WEEKLY BULLETIN

Friday 1ST May

Nursery

Reception

FAIRHAVEN SCHOOL TRIP- You can still make payments for the Trip on Tuesday 12th May on the Teachers2Parents app. If you are experiencing trouble with paying, please contact the school office: officesp@carefed.org.uk. The trip may not go ahead if there are insufficient funds.

Year 1

8th MAY YEAR 1 CELEBRATION- Please find attached to the same email as this bulletin a letter regarding the Year 1 evening event celebrating David Attenborough's 100th Birthday

NORWICH CASTLE SCHOOL TRIP- You can still make payments for the Trip on Wednesday 10th June on the Teachers2Parents app. If you are experiencing trouble with paying, please contact the school office: officesp@carefed.org.uk. The trip may not go ahead if there are insufficient funds.

Year 2

Main school

LUNCH CHANGE- Lunch on Thursday 21st May has changed to a Sports Day theme. All jacket potatoes and the cheese and tomato pasta will still be available alongside this menu.

When ordering on the Teachers2Parents app please order the following for your child to receive the lunch that reflects this menu.

'Build your own' chicken taco→ Pork Sausages, mini waffles, beans and a mini breakfast muffin

'Build your own' vegetarian taco→Vegetarian Sausages, mini waffles, beans and a mini breakfast muffin

This lunch needs to be ordered as normal by the Friday lunchtime before the upcoming week so in this instance Friday 15th May 2026.



NATIONAL NUMERACY DAY- Please find attached to the same email as this bulletin a letter regarding activities in school on National Numeracy Day.



SEND CAFÉ 'POUR AND PAUSE'- Julie Barnes is running another café at Falcon on Tuesday 2nd June all parents/carers are welcome.

FAMILY ACTION MAY NEWSLETTER- Please follow this link to view the Family Action May newsletter which focuses on some of the extra benefits of sports and activities for children who are neurodivergent.

SPORTS DAY- Please find attached to the same email as this bulletin a letter regarding schools and your invite to the morning events.

INVITE TO THE WARREN- After visits to and from The Warren this week for intergenerational week, they have kindly advertised to us their activity during Whitsun week, where they are having baby lambs to feed. If you are interested in attending, please see the poster in our advertisement section of this bulletin for more details and email: warren.activties@barchester.com to confirm a place.

FAMILY VOICE NEWSLETTER- Click on the photo to read the latest newsletter→



Attendance

- It can be tricky deciding whether or not to keep your child off school so you can always check the NHS website- Is my child too ill for school? https://www.nhs.uk/live-well/is-my child-too-ill-for-school/ for additional support and information about school attendance you can visit Just One Norfolk JustOneNorfolk-Attendance
- Reminder that if your child experiences sickness or diarrhoea, they cannot return to school until 48 hours after the last episode of sickness/diarrhoea. Absences must be reported by our absence line by 9.00 am each day your child is absence from school (01603 406406 option 1) Please do not send absences messages on Tapestry or email.

What's coming up soon:

Bank Holiday Monday, School Closed- Monday 4th May

Year 2 Hautbois Meeting- Wednesday 6th May

Year 1 Celebration Evening- Friday 8th May

Reception Fairhaven Trip- Tuesday 12th May

Walk to School Week- Monday 18th- Friday 22nd May

Last day of Term- Friday 22nd May

For all calendar dates please see the website: Sparhawk Calendar – Click link to full calendar if you cannot see future dates

Friends of Sparhawk School Association
Registered Charity Number 1096703

BOOK DISCO TICKETS HERE!

FOSSA DISCO

WEDNESDAY 3RD JUNE

RECEPTION FROM 3.40-4.30PM
YEAR 1 FROM 4.45-5.35PM
YEAR 2 FROM 5.50-6.40PM

£2.50 per child
Includes:
unlimited squash

There will be a pocket money shop
You can pre buy tokens, 50p per token.
The option will be on the booking form, and tokens will be given out in class prior to the disco.

Book & pay via the QR or via https://www.pta-events.co.uk/fossa/index.cfm?event=event&eventId=116399

Sparhawk Infant and Nursery
Discover • Achieve • Excel

CALLING ALL SPARHAWK PUPILS!

THE CHALLENGE

This spring, **FOSSA** are inviting each child to help raise money using their fantastic creativity – in any way they choose!

HOW IT WORKS

Each child can think of a fundraising idea (there are lots of ideas on the next page) and ask a grown-up to donate or sponsor them!

There is no minimum amount to raise – every donation helps!

OUR GOAL

Our goal is for each child to try to raise **£20.26** – or anything they can – contributing towards their class target of **£202.60.**

SPARHAWK SUPER 2026 CHALLENGE

CHALLENGE DATES

Launch: Wednesday 22nd April
Finish: Wednesday 3rd June

FOR THE GROWN UPS

Money raised can be added online to your child's class page on PeoplesFundraising. Please see the following pages for donation links and information.

IDEAS TO HELP OUR SCHOOL GROW IN 2026

Here are some ideas to get started – inspired by the number 26!

ASK A GROWN-UP TO DONATE IF YOU:

- make your bed for 26 days
- help with washing up
- lay the table daily
- help prepare meals
- walk the dog / feed pets
- be kind and helpful

ASK FOR SPONSORSHIP TO:

- read daily for 26 days
- walk to school
- cycle or scoot
- swim a distance
- stay silent for 26 mins
- reduce screen time
- learn 26 new words

MAKE OR SELL:

- cakes or treats
- bracelets
- crafts
- old toys/books
- run a small game

WE WOULD LOVE TO SEE WHAT YOU DO!
Send photos to: **fossa@sparhawk.school**

May holiday Camp is available to book now.













