Rackheath Primary School Newsletter



Friday 6th June 2025

Visit from Rich Potter – Invictus Competitor – We ended the week with an exciting visit from Rich Potter. Rich led a fitness circuit with all the classes and then shared his inspiring story with the school in an assembly.

SPORTS WEEK



The week of 16th June is sports week which I'm sure will be very exciting!

We have sporting events taking place over 3 days starting on Monday details below:

Monday 16th – Fun Sports Day - 9:15am-11:45am
All children from Reception to Year 6 will compete in teams in a fun sports event. Parents can stay at school from the start of the day and then follow their children round, cheer them on and join in too!

Tuesday 17th – Reception Sports Day – 10:30am-11:30am
Our youngest children will compete in a special sports day with the leavers from the Bombers. Those leavers in the Bombers on Tuesday will be brought over by the staff, while any other leavers not in on the Tuesday can come with their parents. Parents to arrive from 10.20am.

Wednesday 18th AM – Key Stage 2 Sports Day – 9:15am-12:15pm
Year 3 to 6 will compete in a series of races in the morning. Parents to arrive from 9:00am

Wednesday 18th PM – Key Stage 1 Sports Day – 1:30pm-3:00pm
Year 1 and 2 will compete in a series of races in the afternoon. Parents can arrive from 1:15pm



Information on Sports Day Kit:
On the days the children are taking part in sports days they should come into school in their PE kit and can wear it all day. Hopefully as many of the children as possible will be in their team colours.

This means that on Monday all the children will wear their PE kit to school for fun sports. Reception will wear PE kit on Tuesday and all the children from Year 1 to 6 will need to wear their PE kit on Wednesday.

Please ensure children bring plenty to drink and have sun cream and a hat

Should the British weather intervene in any way we will let you know the reserve date as soon as possible. Thursday 19th and Friday 20th are the scheduled reserve dates.

Other information for parents

You can take photographs but please do not post any to social media unless the photo is just of your child as not all parents want pictures of their children on social media. This could be down to personal preference or there could be a reason linked to safeguarding why a parent would not want their picture posted on social media. For example where a child's location needs to be protected.

Spectators will have seats set out for them on the opposite side of the track to the children. Parents and other spectators should stay sat on the other side of the track to your children

Parents needing shade can bring umbrellas and use them or set up a pop-up gazebo as long as you aren't obstructing the view of others

Rackheath Talent Show 2025

Wow, Rackheath really does have talent and a lot of it! Last Friday, our talent show saw 46 acts perform on stage to the whole school.

We had gymnasts, scientists, singers, dancers, Irish dancers, comedian and football skills as well as musicians. I can honestly say that the afternoon was a wonderful one where we saw everyone come together and support each other. The audience cheered and supported the acts encouraging them whilst they were on the stage.

It takes a lot of courage to stand up on a stage and perform to nearly 250 people. So a massive well done to everyone who took part. A huge thank you to you all for your flexibility in picking your children up later as we had to extend the school day to fit all the acts in.

Congratulations to our winners, I know the judges had a tough decision!

KS1 Winners	1st	Jasmine – Gymnastics
	2nd	Austin – Singing "Green Green Grass"
	3rd	Ruby R – Singing "Let it Go"
KS2 Winners	1st	Leo & Henry – Drums and Guitar
	2nd	Shimmering Shamrocks (Emily/Cara/Nikki) – Irish Dancing
	3rd	Jake – Scooter Tricks



Children Inspired by Rich Potter

We were incredibly lucky to be visited by Rich Potter today to share his inspirational story about his life and his journey to becoming an Invictus Games Gold, Silver and Bronze medallist! Rich talked to the school about how he had lost his leg and how he had been told that he wouldn't be able to run again. He used this as motivation to push himself, train hard and eventually learn how to run again which ultimately led to him becoming an Invictus Champion.

For the day, each child took part in a series of drills designed to improve their stamina and coordination whilst being roared on by Rich. He then discussed his life motto with us: AIM HIGH ALWAYS. During our whole school assembly, several of the children got to wear his medals and we had an opportunity to ask him questions about his life. DID YOU KNOW that just one of his blades that he uses can cost over £15,000!

Sponsorship forms are available from the school office if you wish to raise money that will go towards support disabled athletes in their attempt to become world champions. However, we as a school will also receive some of this back to allow us to put money into sport. In the link below you can find a little more info about our morning and about Rich.

www.greatathletes.org/athletes/Richard-Potter



Class assemblies –We had our last two class assemblies this week. On Tuesday and Thursday Year 4 and then Year 2 shared their learning from the term so far. Well done to all the staff and children involved. On both days we had lots of family members in attendance, which was great to see.



