



Heacham Infant and Nursery School Newsletter

SPRING 1 — FEBRUARY 2023

TOGETHER WE EXPLORE, DISCOVER, ACHIEVE AND GROW

The last day
of school is
Friday 10th
February
2023

We will see
you back at
school on
Monday
20th
February
2023

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Welcome Message

Dear Families,

We are very proud of the outcome from our recently published Good Ofsted Inspection – this is a credit to our pupils and teaching staff!

We have arranged for a banner for the outside of the school to celebrate our achievements with our community.

We are always impressed by how much our pupils can remember and explain about their learning through our knowledge rich curriculum.

We were particularly proud that the report also celebrated the good behaviour of pupils in lessons and the love of learning seen through the EYFS curriculum.

We continue to work in partnership with our families and look forward to seeing you at the next Maths and Reading café.

Best wishes

Louise Jackson




...a good school

The Nest and Sparrows

Nursery have been learning about fairy tales, primarily Goldilocks, Jack and the Beanstalk and The Gingerbread Man. We've loved baking, decorating and eating our own gingerbread men!

It's been very cold outside and the children have found the frost and ice fascinating. Inside they have new heating, which is lovely!

We recently celebrated Chinese New Year and decorated the nursery with red lanterns and a Chinese dragon! We love a good celebration in Nursery!

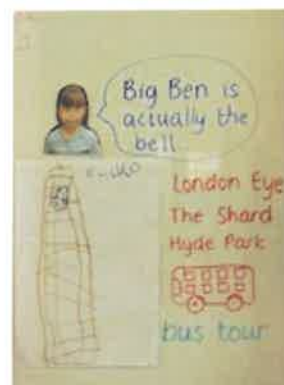


Goldfinches

Goldfinches have been learning about Kings, Queens and Country this half term. The children have talked about Queen Elizabeth and King Charles, and have discussed the coronation. Helen from Music + Movement created a wonderful dance workshop showing the class how to move like royalty! They loved walking on tippy toes with their crowns on!

The class have also explored London - taking a tour virtually and looking at landmarks in the city. They've made some fabulous junk sculptures such as Big Ben and the Houses of Parliament and created some beautiful paintings too.

Goldfinches have been working really hard on their reading, writing and counting. Well done everyone!



Robins

Robins have loved learning about being healthy and making different meals in Food Technology. They have made fruit kebabs and tried different fruits, and sandwiches too, some with some unusual fillings!

The whole class enjoyed a trip to Eric's Pizza in Drove Orchards to learn how to make their own pizzas! They learnt all about the dough used and used delicious toppings for their special lunch.

In Science the children have been learning about the weather. The class made a rain gauge and predicted how much it would rain throughout the week.

Robins have really enjoyed learning all about the United Kingdom - exploring the capital cities, visiting Scotland and finding out about the Loch Ness Monster!



Owls

Owls have been learning how to write a recount letter, using the story Superworm in English. They have had great fun thinking about their own superpowers!

The class have been learning all about multiplication and division and measuring too in Maths.

Science has seen Owls class learning all about the human body. Did you know we have over 200 bones in our body? They had great fun investigating the digestive system!

In art everyone has been learning about portraits and self portraits. The children have learnt how to plan a portrait, add detail and expression.

And in Geography the class have been learning all about the British Isles and finding out all about the four countries that make up the UK.



The children continue to work extremely hard and are making great progress, well done! Wishing you a restful half term and we look forward to welcoming you back after the holidays.

Next Half Term

Sparrows will be thinking about transport and imagining travelling to other places, maybe somewhere exotic and warm!

Goldfinches will look at the topic of air, land and sea. They will discover the differences between places and talk about travel and transport. The class will also look at people that help us, such as the RNLI. They will continue to blend and read, practising their Set 1 phonics and continuing with Set 2 phonics.

Robins will be learning about Kings and Queens in History. Science looks at how to take care of the world including reducing, reusing and recycling. Art and Design will explore Architecture and the children will design their own building!

Owls will listen to instructions English and try to write their own. Maths will focus on capacity and statistics and in Science the class will look at matter and materials. The class will have a go at still life in Art and will learn about the Romans in History.

Events and Activities

After school clubs

Please email the school office to book a place for your child. Spaces are on a first come, first served basis. **Clubs begin on the week commencing Monday 27th February:**

Mon - Multisports with Premier Education 3:10 - 4:10pm (Payment required)

Tues - Music club with Catherine Clemente 3:10 - 3:50pm

Tues - SSP Dance Festival Club with Steph Johnson 3:10-3:50pm

Weds - Yoga with Catherine Bennett 3:10 -3:50pm

Key Dates

Parents Evenings - Tues 21st or Thurs 23rd February from 3:30pm

Booking sheets are available at your child's classroom.

World Book Day & Reading Café - Thurs 2nd March 2:15-3pm

Children are invited to dress up as their favourite book character for World Book Day. Then come along and take part in our Reading Café, full to the brim with some fabulous booky activities!

Goldfinches Dance Workshop 999 Rescue - Thurs 2nd March

Helen Battelley will teach Goldfinches class some emergency services themed dances!

16th March – Book Fair arriving

Goldfinches NHS screening check - Thurs 16th March

Each year in England, school children in Reception Year have their height and weight checked at school as part of the National Child Measurement Programme.

Height and weight measurements are used to calculate weight status.

Comic Relief Red Nose Day - Fri 17th March

Children are invited to dress in non uniform for Red Nose Day. A £1 donation can be made via your child's ParentPay account.

SSP Dance Festival at King's Lynn Corn Exchange - Weds 22nd March, Time TBC

Children participating in the SSP Dance Festival Club will travel to the Corn Exchange by coach to perform their dance on stage. Children will travel with school staff. Tickets for parents will be available closer to the time.

PTA Easter Egg Hunt - 31st March

All children across school will participate in an Easter Egg hunt (during school hours).

Festive Holiday Activities

Have a go at these wonderful activities! Don't forget to share photos on Dojo, we'd love to see them!



Are there birds hopping around your garden? Have a go at recreating one and finding a twig to create a branch. You could make a sparrow, a goldfinch, a robin or even an owl!



Oooh, cinnamon whirls! Spread butter on a sheet of puff pastry, add a mix of cinnamon & brown sugar then roll it up. Pop in the fridge before cutting, place on a baking tray & cook for 15-20mins at 180.



Have you seen any flowers popping up already? Create your own using a loo roll tube and some paper. Which flower will you create?

