# WEEKLY BULLETIN

Friday 15th May

## Nursery

## Reception

## Year 1

**CASTLE PAYMENT AND CONSENT-** If you haven't made payment for the trip, you can do so on the Teachers2Parents app. The trip may not go ahead if there are insufficient funds. Also please complete the consent form if you haven't done so: Norwich Castle Consent

## Year 2

**WILTSHIRE SWIMMING-** Reminder to have your swimming kit ready for Monday. Dates are 18th May, 1st June and 8th June.

**HAUTBOIS CONSENT-** Please make sure medical and consent forms are completed and handed in to class teachers.

## Main school

**LUNCH CHANGE-** For the final summer term there is a lunch change to the Thursday on the week three menu, the menu will be what is advertised on the poster opposite. It will return to Taco's in September. Lunches are now available to order until the end of the academic year.

**FATHERS DAY MESSAGES-** Norwich Evening News will be publishing their Father's Day articles again this year. We would like to take part; however we require your consent for your child's message to be published. If you do not consent your message will not be published. Please complete this form Fathers Day Consent 2026 before 12pm on Friday 22nd May.

**YOUNG CARERS ACTIVITIES AND PARENT WORKSHOP-** if your child is a young carer they may be interested in some of the activities available for them to book onto. To book please complete the form here. We will also be hosting a Young Carers Parent Workshop on Wednesday 17th June 2:45pm-3.30pm if you wish to attend please email: officesp@carefed.org.uk. For more information on both of these please head to the Advertisement section of this bulletin.

**NATIONAL NUMBER DAY-** A reminder that children can come to school wearing a top featuring a number/numbers on Wednesday 20th May for National Number Day

**WALK TO SCHOOL WEEK-** We are excited to share details with you about 'Walk to School Week' which will run from Monday 18th to Friday 22nd May.

During this week we will be asking your child to walk part or all of the way into school. We appreciate that you may need to drive to school as children may live further away or you may have an onward journey to make, but you can still take part by parking slightly further away than usual and walking some of the distance.

Children may choose to bike, scoot or walk in. The benefits of this are huge, it will give children fresh air to start their day, along with some exercise but it will also make a difference to parking outside our school, which can sometimes be unsafe. Teachers will sign off each day that children walk on a paper tracker that will be handed out on the first day. If children complete some form of walking to school each day they will receive a certificate at the end of the week!

If you have any further questions, please don't hesitate to ask a member of the team.






## 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:**

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

*National Number Day- Wednesday 20th May*

*Last day of Term- Friday 22nd May*

*Return to School- Monday 1st June*

*FOSSA DISCO's- Wednesday 3rd June (see FOSSA page for times)*

*Year 1 Norwich Castle Trip- Wednesday 10th June*

*Sports Day and FOSSAFEST 26- Friday 26th June*

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

BOOK DISCO TICKETS HERE!

Friends of Sparhawk School Association
Registered Charity Number 1096703

# 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**

Premier Education

**New! Book today:**
[After school Football Club]




## FOOTBALL CLUBS AT YOUR SCHOOL!

| | |
|---|---|
| Venue: | Sparhawk Infants School |
| Dates: | Fridays W/c 1st June - W/e 10th July |
| Times: | 15:00 - 16:00 |
| Price: | Just £6.60 per session! |
| Ages: | R-Y2 |
| Additional info: | |

Adored by millions of fans and loved by children across the country, football is our most popular extracurricular club activity.

Every single one of our school club sessions are delivered by highly-trained activity professionals, who look to share their passion and energy for sports and activity.

**Book now** for an extracurricular club they will never forget.

> The coaches are fantastic. We have been to other football clubs but we feel this one is the best!
>
> Faye - Parent

**CLUBS ARE BETTER WITH FRIENDS!**

TREAT YOUR FRIENDS TO 20% OFF...AND GET 20% OFF TOO!

*Ts&Cs apply. Refer a Friend discount on new bookings only.

Premier Education




Premier Education

## Paying for Wraparound Care (WAC) with Tax-Free Childcare

**Setting Name & Address**
Sparhawk Infant & Nursery School
Sparhawk Avenue
Norwich
NR7 8BU

**Ofsted Registration Number** 2578983

**List the provider's that we are registered with and relevant information**

HMRC Childcare Choices
Eden Red
Computershare
Care4
Childcare Grant Service
Kiddivoucher

*For any childcare voucher related queries or if you need us to register with a provider that is not registered at the setting please email our Finance Coordinator, Diane Warner: dwarner@premier-education.com*



# Advertisements:

The Benjamin Foundation

Working in partnership with

Cecil Gowing Infant School — Falcon — Sparhawk Infant and Nursery

## 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

The Benjamin Foundation

ACTIVITIES FOR YOUNG CARERS

## SUMMER 2026

**29 JULY** — 10am to 1.30pm — For ages 5-17yrs
**CARLTON MARSHES** — Including pond dipping, den building, woodland activities & children's play area.

