



# The Strand



office@sidestrandhall.norfolk.sch.uk



Welcome to our March Newsletter

## Dates for the Diary

- Friday 31st March - Last day of Term, students leave at 1.30pm
- Tuesday 18th April - Back to School
- Monday 1st May - Bank Holiday
- Thursday 4th May - Lower and Dragonfly Phase parents evening
- Monday 8th May - Kings Coronation Bank Holiday
- Thursday 18th May - Middle Phase parents evening
- Monday 29th May - Friday 2nd June - Half Term
- Friday 23rd June - Fate day, details to follow
- Friday 21st July - Last day of Term, students leave at 1.30pm



I really hope you enjoy this Newsletter, it just shows what a busy term it has been.

Lots of trips out and of course our first production at Cromer Pier was held on Wednesday 29<sup>th</sup> March. Thank you if you were able to come along to join us, the students were amazing and really did the school proud. A huge thank you to all the staff involved, it really was a whole team effort and a fantastic performance.

Thanks to the PE department, the students have enjoyed some great PE trips and many students were involved in our Cross-Country held at Taverham. The students again did us proud and was great to see the many achievements on the day.

We say goodbye to Stuart Jones, who has worked at Sidestrand for a number of years across the school and we will miss his contribution. We also say goodbye to Lydia Bourne-Smith who is going to be starting a new role and we wish her luck with this.

Looking forward to the Summer Term and some more exciting things to come. Wishing you all a very enjoyable Easter Break.

**Ms Taylor, Co-Head**



**Acorns class** went out on a trip to Sheringham Park. We used this trip for our outdoor learning experience. In the park we discovered and explored a lot about animal tracks and their poo. The Ranger who led and taught us explained lots of facts about animal life in the wild. We made our own animal tracks and watched a secret camera footage, put up on a tree by night to see what animals are appearing. Everyone was interested and enjoyed the experience.





Please ensure you contact reception **EVERY DAY** that your child is off sick before 9.15am. This could either be via telephone, leave a message or by email.

01263 578144— opt 5 to speak to reception

01263 578144— opt 1 to leave a message

office@sidestrandhall.norfolk.sch.uk

### Useful Numbers:

Transport—0344 8008020

Immunisation Team—0300 5555055



## KS4 Duke of Edinburgh Award Scheme



In years 10 and 11 the students have been working towards their Duke of Edinburgh Bronze Award.

They have to complete 4 sections, Volunteering/Service, Interest/Skill,

Physical Recreation and Expedition. This term the students have been concentrating on their Physical Recreation and have been taking the off-road bikes out of school to Bacton Woods. The students have been

brilliant, taking on responsibility for the cleaning and some maintenance of the bikes, but most impressive has been their growing skill levels and politeness, cycling round a popular public amenity, full of people and dogs.



Well done, everybody!



## Norfolk Assistance Scheme

The Norfolk Assistance Scheme (NAS) helps people who are in financial hardship and cannot pay their living costs. There are many reasons why this might happen to you:

- Redundancy
- Work hours have been cut
- On a low income or benefits
- Waiting for Universal Credit payments
- A home emergency such as a fire or flood
- Have a special educational need or disability
- Have mental health issues or in ill health
- Have left an abusive relationship
- Have dependent children
- In a resettlement scheme

If you are eligible they can:

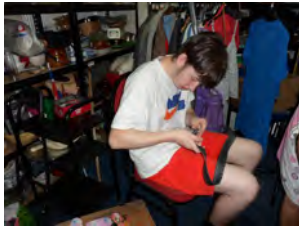
- Provide emergency financial help
- Supply essential household goods and furniture

Give support, guidance and advice

For more information please go to: [www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme](http://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme)



## KS5 Work Experience - Muddy Boots



A variety of work experience is available in KS5. Some students arrange their own work experience, others take it in turns to work in the Strands Shop and with Muddy Boots.



Strands Charity shop in Cromer fundraises to support the activities of the students in the school. The shop has contributed to many bits of equipment and trips out of school for all the students.

Muddy Boots is a local based volunteering conservation group that have been working in Pretty Corner. We have been ride clearing (a "ride" in a wood is the path cut through the trees), tree planting and bench building. We have planted over 1000 new broadleaf trees!



