



# The Strand

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Welcome to our latest  
newsletter

**October 2022**



WELCOME BACK  
TO SCHOOL!

Hope you will enjoy reading this terms Newsletter, again our students have been given lots of exciting learning opportunities. Our students have all soon settled into their new or existing groups, for another exciting year of learning ahead of them. It was great to see some of our students in Year 7 involved in Bike ability and our Sixth Form students are already out and about experiencing the World of Work. I look forward to the year ahead and we have lots of exciting things planned, starting with a Christmas Lights/Fayre event on the 8<sup>th</sup> December which will be held after school but we will hopefully see many of you being able to attend and this year. We will be holding our Christmas Service at Cromer Church on Thursday 15<sup>th</sup> December. More details on both events will follow at the start of next term. Hope you all have an enjoyable Half Term Break and get to enjoy some autumnal sunshine

**Ms Taylor, Co-Head**

## Governors



As the autumn term is well underway the Governing Board have already had one meeting, following our safeguarding training and short presentation to the staff. It was nice to meet some new faces and resume contact with familiar ones. We do hope all the pupils have settled in to their classes and are working well. We hope there will be an opportunity to meet at events later in the term.

We welcome Duncan Mackenzie [co-opted] and Emma Neave [parent] to the Governing Board this term. However, we are still looking to recruit 2 more Governors – 1 Parent Governor and a Co-opted Governor, and a Clerk. If you are interested or know of a suitable person, please let me know via the School Office, or contact Lloyd via the Parent Facebook page, which aims to support families and share information.

Thank you.



Please remember if you are sending cash into school to put it in an envelope with your child's name clearly marked on the envelope and the reason for the payment.

We are collecting 5p coins in the Strands charity shop and using mini jam jars to do. If you'd like to donate some mini jam jars please send them (washed) into school where they will be labelled.



**schoolmoney**

Please note:

Payments using schoolmoney - please make sure you put things in the basket AND checkout as the order isn't placed unless this is done.



### Oak Class

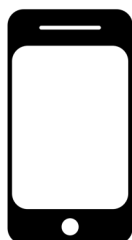
Oak class have had a brilliant start to the school year with lots of house points and above and beyond points being earned. Oak class earnt these for exceptional effort, kindness, resilience, team work and for being helpful.



We have also been very creative! Here are a few photos of things we have made.



### ABSENCE LINE—01263 578144



If your child is absent from school please ring everyday your child is off **before 9am** with full details of absence.

(i.e. the specific symptoms your child has)

THANK YOU





With the weather having taken a turn for the cooler, autumn is definitely in the air. And what better way to celebrate the change of seasons than by getting out as a family to explore a National Trust site near you? We

know that getting out into nature is good for our mental health and wellbeing, and so we're really excited that the National Trust is giving away free family tickets this autumn.

<https://www.discoverwildlife.com/news/claim-your-free-national-trust-family-tickets-this-autumn/>

The family tickets are valid for up to two adults and four children at the majority of their sites around the UK. Tickets are valid for single use, until 30th November 2022.



### **SCHOOL TRANSPORT**

If your child will be collected by you instead of their usual taxi,

**ENSURE YOU CALL RECEPTION  
ON 01263 578144 AND  
NORFOLK COUNTY COUNCIL ON  
03448008020**



### **Dates for the Diary**

Friday 21st October—Last day of term

Monday 31st October—Back to school

Monday 7th November—HPV Vaccination, year 8 only

Thursday 8th December—Christmas Fayre 5pm—7pm

Wednesday 14th December—Christmas Day Dinner

Thursday 15<sup>th</sup> December— Carol Service in the afternoon at Cromer Church - more details to follow.

Friday 16th December—last day of term, 1.30pm finish

Wednesday 4th January—Back to school

### **Government guidance regarding Covid**

**19.** If a student has any respiratory infection they should stay off until they are feeling better.



### **Conkers Class**

Combining Outdoor Learning with World Mental Health Day, Conkers did a mindfulness walk around the school grounds. We used our senses to look, listen, smell, and touch as we walked through the woods. We stopped to hear the wind rustling in the trees and the birds singing. We felt for the changes in the ground under our feet as we walked. We looked high and low to see what was around us and we breathed in the fresh air. The children really enjoyed being outside and spotted lots of things that they might not have seen before.





