

NEWSLETTER

Monday 7th March 2022

Dear Parents, Carers and Children,

As I write to you, I don't think that any of us could have imagined the awful events which are happening in the Ukraine. I know as I watch updates on the news, I can only imagine what it must be like to be living through such a horrific experience. We understand that the children may have worries and questions about what they see and hear, and we are always here to help and support in any way that we can. I would really encourage the children to talk to an adult in school if they ever want to discuss anything. A huge thank you to everyone who has donated items to support the people of the Ukraine and also to the parents who are helping us to get the items to those in need of them. I would also like to thank everyone who donated to our British Red Cross collection. I feel so incredibly proud to be part of such an amazing community, one that always pulls together to support those in need.

As COVID restrictions were lifted nationally, it was wonderful to welcome our first visitor (the author Julia Edwards) back into school to work with the children in Key Stage 2. Many thanks to Mr Bidder for organising this ☺ From what I have heard it was a very inspiring day for all. Trips have also taken place, with many more being planned for the Spring and Summer term. These real life experiences are so important to enhance the children's learning and are something which I think everyone has really missed over the past 2 years.

Unfortunately today I have had to notify you of an increased number of COVID cases within our school community, something which I have been told by the Public Health Team is reflective of what is being seen in the wider Downham Market community. We would strongly advise parents and carers to be mindful of this and in line with the advice which I have been given by the Public Health Team today, testing is advised for not only the 3 main COVID symptoms but also low threshold symptoms such as colds and general illness. We really do want to ensure that everyone stays safe and well. All COVID related illness should be reported to avril.varga@nla.eastern-mat.co.uk

Thank you for your continued support. Best wishes - Mrs Sarah Wilson (Principal)

School Diary Dates

MARCH

Thursday 17th March - Year 2 visit to Lynn Museum The Romans

Friday 18th March - Red Nose Day—Theme for the day— Non-uniform or a character from a Joke

Monday 21st March - Year 1 visit to Banham Zoo

APRIL

Friday 1st April - Last Day of Spring Term

Easter Holidays - Monday 4th April to Wed 20th

School Reopens - Thursday 21st April

Nelson Nursery

We are now looking at September places for our Nursery class.

Children can start at Nelson Academy Nursery with funding (15 or 30 hours) the term after their third birthday. However, if you would like to pay extra, your child can start as soon as they turn 3 years old, if we have a place.

All of our sessions are 3 hours long and we understand that every family has different work and home commitments. Therefore, we offer a flexible approach to how these sessions are used. You can choose between morning or afternoon sessions, or a mix of full and half days.

Sessions and fees

Our timings are:

Morning session – 9am – 12noon

Afternoon session – 12noon – 3pm

All day – 9am – 3pm Additional paid sessions will be available at a cost of £10 per session; please call the Nursery on 01366 383824, or ask at the school office.

School Attendance Percentage

Week Ending: 28/01/2022

Goodall 96.92%

Week Ending: 04/02/2022

Cleopatra 99%

Week Ending: 11/02/2022

Tubman 97%

Week Ending: 25/2/2022

Cleopatra 100%

Well Done



Bliss
for babies born
premature or sick

On Thursday 17th March we will be holding a coffee morning and bake sale for Bliss, a wonderful charity that supports babies who are born premature or sick. We would like to thank Georgie for helping us organise this event and bringing it to our attention.

We will be hosting it in the small hall from

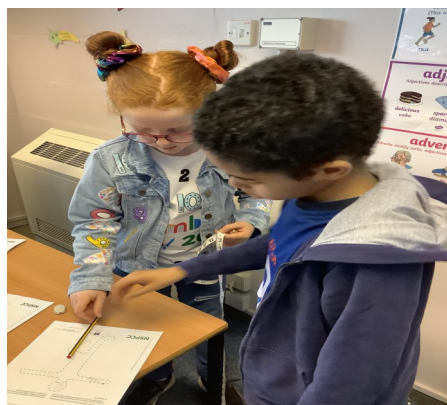
9am to 11am

Please come and join us.

