£24
per
hour

Lynnsport
Multi-Use Pitch

£12
per
hour

For more info or
to book, call
01553 818001





ALIVE



HALLOWEEN GLOW RIDE



**3 NOVEMBER
6PM-8PM**

Spooky Halloween Glow ride with ghosts, ghouls, tricks & treats, prizes & spooky lights! Book your child's FREE place online or in centre. Suitable for U16's. Under 8's must be accompanied by an adult. Children must bring their own bike with front & rear lights.

FREE!



SCAN TO FIND
OUT MORE



Academic year 2024-25

Wraparound Care for

St Martha's Catholic Primary School

Before and after school care every day the school is open to children.



Premier Education are honoured to be able to provide the wraparound care at your school.



Our aim is to deliver a top quality, Ofsted registered provision, with a range of stimulating activities in a safe, secure and fun environment, providing an outstanding service for busy parents.

Parents can relax knowing their children are in safe hands as all staff have experience working with primary school children, have been DBS checked, and hold Emergency First Aid and Safeguarding certificates.

Wraparound care sessions are open to children from Reception to Year 6, with no deposit or registration fee required. Healthy snacks are provided, with specific dietary requirements also being catered for.

St Martha's Catholic Primary 2024-25

Before School Club:
7.30am - 8.30am: £5.25

After School options
3.15pm - 5.45pm: £11.25
3.15pm - 4.30pm: £6
4.15pm - 5.45pm: £6

Book now at:

www.premier-education.com

Contact us at:

ramps@premier-education.com

Ofsted registration number: 2732570