## SIDESTRAND HALL SCHOOL LUNCH MENU – Term 1 and 2 AY 22-23

Jelly and Gluten Free Yogurts are available for those with dietary requirements.  
Pack lunch bags –ham, cheese, tuna or egg sandwich, bottle of water, yoghurt, fruit

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hot</b>	Pork & Beef Meatballs, sweetcorn & Garlic bread GF Pasta DF Bolognaise	Cottage Pie with carrots, peas and gravy GF and DF	BBQ chicken melt with wedges & sweetcorn GF and DF without cheese	Cheese and potato pie with beans GF and DF	Fish fingers, chips & peas GF fish fingers DF
<b>Vegetarian</b>	Jacket Potato with Cheese salad	Vegetable pizza (sweetcorn, peppers, mushrooms) with Wedges GF and DF	Quorn fillet, roast potatoes, carrot, peas and gravy GF and DF	Quorn sweet and sour with rice GF and DF	Breaded veggie nuggets with chips and beans DF
<b>Dessert</b>	Fruity Oatie with citrus icing	Fruit crumble with custard	Cherry cupcake	Vanilla Sponge with Custard	Strawberry jelly

Week One: 6th Sept, 19th Sept, 3rd Oct, 17th Oct, 7th Nov, 21st Nov, 5th Dec

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hot</b>	Chicken curry, rice and naan bread GF and DF	Sausage, Yorkshire pudding, mash, peas and gravy	Roast chicken, roast potatoes, carrots, peas & gravy	Pasta bolognaise and garlic bread GF and DF	Pork & Apple Burger with chips GF and DF
<b>Vegetarian</b>	Shepherdess pie with mixed vegetables GF and DF	Vegetable Curry with Rice & Naan Bread GF	Vegetable Lattice with Wedges & Salad	Jacket potato with cheese salad GF	Veggie burger with chips and beans
<b>Dessert</b>	Raspberry & chocolate muffin	Cherry Oatie	Orange jelly	Apple crumble with custard	Vanilla Cupcake With Icing

Week Two: 12th Sept, 26th Sept, 10th Oct, 31st Oct, 14th Nov, 28th Nov, 12th Dec



### Chestnut Class

We have had a really good start to the year in Chestnut. In English we have been reading a Story Like The Wind about a boy called Rami and his refugee journey. He is a very thoughtful boy with many memories and stories to tell who will always show empathy for others. His story read to others takes us to the far away land of Mongolia where the landscape is both beautiful and harsh for the people that live there. In Maths we have been learning about place value and digit recognition. We then used this knowledge to complete addition and subtraction calculations. We always tried to relate our maths work to real life scenarios. In Topic we have been learning about the challenges that Britain, Europe and the wider world faced from 1901 to the present day. We investigated The Suffragettes, World War 2 and American Civil Rights. Pizza and apple and cinnamon cupcakes and sweet potato fries were made and consumed in Food Tech. In Science we have seen the reaction between various metals and liquids and in PE we have been practising our football and boxing skills. We are looking forward to what the next half term brings.



### **Carrot Cheese & Ham Muffins**

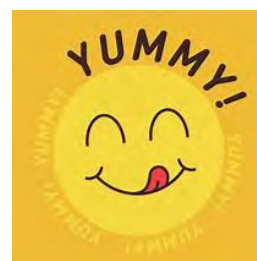
*These savoury carrot & cheese muffins with ham are the perfect lunch box muffin, loaded with hidden veggie and dairy.*

### **Ingredients**

- 1 cup (128g) grated carrot
- 50g ham (or substitute with bacon)
- $\frac{3}{4}$  cup (96g) grated cheese
- 1 egg, beaten
- 2 cups (240g) self raising flour
- 2 tbs butter, melted
- 1 cup (240ml) of milk
- Salt and pepper to season

### **Instructions**

1. Preheat your oven to 180 degrees Celsius. Prepare a 12-cup muffin tray.
2. Whisk eggs, milk and melted butter in a large bowl.
3. Add the remaining ingredients to the bowl and mix until just combined.
4. Add your mixture evenly in your muffin tray sections. Place into the oven.
5. Bake for 15 to 20 minutes or until golden. Test with a skewer or knife to ensure that the centre is cooked. It should come out mostly clean.
6. Give them time to rest in the muffin tray before removing and cooling on wire rack.