## Free School Meal Vouchers

Free School Meal vouchers have been issued for closure due to strike. Some supermarkets have a minimum voucher value so this might limit your choice of supermarkets if the voucher is only for £2.50 or £5.



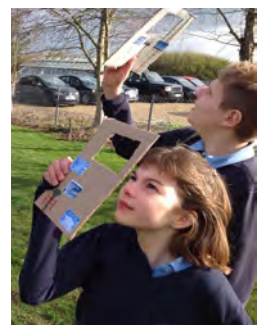
**Fig class** has had a busy half term working on their topic 'Natural Disasters'. The class has looked at earthquakes, volcanoes, flooding and the impact of these, whilst also considering how we could reduce our carbon footprint.

The students thought about what they would pack in an emergency and experimented with earthquake structures using spaghetti and jelly. In English we have read 'The Boy In The Dress', discussing the theme of change and also



considering how to challenge stereotypes. The book also linked to our work in RSHE where we have begun to think about relationships with families and friends. As part of our Thrive work the students have shared presentations on their passions and hobbies.

In Maths the students have enjoyed using fraction wall cubes to develop their understanding of fractions. In Art the students have enjoyed the study of graffiti, developing their own bubble and wild style writing. We are now getting ready to start planting in Outdoor Learning, but we have also been cloud spotting, kite flying and minibeast hunting.



# 6th Form News



In 6th form, students choose three different options which follow their interests and develop skills that are useful for independent living.

In Animal Care we like to have as many trips and visitors to show first hand the range of jobs working with animals. This term we have had a zoology student tell us about wolves, and a vet nurse explain her work and show us some dog agility.



Katie and Abbie have written 'In animal care on Tuesdays we have been looking at lots of different animals. We had a visit to Hillside to see all the horses, pigs, chickens, alpacas, rabbits and ducks.'

These animals have all been rescued and are being well looked after now.'



In construction, students have been making boxes for the set for Rock Pool.



Max says 'I really enjoy doing construction. I like to fix things and make things. I have made a box using



wood, a hammer, a saw and some nails. I would like to make a puppet theatre next.'



Sport and Leisure is very popular, and this term students have been using the gym and swimming pool at Trimingham.

Chloe says 'I go swimming with John at Trimingham. John tells us what exercises we need to do. When we have free time we like to go in the hot tub. We swim for about 20 minutes - it's cold when we first get in but soon warms up. We get out and are ready to go in the mini bus back to school.'



Freddie says 'I really enjoy doing sport with John on a Monday. I enjoy the stretching and playing football, basketball and volleyball.'



Josh explains how the hot tub is beneficial for health. 'I like to use the gym at Trimingham. I like to use the weight machines. I also use the hot tub which relaxes the muscles to help prevent injury later on.'



Other option choices are Science, Geography, Hair and Beauty, Cooking, Land-based studies, Computing and Art.

# SIDESTRAND HALL SCHOOL LUNCH MENU –

## Terms 1-5 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 and fruit

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot	Pork & beef meatballs, pasta, 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	Cheese and potato pie with beans GF and DF	Fish fingers, chips & peas GF fish fingers DF
Vegetarian	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
Dessert	Fruity Oatie with citrus icing	fruit crumble with custard	Cherry cupcake	Vanilla Sponge with Custard	Strawberry jelly
Week One: 6 <sup>th</sup> Sept, 19 <sup>th</sup> Sept, 3 <sup>rd</sup> Oct, 17 <sup>th</sup> Oct, 7 <sup>th</sup> Nov, 21 <sup>st</sup> Nov, 5 <sup>th</sup> Dec. 4 <sup>th</sup> Jan, 16 <sup>th</sup> Jan, 30 <sup>th</sup> Jan, 20 <sup>th</sup> Feb, 6 <sup>th</sup> March, 20 <sup>th</sup> March, 17 <sup>th</sup> April, 1 <sup>st</sup> May, 15 <sup>th</sup> May					