New Parent Meeting



On Tuesday we hosted a very well attended information evening for new parents of Reception Class starting in September 2025. A big thank you to the FORS members who attended as well as the new parents and school staff. The stars of the show were our Year 6 children who acted as guides for the new parents and then shared their memories of the school. A huge well done to Mya, Grace, Maisie, Rachel, Ricki, Jack and Maxwell your speeches were brilliant and you did a great job as tour guides too!

Premier League Winners for a Second Time

On Monday the football team took part in the third and final Norwich City league event of the year at the Nest. As defending Premier League Champions the pressure was on. The team certainly coped with expectations – winning the league for the second time in a row! In our first game we beat a determined Mile Cross 2-0 with goals from Maxwell and Freddie. In our next game we played Woodlands, which is always a tough game. Harrison and Rachel caused Woodlands lots of problems in attack and Maxwell produced the moment of the day with a sensational turn and finish that left defenders and the keeper floundering! Seb then scored a brave second and we won again 2-0. In the final game we played Hethersett. As usual Harlan and Ellis were at the fore of a strong team performance. Ethan made a crucial save early on and the team battled to a 0-0 draw. Thanks as usual to our super supporters. As we head to the end of a very successful year for the team, I would like to say a huge well done to everyone who has represented the school this year – you have all been amazing!





Wellbeing with Mrs Cookson

As we all know, British weather doesn't always play along - and even when it does, children can still have those "I'm bored!" moments. A simple solution? Make a **Boredom Buster Jar** together!

Spend some time with your child creating a jar filled with fun, simple activity ideas written on slips of paper. This collaborative project is not only a lovely way to spend time together, but also builds your child's sense of independence - and gives you a helping hand when you need to focus on something else (like making dinner or listening to their sibling read).

How to Make One - Grab a clean jar or container and decorate it together. Then ask your child to help come up with ideas and write one idea per paper, fold, and pop into the jar.

Here are some easy, low-prep activity ideas to get you started - Build a den with cushions and blankets; make a pretend café and take orders; make paper planes and see whose flies the farthest; create a treasure hunt around the house; try some yoga or stretching; draw a picture using your feet; write a kind note for someone.

Having a ready-to-go jar empowers children to make choices and helps them feel more in control of their time. Plus, you'll have a trusty backup for those tricky in-between moments - with the added bonus of no screen in sight!

If you have any activities that work well for your family and would like to share them with the rest of our school community, please email me at ccookson6nrf@nsix.org.uk.

Best wishes, Claire Cookson (Pupil and Family Wellbeing Practitioner)



Bombers

Hi all, what a busy week that has flown by yet again.



The children have been looking at the letter 'Ii' with insects in the sand, ice cream, and instruments. There has been lots of music and dancing, musical bumps / statues and action videos to watch to fit in with our physical development. Also there have been lots of fine motor skills with threading, lacing and drawing. There have been small group visits to school and the pirate ship. We have been practising taking turns and listening for our names with small group races in preparation for the reception sports for the school leavers next Tuesday at 10.30am. Details regarding this have been given out. If your child does not attend a Tuesday, could you please let us know on Monday if they will be going with you to the sports on Tuesday and meet us over there. I know for some it is not possible due to other commitments. Next week we are looking at the letter 'Nn' and our focus is communication and language. A reminder that any parent is welcome to come in and play for a bit at any time. We will also be holding another stay and play week soon. Date to be confirmed.



Reception

What a beautiful sunny time it has been in reception class this week! The children have adored being outside with Mrs Coull exploring lots of different aspects of the wild area - Mrs Coull has been working with lots of the children to tidy various plants and shrubs and keep the area accessible and the garden healthy … especially our potatoes!

Linking back to our story last week, we looked more closely at Kenya - we found out that there are big cities there too - not just savannah where the story is set, and it has a coastline too so we saw some beautiful sandy beaches!

We have reviewed the 'ir' (girl) and 'air' (chair) sounds this week in phonics and we got a fantastic score when we played our speed-read game 'slam down!' Well done. In maths, we have looked at positional language such as above, beneath, below, next to, etc. We had lots of giggles giving each other as clear and precise instructions as possible to build a shared Duplo model. We had to use our listening ears to the best of our abilities! The children were very good at giving simple instructions at first and gradually adding more detail and complexity.