Local Events and Activities

King's Lynn Fairground Mart, 11 to 19 February - The Tuesday Market Place in King's Lynn, one of the country's grandest squares, transforms into a funfair. The Mart is a tribute to the remarkable work of Frederick Savage, who worked with the Showmen's Guild to develop new fairground rides. To save money, plan to go on 13 February when it is Children's Day and all rides (except for the Booster, dodgems and cars) are reduced to £1.

Teddy Bear Express, Bure Valley Railway, 12 to 20 February - Children go free on this bear themed event, which will see the Whistlestop Café decorated and serving up teddy bear lunch boxes (not included in ticket price). Have lots of fun on the 45-minute journey each way from Wroxham to Aylsham. Don't forget to bring your teddy! Children go free with each full fare paying adult (£16 adults, maximum two children 0-15 per adult).

Love Birds, Holkham Hall, 12 to 20 February - There's lots of events taking place including bird spotting and workshops. Enjoy walking the free trails around the grounds and sign up for a Build a Bird Box Workshop, where children can join a wildlife expert; and take the bird box home to decorate (£9 per child). There's also an Avian Art Workshop where children can create a bird themed masterpiece (£6 per child). And don't forget that Holkham Hall is perfect for a family walk or cycle too. Take in the gorgeous grounds and maybe even spot some deer! Bikes available to hire from £10.

Broad Tours Pirate Themed River Trip, Wroxham, 14 to 18 February - Pirates have commandeered the Cordon Rouge on the Norfolk Broads to seek lost treasure! They need a crew (you!) to help them find it. With pirate-themed decoration, activity packs and commentary from Flint, the pirate ship captain, it's sure to be a fun experience. Feel free to dress up in your best pirate outfit too! Trips last for 1.5 hours and run twice daily during half-term. Tickets £12.50 for adults and children.

Coding Critters, Hunstanton Library, 15 February 2023 4.30pm - 5:30pm - Come along for stories about Ranger and Zip, the coding critter puppies. Go on adventures with this adorable duo and learn early coding skills. Email lib.events@norfolk.gov.uk or call 01603 774777

Magic School Theatre, The Workshop, 16 February - Ever wanted to learn the ways of magic and become a qualified witch or wizard? Over 2 hours you can explore fantastical stories, create enchanting characters and even learn a few magic tricks. Come and use drama to create a spellbinding performance in 2 hours! Reception-Year 2, 10am-12pm, £15. Year 3-6, 1-3pm, £15. Bookable via The Workshop's website.

Reading Competition

We love reading at Heacham Infant and Nursery School!

It really is so important to encourage your child to read and build a lifelong love of reading. It helps your children make great progress in their learning across all subjects.

Our weekly reading competitions are going well but keep logging those reads at home! The class with the most reads wins a new book to read together with squash and biscuits.

Remember all reading counts! Reading together, to a friend or a pet, reading ditty words, a book or a comic. You can even send us videos on Dojo.

All reading is great!



Read, Write Inc Phonics



Read Write Inc. is the phonics scheme used by our school. Like all phonics schemes, it teaches children the sounds in English, the letters that represent them, and how to form the letters when writing.

Read Write Inc. Phonics includes reading books written using only the letters they have learnt at each level (and a small number of separately taught tricky words). The children will quickly feel confident and successful.

Lots of free resources like ebooks, videos and other resources to support your child's learning can be found on the Oxford Owl website.

Take a look together!

Free School Meals and Pupil Premium

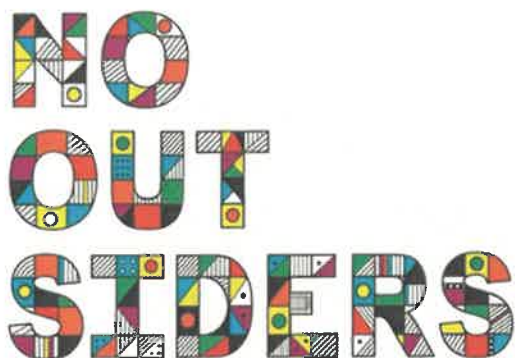
You might be eligible for Free School Meals/Early Years Pupil Premium funding.

The school receives funding for each child who comes under Pupil Premium (including free school meals), so it is worth applying! Pupil Premium can cover Nursery sessions too!

You can apply online: <https://fiso.norfolk.gov.uk/synergy/Enquiries/Citizen/FreeSchoolMeals.aspx> or email the office for an application form.



No Outsiders



'All different, All welcome'

This year we are using the website 'No Outsiders' which we discuss during assembly time. The website is to prepare children for life in modern Britain. Our discussions promote a sense of inclusion and belonging; we want to empower our children as they articulate themselves.

We encourage you to explore the website for yourself! We have created a display in our hall where we have also put our Diversity and Equality pledge. If you agree with the pledge please sign the signature book.

A message from our Governors

Hello!

As we are new to the role of Co-Chair of Governors this year, we wanted to introduce ourselves and tell you a little bit more about the role of Governors. Heacham Infants, Heacham Junior and Snettisham have a joint Governing body, reflecting the way our schools are managed. We meet every half term, rotating our meetings around the three schools. We regularly visit each school to observe learning in action, talk to pupils, attend school events, review books, and meet with staff.

Our Governing body is made up of parents, carers and local people appointed by the Trust who are committed to supporting the schools to provide the best education and environment they can. Our role is to review school targets, policies, plans and school data. We challenge and support the Senior Leadership Team. As "critical friends" we ask questions to check the best course of action is being taken. The operational management of all three schools remains the responsibility of the Executive Headteacher.

Kirsty Kerr - I have two children, one of which is currently at Heacham Junior School in year 4, and the other who is now at high school, having transitioned from Heacham Junior. I am fortunate enough to have worked in all 3 of our wonderful schools but have held my role as a Governor since spring 2021. In addition to being Co-Chair, I have responsibility for SEN. I am passionate about ensuring all children have the opportunity to achieve and experience success and I am very proud to be able to play a part in this with West Norfolk Academies Trust.

Barbara Herring - I have two children at Snettisham, Aidan in year 3 and Eloise in year 6, and I have been a Governor since spring 2021. I have been a Governor before at another primary school, and in addition to being co-Chair I have responsibility for safeguarding. I got involved as I am passionate about ensuring all children have access to a high quality of education. I have enjoyed getting more involved with the schools and the Trust and working alongside the other Governors.

If you'd be interested in finding out more about how the Governing body works then do feel free to get in touch with us, we'd love to tell you more.

