

St. Martha's News

'Be the best you can be'



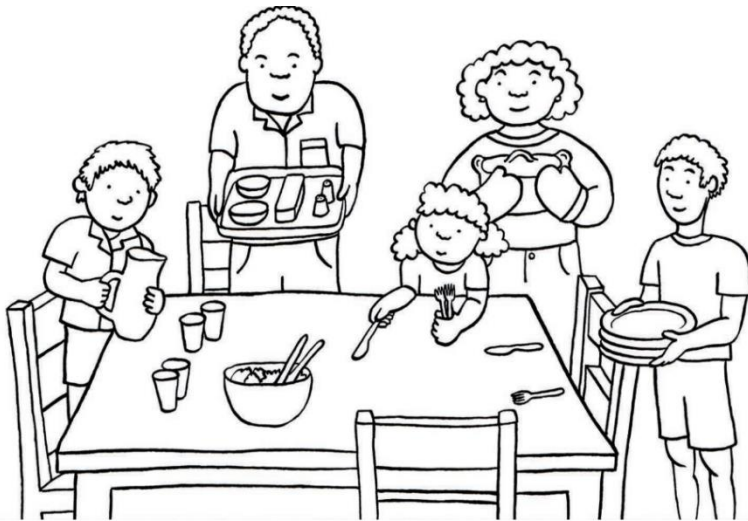
Headteacher: Rachel Edwards
Assistant Headteachers: Mairead Annely,
Lucy Child, Hannah Bredin
SENDCO: Phillippa Shine

Friday 15th November 2024

Field Lane,
King's Lynn,
Norfolk,
PE30 4AY

Tel: 01553
774829

Catholic Life of the School



In the Gospel this week, we hear about the time when Jesus will come again. We do not know when this will be, but we must try to be ready.

This week, as a family, you might want to spend time thinking about how we get ready for other special events in our lives today...

How can you do your best to try and live so that they will be ready for Jesus when he comes again?

Think about all the children around the world who do similar things to you every time they prepare for something this week – getting ready for school, or bed, or dinner, or a party, etc.

Dates for your diary:

21st November: 9:30am Year 6 and 1 Class Mass

Dear Families,

It has been a very exciting week this week with lots to celebrate. We kicked started the week with our Cross Country finalists on Monday morning. On Monday 11th November, Mrs Doherty and Mrs Bunting took 13 children who had qualified through to the next round of the West Norfolk SSP Cross Country Championships. All of these children ran amazingly well and did our school proud. Out of the 13 children, 5 of them qualified for the Norfolk county finals which will be held at Langley Prep school in Taverham on 28th November. Amongst the qualifiers are; Julian (Year 4 - 2nd place), Simon (Year 4 - 7th place), Lily (Year 5 - 7th place), Elsie (Year 6 - 7th place) and Joshua (Year 6 - 7th place). This is a fantastic achievement and we wish them luck in running in the next round against the best runners from schools across the whole of Norfolk!



On Monday evening, families of children in year 5 were entertained by their production of 'A Midsummer's Night Dream.' We had been selected, one of



four other schools nationally, to participate in the production led by the Shakespeare Birth Place Trust. The children had a week to prepare – learning their lines, actions, dances and even some singing! I was incredibly proud of them as I watched them bring their characters to

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.

Happy Birthday!

Reception: Motiejus, Dominic

Year 2: Hansel

Year 3: Emilia

Year 4: Sophia

Year 5: Aaliyah, Alfie, Ronan, Kendall

Year 6: Joshua

May God never stop showering you with His blessing!



life to retell the story. Thank you to all the families who came to watch and I am sure that the children will remember this experience for many years to come – performing at the same theatre as Shakespeare himself!

Well done to Year 3 Yellow who shared their learning of the Stone Age this week in their assembly. They remembered a lot of information and shared it confidently. Thank you to all the parents who were able to come and watch, it was lovely to see such a full and busy room as you looked through your child's books together.

Please remember that next week is parents evening week. If you haven't booked an appointment yet, please do so as we do encourage all parents to have this opportunity to speak with their child's class teacher.

I have added Spring Term dates below. As always we endeavour to stick with these dates but we may need to make changes if circumstances change. We will always do our best to let you know as soon as possible if any dates need to be changed. There will of course be things that come up later on so please do always keep an eye on the dates each week. I will highlight any new events which have been planned.

