

Rackheath Primary School

Newsletter

Friday 17th March 2017

National Science Week

It has been another busy and exciting week at Rackheath. The children and staff have all been very active and healthy during our Science Week with lots of experiments going on as well as exciting workshops led by A1 Fitness and the Community Sports Foundation. Thank you to Mrs Petraglia, her report follows, for organising a really exciting week for the children.

"The school has really enjoyed taking part in National Science Week and everyone has benefitted from investigating how exercise and diet can help to keep our bodies fit and healthy.

The week started off with a visit from A1 who held workshops in the hall to teach the children all about different aspects of health, nutrition and exercise. The whole school enjoyed opportunities to learn at various work stations and then took part in some VERY energetic fitness circuits in the afternoon.



KS2 also enjoyed further workshops from the Community Sports Foundation, teaching them about exercise, hydration, food labels and portion sizes.

KS1 and Reception children had a visit from the dentist to teach them all about oral hygiene. This included how foods can affect the decay of teeth; that we need to brush teeth twice a day for two minutes each time and that we shouldn't rinse our mouths after brushing! Lots of the children then tried using plaque disclosing tablets with their parents after school and some were quite surprised with the results.

The whole school has also held science investigations and experiments across the week to measure how exercise affects the body. This has ranged from how moving over obstacle courses can make our bodies feel in Reception, all the way up to Year 5 and 6 investigating pulse rate and the way that different forms of exercise can affect this.



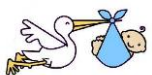
Overall it has been an exciting, fun and exhilarating week! Please look out for the 'Change 4 Life' packs in your children's book bags, with ideas about how to make healthy food and lifestyle swaps at home as well."



Norfolk and Norwich Eco Awards

Having been nominated in the Primary School Category the Eco-Committee attended the awards at The Forum on Thursday evening. Our work in school meant that we were one of two primary school winners. As the Highly Commended School we were highly praised for the litter week, working with the NDR and gardening club amongst other things. The children were very excited to win two Samsung Tablets for the school. Their only disappointment was that the buffet selection wasn't very child friendly. As a reward for all their hard work we took them to Subway afterwards which made up for it!

The 8 members of the committee were a credit to the school and much of the credit for this award goes to them. The rest goes to the fantastic duo of Mrs Goddard and Ms Bartlett who give up lots of their time to promote eco issues and work with the children.



Baby News - Congratulations to Mr Cavender and his family on the arrival of their third son. Finn Benjamin Cavender was born on Tuesday. All are doing well and we wish them all the best!



Euro 2017 Football

On Tuesday two different girls' teams took part in a football tournament based on Euro 2017. In the morning the Year 3/4 team (with special guest Caitlyn from Year 2) travelled to the FDC at Open Academy for their tournament while in the afternoon it was the turn of the Year 5 /6 girls.

Both teams enjoyed very successful tournaments as both got to the final before narrowly losing out. The younger team - resplendent in brand new kit bought by the FORS - won 6 games in a row scoring 29 goals and letting in just 1, with Caitlyn Moore scoring an amazing 19 goals before narrowly missing out in the final. The older girls again won every game on the way to the final before cruelly losing out on penalties.

Although it was a shame that the girls didn't quite win either tournament it is brilliant that both our teams got to the final, which shows how strong our girls teams are and it is great that we can give them the chance to show how good they are. All the girls acquitted themselves really well and should be proud of their efforts. Well done to all the girls;

Katie Moore, Hannah Scotton, Brooke Halsey, Darcey Wright, Chloe St-Hill, Molly Burdett, Millie McAulay, Caitlyn Moore, Ruby Culling, Holly Whayman, Rosie Milligan, Georgie Greenfield, Olivia Crook and Ruby Donnelly.



Pedestrian Training – Over the last few days the children in Year 1 have been going out in small groups as part of the Norfolk Step-On Training looking at road safety. Thanks to all the parents who helped over the two days.

Year 1 Assembly – Year 1 put together a super assembly this week linked to being healthy. Next Thursday it is Reception's turn.

Roald Dahl BFG Performance – On Wednesday the school were able to enjoy a super one man show from Anthony Pedley of the BFG. All the classes loved watching and hearing Anthony act and read from the story. It was lovely to give the children the opportunity to see someone act really close up.



NEXT WEEK

Next Friday is shaping up to be a very exciting day. We have Red Nose Day, The Talent Show and the School Disco.

FORS

Bag2School – Thank you for all your donations which were finally collected today!

Disco - Tickets haven't been sent home so don't forget to hand in if you haven't already done so.

Mother's Day Craft – This will take place next Monday and Tuesday. All children were given their requested days to take part in this.

House Captain's Award



Ranworth	Holly Addison
Hickling	Joseph Tandy
Oulton	Harvey Moore
Barton	Noah Collin

Attendance Bear
Attendance Bear

Well done to Year 6 who had 99% attendance last week!

Star, Angel and Diamond Certificate Winners – Well done to the following children who got their certificates in assembly today.

	STAR	ANGEL	DIAMOND
Reception	Olivia Hough	Carly Thompson	Jack Fleetwood
Year 1	Luke Burrows	All of Year 1!	Rhys Davison
Year 2	Alex Dove	George Solomon	Zach Dawson
Year 3	Nicole Rump	Millie McAulay	Jacob Avery
Year 4	Rebecca Burrows	Danielle Ramm	Daniel Croyley
Year 5	Mia Westley	James Nurse	Beth Tomlinson
Year 6	Amelia-Mai Evans	Stanley Bond	Freddie Ottolanguai

Chris Ashman