A message from Lauren Thrower

Many of you will have heard that I will be leaving Heacham Infant and Nursery School at the end of this half term, however not entirely!

I am moving on to a role supporting students at Smithdon High School but I will be coming back to Heacham to run an after school club in the Summer term. I'll still be on the playground as a parent too!

I wanted to say thank you to everyone, staff and families, for your support and kindness during my time here as the school receptionist. It has been a pleasure to have the opportunities to help and see your children progress and flourish in their educational journey, and to get to know so many of you.

Wishing you all the very best, have a wonderful half term and see you soon!

Lauren Thrower



A message from the PTA



Come and Meet Us! - Tuesday 28th March 2:30pm

Come and get to know your PTA members and find out more about what we do.

PTA Meetings - Second Tuesday of the month at 2:30pm

(If this date falls on a holiday, the meeting will be rearranged.)

We look forward to seeing you!

We have already been busy planning some wonderful events for this year and look forward to sharing more information with you soon.

Thank you for all your support with our past events. You've helped us raise some fabulous amounts to go towards new resources for the children.

We would very much like to see our PTA grow and hope to welcome members from families across school, nursery all the way to Year 2. If you would like to join, help host and support events, fundraise for our school and contribute to enriching the children's experience come along to one of our meetings or talk to us on the playground!

Keeley, Lauren, Victoria P, Victoria S and Zoe

Heacham Infant and Nursery School

Address: School Road
Heacham
King's Lynn, Norfolk
PE31 7DQ

Phone: 01485 570357

Email: office@heachaminfant.co.uk

If you have a matter you wish to discuss with our Headteacher Louise Jackson, our Deputy Headteacher, Emma Hunt or our Assistant Head, Claire Dack, please make an appointment at the school office and we will be very happy to chat to you.

We want everyone to feel welcome in our school and also to ensure that the children's safety, learning and happiness are always our priority.

**Together we explore, discover, achieve and grow:
developing outstanding practice**

Term Dates 2022-2023

September 2022						
M	T	W	T	F	S	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		

October 2022						
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2022						
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2022						
M	T	W	T	F	S	S
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19	20	21	22	23	24	25
26	27	28	29	30	31	

January 2023						
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2023						
M	T	W	T	F	S	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					

March 2023						
M	T	W	T	F	S	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		

April 2023						
M	T	W	T	F	S	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

May 2023						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2023						
M	T	W	T	F	S	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		

July 2023						
M	T	W	T	F	S	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						

August 2023						
M	T	W	T	F	S	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			

Key: **White** dates – school open to pupils
Orange dates – pupil holiday
Purple dates – staff training day
Red dates – bank holiday

Staff training days are:
Thursday 1st September, Friday 2nd September, Friday 21st October, 3rd January and Monday 17th April

Week 1

Monday

Tuesday

STREET FEAST
WEDNESDAY

Thursday

Friday

Main Meal

Sausage & Baked Beans
with Creamy Mashed
Potato served with
Seasonal vegetables

(G) (W) (SU) (SO) (MK)

Pasta Bake
served with Garlic & Herb
Bread and Fresh Salad

(G) (W) (MK) (SO)

Pizza Street
Ham & Cheese Pizza
served with Potato Wedges
and Fresh Salad

(G) (W) (E) (SO) (MK)

Roast Chicken with Roast
Potatoes, Carrots,
Cabbage, Stuffing Ball
and Gravy

(G) (W)

Fish Fingers served with
Chips, Garden Peas and
Baked Beans and Tomato
Ketchup

(G) (W) (F)

Meat Free



Quorn Sausage & Baked
Beans with Creamy
Mashed Potato served
with Seasonal vegetables

(G) (W) (B) (E) (MK)

Vegetable Pasta Bake
served with Garlic & Herb
Bread and Fresh Salad

(G) (W) (MK) (SO)

Pizza Street
Margherita Pizza served
with Potato Wedges and
Fresh Salad

(G) (W) (E) (SO) (MK)

Quorn Fillet with Roast
Potatoes, Carrots,
Broccoli, Stuffing and
Gravy

(G) (W) (E)

Vegetable Nuggets served
with Chips, Garden Peas
and Baked Beans and
Tomato Ketchup

(G) (W)

Jackets

Jacket Potato with Cheese
and Baked Beans served
with Fresh Salad

(MK)

Jacket Potato with Cheese
and Baked Beans served
with Fresh Salad

(MK)

Jacket Potato with Cheese
and Baked Beans served
with Fresh Salad

(MK)

Jacket Potato with Cheese
and Baked Beans served
with Fresh Salad

(MK)

Jacket Potato with Cheese
and Baked Beans served
with Fresh Salad

(MK)

Lunchtime
Lunchbox

Cheese Sandwich
Cheese Straw
Salad Sticks
Choose one of our
Fabulous Desserts
(G) (W) (MK) (E) (SE)

Ham Sandwich
Chicken Goujon
Salad Sticks
Choose one of our
Fabulous Desserts
(G) (W) (MK) (SE)

Tuna Mayo Sandwich
Pizza Finger
Salad Sticks
Choose one of our
Fabulous Desserts
(G)(W)(MK)(F)(E)(SE)(SO)

Ham Sandwich
Cocktail Sausage
Salad Sticks
Choose one of our
Fabulous Desserts
(G)(W)(SE)(SO)(SU)

Cheese Sandwich
Pizza Finger
Salad Sticks
Choose one of our
Fabulous Desserts
(G) (W) (MK) (E) (SE)(SO)

Desserts

Chocolate Crunch
Fresh Fruit Pot

(G) (W) (E) (MK)

Apple Crumble & Custard
Fresh Fruit Pot

(G) (W) (E) (MK)

Mixed Berry Sponge
Fresh Fruit Pot

(G) (W) (E) (MK)

Vanilla Ice-Cream
Fresh Fruit Pot

(MK)

Lemon Drizzle Cake
Fresh Fruit Pot

(G) (W) (E) (MK)

Available every day:

A selection of fresh
vegetables and tasty salad

Delicious freshly
baked bread

Jacket potatoes with a
choice of toppings

Week 2

Monday

Tuesday

STREET FEAST
WEDNESDAY

Thursday

Friday

Beef Pasta Bolognaise served with Garlic and Herb Bread, Peas and Sweetcorn

(G) (W) (MK)

Sausage roll with potatoes and salad

Street Feast
Chicken Goujons & Sticky BBQ Dip served with Seasoned Potatoes and Sweetcorn

(G) (W)(B)(C)(MK)(SO) (E)