Today, we loved taking part in the athlete visit - the children all enthusiastically completed the exercise / activity circuits and loved meeting Invictus Champion Rich Potter! His motto is 'Aim high always!' and the children certainly took that on board as, even in the searing heat, they all really tried hard to master the skills and exercises. Well done!







Year 1

This week in year 1 the children have worked really hard completing the national phonics screening tests. Well done to all the children for their hard work and for the work that you have put in at home with them.

In topic this week we have been investigating all about how transport has changed over the years and how it now gives us the ability to explore the world. We have used this knowledge to design and make our own transport for the future. The children have had some fantastic ideas which they have created using Duplo, Lego, junk modelling and other materials.

In English we have been using our excellent knowledge of the Tale of Peter Rabbit to retell the story. We started off retelling it orally, as a class, and then moved on to retelling with actions, we then used this to practise telling the story using a story map and we finished the week by using our acting skills to retell the story. The children have loved showing us their acting talents and we have loved seeing them. They might even perform a scene for you at home if you ask!

In Maths we have been learning about place value within 100. The children have been looking at tens and ones, focusing on understanding the positions and value of tens and ones within a 2-digit number. They have also been counting forwards and backwards with some numbers missed out and finding one more and one less.

From last week:

A special well done to Amelia & Aubrey, Enid, Austin, Isla B. Grace, Ava and Caspar, Luna, Jace, Liam, Rocco, Delilah and Isla C who all performed in the talent show; what absolute super stars they were!

Bewilderwood photos from our super trip last week:





Year 2

We've had a busy and exciting week full of learning and special events!



In Maths, we continued our work on telling the time, focusing on the more challenging skill of reading the time to the nearest 5 minutes. The children showed great resilience and determination. It has been particularly lovely to see them checking the clock throughout the day and confidently telling the time!

This week we also completed our final KS1 SATs paper. I was so impressed with the children's reading comprehension skills which they have worked incredibly hard on all year. Their progress really shone through.

In History, we explored how transport has changed over time. We looked at how people used to travel in the past, how we travel today, and even discussed what transport might look like in the future. The children especially enjoyed designing their own imaginative transport inventions – there were lots of fantastic ideas!



Thursday was a special day as we held our class assembly. All the children read their lines clearly and confidently, and brought so much energy and enthusiasm to the songs. A huge well done to all of Year 2, and thank you to everyone who was able to come along to support us.

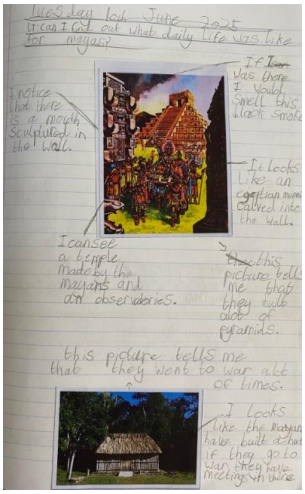
On Friday, we had an exciting visit from an athlete. The children took part in a fun (and energetic!) fitness circuit outside, followed by an inspiring assembly where they heard everything about the athlete's journey. Everyone joined in brilliantly and an extra big well done to those who collected sponsorships!

Our spelling focus this week was: *Swap "ie" for "y" before adding "-ing"*. For example: *tie → tying*.

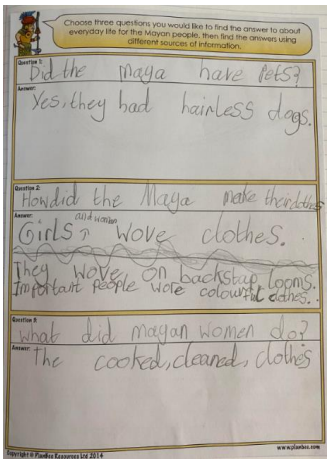
Year 3

In English, we have explored features of adventure stories through reading and analysing examples. The children have also written their own setting descriptions based on a jungle scene. Alongside this, they have practised writing short, snappy sentences to create tension and have continued to master using character dialogue; the children will be encouraged to apply these skills to their own adventure stories next week.

In Maths, the children have continued learning about time. This week, the children have been learning to differentiate between hours and days. They have also been using start and end times to find durations. To end the week, they used durations to find the start or end time of an activity / event.



