



# NEWSLETTER

Regular news updates from All Saints School, Lessingham

## KEY DIARY DATES

### Dec:

- 2nd: Work & Skills session
  - 4th: Football Fixture—Mixed Yr7's & Yr8's
  - 4th: Asdan Sea Life Centre trip
  - 6th: CCN & Easton College trip
  - 9th: Carol singing at Hickling House
  - 11th: Arts focus - College & University trip
  - 11th: KS2 & KS3 Parents Evening
  - 12th: Reading Reward trip
  - 13th: CCN & Easton College trip
  - 17th: House Rewards Day
  - 18th: Christmas Lunch and Activities
  - 19th: Catfield Church Service 1.15pm
- \*\*\* End of Term \*\*\*

### Jan:

- 3rd & 6th: Staff Inset Days
- 7th: Students return to school

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## MESSAGE FROM THE DEPUTY HEADTEACHER

This week has been our Well-being week and it has been wonderful to see students and staff enjoying some time out of the classroom learning new things. The First Aid training was brilliantly delivered by Andy and gave us all a chance to learn some basics and to feel more confident in the face of medical situations .

All classes had some time learning Pickle Ball with a professional coach who was impressively supported by Thomas in Year 11- a fast -rising Pickle Ball star!

There have been Arts and Craft sessions at lunchtimes and I have enjoyed being shown an array of colourful bracelets made by students across the school.

A real highlight was classes tasting food from around the world that had been made and prepared by students in KS4 for an ASDAN unit - it was scrumptious.

In between these activities , there has been the usual commitment to learning. Our curriculum interweaves personal development with academic success every day and weeks like this remind us how important it is to think about our physical and mental health.

I have heard so much laughter this week- in spite of such wild weather and lots of seasonal ailments! Thanks to the whole school family for approaching activities with gusto - and making all the effort worthwhile.

There are lots more things to look forward to in the following weeks as we begin to celebrate the festive season together.

Ms Jones

## Careers: Visits confirmed so far

Friday 6<sup>th</sup> December - CCN & Easton college tour for years 10 and 11, leaving school just after 9am, returning at 1pm



Wednesday 11<sup>th</sup> December – Careers Art trip to Access Creative College and Norwich University of the arts for all students, across the school, who has expressed an interest in the Arts as a future career. Leaving school at 10am and returning at the end of the day.



Work & Skills session next session will be on Monday 2<sup>nd</sup> December where we will hear from the Operations Manager, Molly Rudar, at Watatunga Wildlife Reserve...we have our questions prepared!



## Numbers to contact for help

- Ms Dangerfield: 07879 875925
- Miss Paffett: 07733 417296
- Norfolk children's support line: Text 07480 635060 or call 0344 800 8029



## Upper Juniors

Have been learning important skills to create a meal during independent living this week.

The students also went to the supermarket to buy their ingredients.



Students paid a visit to Wroxham where they each selected a toy from Roy's Toys to create a persuasive advert.

The students found out as much information as possible about the toy before returning it to the shelf.



## Lower Juniors

Planned, shopped, paid, chopped, peeled, cried (onion), stirred, tasted, seasoned and finally enjoyed their home made Spaghetti Bolognese and fruit salad. Finger licking good!





## PE and Sport

### KS4 Basketball

A huge congratulations to All Saints KS4 Basketball Team who showed excellent sporting behaviour and teamwork in retaining their Norfolk SEN Basketball title.



### Year 11 Sports Leaders

As part of their sports leaders course nine Year 11 students represented the school brilliantly leading a dodgeball festival for Bure Valley School. Bure Valley Staff were impressed by the students ability to learn on the job and deliver an engaging event for the younger students.



### Year 8

Students showing off their counter balances and movement challenges as part of creating their own obstacle courses.



### Year 7

Students have been learning how to do their own washing as part of their independent living skills.

### It snowed...

Amazing the excitement a bit of snow brings...



### Eco Committee

taking their role very seriously!





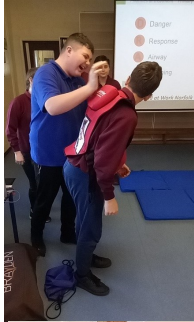


# Well-being week



Whole school first aid with Andy – well done everyone!

We decorated gingerbread people with a range of different facial expressions.



Staff waiting to have ago!



Great to see Tom leading pickle ball with all year groups with his coach Richard.



Well-being crafts at lunchtime – bracelet making and origami !

Year 11 ASDAN students busy in the kitchen preparing international foods for the whole school...yummy!





## Year 9

Geographers had a very informative visit to Bacton to look at coastal defences and the impact of erosion on the local community.

Thank you to Mrs Hollis and Delta the Labrador from Castaways and Mrs Lamb for organising it.



In History, yr 9 have been learning about the Suffragettes in History and about using writing to inform, explain and describe in English... Liv has blended the two skills together beautifully and demonstrated some super empathy too....

Dear Diary,

Today is my first day journaling, from the prison. I wasn't expecting to get arrested today so I hope my children are okay and aren't too worried wondering where I am.

My day started off with me getting ready. I told my husband I was leaving early as I had a longer shift as if he knew I was going to protest for my rights, he may take away my child or my home. I rushed to get ready and quickly ran out the door, knocking on my neighbours door.

*Knock knock*

"Millicent! Are you home?" I called out but no response. I hoped she was just already at the event and nothing worse happened to her.

I confidently strided my way over to the event, I could see hundreds of women there already, shouting our phrase... "DEEDS NOT WORDS!"

I struggled to navigate my way around as there were so many women, so many signs and posters.

But then the police guards approached us and the next second, I was shoved and pushed into my miniature prison cell, which to be honest, I thought I wouldn't have a lot of room but this is even less than I thought.

I snuck some empty cans in my bag and the second I got in the cell, I ran to the small window, hitting and clanging my can against the bars still shouting "Votes for women!" I cried out, hoping for someone to hear.

I tried squinting my eyes to see if I could see anyone but no, it's just a prison window facing the greenery. But that didn't last long. A security guard came into my cell shortly after, taking my can away and telling me to 'act like a woman' and took it away.

I sat quietly in my room, quietly wondering what else we will have to do to get the right to vote. It was so unfair. I heard the sounds of a few girls yelling in pain and disgust. I was confused and concerned about what was happening so I went up to the door, leaning my head against it, trying to hear what was going on. I slowly crept my eyes up to the window, peeking through to see what was happening.

Force feeding.

One of the men saw me looking and yelled at me to keep my eyes away so I listened and quickly sat back down again. I figured out that she was refusing to eat as a protest. I think that's a good idea, you know, to prove we ,as suffragettes, are still passionate about our beliefs but I don't know if I should, it's not very safe.

After a while, they came around with my food and drink, I felt anxious as they approached. I couldn't decide what to do and I most certainly did not want to let the other suffragettes down.

Do I eat and have a better time in this prison cell or do I refuse and help the suffragettes spread the message?