Fish Fingers served with Chips, Garden Peas and Baked Beans and Tomato Ketchup

(G) (W) (F)

Vegetable Pasta Bolognaise served with Garlic and Herb Bread, Peas and Sweetcorn

(G) (W) (B) (E) (MK)

veggie sausage roll with potatoes and salad

Street Feast
Sticky BBQ Quorn served with Seasoned Potatoes and Sweetcorn

(G) (W) (E)

veggie sausages with potatoes and vegetables

Cheese & Tomato Pinwheel Served with Chips, Garden Peas and Baked Beans and Tomato Ketchup

(G) (W) (E) (SO) (MK)

Jacket Potato with Cheese and Baked Beans served with Fresh Salad

(MK)

Jacket Potato with Cheese and Baked Beans served with Fresh Salad

(MK)

Jacket Potato with Cheese and Baked Beans served with Fresh Salad

(MK)

Jacket Potato with Cheese and Baked Beans served with Fresh Salad

(MK)

Jacket Potato with Cheese and Baked Beans served with Fresh Salad

(MK)

Cheese Sandwich
Cheese Straw Salad Sticks
Choose one of our Fabulous Desserts

(G) (W) (MK) (E) (SE)

Ham Sandwich
Chicken Goujon Salad Sticks
Choose one of our Fabulous Desserts

(G) (W) (MK) (SE)

Tuna Mayo Sandwich
Pizza Finger Salad Sticks
Choose one of our Fabulous Desserts

(G)(W)(MK)(F)(E)(SE)(SO)

Ham Sandwich
Cocktail Sausage Salad Sticks
Choose one of our Fabulous Desserts

(G)(W)(SE)(SO)(SU)

Cheese Sandwich
Pizza Finger Salad Sticks
Choose one of our Fabulous Desserts

(G) (W) (MK) (E) (SE)(SO)

Chocolate Shortbread
Fresh Fruit Pot

(G) (W) (MK)

Orange Muffin
Fresh Fruit Pot

(G) (W) (E) (MK)

Cappuccino Cake
Fresh Fruit Pot

(G) (W) (E) (MK)

Iced Sponge
Fresh Fruit Pot

(G) (W) (E) (MK)

A selection of fresh vegetables and tasty salad

Delicious freshly baked bread

Jacket potatoes with a choice of toppings

Available every day:



Week 3

Monday

Tuesday

STREET FEAST
WEDNESDAY

Thursday

Friday

Main Meal

Ham & Cheese French
Bread Pizza served with
Potato Wedges and
Fresh Salad

(G) (W) (SE) (SO) (MK)

Classic Macaroni Cheese
served with Garlic and
Herb Bread and Fresh
Salad

(G) (W) (MK) (SO)

Gourmet Hot Dog
Pork Sausage in a Bun
with Ketchup, Seasoned
Wedges & Salad Bar

(G) (W) (SE)

Roast Chicken with Roast
Potatoes, Carrots,
Cabbage, Stuffing Ball
and Gravy

(G) (W)

Fish Fingers served with
Chips, Garden Peas and
Baked Beans and Tomato
Ketchup

(G) (W) (F)

Meat Free

Margherita French Bread
Pizza served with Potato
Wedges and Fresh Salad

(G) (W) (SE) (SO) (MK)

Mild Vegetable Curry
served with Fluffy White
Rice & Pitta Bread Finger

(G) (W) (MK)

Gourmet Hot Dog
Quorn Sausage in a Bun
with Ketchup Seasoned
Wedges & Salad Bar

(G) (W) (E) (MK) (SE)

Broccoli & Cauliflower
Bake served with Roast
Potatoes, Yorkshire
Pudding and Gravy

(G) (W) (E) (MK)

Vegetable Nuggets served
with Chips, Garden Peas
and Baked Beans and
Tomato Ketchup

(G) (W)

Jackets

Jacket Potato with Cheese
and Baked Beans served
with Fresh Salad

(MK)

Jacket Potato with Cheese
and Baked Beans served
with Fresh Salad

(MK)

Jacket Potato with Cheese
and Baked Beans served
with Fresh Salad

(MK)

Jacket Potato with Cheese
and Baked Beans served
with Fresh Salad

(MK)

Jacket Potato with Cheese
and Baked Beans served
with Fresh Salad

(MK)

Lunchtime
Lunchbox

Cheese Sandwich
Cheese Straw
Salad Sticks
Choose one of our
Fabulous Desserts

(G) (W) (MK) (E) (SE)

Ham Sandwich
Chicken Goujon
Salad Sticks
Choose one of our
Fabulous Desserts

(G) (W) (MK) (SE)

Tuna Mayo Sandwich
Pizza Finger
Salad Sticks
Choose one of our
Fabulous Desserts

(G)(W)(MK)(F)(E)(SE)(SO)

Ham Sandwich
Cocktail Sausage
Salad Sticks
Choose one of our
Fabulous Desserts

(G)(W)(SE)(SO)(SU)

Cheese Sandwich
Pizza Finger
Salad Sticks
Choose one of our
Fabulous Desserts

(G) (W) (MK) (E) (SE)(SO)

Desserts

Oat & Sultana Biscuit
Fresh Fruit Pot

(G) (W) (B) (E) (MK)

Chocolate Brownie
Fresh Fruit Pot

(G) (W) (E) (MK)

Dutch Apple Sponge
Fresh Fruit Pot

(G) (W) (E) (MK)

Fruity Flapjack
Fresh Fruit Pot

(G) (W) (B) (E) (MK)

Marble Cake
Fresh Fruit Pot

(G) (W) (MK) (E)

Available every day:

