

# Trowse Primary School

*IT'S THE SECOND HALF TERM!*

**Here we are on the third week of this half term, with an awful lot to get organised and do in the run up to Christmas!**

There have been some changes to the draft Christmas performance dates and times published at the start of the school year. The information on the school website calendar is correct, but just so you are clear the performances are on:

Monday, 8<sup>th</sup> December – KS1 Dress rehearsal 9.15 – if you have any pre-school children this is the one you can bring them along to.

Tuesday, 9<sup>th</sup> December – 2.15pm KS1 Performance

Wednesday, 10<sup>th</sup> December – 9.15am KS1 Performance

Monday, 15<sup>th</sup> December – 10.45 – KS2 Dress rehearsal

Tuesday 16<sup>th</sup> December 9.15am – Reception Christmas Crafts

Tuesday, 16<sup>th</sup> December – 2.30 pm KS2 Christmas performance

Wednesday, 17<sup>th</sup> December – 9.15 and 2.30 KS2 Christmas performance.

Ticketing information will be sent home soon. We are thrilled that we have been donated some gorgeous hampers, so there will be a raffle at each performance – don't forget to bring your cash (or you can do an online transfer)! As always, your support is hugely appreciated.

## Christmas Jumpers

Thursday, 11<sup>th</sup> December is officially Christmas Jumper day for Save the Children. But we will have several opportunities to wear them for Christmas lunch (Wednesday 17<sup>th</sup>) and the KS2 performances.

## Rocksteady Concerts

Rocksteady has been going strong all term and we are approaching their first concert! If your child learns through Rocksteady, you should have been sent the information about their concerts direct



## Some Key Dates...

### Monday, 8<sup>th</sup> December

9.15am KS1 Dress rehearsal  
Yr 6 to Crucial crew

Sugar for homeless to be collected

### Tuesday 9<sup>th</sup> December

2.15pm KS1 performance

### Wednesday 10<sup>th</sup> December

9.15am KS1 performance

### Thursday, 11<sup>th</sup> December

Christmas Jumper Day  
2.15pm Yr 2 Soup café in hall

### Monday, 15<sup>th</sup> December

10.45am KS2 dress rehearsal

### Tuesday, 16<sup>th</sup> December

9.15am – Reception Christmas crafts and recital  
2.30pm – KS2 Performance

### Wednesday 17<sup>th</sup> December

9.15am and 2.30pm – KS2 performances  
CHRISTMAS LUNCH DAY

### Thursday, 18<sup>th</sup> December

9.00am Celebration Assembly  
pm Trowse has got Talent

### Friday, 19<sup>th</sup> December

Elf Workshop

**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.**

from Rocksteady. I believe they are set for Friday 12<sup>th</sup> December at 9:30am (for the Friday groups) and Monday 15<sup>th</sup> December at 2:30 (for the Monday groups). Any questions- ask us, or Rocksteady.

## **Trowse Has Got Talent**



We will be holding our annual Trowse has got Talent contest on the afternoon of Thursday 18<sup>th</sup> December. Just like the show, any talent is fine- it doesn't have to be musical. Children can be as individual, a small group of friends from the same class, or you might decide to enter as a family! We've had magic, instruments, horse riding, comedy, memory acts, rubics cube, art work and cooking to name but a few categories! Anything goes!

All performances need to be recorded and the videos submitted to [head@trrowse.norfolk.sch.uk](mailto:head@trrowse.norfolk.sch.uk) by Monday 15<sup>th</sup> December. Recording also gives you the opportunity to rehearse and re-record, edit the video and add special effects or music to enhance the act. Ideally the videos should be no more than 2 minutes or sometimes the length of a song choice.

So, try to encourage your child (or whole family!) to get involved and send in your videos! (For large files, sometimes attaching it to an email may not get through. You may need a memory stick or a third party app like WeTransfer.)

## **Elf Workshop**

The FOTS will be sending out separate communications about all their events – but we know how much the children love the Elf Workshop on the last day of term – the gift donation box is in the foyer – please donate something that you think your child might like to pick for someone who is special to them !

**Children in Need** – thank you all who contributed to our collection – we have sent £178.40 off to Children in Need. That's amazing!

**Poppy Appeal** – huge thank you for supporting the poppy appeal again this year – we have not had a total from the Royal British Legion, but the pot was nice and heavy!

## **BEFA'S 2025 School Sugar Appeal**

Thank you for your sugar donations – as for previous years, the box is in the foyer !! It really helps those less fortunate this winter.

## **Website**

Just as a reminder, do check the 'calendar' section regularly for updates and information. You don't need to find the old newsletters with dates on any more!

## **Playtime Snacks**

As you may be aware, children in reception, Year 1 and Year 2 get their playtime fruit/

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vegetables for free. From Year 3 this is no longer provided, so if your child wants a healthy snack at playtime, then it needs to come in from home.

Please do make sure it is a **healthy snack** though (piece of fruit, vegetable sticks etc..) and that your child knows what their snack is. No chocolate or sweet sugary snacks should be for playtime please and NOTHING CONTAINING NUTS !