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot	Chicken curry, rice and naan bread GF and DF	Sausage, Yorkshire pudding, mash, peas and gravy GF and DF	Roast chicken, roast potatoes, carrots, peas & gravy GF and DF	Pasta bolognaise and garlic bread GF and DF	Pork & Apple Burger with chips GF and DF
Vegetarian	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 DF with beans	Veggie burger with chips and beans
Dessert	Raspberry & chocolate muffin	Cherry Oatie	Orange jelly	Apple crumble with custard	Vanilla Cupcake With Icing
Week Two: 12 <sup>th</sup> Sept, 26 <sup>th</sup> Sept, 10 <sup>th</sup> Oct, 31 <sup>st</sup> Oct, 14 <sup>th</sup> Nov, 28 <sup>th</sup> Nov, 12 <sup>th</sup> Dec, 9 <sup>th</sup> Jan, 23 <sup>rd</sup> Jan, 6 <sup>th</sup> Feb, 27 <sup>th</sup> Feb, 13 <sup>th</sup> March, 27 <sup>th</sup> March, 24 <sup>th</sup> April, 8 <sup>th</sup> May, 22 <sup>nd</sup> May					



**Remember to order your school meals before the Wednesday**  
**for the following week.**





Here is another amazing Year 10 essay written by Eddie, about the plight of a Syrian refugee. Be warned it is powerful and traumatic. Eddie's writing tugs on our heart strings because she has included memories and observational details of the events. As a teacher, I never cease to be amazed by how our young people understand and empathise with serious world issues.



### *'The Most Terrible Journey'*

One day I was sitting at the old wooden table with my parents after a long day at school. No one was speaking. It was dead silent because I had a fight with someone but at least I won the fight. Then when my mum tried to speak I heard loud gunshots and massive bombs going off. It was so scary I was panicking. I could see some bad people shooting over people outside the window. My parents were panicking but not as much as me. I was just sitting on the chair as my mum and dad were getting some stuff together. Then my dad grabbed my arm and ran out the back door with mum as fast as they could.

When we ran out the door we headed to the woods which was not that far because we lived on the edge of the city. In the middle of the dark and thick woods there is an old and abandoned road. I know this because me and my parents used to play hide and seek and build dens. Once we made it through the woods onto the road I could still hear all of the bombs and gunshots go off. I had to look down all the time so I wouldn't trip over because of all the potholes and large rocks on the road.

As we continued walking up the road I saw two people in front of us so I pointed them out to my mum and dad. Then my parents told me to go and hide behind a tree because we didn't know if they were dangerous people or good people. As I ran over to a tree the people noticed my parents but they did not notice me. The people ran over to my mum and dad and it looked like the two people were men and they started yelling at my parents. Then all of a sudden I heard gunshots then I realised the two men had shot and killed my mum and dad. I was so shocked and terrified I could not move then the two men left, leaving my parents dead on the floor.

I sat on the mossy forest floor for a long time but then I mustered up the courage to go on. I don't know where I got the courage from. Then I went to go say goodbye to my parents and wish them luck in heaven. So I kept walking up the abandoned road. At the end of it there was a big open space filled up with trucks. I looked around and it looked empty and it looked like something illegal. I didn't see the trucks were carrying because it was covered up.

Next I heard some people out of nowhere. I heard them saying that they are transporting stuff to England. So I made a mad decision to hide in a truck so I could go to England. It seemed like it would be a long journey and it was. Some of the roads at the start were filled with so many potholes that I sometimes got thrown across the other side of the truck. After a long and treacherous journey I was battered and bruised like an apple that had fallen off the tree.

Finally I made it to England. I was so happy when the door burst open full of light.

### Pine Class



We have enjoyed another really busy half term and all the adults in Pine Class are super proud of the achievements of all of the children. As well as auditioning and performing in our Rock Pool performance, members of Pine Class have been representing the school in a Cross Country event and enjoying a school trip to learn about rivers. In class, we've enjoyed our cooking lessons (the cheesecake was a real hit) as well as making wooden robots in DT. In outdoor learning we're developing a Wildlife Garden near our classroom - Look at the wonderful bird box James and his dad have made, thank you so much! If anyone has any seeds, plants or possibly even a bird table or bird bath they would like to donate to our garden that would be wonderful. We're hoping part of our area can be a sensory garden so any plants like lavender or any herbs would be gratefully received. Have a lovely Easter.