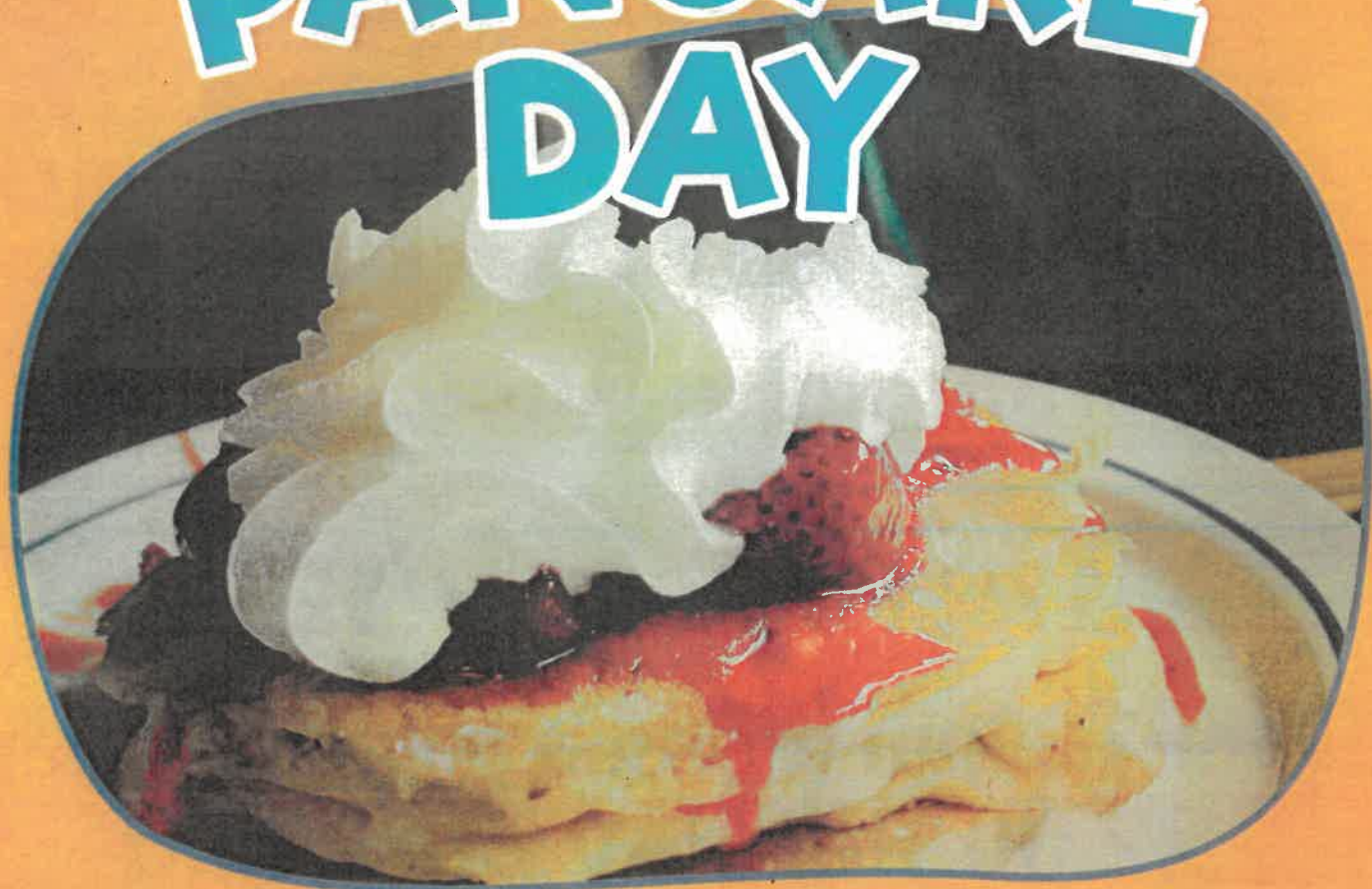
A selection of fresh
vegetables and tasty salad

Delicious freshly
baked bread

Jacket potatoes with a
choice of toppings



PANCAKE DAY



TUESDAY 21ST FEBRUARY

Sausage Roll (G)(W)(SU) or Vegan Sausage Roll (G)(W)
served with Chips and Beans or Garden Peas

Followed by our Fabulous Pancakes (G)(W)(E)(MK) with
Amazing Toppings, including...

Chocolate Sauce, Strawberry Sauce, Squirty
Cream, Sprinkles and Fresh Fruit Cocktail

Allergen key: (E) Egg, (G) Gluten, (MK) Milk, (SU) Sulphites, (W) Wheat

LUNCHTIME CO.



**Early
Childhood
and Family
Service**

Information for professionals only



Norfolk
County Council



Online services for families with 0 to 5 year olds in Norfolk *Spring 2023*



Courses for parents

These courses take place live over Microsoft Teams. Help may be available to enable families in digital poverty to attend. To refer a family complete our referral form at bit.ly/ECFSreferral

Understanding Your Child: The Solihull Approach

Every Thursday evening for 10 weeks starting 19 January

Every Tuesday evening for 10 weeks starting 9 May

Circle of Security

Every Tuesday evening for 8 weeks starting 24 January

Every Thursday evening for 8 weeks starting 11 May

Webinars & workshops

Live one-off Q&A and information sessions on Microsoft Teams. Parents can book online at ecfsnorfolk.eventbrite.com

Let's Get Talking!

Wednesday 11 January, 10.00am

Wednesday 25 January, 7.00pm

Sharing Stories

Wednesday 22 February, 7.00pm

Thursday 23 February, 1.00pm

Toilet Training

Wednesday 8 March, 10.00am

Wednesday 22 March, 6.00pm

Car Seat Safety

Wednesday 15 March, 7.30pm

Moving on up!

Wednesday 10 May, 10.00am

Wednesday 24 May, 7.00pm

More coming soon!

Keep an eye on our [Eventbrite page](#) for more online sessions being added soon



These live online services are in addition to face-to-face groups, courses and one-to-one support offered across Norfolk. Find a full list of interventions at bit.ly/ECFSreferral

Follow us!

@ECFSNorfolk



01603 573160 | norfolk.gov.uk/earlychildhood | ecfs-families@actionforchildren.org.uk



dance - drama - music

Half-Term Dance Workshop

@

Dersingham Social Club

17th February 2023

10am-2.30pm (bring a packed lunch)

£22.00 Per day per child

AGE: 5-11years

**LIMITED AVAILABILITY – BOOKING
ESSENTIAL**

Call Helen: 07929324965

www.musicandmovement.org.uk

admin@musicandmovement.org.uk



Alive



February Half Term Activities

13 – 19 February 2023



Scan to
book

**Lynnsport, St James Pool,
Downham Leisure & Oasis**

**Loads of fun activities for the whole family this
Half Term, including Holiday Clubs, Pool Parties,
Go Karting, Roller Skating Discos and more!**

Booking is advisable for all activities

GoKarty & Party!



Join us for go karts and bouncy castle fun! Kids will love driving the go karts around a fun inflatable track, as well as playing on the bouncy castle, driving didi cars and more!

Downham

Wednesday 15 February

1pm–2pm	3–6 yrs
2pm–3pm	7–10 yrs



Lynnsport

Friday 17 February

10am–11am	3–6 yrs
11am–12pm	7–10 yrs

For children under five a responsible adult must remain at the activity.

