



Trowse Primary School

It's the summer term already! Doesn't time fly when you are having fun!

Summer term!

The summer term is always great fun! Having more warmth and sunshine helps for a starter, but summer also has some lovely things arranged for children in different year groups. Year 4 will be going on a one night residential at Eaton Vale, whilst Year 6 will be spending two nights away at PGL in Caythorpe Court up near Grantham.

We also have sailing for upper key stage two and a number of sporting festivals and competitions where children may be selected to represent the school! We will of course have sports day too later in the summer term for all to enjoy! We split the day and have Key Stage 2 sports day in the morning and then reception, year 1 and 2 in the afternoon. Put the date in your diary (and maybe dust off your running shoes if you want to join in yourself!)

We will have a 'Bandwagon' Concert run by Adam and then rounding off the summer term will be our Year 5 & 6 Summer Production and our End of Year Awards! What a busy term!

VE DAY – Thursday, 8th May

On VE day (the 80th anniversary) we would like to have a non-uniform day-wearing red white and blue ! We would appreciate it if it not just football kits in these colours though. Extra brownie points for anyone who comes wearing something with Union Jacks on it or looking like they are from the 1940s! We will also have school dinner and a picnic outside -as long as it is dry!

Lunch Menus

The children have brought home a copy of the new lunch menu which starts after Easter and a copy has also been e-mailed to you. Just to remind you, the cost of lunches is to be increased for paid children's meals, however, we have absorbed a lot of the increase and will only be adding 10p onto the cost to parents – so from after Easter school meals will cost £2.90.

Dates...

See list of dates at the end of this newsletter

Need to contact us?

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A POLITE REMINDER- DUE TO HAVING CHILDREN IN SCHOOL WITH SEVERE ALLERGIES, WE ARE A NUT FREE SCHOOL. IF YOU ARE PROVIDING YOUR CHILDREN WITH A PACKED LUNCH, OR FOOD FOR ANY OTHER REASON, PLEASE ENSURE IT CONTAINS NO NUT PRODUCTS OR OILS.

Mental health Awareness week 12th 18th May

[Mental Health Awareness Week](#) | [Mental Health Foundation](#)

This year, Mental Health Awareness Week will take place from **12 to 18 May 2025**.


The theme for 2025 is '**Community**', and we want to use Mental Health Awareness Week to celebrate the power and importance of community.

Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us, we are not alone. Communities can provide a sense of belonging, safety, support in hard times, and give us a sense of purpose.


Also attached to this email is a two-sided leaflet with 10 ideas on how to have a positive impact on yourself by being even more part of your communities.


Mental Health support

Below is an overview of the current position with regard to mental health support for children and young people. IF you think you might want support for your child, please do contact the school for a discussion.




Your Mental Health Support Team







Claire




Lisa




Alyssa




Chloe



Kirsty



Caitlin



Ruby

Who are we?


Mental Health Support Teams (MHST) are an early intervention service across Norfolk and Waveney, working with some schools and their pupils. We can offer support to children and young people, their families, and their school community to help manage emerging mild to moderate mental health difficulties.

What do we do?

We provide brief, low intensity, evidence-based support for mild to moderate mental health difficulties. We support schools in developing their whole school approach to ensure that all the children, young people and staff work together to understand and support mental health and wellbeing.

If you would like to know more information about our team and how we can help you and your family, please contact your school SENCO or Mental Health Lead

Cambridgeshire Community Services NHS Trust: delivering excellence in children and young people's services.



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Identifying Young Carers

We are committed to ensuring that all children get the support they need to have a positive school experience, are happy in school and can achieve their full potential.

We know that for some students, factors outside of school can have a big impact on this, particularly if there is someone in their family or a friend who is ill, disabled, or has a mental health problem or an addiction. We think that across the school there will be pupils who are helping to support someone because of one of these factors – we call these pupils **young carers**.

They can be young carers for lots of different reasons:

- They might be providing physical support to a parent with a physical illness such as fibromyalgia or ME, such as cooking, fetching things or helping with things like laundry or doing the shopping
- They might be helping a parent with a disability who needs help with more personal tasks such as getting dressed, bathing or changing dressings
- Or it could be more emotional support – like being there if their autistic sibling is upset, taking responsibility for young siblings whilst parents attend health appointments, or checking that a parent with depression/anxiety is ok.

Some young carers might be doing lots of caring, others just a small amount but are still impacted by the situation at home- for example, by worrying about the person with the health condition, or needing to do more things for themselves compared to other students.

There is lots of support available for young carers and their families should they ever need it – both inside and outside of school.

If you think that any of the above applies to your child, and that they might possibly be a young carer then PLEASE let us know. Even if you feel your child or family are doing really well and don't need any support, we find that it's better for us to be aware and have them on our radar as potential young carers, in case the situation suddenly changes and they (or you) do need support. It just means that you and your child don't have to start from scratch with letting us know what is going on if things have become difficult.

KEEPING SAFE AND HAPPY

Schools work well by being really clear about the little things- as well as the big things! With that in mind, could I give you some notices and reminders about routines for you to be mindful of as we head towards the last term of this school year.