**12 AUG** — 10am to 1.30pm — For ages 5-17yrs
**NORWICH CASTLE** — A tour of the castle exploring the exhibitions

**19 AUG** — 10am to 3pm — For ages 8-17yrs
**SAILING @ LUDHAM** — A day split between being out on the water sailing and exploring the boat yard at Hunter's Yard, Ludham

SCAN QR CODE TO REGISTER

COMPLETING THE FORM IS NOT A GUARANTEE OF A SPACE. YOU WILL BE CONTACTED BY WEDS 8TH JULY CONFIRMING WHETHER YOU HAVE RECEIVED A SPACE OR NOT. TRANSPORT IS NOT PROVIDED.

For more information please email youngcarers@benjaminfoundation.co.uk

The Benjamin Foundation — Carers Matter Norfolk — The CARE Federation — Sparhawk Infant and Nursery

## Young Carers Parent Workshop

**Wednesday 17th June**

**2:45pm to 3:30pm**

**Sparhawk Infant and Nursery, NR7 8JE**

Support available from your area Young Carers Education and Community Worker Rowena Cove, explaining the support available in your schools and local communities for Young Carers and their families



- Information available on local Young Carer groups and activities
- Information available about signposting for family support, eligibility for grants, housing and adaptions and one-to-one support through Carers Matter Norfolk

**If you would like to attend please inform the school office: officesp@carefed.org.uk with the heading 'Young Carers Parent Workshop'.**

Join us for a relaxed morning of chat and warm welcomes

## SEND CAFE 'POUR AND PAUSE'

(FOR PARENTS/CARERS OF CHILDREN WITH OR WITHOUT A SEND DIAGNOSIS)

TUESDAY 2ND JUNE
9AM - 10.30AM

AT FALCON JUNIOR SCHOOL
(OPEN TO PARENTS/CARERS AT SPARHAWK SCHOOL AND CECIL GOWING SCHOOL ALSO)

**Hosted by Julie Barnes - Parent Support Advisor**

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

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

Kids — flourish — Norfolk County Council

Norfolk Parent Carer Service

## Summer Term Online Workshops

Eating Challenges Sunday 17th May 2pm - 4pm
Neurodivergent Teen Monday 1st June 10.30am - 12.30pm
Eating Challenges Friday 5th June 11am - 1pm
Neurodivergent Teen Sunday 7th June 2pm - 4pm
Sleep Challenges Wednesday 10th June 10.30am - 12.30pm
Parental Resilience Sunday 21st June 2pm - 4pm
Parental Resilience Wednesday 24th June 11am - 1pm
Managing Challenging Behaviours Friday 3rd July 11am - 1pm
Sleep Challenges Sunday 5th July 2pm -4pm
Managing Challenging Behaviours Sunday 19th July 2pm - 4pm

Scan here for booking form:

Join us online - just scan the code and choose your dates!

Email sally.macgregor@kids.org.uk for more info

HAUTBOIS ACTIVITY CENTRE

## HAUTBOIS OPEN DAYS

**16 and 17 May 2026**

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



**£7.20 pp**

**Unbeatable value for a family day out!**



**Tickets limited Book now!**

Anguish's Educational Foundation

## Help with the cost of School Uniforms




ID 17266949 © Snchitdesign | 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

