Rackheath Primary School Newsletter

Friday 2nd May 2025



Year 4 at Horstead

This week Year 4 have spent three days at Horstead on their residential. The weather has been great and the children have had a fab time! A huge thank you to Miss Farrow, Mrs Goddard, Mr Palmer and Mrs Howes who have given up their time to take the class away. A full report will follow next week (when I've had time to catch up on some sleep!).

Class assemblies

Our first class assembly of the term was this Thursday. Year 3's assembly was all about the life-cycles of plants…. preparing the children for this term's topic. The children were amazing… loud and clear. Special mention to Henry who still managed to get words out despite losing his voice. What a way to start assembly season off!

Next week it is the turn of Year 5. Their assembly is on Wednesday 7th May. The rest of the assembly dates are:

- **Thursday 15th May – Reception**
- **Thursday 22nd May – Year 1**
- **Tuesday 10th June – Year 4**
- **Thursday 12th June – Year 2**

These all start at 2:40pm. Parents should arrive for 2:35pm.

Netball Report – A full report will follow in next week's newsletter (as Mr Palmer had to rush off to Horstead) but a massive well done to all of the children involved with this tournament. As always, the children were amazingly well behaved!

Social Moments Visit

Social Moments Enterprise returned to us on Wednesday, with donations of fruit, veg, bread, milk and even some packaged goods. In the future, we will look to send messages out so that you can be ready to come and get donations (if you are in need) of this food that could just end up as waste. A massive thank you to all involved with this amazing charity.





It was with great sadness that we had to say goodbye to a very loveable member of our reception class, Azlan. He has had such a massive impact on the class and he will be greatly missed. Good luck to you and your family, Azlan!

Wellbeing with Mrs Cookson

Taking Care of Yourself – Why It Matters

Whenever parents come into school to share their thoughts or concerns about their child - whether it's about friendships, coping with loss, or navigating tricky situations - one of the most important questions I ask is: **"How are you taking care of yourself?"**

As parents, it's easy to put ourselves at the very bottom of the priority list. We often believe that every ounce of our time, energy, and attention must be laser-focused on our children, leaving only scraps for our own self-care.

But looking after yourself is not a luxury - it's essential. One small but powerful way to support your own wellbeing is to carve out just a few minutes each day for meditation. I often suggest trying it first thing in the morning (instead of reaching for your phone) or just before bed, when your mind is more open to positive change. These are ideal moments to break old, unhelpful thinking patterns and nurture healthier ones.

And don't worry - meditation isn't about sitting cross-legged on the floor, chanting, or trying to completely clear your mind! It's simply about **noticing** when your thoughts wander (e.g., *"Have I renewed the home insurance?"* or *"Will the sausages defrost in time for tea?"*), and gently bringing your focus back to your breath.

If you'd like to give it a try, here are some meditation apps to help you get started:

https://www.headspace.com/
https://www.calm.com/
https://insighttimer.com/

Taking a few minutes each day for yourself can make a world of difference - for you and for your family.

Best wishes
Claire Cookson - Pupil and Family Wellbeing Practitioner (ccookson6nrf@nsix.org.uk or 01603 720098).



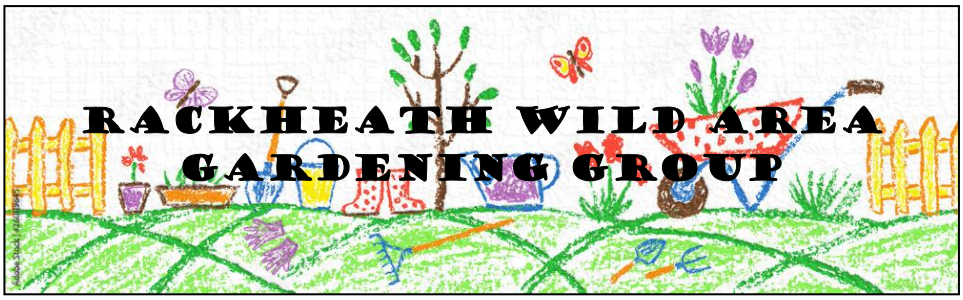
Tuesday 6th May	**Gripping Yarns Storyteller Visit for all years**
Wednesday 7th May	**Multi-skills Sports Event - Hoveton St Johns Year 2**
Wednesday 7th May	**VE Day 80th Anniversary – Silver Wings Workshop Year 5**
Saturday 10th May	**Jumble Sale**
Wednesday 14th May	**Eaton Vale Activity Day - Year 3**
Wednesday 21st May	**Cluster Cricket Tournament**
Thursday 22nd May	**Y6 Spring Fayre**