During topic lessons, the children have continued to explore the Maya civilisation; they discovered that only sons of rich or important Maya people attended school to learn about astrology, reading, writing and mathematics. Whilst girls helped their mothers around the home, learning how to cook and clean in preparation for running their own home in later life. In addition to this, the children learned that hairless dogs were the most popular pet among Maya families and that Maya people ate meat including turtles, dolphins, armadillos, guinea pigs, wild boar and deer (to name a few).



In PE, the children teamed up with Year 4 to participate in some races including the long jump, throwing and running.

In French, the children have been busy developing their knowledge of body parts.

Finally, on Friday, the children enjoyed attending an assembly to learn about Rich Potter's life as a para-athlete and his mantra 'Aim High Always'. They also enjoyed participating in an exercise circuit session.

Year 4

This week in Year 4 all of the children took the official multiplication tables check. It was lovely to see so many of them feel confident heading into their final check and this sense of preparedness take over their nerves. Myself and all the adults are incredibility proud of how well the children took on this challenge. Whilst the start of the week in maths was focused on our final preparations for the multiplication tables check, towards the end of the week we moved on to our new topic of shape. In our first few lessons we have been recapping our previous knowledge looking at acute, obtuse and right angles as well as moving clockwise and anti-clockwise.

In English we have continued building on our retelling of the traditional tale Robin Hood. We have been looking at how to use apostrophes for possession and have written lots of examples in our books that we can use next week! Additionally the children created different freeze frames for the story and shared what their character might be saying. This activity helped us revisit writing speech in text.

It was wonderful to see so many of you at our class assembly. The children really enjoyed being able to share their writing with you (if they felt confident enough to do so) and talk about their memories of our trip to Horstead. I am aiming to have a photo book available next week for you all to have a look through.

Finally we have been learning the Haka to perform on sports day. For many of the children this is out of their comfort zone but they have all embraced the challenge and seem to enjoying shouting with each dance move!







Year 5

A fantastic (and hot) week in year 5!



In maths, we have been looking at decimal numbers and how to add and subtract these using both formal and mental calculation methods. We also opened up some sweet shops and worked out the cost of different items and how much change we would have in return. Then we worked out bulk prices by buying 10, 100 or 1000 of each item!

In English, we have been looking at Play scripts. We took a section of the book and tried to turn it into a small play using stage directions and a script. The photo on the right shows one of the groups in full flow!



In topic, we have started our work on the Aztecs by looking at when this era started and by studying some of the key dates of their empire. We also briefly looked at why the Aztecs ended… you can thank the Spanish and new western diseases for that!

In RSHE we talked about the changes that boys and girls go through during puberty and a few new changes cropped up that some of the children had not heard about it. Please talk to them about this so that you know what we are covering.

Finally, we were treated to something delicious… we named them Lovely Lola's Lemon Curd Cookies. They were amazing!!

Year 6

As always, this week has raced by and it's been filled with so many activities. I wanted to start by saying a big well done to the Year 6s who won the 'Premier League' football tournament at The Nest and to those who attended the new Reception Parents' Evening. In both events, the children represented our school fantastically well and they should be proud of themselves!

In Maths, we continued our Lunar Theme Park Project. This included calculating the wages of mechanics, shop staff and café staff - and then working out the overall profit for a 30-day period. In English lessons, we continued our creative narratives as well as summarising the story of Treasure Island. Yesterday, the children then began making comparisons to their scripts to the novel by Robert Louis Stevenson.

As well as having further RSHE lessons, we discussed the topic of evolution and inheritance in science. One of these lessons focused on different shaped beaks of birds and fish. The children had to correctly state the purpose (and benefits) of various shaped beaks. We had our first swimming lesson at Broadland too - and have been busy practising for our Treasure Island performance and Sports Day dance!

Today, we welcomed the athlete Richard Potter – who set up a range of circuits for the children to try. Mr Tregale, Mrs Gilroy and Ms Magee, from Broadland High, also met the class and discussed life as a Year 7 student as well as setting them an 'All About Me' project.







Reading Bear will spend time with:

Year 1 who had **20 out of 29** and
Year 6 who had **29 out of 32**

of their children read to their family at least 3 times at home this week!



Well done to Year 2 for the highest attendance last week of 99%.
Attendance bear will spend the 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	Maggie, Raife, Isla
Year 1	Grace, Jaylen, George
Year 2	All of Year 2, Chester, Lucas
Year 3	Evie, Oakley, Tristan
Year 4	Alfie, Hunter, All of Year 4
Year 5	Amelie, Joey, Erin
Year 6	Mya, Grace, Ricki

Best wishes

Chris Ashman