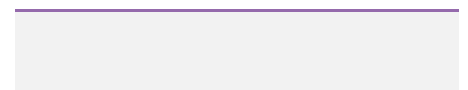
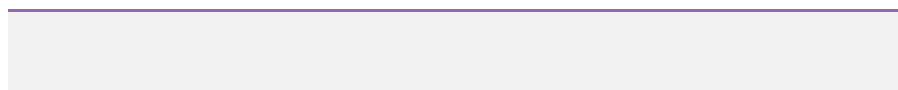
Roads

You may have noticed the yellow zig zag lines have been repainted over Easter. Please observe the highway code regarding these lines and do not park on them.

Secondly, between Pepperpot Drive and Mustard Way there is Cannon Way. This road looks different in terms of its road surface and paths. We have been aware of a couple of situations where families walking through have been in a close call with cars using it as a cut through. Please try to avoid using Cannon Way morning and afternoon in a car to help families walking to and from school feel safe on their journey.

Items from Home

Please do check that your children are not bringing in balls, toys, cards, lots of stationery etc. from home. We have had situations in school recently where children are giving each other things (or children asking



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for things from a friend) which then becomes difficult and sometimes upsetting. The easiest way to avoid any of this, is to not bring anything in from home that may then cause upset.

Water Bottles

Please make sure your child has a water bottle with them every day – particularly in the summer- and that it does have **only water** in it. This is the healthiest option for your child, but more than this, with 200 children in school, we have spillages pretty much every day. If it is only water- we can sort it out and it just dries out, but if it is a juice or a squash, the carpets get sticky and messy requiring deep cleaning which adds to the cost.

The End of The Day

At the end of the day, please collect your children and head home. We do not want children staying to play on the equipment or have a game of football on the field at 3:15. Two main reasons... Firstly, after school club are waiting for the side gate to be closed so they can bring the after-school children out for a run around. Secondly, we don't want any upset or injuries at the end of the school day.

Uniform

As we switch to summer mode and you bring out dresses and shorts, PLEASE MAKE SURE EVERYTHING IS NAMED! We still have a lot of lost property with no names!

Breakfast Club

Please book in the normal way if you would like your child to come along! Breakfast will be included of course! If this interests you, then book via the 'School Cloud' App www.trowse.schoolcloud.co.uk

The booking system is now live for the sessions after Easter.

School Car Park

Please note, sadly we still have parents driving at speed into our car park to drop off children to Breakfast Club or collect them from After School Club. The same considerations apply as for normal school drop off – please park on the roundabout and walk your children in.

The car park is for Chapelfield nursery children, taxis and staff coming to work. We have seen some close calls with cars and children and this needs to stop before an accident happens. Only in an EMERGENCY should you come onto the car park and then it is a MAXIMUM OF 5mph.

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Diary dates...

Some diary dates for you- so you can plan ahead.

Tuesday 29 th April	Y2- Puppet workshop (in class)
Monday 5 th May Tuesday 6 th May Thursday 8 th May	BANK HOLIDAY Eaton Vale- Y4 (1 night away) VE DAY- non-uniform (red, white and blue) and picnic lunch! Y3/4 rugby skills festival 10-12 (15 children) Reception: vision & hearing checks in school
Monday 12 th May	Year 6 SATS week (Mon- Thurs) Y2 test week Y3 visit Norwich (half the class in the morning half in the afternoon)
Wednesday 21 st May	Year 3 & 4 tennis (TBC)
	HALF TERM
Monday 2 nd June Wednesday 4 th June Wednesday 4 th June Thursday 5 th June	Back to school – Year 3 to Africa Alive New reception intake- parents meeting- 7:00pm Y1 to Ranworth Broad Mixed Cricket comp (y5/6) all day (team of 10)
Monday 9 th June Thursday 12 th June Friday 13 th June	Y1 Phonics check week (tues & wed) Y4 Multiplication tables check week (tues & wed) RSPCA- Reception & Y2 Year 6 to PGL (2 night residential)

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Monday 16 th June	Y5 L1 Sailing (5 days) 15 AM, 15 PM PGL returns – 4:30- 5pm ish
Monday 23 rd June	Y6 L2 Sailing (2.5 days straight Mon- wed lunchtime) Tri-golf festival (y2, team of 10) 10am-2pm
Monday 30 th June Tuesday 1 st July	1:30- 3pm- New Receptions: Stay and play- group 1- session 1 Y2 to Banham Zoo- all day 1:30- 3pm- New Receptions: Stay and play- group 2- session 1
Monday 7 th July Tuesday 8 th July Thursday 10 th July Friday 11 th July	1:30- 3pm- New Receptions: Stay and play- group 1- session 2 1:30- 3pm- New Receptions: Stay and play- group 2- session 2 Sports Day End of Year Reports out to families
Monday 14 th July Tuesday 15 th July Wednesday 16 th July Thursday 17 th July Friday 18 th July	Framingham Earl High transition days (2 days) Move up afternoon- all years (y6 out) Y5& 6 – 2:00 dress rehearsal. Year 5& 6 Performances 9.15 and 4.00pm (to be confirmed) 9:15- Celebration assembly School Discos! (Organised by FOTS)
Tuesday 22 nd July	End of Year Awards Assembly End of TERM

Thank you all for your support.

Kind regards

Stuart Odell

Headteacher

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