**Standard
£10**

**Alive Card
£9**

**Junior
Concession Card
£8**

Tennis

Tennis season is just around the corner, so why not try our fun and exciting tennis sessions! Whether children have played tennis before or are new to the sport, now is the time to give it a go!

Lynnsport

Monday 13 February

9am–10.30am	Mini Red	5–7 yrs
10.30am–12pm	Orange	8–10 yrs
12.30pm–2pm	Yellow	11–15 yrs



Downham

Tuesday 14 February

9am–10.30am	Mini Red	5–7 yrs
10.30am–12pm	Mini Orange	8–10 yrs

**Standard
£10**

For those on our Junior Tennis programme, one session at Lynnsport is included.

Inflata-fun!

Get pumped for our exciting and fun pool inflatable sessions at St James! These sessions are jam packed full of games, challenges and races that everyone will enjoy!

Tuesday 14 February

9am–10am	Family Session*
10am – 11am	8–11 yrs
11am – 12pm	12–15 yrs

Thursday 16 February

9am – 10am	Family Session*
10am – 11am	8–11 yrs
11am – 12pm	12–15 yrs

*These are family sessions where an adult must be present for all children. Suitable for children 4+ yrs. Children between the age of 4–8 yrs must be accompanied on a ratio of two children to one adult. Pre-booking is essential for these sessions; please make your booking at the centre or over the phone.

Participants must be able to swim 25m and be confident in deep water. Before the session begins, participants will be swim tested to ensure they are competent in these areas. Lifejackets are available for children under 11 yrs old.



**Standard
£4.50**

**Alive Card
£3.45**

**Alive Card
Concession
£2.90**

Pool Parties Saturday 18 February

**St James & Downham
Oasis**

**3.30pm–5pm
4pm–5.30pm**

Please ensure you pre-book at your local centre, standard admission policy applies.

**Under
4's go
FREE!**

**Standard
£5**

**Alive Card
£4**

**Concession
Alive Card
£3.50**

Holiday Clubs

All our Holiday Clubs are for 5–15 yrs,
AND include lunch!

Multisport

Lynnsport
Monday – Friday
9am–3pm

Downham
Monday, Tuesday,
Thursday & Friday
9am–3pm

Oasis
(Based at Glebe
House School)
Monday – Friday
9am–3pm
£10 per day.

Football

Downham
Wednesday
9am–3pm

Lynnsport
Tuesday & Thursday
9am–3pm
£15 per day.

*Activities will take place
indoors and outdoors so
please ensure children
have warmer clothes for
the outdoor activities.*

*Children need to wear
trainers and bring a water
bottle.*



Gymnastics

Lynnsport

Thursday

8am–3pm

Standard £21, Alive Card £19, Junior Concession Card £17

Breakfast and lunch included.

Breakfast Clubs

Lynnsport

Monday – Friday

8am–9am

Standard £5, Alive Card £4, Junior Concession Card £3

These are available as an add-on to any of our Holiday Clubs.

Children can enjoy a choice of cereal and fruit juice and play games before kicking off their day!

Only available at Lynnsport.



Free Fun Club

Borough Council of
King's Lynn &
West Norfolk

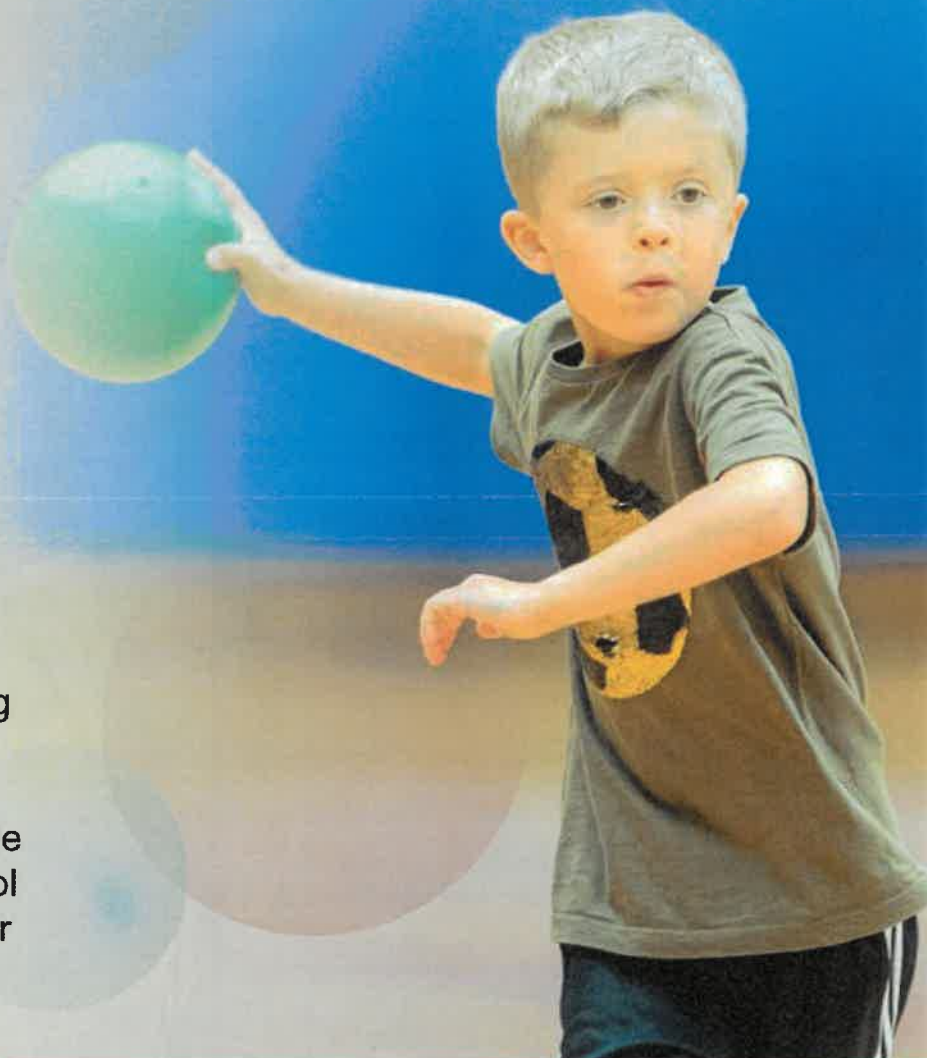


Lynnsport Downham

Oasis (based at
Glebe House School)

Monday – Friday
9am–3pm

The Borough Council of King's Lynn and West Norfolk recognise that the cost of living crisis means that families may not be able to enjoy fun activities due to finances. They have pledged to support families at this time by providing subsidised places on our multisport holiday club which includes lunch. If you are eligible for the means tested free school meals you will be eligible for our **FREE FUN CLUB!**



Half Term Play

**Swimming, Kaset Skatepark,
Alive Adventures & Tumble Teds**

These drop-in sessions are just £1 or 50p with a Junior Concession Card! Valid from Saturday 11 to Sunday 19 February. The subsidised activities are for all juniors under 19 years of age, subject to activity specific age restrictions. In partnership with the Borough Council of King's Lynn & West Norfolk. Normal session and admission times apply.