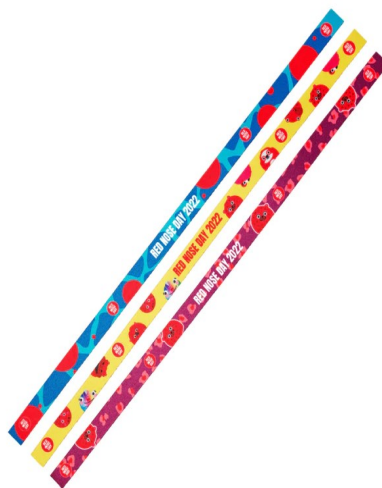


Number Day 2022

Pupils enjoying learning by numbers



We raised a fantastic amount of £349.54



Red Nose Day Friday 18th March 2022

This year we will be selling red noses £1.50 each, new badges £1.00 each and wristbands £1.00 each.

We will start selling these on Monday 14th March for the week until all stock runs out.

Please send in the correct money as we are unable to give change.

All money should be in a named envelope.

On the day (Friday 18th March) everyone can wear non-uniform or dress up as a character from a joke i.e Doctor Doctor or any animal. Donation can be made in class for Red Nose Day.

On Friday 18th March Joke books will be sold on the gate by Mrs Sek for 20p each or a donation.

Parent Evenings—Reminder

The next Parent Meetings will be again held over the telephone and are bookable on the Pupil Asset App on the following days:

Tuesday 8th March from 15:30 to 18:20pm

Wednesday 9th March 15:30 to 18:20pm

You can make a booking for a ten minute slot on the app, if you need help with this and have not signed up for the app please email office@nla.eastern-mat.co.uk and we will send you a sign-up email.

The app must be download from the app store. Pupil Asset Parent App which is white with Blue/ Black lettering.

School Library

Let the Artist begin

Our school library is looking great now with all the books and a fantastic picture on the wall painted by Mrs Sek with help from Year 5 pupils Sophia, Tyler, Eve, Callie and Isla Year 4 and Leisel Year 1.



REMINDER

School Uniform and Appearance

It has become apparent that our high standards for uniform etc, have slipped and this may have happened as a result of all the other far more important things going on in the world.

However, we have reached a point where we need to address these issues. Therefore I would like to remind everybody of a few key points:

- Children should all be wearing the correct uniform every day. This includes wearing school shoes (not trainers) and ties. It also includes wearing the correct colour shirts and jumpers.
- Long hair should always be tied up.
- Skirts should be of an appropriate length (knee length). Some children are wearing skirts that are far too short and this is not acceptable or appropriate for school.
- No make-up, nail varnish or jewellery (except one set of small round stud ear-rings or a watch) should be worn at school, this includes smart watches.
- Children should not have any unnatural colours in their hair.
- T-Shirts for PE should be plain and in the colour of the child's House Team, with black or blue shorts/jogging bottoms.
- For more information, please see our website:
- <https://www.nelsonacademy.co.uk/page/?title=School+Uniform&pid=23>

We are proud to announce we have completed the requirements for the Queen's Canopy Project and have been awarded the virtual plaque.

We are delighted to confirm your [Jubilee tree planting](#) has been uploaded to The Queen's Green Canopy (QGC) map.

Please find attached your QGC virtual plaque, which we invite you to share on social media using the hashtag #QueensGreenCanopy or #plantatreeforthejubilee to encourage others across the UK to get involved.

Please follow our digital channels on Facebook, Twitter and Instagram where we will be sharing Jubilee tree plantings throughout the official planting season, which is from October to March. With your planting complete, it is important to take care of your trees to give them the best chance of flourishing.

Our Protect page features all the information you need to ensure your planting flourishes.

Thank you for your contribution to this special initiative, which we hope will inspire countless others. With your support we are creating a greener UK and a legacy in honour of The Queen's leadership of the nation, which will benefit future generations.

Yours sincerely,

The Queen's Green Canopy



10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

WWW.BELIEVEPERFORM.COM



@BELIEVEPHQ



ROLE MODEL

Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you



TALKING

Support your child to talk about their problems and how they are feeling



COPING SKILLS

Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging

SLEEP

Support your child to build positive sleep habits. Develop a good sleep environment with your child



WELLBEING

Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety



PLAY

Promote play and creativity among your child. Allow them to explore



SELF CARE

Make sure your child has time and space to look after themselves. Involve yourself in their hobbies



AUTONOMY

Allow your child to make their own decisions. This will help to build resilience

RELATIONSHIPS

Support your child to build positive relationships with friends and family



RELAXATION

Help your child to relax. Teach them relaxation skills such as deep breathing