The County Council are extending the scheme for provision of Financial Support Vouchers for those in receipt of free school meals and 16-19 bursary. These vouchers will be issued from schools, on the County's behalf, as follows:-

£15 November, £45 December. Total £60 to be issued in early December

£15 January, £15 February . Total £30 to be issued at end of January

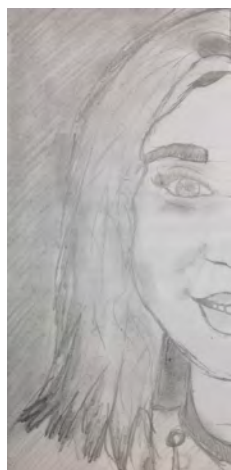
£15 March, £15 April. Total £30 to be issued at end of March

Any questions please contact Wendy Forster, School Business Manager  
on [sbm@sidestrandhall.norfolk.sch.uk](mailto:sbm@sidestrandhall.norfolk.sch.uk)

### Fig Class



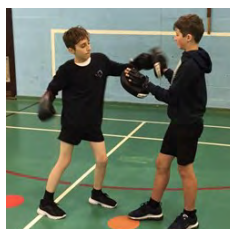
This half term Fig class has been learning about World War Two in Topic. We have looked at the suffragette movement and thought about the right to vote. During our



Topic we have created blitz pictures, studied rationing, evacuation and the holocaust. We linked this to our English work on biographies looking at the life of Anne Frank and writing our own biographies on famous people. We have enjoyed getting outside on sunny September days, gardening, making elderflower necklaces and Autumn crowns and dodging the rain when it comes! In Maths we have been working on our knowledge of place value and addition and subtraction. In Art we have created portraits in pencil, paint and in clay form, developing our ability to create different facial features. Finally in Thrive and RSHE we have considered how to keep ourselves safe, celebrated ourselves and others and looked at roles and responsibilities within class.



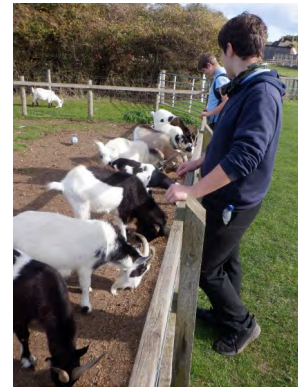
This half term the pupils have been trying lots of different activities. The main ones being Football and Boxing which they have really enjoyed and been able to develop their skills and fitness further. Some classes have had the opportunity to experience some Indoor Cricket sessions with Andy from Norfolk County Cricket. Here is Pine class in action.







Both KS4 Small Animal Care groups visited Hillside Animal Sanctuary as part of their AQA coursework. We had a marvellous day observing and discussing the huge variety of animals. Did you know there are over 2,500 horses living there? The cockatoos were hilarious and very noisy. Everyone loved the llamas who were very naughty; chasing each other to catch their tails.



Reading the stories of the animals who have been rescued from appalling conditions and cruelty was heartrending, but it is lovely to see them happy, safe and free from neglect and harm now. Over the next half term, both groups will begin an enterprise project, to raise money for Hillside and other animal charities that are special to this year's children. Look out for our wares in Strands Charity Shop, at the school reception and at our stall at Christmas. Please dig deep in those pockets for such a worthy cause.



Look at this great display of Nocturnal animals made by **Catkins Class**!!



**Beech Class** have moved back to the KS3 zone, only this time, we're in a brand new classroom! It's modern, spacious and a great place to learn. We consider ourselves lucky!



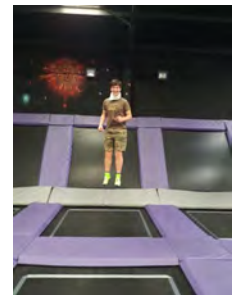
**Maple class** has been looking at colours. They have tried several different ways to mix the primary colours of red, blue and yellow into the secondary colours of orange, purple and green. They used string to pull over the paper to mix the colours, and made symmetrical butterfly pictures using folding to colour mix. We love the results. Maple class certainly loves being creative!