Transition Dates Y6

Apologies for error in last week's letter. The dates for Y6 transition are as follows:

Weds 9th / Thurs 10th July	Broadland High School
Thursday 10th July	Notre Dame High School
Thurs 10th / Fri 11th July	Thorpe High School



What a glorious week of weather we have had! The sun has meant that the Wild Area is now really coming into bloom and all of the hard work over the past year is really starting to show!

New recent additions include a mini pond with tadpoles!! We have also recently purchased enough magnifiers, pots, bug viewers and handling tools to allow every child in a class to get into the area and look for bugs!

Next on the list...a green house!

The gardening group (along with Mrs Duckmanton and with the help of Mrs Lines) have done and continue to do such an amazing job!









Bombers

Hello from an extremely bustling and warm Bombers. The children have loved playing out in the sunny weather this week and exploring water play, the mud kitchen and building. We have been looking at the letter Mm with stories, music, marking in flour, drawing in the air and having stencils. Thinking of Mm words such as mummy, mouse, monkey, moon.



Next week we are focusing on Physical development and the letter 'Aa'. We will have many fine motor skill activities with threading, lacing, pegboards, drawing, and stickers. Can we politely remind that collection is at 2.50pm for the majority of children or 3pm if your child only attends an afternoon. Can we also ask to ensure that sun cream is applied prior to arrival in the mornings and please name ALL children's items. Many thanks for your understanding.

Reception

We have been enjoying our new topic – **Our Wonderful World.** As part of this, we have been exploring how being healthy helps to make our world a happier, healthier place. The children have been role playing brilliantly in our café area and have really thought about a balanced diet. So, whilst they have loved serving up amazing, colourful treats from the ice cream parlour, they can all also tell us what healthy options we should try too, such a fruit smoothie or remembering to have some veggies with our main meals! We have also been keeping our bodies healthy with exercise so on Fridays in phonics we have our mini disco in which we free style dance! However, when the music stops, we all practise brain gym movements such as 'crossing the midline' activities. Lots of the children find these really tricky so practise will really help - if you google videos on 'crossing the midline exercises for kids,' you will find some great, free resources online.

Thinking about healthy eating and looking after our planet, we have planted our potatoes earlier in the week and the children have enjoyed checking their progress – no growth visible yet though! The children know they need watering … but not too much! We have enjoyed the Enormous Turnip story this week too … we'll share more on that with you soon!

In phonics, we've learned the 'oy' sound (boy/ toy) and in maths the children have loved learning about number bonds to 10 and many have started to memorise the pairs that add to 10 already – a catchy song has helped with this!

Next week, we are looking forward to another food-themed story and checking on our potatoes! And finally, we want to wish Amazing Azlan and his family the very best of luck as he leaves us today – we have loved having you in Reception class, you are a pleasure to be around and will miss you very much!







Year 1

We've had a great week and a half back at school in Year 1, the children have thoroughly enjoyed starting our new topic 'Wonderful World'. We have begun by learning all about plants, how they grow and their different parts. Last week the children were given the task of preparing our planters ready for seeding. They then planted seeds to grow flowers and potatoes; we shall be watching them grow over the next term. This week the children have been using collage to create a flower diagram and labelling the parts. The children have also done some tree and leaf rubbings and on Friday we all went outside and made a huge collage of a tree on the playground using different materials; the children did a great job working together and getting creative.

In English we started a new class book: 'The Bee who Spoke' by Al MacCuish. Last week the children did some fantastic writing describing and explaining a picture from the book. This week they have been writing all about the character and what they think they know about her. We have been so impressed with the children's ideas and their keenness to write! If ever they fancy doing any writing at home please encourage them, and feel free to let them bring their work into class to show us.

In maths we are back to building on our knowledge of multiplication and division. The children have been practising counting in 2s, 5s and 10s and then using this knowledge to help them group toys into groups of 2s, 5s, and 10s. They have been drawing arrays to show this and we have moved onto writing what the array represents as a times table number sentence e.g. 7 x 2 =

Please remember to continue reading at least 3 times a week with your child and record this in their reading record. We have also sent out new QR codes for your child to practise their real and alien, there are lots of fun games to play online to help with this so please help your child to do so.