In our recent survey, many of you said that you didn't know how well your child was doing in school. In light of this, we have decided to add a second Parents' Evening in Spring Term rather than an interim report so that you can have another conversation with your child's class teacher, which we feel would be more beneficial to you.

Thank you for your generous donations for Children in Need today. Wishing you all a lovely weekend.

Mrs Edwards

Attendance Award

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

AGAIN!!

Fantastic – I wonder which
class can beat Year 5 Yellow
next week.

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



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

Reception: Elsie & Jerome

Year 1: Nathan & Denis

Year 2: Chi-Zara & Tahlia

Year 3: Grayson & Kristian

Year 4: Daniel, Julian & Simon

Year 5: Joel & Sani

Year 6: Michelle & Ronnie

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
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DECEMBER 24						
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22	23	24	25	26	27	28
29	30	31				

- 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 1st 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

Spring Term Dates

January '25						
S	M	T	W	TH	F	S
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February '25						
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23	24	25	26	27	28	

- 6 INSET Day/Epiphany
- 7 Children start back
- 13 9:30 - 12pm Active Kids Festival Year 2
- 15 Start of Term Mass Year 2 – 6
St John’s Feast Day (celebrating from 27th Dec.)
- 16 Girls’ Football League 4-5pm
- 21 Active Leaders (Sports Leaders to UEA)
- 22 Year 4 Blue Class Assembly
- 23 Year 3 Class Mass
- 24 2pm CMR Concert Yr4, 5 and 6 @HFC
- 26 Rehearsal for Joseph & TCDC
- 27 5:30 - 8pm Choir for Joseph & TCDC Rehearsal
- 29 Year 1 Yellow Class Assembly
- 30 Year 4 Class Mass

- 3 4pm WN Boys Football League
- 5 Year 1 Blue Class Assembly
- 6 Year 5 and 2 Class Mass
4pm Girls Football League
- 7 NSPCC Number Day
- 11 Safer Internet Day
- 12 Year 2 Yellow Class Assembly
- 13 Year 6 and 1 Class Mass
- 17 - 21 Half Term
- 26 Year 2 Blue Class Assembly
- 27 9:30 - 2pm Girls Football 5 a side Yrs 4 and 6

March '25						
S	M	T	W	Th	F	S
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23	24	25	26	27	28	29
30	31					

- 3 9:30 - 2pm Quicksticks Hockey 6 aside Yr 6
4pm WN Boys Football League
- 4 Shrove Tuesday - Pancake Races
Burning of the Palms
- 5 2pm Ash Wednesday - pm Liturgy of Ashes
- 6 World Book Day
- 10 9:30 - 12:30pm Bee Netball Development Yr 4
- 18 6 - 8pm Choir Performing at Schools Make Music @ Corn Exchange
- 19 Parents Evening EYFS/ KS1 1:30 - 4pm
KS2 3:30 - 6:30pm
EYFS/KS1 Enrichment Afternoon
- 20 Parents Evening EYFS/KS1 3:30-6:30pm
KS2 1:30 - 4pm
4 - 5pm Girl's Football League
- 21 Red Nose Day
- 24 Choir & Yr 5 @ Norfolk County Music Festival (TBC)
- 24 - 26 Year 6 to Kingswood
Year 3/4 Easter Production
Year 3/4 Easter Production
- 27 Reception Hearing and Vision
Reconciliation Service

April '25						
S	M	T	W	Th	F	S
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20	21	22	23	24	25	26
27	28	29	30			

- 2 End of Term Mass Years 2- 6
- 3 4pm Girl's Football League
- 4 End of Term (3:15pm)
- 7 - 21 Easter Holidays (21 Easter Monday)

RUSSELL & TURNER
NORFOLK COUNTY COUNCIL

CHRISTMAS STORY COMPETITION

Win £50 Amazon voucher, £200 book voucher
for your school, story read on Radio West
Norfolk & featured in the local paper

WRITE YOUR OWN CHRISTMAS THEMED
STORY IN 500 WORDS OR LESS
CLOSING DATE 9TH DECEMBER

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@nhr.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



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

