

300 Year Anniversary

Before half term was the 300-year Anniversary of Swaffham Bulbeck School. Sadly, due to the ever-changing Covid guidance, our celebration had to be changed slightly however we were still able to join together to mark the occasion. Christopher Welton and Lucinda Collinson, Towers and Hill trustees, organised a wonderful get together of local people who have had worked with the school over the years and I am sure that the amazing cake and musical explanation of how the school was established will stay with the children for a long time. We are also very lucky that the PSA have funded a mosaic to commemorate the event made from clay tiles that each child made. Look out for this on the wall of the school later in the year when it is installed.

Harvest

Just before half term, we celebrated our Harvest Festival with a service in the church led by Reverend Sue.

Reverend Sue talked to the children about the small things that are so important to our ecosystem such as the water, soil and bees. Who knew bees do a waggle dance to communicate with other bees! The children were very impressed.

The children sang our harvest songs with gusto, 'Cauliflowers Fluffy' and 'Harvest Samba' and each class brought with them something special to share. Owls class read prayers they had written, Kingfishers read aloud a harvest poem, Doves shared their experience of the tractor visit and Robins retold the Little Red Hen story.



Covid Guidance

Cambridgeshire and Peterborough have been designated an Enhanced Response Area due to the sharp increase of cases there currently are, particularly in school-age children. We will always inform families if there are any current cases in school but tracing is now carried out by the test and trace service. We will continue to remain vigilant and work with the Local Authority and UK Health Security Agency in the event of an uptick in cases in school. In the meantime, unless a child has had a positive PCR test, the guidance is that they should attend their regular educational setting.

HelloYellow

A huge thank you to everyone who took part in HelloYellow day on Friday 8th October. By sporting a splash of yellow, we raised money for the charity Young Minds www.youngminds.org.uk, who campaign to support the mental health of young people, before they reach crisis point.

We raised over £120 across Swaffham Prior and Swaffham Bulbeck schools. Thank you!

Helen Alvarez is our school wellbeing coordinator, and a big part of her role is to help children understand how to stay emotionally healthy and well. She will be working with groups of children as well as specific children and families who may need wellbeing or emotional support.

Wellbeing@swaffhamprior.cambs.sch.uk

Key Dates

- 4.11.21 Year 3 & 4 West Stow Trip
- 11.11.21 Flu Vaccinations—whole school
- 12.11.21 Year 4 Bikeability
- 20.12.21—4.1.21 Christmas Holiday
- 5.1.21 Back to School

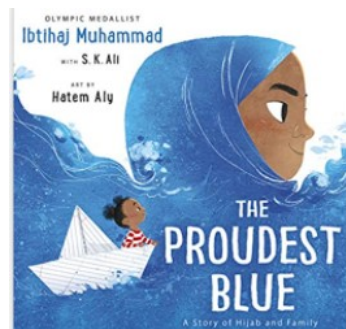
Dates for Nativity and other Christmas events are TBC depending on Covid guidance nearer the time.



This year's national theme for Black History Month was 'Proud to Be'

We will be basing our explorations in school on the book, 'The Proudest Blue' and in upper KS2 children will also be exploring the plight of refugees following on from their Ely Cathedral Day and on Marcus Rashford and his courageous advocacy and contribution to the country.

The book tells the story of one girl's first day of school, and her older sister Asiya's first day of wearing hijab – made of a beautiful blue fabric. But not everyone sees hijab as beautiful. In the face of hurtful, confusing words, they are forced to find ways to be strong. It is an uplifting, universal story of new experiences and of being proud of who you are, from Olympic medallist Ibtihaj Muhammad. We would appreciate it if you could discuss their learning at home and celebrate the rich tapestry of beliefs and cultures there are in the UK.



Class Updates

Owls have been learning about how Ancient Greeks concepts have influenced our lives such as the 'Philosophy' - **Philo** meaning love and **sophy** meaning power and 'Democracy' – **Demo** meaning people and **-kratia** meaning power. We also learnt about the Gods and that their legacy lives on in the Olympic Games which was originally started to honour Zeus – luckily we don't still participate in our birthday suits! In English we have been writing formal letters to a character in the book 'Kick' and working on a story called 'The Dump' which was set in lockdown.

Kingfishers have been working on their own stories based on the story of 'Cassin and the Greedy Dragon'. In science, they have been learning about light and shadows as well as learning about physical and human features in Geography. Mrs Sugg has been particularly impressed with how hard they have been working at learning column addition and exchanging numbers in Maths.