Borough Council of
King's Lynn &
West Norfolk



Come and make a SPLASH!

Oasis

Saturday 18 February

Water Activities 10am–11am 8–15 yrs

Water Activities 11am–12pm 8–15 yrs

Standard £1, Alive Card £1, Junior Concession Card 50p

Raft building, water volleyball, basketball, water polo and body boarding. Swimmers must be able to swim 25 metres unaided.

Swimming Crash Courses

Downham

Monday 13 – Friday 17 February

Level 1 9am–9.30am

Level 2 9.30am–10am

Standard £27.50, Alive Card £23.75,
Junior Concession Card £17.25

St James

Monday 13 – Friday 17 February

Level 1 8.30am–9am

Level 1 Booster 9am–9.30am

Level 2 9.30am–10am

Level 3 10am–10.30am

Standard £27.50, Alive Card £23.75, Junior Concession Card £17.25

The Level 1 Booster course is for those that need a little extra practice before starting Level 2.

Rookie Lifeguard Course – Downham

Monday 13 – Friday 17 February

9am–10am 8–13 yrs

Standard £55, Alive Card £47.50,
Junior Concession Card £34.50

Distance Swim – Downham

Monday 13 February

10am–11am 5–15 yrs

Free – badges and certificates will be charged at standard rates. Come and give any distance a go in the pool. General swim admission isn't included, distance swim achievement only.



Lynnsport Activities

ACTIVITY	DATE & TIME		AGES	STANDARD PRICE	ALIVE CARD	JUNIOR CONCESSION CARD
Family Climb Time**	Monday 13	10am–12pm	5+	£6.75	£5.70	£4.65
Fun Time Climb*	Monday 13	1pm–3pm	8–14	£6.75	£5.70	£4.65
Skateboard Skillz	Monday 13	2pm–4pm	8–14	£6.75	£5.70	£4.65
Soft Archery***	Tuesday 14	10am–11am	5–9	£1	£1	50p
Junior Gymnastics	Tuesday 14	10.45am–11.45am	5–15	£1	£1	50p
Main Archery****	Tuesday 14	12pm–2pm	8–14	£6.75	£5.70	£4.65
Trampolining	Tuesday 14	2pm–3pm	5–15	£1	£1	50p
Trampolining	Tuesday 14	3pm–4pm	5–15	£1	£1	50p
Family Climb Time**	Wednesday 15	10am–12pm	5+	£6.75	£5.70	£4.65
Fun Time Climb*	Wednesday 15	1pm–3pm	8–14	£6.75	£5.70	£4.65
Skateboard Skillz	Wednesday 15	2pm–4pm	8–14	£6.75	£5.70	£4.65
Ninja Warrior	Friday 17	10.45am–11.45am	5–15	£1	£1	50p
Roller Skating	Friday 17	12pm–2pm	5–15	£6.75	£5.70	£4.65
Roller Skating	Friday 17	2pm–4pm	5–15	£6.75	£5.70	£4.65

Downham Activities

ACTIVITY	DATE & TIME		AGES	STANDARD PRICE	ALIVE CARD	JUNIOR CONCESSION CARD
Junior Fitness	Wednesday 15	12.30pm–1.30pm	8–14	£1	£1	50p
Arts & Crafts	Thursday 16	11am–12pm	5–15	£1	£1	50p
Roller Skating	Thursday 16	1pm–3pm	5–15	£6.75	£5.70	£4.65

***Fun Time Climb** – Our friendly instructors are ready to show you the ropes with this fun climbing session! Whether you have done it before or this is brand new to you, come and join in the fun!

****Family Climb Time** – Come and learn the ropes with the whole family. Our instructors will help coach parents/responsible adults how to belay & keep the little ones safe on the wall & guide everyone through the session. There must be at least one adult booked in per two children.

*****Soft Archery** – This is great way to introduce archery to young children. Children will use arrows that are fitted with suction cups and will enjoy tips & tricks from the coach to gain a basic understanding of how to do archery.

******Main Archery** – Aimed at older children, who will learn new skills and get to practice using a bow to shoot arrows at a target. The session will have lots of fun games & competitions to keep everyone engaged.



Norfolk County Council

Help with living costs

Updated October 2022



Help with utility bills

- [List of services and organisations](#) who can help you with utility bills
- **Citizens Advice** can help if you're struggling to pay your energy bills. Visit the [Citizens Advice website](#) or call **0808 223 1133**
- **Community Action Norfolk** community oil buying scheme. Visit the [Community Action Norfolk website](#) or call **01362 698 216**
- Insulation and renewable heating grants through [Norfolk Warm Homes](#).
- [LEAP is a free service](#) that is helping people keep warm and reduce their energy bills without costing them any money.

Toiletries

- All libraries have free bags of winter essentials, including Toiletries Bags, Tricky Period bags and Keep Warm and Well bags for adults and children

Baby Banks

- **Baby Basics West Norfolk** offers essential equipment, clothing and toiletries for babies. Referrals by professionals only. [Find out more through the Baby Basics Facebook page](#).
- **Southery Baby Bank** offers baby essentials, clothing from 0-5yrs, toys, maternity clothing. [Find out more through the Southery Baby Bank Facebook page](#)
- **NCT West Norfolk Toddler clothing bank** is for children aged 3 months to approximately 5 years (although it's worth asking as they do have some bits for older children too). [Find out more through the NCT West Norfolk Clothes Bank Facebook page](#).