Thank you Mrs Pim

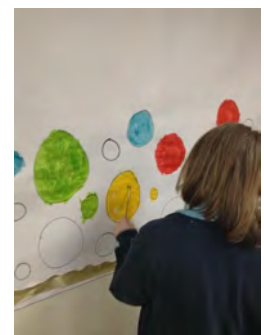
Olive, Conkers, Oak and Pine class used their fieldwork skills this week when visiting the River Glaven. We noticed how busy the beavers have been in developing new ponds for our wildlife and reducing floods in our rivers. We found a beaver dam and their lodge. We also visited the mouth of the river at Morston Quay. We all enjoyed the very muddy walk and dipping our feet in the ford of the river too!



### We are Artists!



In Bay Class this term we have been learning all about different famous Artists and their most famous pieces of work. We recreated some of the artwork of Yayoi Kusama and also read the book 'The Dot', which inspired us to decorate our display board with our very own dot artwork.





# RED NOSE DAY

The whole school were invited to enter our special Red Nose Day competition! The students had to draw an existing Little Miss or Mr Men character or create an entirely new character! The standard was incredibly high and we really struggled to choose 3 winners. Well done to everyone involved.



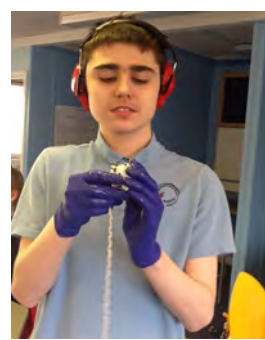
**Oak class** have been so busy this half term reading *A Midsummer Night's Dream* in English and learning about rivers in Topic. Mrs Price organised a wonderful trip for us to visit the river in Letheringsett where we saw the lodge that the beavers live in and the dam that they have made there. In Design Technology we have been making wonderful robots! We have used drills, saw and screwdrivers to make them.







**Maple class** have been working away to help our native birds. The students used fat, seed and pine cones to make hanging feeders. They also used oranges that had been hollowed out and put the mixture inside, with sticks to perch on. The birds have had an absolute feast since, visiting the area behind Maple all day. We have kept a tally chart of the birds who have been to the garden and these include robins, bluetits, blackbirds, sparrows, thrushes and magpies. The birds must have been really hungry after the cold winter. We need to make some more snacks for them! They have really brought life to our little garden and we are all so happy to see them come and go.



We would encourage parents to pay for trips, lunches etc using our online system - Eduspot. If you do pay by cash please ensure it is in a clearly marked envelope with your child's name and class on it and what the money is for. As we become a cashless school we have less cash coming in to school so please include the correct money so we don't have to send change home.



### Financial Support Vouchers

For March and April 2023 - £30 total - these have been issued by 31.3.23.

The local authority has extended the scheme until March 2024

Vouchers will be issued as follows:-

£30 to cover May and June will be issued at end of May (£15/month)

£60 to cover July and August will be issued by 21<sup>st</sup> July (£30/month)

£30 to cover September and October will be issued at end of September (£15/month)

£60 to cover November and December will be issued at end of November (£15 Nov and £45 Dec)

£45 to cover Jan, Feb and March 2024 will be issued by 16<sup>th</sup> Feb 2024 (£15/month)

Total £225

The admin involved in organising these is significant. It is much easier for the school if you have the vouchers sent to you by email. If you currently have the vouchers printed and sent home and would rather have them by email please let the School Business Manager know by 28<sup>th</sup> April on [sbm@sidestrandhall.norfolk.sch.uk](mailto:sbm@sidestrandhall.norfolk.sch.uk).

We have no choice but to use a company called Edenred to issue these vouchers. Vouchers for strike days and closure days are issued from a company called Wonde who are much more flexible about voucher values and supermarket choices.

Eligible families are those in receipt of free school meals and 16-19 bursaries. Families becoming eligible for free school meals or bursary between now and March 2024 will be added to the list to receive vouchers.