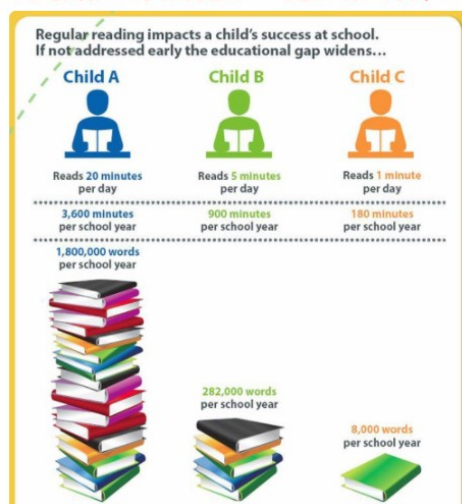
Dove's topic this term is the 'History of Flight' with an exciting trip to Duxford to really inspire the children. They have learnt about Molly Marshall and her links to our local area and as part of their topic they have been making wheeled vehicles in Design and Technology.

Robins have settled brilliantly and have been reading a story called 'The Colour Monster' to explore feelings and emotions and mixing their own colours, ready to create their own mood monster.

Why reading matters!

Research shows that the biggest indicator of future success is being a fluent and confident reader. At school we have daily reading and phonics lessons but we don't listen to each child read daily. In fact, if each teacher were to listen to each child read for 10 minutes every day, in a class of 30 it would take 5 whole hours! We also try to inspire and encourage the children to delve into good books at every opportunity; here are a few we recommend.

THE IMPACT OF READING 20 MINS EACH DAY



Mrs Doggett says, 'Traditional Tales are great for younger children, providing them with a bank of really familiar stories.'

Mrs Weaver says, 'Anything by Roald Dahl or Michael Rosen poetry!'

Miss Ashwell says, 'The Boy at the Back of the Class' by

Mrs Sugg says, 'take a look at the 13th Storey Treehouse series by Andy Griffiths'.

Mrs Bartley recommends the Rick Riordan series such as Percy Jackson, Heroes of Olympus or Magnus Chase.

“Let your light so shine before others that they may see your good works and give glory to your Father who is in heaven.” Matthew 5:16

Our School Values

- Compassion**
- Reverence & Respect**
- Hope**
- Peace**
- Forgiveness**
- Thankfulness**
- Endurance**

This half term we will be focusing on **Reverence and Respect**: for each other, for the world around us. We will be thinking about how we treat others and the positive impact we can make and also that others have made before us. We will also be discussing what it means to **“Shine Brightly”** and how our values can help us to flourish.

Healthy Lunch Choices

Eating a healthy, balanced lunch is vital for ensuring children have the right nutrients and enough energy to see them through the school day, however, achieving this balance is not always as easy as it sounds. The key to a healthy packed lunch is variety and getting the right balance of foods to provide children with all of the nutrients they need to stay healthy. School lunches are carefully formulated to meet strict criteria and ensure children have a warm and balanced meal at lunchtime however a packed lunch made at home can also be a healthy and delicious choice and gives families control over the foods and ingredients included.

We would like to encourage healthy eating in school based upon the principles of the *Eatwell Guide*. This includes the following:

- a starchy food, e.g. potatoes, bread, rice, pasta;
- plenty of fruit and vegetables, e.g. carrot sticks, an apple, sliced cucumber;
- a source of protein, e.g. beans, pulses, egg, fish, meat;
- a healthy drink, e.g. water, semi-skimmed milk.



We suggest that foods high in fat, salt and sugars should be strictly limited (such as crisps, confectionary and no carbonated drinks)

More information can be found at <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

PE and Earrings

Whilst we do not have a formal policy preventing children from wearing earrings, we strongly recommend that children only have their ears pierced at the start of the summer holidays so that earrings can be removed for school thereafter. Taping earrings up for a PE lesson is not enough to prevent serious injury especially as children also play games and run around at break and lunchtime too. The local authority advice is as follows:

‘The reason not to wear earrings (or any jewellery) is that it can lead to injury for the wearer and for others in the class and it is the teacher’s duty of care that must apply here. The reason is both about tearing of the ear lobe, but also the post of the earring going into the neck which is where the brachial nerve is running directly to the brain.’ This is also national policy from the Association of PE (AfPE).

No Parking!

For everyone’s safety, please walk on the path around the edge of the car park rather than straight through as cars are arriving and leaving at the same time. We want to prevent any accidents happen.

The car park is always very congested as is the road around school. Where possible, please avoid parking near the school.

We would like to encourage as many children to walk or cycle as part of our contribution to helping reduce our carbon footprint and get some exercise at the same time!