Year 2

We've had a fantastic week in Year 2!

In English, we explored the front cover of our new book. We practiced asking and writing questions before making predictions about the story. The title was then revealed – *Hansel and Gretel* by Anthony Browne. The children have been focusing on the character of Hansel, using adjectives to describe him and then turning those into full sentences using conjunctions.

In Maths, we started our new topic on Fractions. We learned about parts and wholes, and explored equal and unequal parts. By Friday, the children were confidently identifying and labelling a half – recognising one half as one of two equal parts. We used folding activities and colouring to help embed this concept.

In Science, our *Wonderful World* topic began with some planting! We planted radish and marigold seeds and started our plant diaries to track their growth. We also investigated the parts of a plant and their jobs, and even ventured into the wild area to identify these parts in real-life plants. To finish, the children created beautiful collage artwork of flowers – they were very effective and full of colour!

We also had a special visit from the NSPCC, where the children took part in important discussions about speaking out to stay safe. They talked about trusted adults they can turn to both at school and at home.

Our new spelling rule this week is 'if the end of a word sounds like *igh* it is almost always spelt with a *y*'. Keep practicing at home!





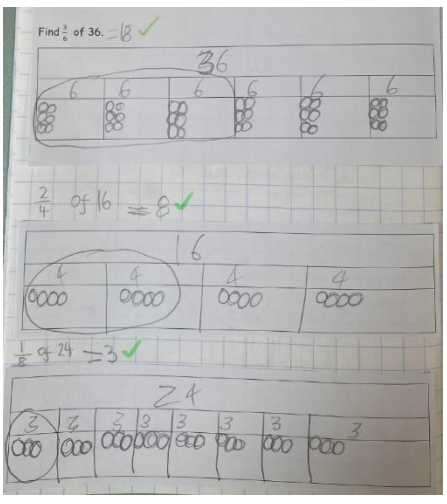


Year 3

We have had a brilliant start to the summer term!

In English, we have begun a new unit of work supplemented by the book 'Fantastically Great Women Who Changed the World' by Kate Pankhurst. We have explored poetic devices including rhyme, rhythm and alliteration. The children have been busy identifying these skills in a variety of poems. They have also gathered their own vocabulary and have produced a first draft poem based on an inspirational woman of their choice from those we've learned about whilst reading our class text.

This week, in Maths, we have started our second unit of fractions. Last week, we have learned about adding and subtracting fractions; we have also found the fractions that are equivalent to a whole. This week, the children found unit and non-unit fractions of a set of objects. To conclude the week, we practised problem-solving and reasoning questions linked to fractions of a given amount.



Now that Year 3 swimming has ended, the children have been busy developing their athletic skills in preparation for Sports Day – last week's focus was linked to running and this week the children practised their jumping skills.

In RE, we have explored the Easter story and the children each created an Easter story spinner whereby they chronologically ordered the holy events from Palm Sunday to Easter Sunday. Moreover, we have begun RSE, learning about self-esteem and the value of compliments to each other and to ourselves.

During Tuesday's ukulele session with Anna, the children learnt how to play a new note (G major) and explored song writing. In their lesson they constructed a sequence of notes (G for four, C for four, F for four, C for four (x2)). Next week they will develop lyrics linked to their chosen theme – the ocean.

Alongside all of this learning, we have rigorously practised our class assembly which every child totally aced on Thursday. It was lovely to watch the children share their knowledge of the plant life-cycle through a group performance. I am so proud of them all!

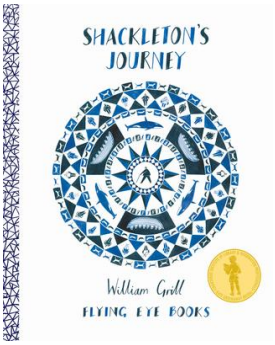
Finally, I hope you have all received this half-term's homework sheet and our new knowledge organiser for 'Our Wonderful World'. If you require another copy do not hesitate to ask 😊

Year 4

A report on Horstead will follow in next week's newsletter!

Year 5

Our first full week back and the children have been amazing!!