Grants

- **Norfolk Assistance Scheme** helps people in financial hardship who cannot pay their living costs. Visit the [Norfolk Assistance Scheme \(NAS\) website](#) or call **0344 800 8020**
 - **The King's Lynn and West Norfolk Charity** helps residents in need or hardship For more information visit [The King's Lynn and West Norfolk Charity Trust website](#).
 - **BBC Children in Need Emergency Essentials Programme** supports children and young people facing exceptionally difficult circumstances. Referrals via a professional. For more information visit the [Family Funds Service website](#).
 - **The Household Support Fund** can help people experiencing immediate financial hardship to pay for food, household energy bills and other essentials.. For more information visit the [Household Support Fund website](#).
 - **Buttle UK** helps children and young people who have experienced crisis, living in financial hardship and dealing with multiple challenging social issues. Referrals via a professional. For more information visit the [Buttle UK website](#).
 - [Turn2us Grant Search Tool](#) allows you to search for charitable and educational grants.
 - [Norfolk Grants Directory](#) allows you to search for charitable and educational grants.
 - **Digital Poverty Alliance** provides laptops for families in West Norfolk. They work with Currys to provide vital Tech4Families through the [Digital Poverty Alliance website](#).
 - Help paying for childcare through the [Childcare Choices website](#).
-

Debt advice

- CAP is free debt help service. Visit the [CAP website](#) or call **0800 328 0006**
 - Money Advice Hub offers debt advice and an income maximisation service. Visit the [Money Advice Hub West Norfolk website](#) or call **01553 970 004**
 - Step change is a [free online debt advice service](#) offering expert debt advice.
-

Broadband/Phone

- Cheaper broadband and phone packages for people in receipt of benefits. Visit the [Ofcom website](#) for cheaper broadband and phone packages.

Community warm spaces

- Warm Spaces is an [online directory of warm spaces](#) for anyone in need of warmth spaces
 - All Norfolk libraries are providing free hot drinks during staffed hours.
 - [Find a Warm Welcome Space Today](#)
-

General Advice

- **King's Lynn Citizens Advice** is open for limited advice and appointments on Monday, Tuesday and Thursday: 10am - 2pm at Hanse House, South Quay, King's Lynn PE30 5GN. You can [email](#) them, visit the [Citizens Advice website](#) or call **03444 111 444**
- If you receive a social care package from **Norfolk County Council (NCC)** you can contact the Welfare Rights Unit for free specialist help and advice by calling 01603 224 447 or emailing welfarerights@norfolk.gov.uk. More information can be found on the [Norfolk County Council website](#).
- **Norfolk Community Law Service** offers free legal advice, welfare benefits advice and immigration advice for those who cannot afford access to justice and representation Visit the [Norfolk Community Law Service \(NCLS\) website](#) for free, independent and confidential legal advice or call **01603 496 623**
- **Money Helper** offers free and impartial help with money and is backed by the government. Visit the [MoneyHelper website](#) or telephone **0800 138 777**
- **Money Saving Expert** offers advice on Energy Help, Credit Cards, Flight Delays, Shopping and more. Visit the [Money Saving Expert website](#) for more information.
- Help with Living Costs and information on the help available can be found through the [Norfolk County Council website](#).



Housing advice

- **Shelter** (King's Lynn) **0344 515 1860**
- **West Norfolk Housing**. Visit the [West Norfolk Housing website](#) or call **01553 616 200**
- **Victory Housing** support tenants in applying for benefits. Visit the [Victory Housing website](#) for more information.
- **Broadland Housing** can support tenants with welfare benefits, money and saving energy along with other issues. Visit the [Broadland Housing website](#) for more information.
- **Flagship Homes** offer guidance on budgeting and welfare benefits to their tenants. Visit the [Flagship Homes website](#) for more information.
- **Freebridge Community Housing** welfare benefit advice, assisting with making a claims and grant applications. Visit the [Freebridge Community Housing website](#) or call **03332 404 444**
- **Longhurst Group** support tenants in claiming benefits, maximising income and paying rent. Visit the [Longhurst Group website](#) for more information.
- **Cotman Housing** help their customers complete application forms for Discretionary Housing Payments. Visit the [Cotman Housing website](#) for more information.
- **Clarion Housing** offer guidance on budgeting, debt advice and by helping people to manage their use of energy. Visit the [Clarion Housing website](#) for more information.
- **Hastoe Group** help residents to understand financial matters so they can take control of their own money. Visit the [Hastoe Group website](#) for more information.
- **Housing 21** signpost and provide advice and information on a variety of benefits for tenants. Visit the [Housing 21 website](#) for more information.
- **Orbit** can help tenants if you need advice and help claiming benefits. Visit the [Orbit website](#) for more information.
- **Sanctuary Housing** calculating benefit entitlement, provide help and advice on completing application/claim forms, advice on problems with benefit entitlement – including challenging decisions and helping residents deal with any debt or budgeting problems. Visit the [Sanctuary Housing website](#) for more information.
- **Metropolitan** provide tenants with support with benefits, including working out what you might be entitled to and help with applications. Visit the [Metropolitan website](#) for more information.

Food

Food banks:

- **Hunstanton and District Foodbank** helps local people in crisis. Visit the [Hunstanton and District Foodbank website](#) or call **07795 491 154**
- **Downham Market Foodbank** helps local people in crisis. Visit the [Downham Market Foodbank website](#) or call **01366 384 474 or 07707 191 674**
- **King's Lynn Foodbank** helps local people in crisis. Visit the [King's Lynn Foodbank website](#) **0782 558 143**

Community food hubs:

- **Hunstanton Town Hall Community Hub** is open Mondays 10am-2pm offering affordable food, household items, free fresh fruit and vegetables, and free hygiene products. Visit the [Hunstanton Town Council Facebook page](#) or call **01485 532 402**
 - **North Lynn Food Hub** is opening soon at the old children's centre, Walpole Road.
 - **Love Downham** will be found at 27- 29 Bridge Street and will offer a warm space, affordable food and re-loved clothes
 - **Feltwell Food Pantry** in St. Mary's Church, Feltwell. Visit the [Food Pantry Feltwell Facebook page](#) for more information.
 - **Breckland Mobile Food Store**. Visit the [Breckland Mobile Food Store Facebook page](#) or call 01362 699 923
 - **King's Lynn Foodshare**. Visit the [King's Lynn food share Facebook page](#) for more information.
 - **The Cake Initiative** is a community of voluntary bakers that share a passion for helping financially struggling families by providing a birthday cake for their child free of charge. Visit [The Cake Initiative website](#) for more information.
 - **Healthy Start** vouchers for people that are pregnant or have an under 4. Visit the [Healthy Start website](#) or call **0300 330 7010**
-

Clothes/School uniforms

- RABI offers a 'return to school' grant for farming families. Visit the [RABI website](#) for more information.
- Norfolk Assistance Scheme provides emergency financial need to people in financial hardship. Visit the [Norfolk County Council website](#) or call **0344 800 8020**