# Life in Residential



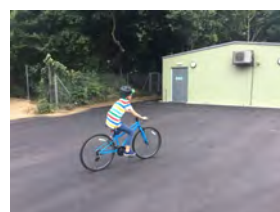
We are back in full swing after the summer holidays. We've been on some really interesting community visits including Hillside animal sanctuary, High altitude, the local library and The Henry Blogg lifeboat museum.



We have also worked on road safety. Callum, Theo and Conor did really well recognising the dangers of crossing a road. They used a pelican crossing understanding that they should ensure it is safe before they cross linking in with their Asdan work of Exploring aspirations. Theo gave a big wave to thank the cars that stopped. To continue to support independence Josh and Freddie have been learning to catch the local bus to Cromer.



There's plenty going on back on the school site too.



Up and coming events include a theme evening about different religions, supporting the local community by helping with a beach clean and a trip to Halsey House nursing home to meet the residents.

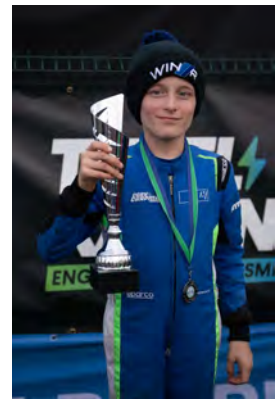
If you would like to know more about the residential provision and what we offer. Please contact Simon White or Simon Yockney via the school reception office for more information.



This season saw Beech class student Cory travel to the north of the UK as far as Larkhall near Glasgow to do the Northern Championship of the Total Karting Zero Championship engineered by Rob Smedley. Rounds 1-6 saw Cory go wheel to wheel with the top 2 drivers to finish 3rd overall in the championship.

Cory was 1 of only 2 drivers to finish on the podium at every round which is no mean feat. He finished the season at Fulbeck Lincs where in April 21 saw Cory have a huge accident.

Well Done Cory!



## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE OCTOBER HALF TERM 2022

COURTESY OF MONEY SAVING CENTRAL

<p><b>ASDA CAFE</b> Kids eat for £1 all day, every day with no adult spend until the end of 2022.</p> <p><b>TOBY CARVERY</b> The Kids Eat For £1 offer will be available from October 24th to 28th with the App</p> <p><b>FRANKIE &amp; BENNY'S</b> Adults Eat Free with every under 11 child throughout all the UK Half terms</p> <p><b>PAUSA CAFE @ DUNELM</b> Kids get 1 mini main, 2 snacks &amp; a drink FREE with every £4 spend after 3pm</p> <p><b>WHITBREAD INNS</b> Two kids under 16 eat for FREE with every adult breakfast purchased</p> <p><b>FUTURE INNS</b> Under 12's eat for free with any adult meal. During the school holidays</p> <p><b>TABLE TABLE</b> Two children under 16 can get a free breakfast every day with one paying adult!</p> <p><b>THE REAL GREEK</b> Kids eat FREE every Sunday for every £10 spent by an adult</p> <p><b>SIZZLING PUBS</b> Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.</p> <p><b>BEEFEATER &amp; BREWERS FAYRE</b> Two children under 16 can get a free breakfast every day with one paying adult!</p>	<p><b>TESCO CAFES</b> Kids Eat Free with any purchase of fresh fruit, by an adult throughout all the UK Half Terms</p> <p><b>MORRISONS</b> Spend £4.99 after 3pm daily &amp; get one free kids meal (usually all day during half term)</p> <p><b>WHITBREAD INNS</b> Kids eat breakfast free with every adult breakfast, daily from 9am - 12pm.</p> <p><b>PRETO</b> Kids up to age 10 eat free all day, every day with paying adults at Preto during Half Terms</p> <p><b>FARMHOUSE INNS</b> Kids eat for £1 when you sign up to their email list before October 26th 2022</p> <p><b>YO! SUSHI</b> Kid's eat free all day, Monday to Thursday until 29th October 2022</p> <p><b>SA BRAINS PUBS</b> Children can eat for £1 with any adult main. Only valid Wednesdays but on all day</p> <p><b>IKEA</b> From October 11th kids get a meal for 95p or £1.50 from 11am - All day, every day.</p> <p><b>ANGUS STEAKHOUSE</b> One free children's meal per paid adult meal 12-5pm daily throughout the holidays</p> <p><b>BELLA ITALIA</b> Children eat for £1 with any adult main. The offer is valid 4-6pm Monday to Thursday</p>
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