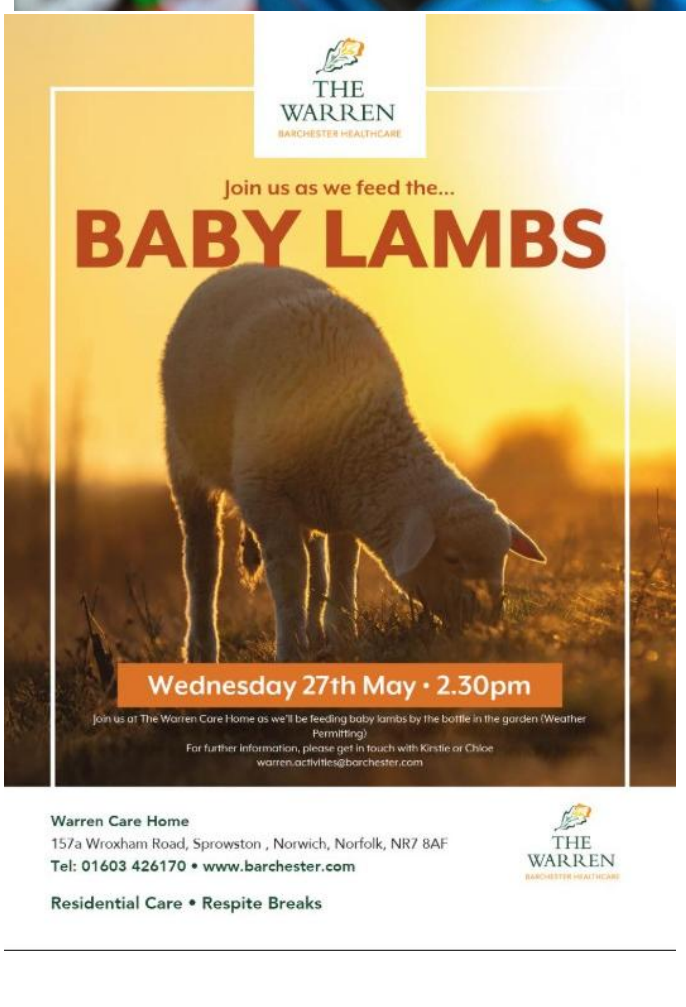

Walk to School Week
18th - 22nd May
Free after school refreshments at
Furlong Heath, Sprowston.
as part of the Walk to School Week 2026.
Drop by our Marketing Suite after school (until 4.30pm) for complimentary refreshments between Monday 18th - Friday 22nd May.
TILIA HOMES
Furlong Heath, Salhouse Road, Sprowston, Norfolk, NR13 6LA


NATIONAL TENNIS ASSOCIATION
JUNIOR
TENNIS CAMP
Reepham Tennis Club
Hellesdon Community Tennis
Taverham Tennis Club
25 - 29 May 2026
9-11:30am / 12-2:30pm
5-10 / 11-15 years
Action packed holiday camps with team challenges, tennis skills, games and prizes.
SCAN THE QR CODE TO BOOK OR CLICK ON THE LINK BELOW
HTTP://NATIONALTENNIS.ORG.UK/CAMPS/NORFOLK
CONTACT FOR FURTHER INFORMATION- HELLO@NATIONALTENNIS.ORG.UK
LTA YOUTH


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


Picture house | Ribena
OUTDOOR CINEMA
MOVIES IN THE MOONLIGHT
WHITE HOUSE FARM
NORWICH
MAY 22 - 25
GREASE
WALLACE AND GROMIT: THE CURSE OF THE WERE-RABBIT
PADDINGTON 2
JURASSIC PARK
BOOK NOW
PICTUREHOUSES.COM/OUTDOOR


40TH ANNIVERSARY
John TRAVOLTA
Olivia NEWTON-JOHN
GREASE
is still the word!
FROM THE CREATORS OF CHICKEN RUN
Wallace & Gromit
THE CURSE OF THE WERE-RABBIT
Picture house AT White House Farm
OUTDOOR CINEMA
22 - 25 MAY
TICKETS INCLUDE A £7 VOUCHER TO SPEND ON FOOD & DRINK AT THE PH KIOSK
PADDINGTON 2
IT TAKES A BEAR TO CATCH A THIEF
IN CINEMAS NOVEMBER 10
JURASSIC PARK
30TH ANNIVERSARY


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
Residential Care • Respite Breaks
THE WARREN
BARCHESTER HEALTHCARE


JUMBLE SALE
ST GEORGE'S CHURCH
SPROWSTON ROAD
50P ENTRANCE FEE
16TH MAY
12 - 2 PM
REFRESHMENTS AVAILABLE
Charity no. 1086590


CURIOUS KIDS
MAY HALF TERM
Join us at Sandringham Estate for an adventurous May half-term of mini-golf, family archery and forest school!
ROYAL ESTATE
Sandringham
MINI GOLF
Sat 23rd May - Sun 31st May
Slots available from 10am - 4pm
Adults - £8
Ages 5-15 - £7
Under 5 - £5
NEW FREE EXHIBITION
Celebrating the centenary of Queen Elizabeth II's birth in the Sandringham Arboretum.
HOUSE AND GARDENS TICKETS
Don't forget children 16 years and under receive free access to Sandringham House and Gardens.
FOREST SCHOOL
Tue 26th May
Wed 27th May
Thur 28th May
10.30am - 12pm
£12 per child
Adults free.
FAMILY ARCHERY
Sun 24th May
Sun 31st May
30 minute slots available from 10am - 3.30pm
£35 for 6 people
All activities are bookable on our website www.sandringhamestate.co.uk







Research Study – Parents Invited to Take Part

A postgraduate researcher from the University of East Anglia is inviting parents with an immigrant background to take part in a short online study. The research explores experiences of moving to and settling in the UK including feelings of belonging and everyday challenges, and how these experiences may relate to young children's behaviour and emotional development. There are two versions of the survey depending on your child's age.

We are looking for parents/carers who:

- Live in the UK
- Are first- or second-generation immigrants
- Have a child aged 1.5–3 years or 4–7 years
- What does participation involve?
- One anonymous online questionnaire
- Takes around 10–15 minutes
- Can be completed on a phone, tablet, or computer
- Optional entry into a £30 prize draw as a thank you

Please use the relevant link below:

For children aged 4–7 years: https://app.onlinesurveys.jisc.ac.uk/s/ueapsych/childhood-survey-4-7-years-duplicate

For children aged 1.5–3 years: https://app.onlinesurveys.jisc.ac.uk/s/ueapsych/toddler-survey-1-5-3-years-duplicate-2