Advertisements:

The Benjamin Foundation

Working in partnership with

Cecil Gowing Infant School · Falcon · Sparhawk

Parent Support Adviser (PSA)

Parenting can be hard and sometimes things can get tough.

As your Parent Support Advisor, I am here to listen and support your family and to deal with any issues or concerns you may be facing. I may not have all the answers, but together we can explore ways forward.

These are just some of the things a Parent Support Adviser can offer support with:

- General support in areas such as SEND, Behaviour, Young Carers, Attendance, Mental Health, Physical Health, Housing, Finance, community engagement and much more
- Short and full referrals available as well as 1:1 drop-in sessions
- In-person meetings, home visits, over the phone or via Teams
- Information and signposting to services and other agencies available to support you and your family
- Foster positive relationships between home and school

If you feel that you would like to meet me for an informal chat my contact details are:

Julie Barnes
Parent Support Advisor and NIDAS Domestic Abuse Champion
Mobile: 07471033672
e-mail: Julie.barnes@benjaminfoundation.co.uk
Monday & Tuesdays, Term time only

The Benjamin Foundation

Find out more about The Benjamin Foundation by visiting our website: www.benjaminfoundation.co.uk

Reg. Charity No. 1124936

NHS

Norfolk Healthy Child Service

Are you the parent or carer of a child or a young person aged 5 to 19 (19-24 with an Education, Health and Care Plan)?

Our school nurses work across education and health. They provide a link between school, home and community. This includes children and young people educated at home and in alternative settings.

Our aim is to improve the health and wellbeing of children and young people in these six areas:

- Relationships and sexual health
- Drugs and alcohol
- Smoking and vaping
- Oral health
- Living a healthy lifestyle
- Emotional wellbeing, resilience and self-care

Our school nursing team also provide:

- Hearing and vision screening - reception
- Measurement for height and weight - reception and Year 6

Speak to the school nursing team:

Call Just One Number on 0300 300 0123
Text Parentline on 07520 631590

To find out more visit www.justonenorfolk.nhs.uk or for young people aged 11-19 visit www.fyinorfolk.nhs.uk

Supporting every child, young person and family in Norfolk to flourish

Commissioned by Public Health, Norfolk County Council and provided by Cambridgeshire Community Services NHS Trust

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ISLTS

INDEPENDENT SPEECH & LANGUAGE THERAPY SERVICES LTD

WORRIED ABOUT YOUR CHILD'S COMMUNICATION? BOOK A FREE ADVICE SESSION

We understand that communication difficulties can impact a child's development, academic progress, social relationships, and emotional well-being.

Meet with an experienced Speech & Language Therapist for a free, 20-minute bookable advice session to discuss your child's needs, whether or not they have a diagnosis.

THURSDAY 28TH MAY 2026

What to Expect:

- FREE 20 MINUTE APPOINTMENT
- 1:1 MEETING WITH A SPECIALIST SPEECH & LANGUAGE THERAPIST
- GUIDANCE ON NEXT STEPS AND SIGNPOSTING TO SERVICES
- STAY AND PLAY FOR YOUR CHILDREN

SCAN HERE

CONTACT US TO BOOK YOUR FREE APPOINTMENT

Clinic: NO.14 THE CLOSE, NORWICH, NR1 4DZ

Phone Number: 01603 66 44 33

Email: office@islts.co.uk

Website: www.islts.co.uk

HAUTBOIS OPEN DAYS

HAUTBOIS ACTIVITY CENTRE

16 and 17 May 2026

- Adventurous activities
- Bring the whole family
- Try something new

Unbeatable value for a family day out!

£7.20 pp

Tickets limited Book now!



Rainbows

for ages 4 to 7

Rainbows enjoy crafts, playing games, cooking, having adventures, making new friends, earning badges, learning new things and much much more

At Rainbows, we welcome all girls to play, learn and have fun in a creative, safe space for all abilities.

Girlguiding

2nd Sprowston Rainbows have spaces for girls aged 4-7.
We meet Saturday mornings every fortnight 10:00 - 11:30
Please email 2ndsprowstonrainbows@gmail.com for more information
Or register your interest at girlguiding.org.uk

Anguish's Educational Foundation

Help with the cost of School Uniforms



ID 172669419 © Snehitdesign | Dreamstime.com

Do you need help with the cost of school uniforms for the new school year starting this September?

Do you live in the City of Norwich, Catton, Corpusty, Costessey, Hellesdon, Sprowston or Thorpe St Andrew?

Apply now

Due to high demand, applications received after 31st July may not get processed before the new school year starts.

Contact us to find out if we can help you.

Email us: info@norwichct.org.uk

Or telephone and leave your name: 01603 621023

One of our friendly team will get back to you.

ANGUISH'S EDUCATIONAL FOUNDATION

TOPTRACKS

Giant Train Play Experiences for ages 2-8

Build, play and explore in a world of tracks

Parent supervised • Child-led play

Norwich • Town Close School
Sunday 28 June

70-minute sessions

Book Now - Limited spaces

buytickets.at/toptracks

http://facebook.com/toptracksevents

THE WARREN
BARCHESTER HEALTHCARE

Join us as we feed the...

BABY LAMBS

Wednesday 27th May · 2.30pm

Join us at The Warren Care Home as we'll be feeding baby lambs by the bottle in the garden (Weather Permitting)
For further information, please get in touch with Kirstie or Chloe
warren.activities@barchester.com

Warren Care Home
157a Wroxham Road, Sprowston , Norwich, Norfolk, NR7 8AF
Tel: 01603 426170 • www.barchester.com

THE WARREN
BARCHESTER HEALTHCARE

Residential Care • Respite Breaks