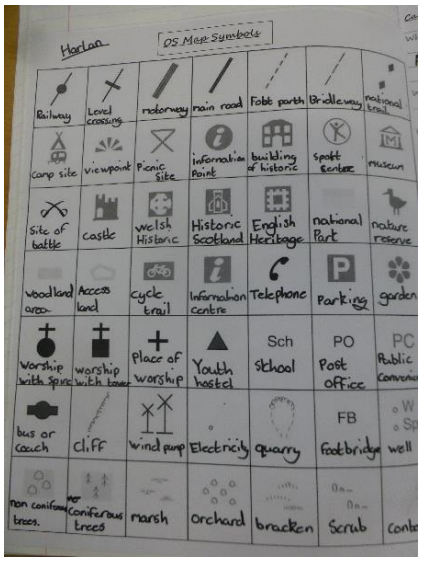
In maths this week we have focused on angles. In particular, we have been using a protractor (or a Semi-circle-ruler-thingy as William called it) to measure angles in quadrilaterals and triangles. We found that all angles in a triangle will = 180 degrees and all angles in quadrilaterals will = 360 degrees. We then used this to help us find missing angles.

We are coming to the end of Shackleton's journey now…a book that the children are loving! This week we wrote log entries describing how it felt to finally see the rescue boats after months of surviving on the ice. We have also started to plan for our final piece of writing, a newspaper report about the failed attempt to cross Antarctica.



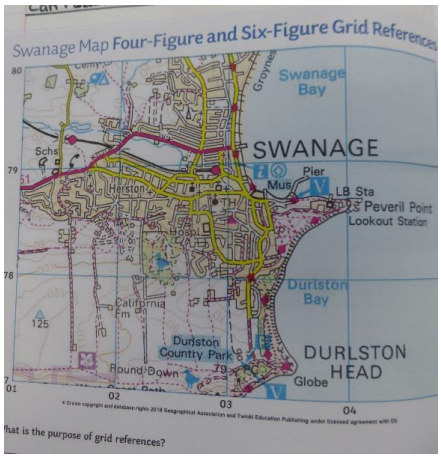
Much of our afternoon sessions have been planning for our class assembly on Wednesday 7th May at 2.40pm – we hope to see lots of you there. But we have also had a session from the NSPCC this week where we learnt about children's rights and how they should look after themselves. The children were FANTASTIC during this session – really attentive and always joining in. On Wednesday we also spent an hour in the Wild Area using magnifying glasses and pots to try and find as many mini beasts as possible…the children loved it!!

Year 6



The children have started this term brilliantly and they should all be proud of their efforts! This week we had our Mock SATs tests during parts of the mornings and it was great to see how much knowledge they have been able to retain since September. Our message has always been for them to try their best and their positive attitudes certainly made Ms Holmes, Mrs Culling and I very proud! The class were very excited to hear about the post-SATs trip planned for Friday 16th May and everyone took home a letter with information linked to this exciting day out!

In afternoon lessons, we learnt about Hinduism in R.E and had further Computing (Sphero) challenges where the children had to 'debug' their code in order for it to perform certain tasks. They learnt important OS Map symbols in a Geography lesson and then located them using four and six-figure grid references.



For P.E, they also enjoyed games of kick rounders in the sunshine! On Thursday, we had an NPSCC workshop where the children participated in a variety of activities as well as giving their thoughts and opinions on a range of scenarios. I really hope the children enjoy their bank holiday weekend!



Year 6 Spring Fayre

Year 6 will be holding a mini-Spring Fayre on Thursday 22nd May after school. This is part of their 'Grow £5' project. There will be handmade items, games stalls, a teddy tombola, a sweet / chocolate tombola and a cake stall

Attendance Bear

Well done to Year 1 who had 99% attendance last week. Attendance Bear will spend next week with them!

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

	STARS, ANGELS AND DIAMONDS
Reception	Theodore K, Isabelle, Azlan
Year 1	Delilah, Archer, Enid
Year 2	Niamh, Elliott, Henry
Year 3	All of Year 3, Landon, Harriet, Finley
Year 4	All of Year 4
Year 5	Aria, Harley, Bonnie
Year 6	Ricki, All of Year 6, Jacob V

Have a lovely bank holiday weekend. See you all on Tuesday.

Best wishes

Chris Ashman