### New Reception Intake September 2026

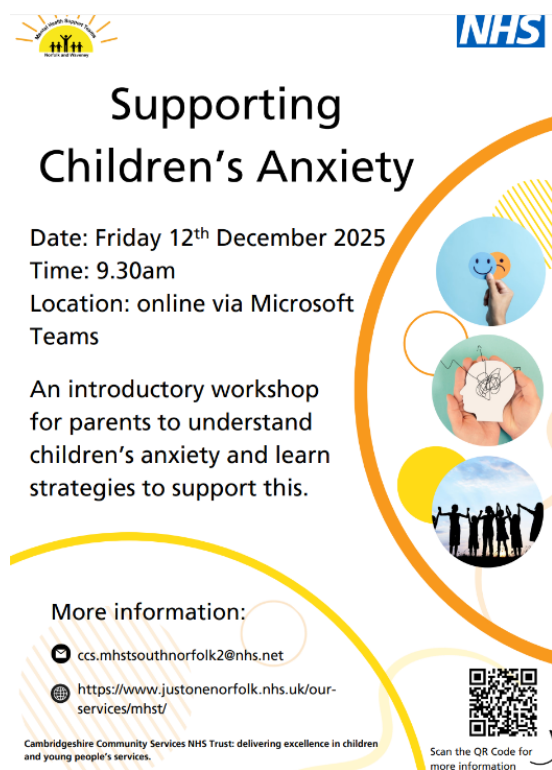
As you may well remember, for new families wanting to look at Trowse as an option for their child we give individual or small group tours in the school day. We do not run an open evening. If you know anyone looking, get them to give us a call if they want to have a guided tour and we can get them booked in! There is always lots of interest for our school but we always make the time for everyone.

### Smartphone Free Childhood

Please do consider as we approach Christmas that, as a school, we support the 'Smartphone Free Childhood' movement. Their website says... [www.smartphonefreechildhood.org](http://www.smartphonefreechildhood.org)

*Smartphone Free Childhood is a movement of families standing together to delay smartphones and social media for young children – turning isolation and the pressure of 'all my friends have got...' into collective strength. Together we're giving children back what truly matters: time to play, space to grow, freedom to be. Because childhood should be shaped by families and communities, not algorithms.*

### Supporting Children's Anxiety



The poster features the NHS logo at the top right and a small logo at the top left. The title 'Supporting Children's Anxiety' is prominently displayed. Below it, the date, time, and location of the workshop are listed. A description of the workshop follows. On the right side, there are three circular icons: a hand holding a smiley face, hands holding a puzzle piece, and a group of people standing together. At the bottom left, contact information is provided, including an email address and a website URL. A QR code is located at the bottom right, with a note to scan it for more information. The footer contains the text 'Cambridgeshire Community Services NHS Trust: delivering excellence in children and young people's services.'

**Supporting Children's Anxiety**

Date: Friday 12<sup>th</sup> December 2025  
Time: 9.30am  
Location: online via Microsoft Teams

An introductory workshop for parents to understand children's anxiety and learn strategies to support this.

More information:  
✉ [ccs.mhstsouthnorfolk2@nhs.net](mailto:ccs.mhstsouthnorfolk2@nhs.net)  
🌐 <https://www.justonenorfolk.nhs.uk/our-services/mhst/>

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

Scan the QR Code for more information

This course was run recently, but as it is a popular one for families, the NHS are running it again. It is in the morning- time to get home after morning drop off and get a cup of tea before it starts at 9:30.

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## ONGOING INFORMATION

### Eligibility for 'Free School Meals' Much more than just a meal...

Just another reminder that Children in Reception, Year 1 and Year 2 automatically get free school meals if they go to school. This is called universal infant free school meals. This is different to benefit-related free school meals. **If you receive one of the benefits listed below, you should register.** This is because it not only means that all meals are free, but also entitles your child to lots of holiday activities for free under the 'Big Norfolk Holiday Fun' scheme and mean you get a monthly payment of a voucher you can use in your preferred supermarket to help with your food bills. It also helps the school **raise extra funds** for your child's school (called Pupil Premium). This Government funding can help with extra tuition, teaching and after school activities. It really is worth it- everyone benefits.

If you get **one** of the following benefits – you can apply for Free School Meals from Reception to Year 6

- Universal Credit - with an annual earned income of no more than £7,400 after tax
  - Income Support
  - Income-based Jobseeker's Allowance
  - Income-related Employment and Support Allowance
  - Support under Part 6 of the Immigration and Asylum Act 1999
  - The guaranteed element of Pension Credit
  - Working Tax Credit run-on (paid for the four weeks after you stop qualifying for Working Tax Credit)
  - Child Tax Credit (with no Working Tax Credit) with an annual gross income of no more than £16,190
- You must apply for these free school meals.

Search 'Norfolk County Council apply for free school meals' to find out more and apply.

### Uniform

**FIRSTLY, PLEASE MAKER SURE EVERYTHING IS NAMED!** We already have lots of items in our lost property – none of which are named!

We also have a 'NEW TO YOU' Option which is run by the school office. This is for Trowse logo'd items only - Please do bring in any donations of out-grown, clean, good quality uniform. The rail is out in the school reception area so you are welcome to pop in at the start or end of the day. With weJust contact the school office if you would like to check what items are available.

### Pupil Asset- reporting absences & ordering dinners

Please make sure you can log into Pupil Asset via the app or you have a web browser ready to log in (<https://secure.pupilasset.com>). Make sure that your contact details are correct in it. If you are yet to download this app, or are struggling to make log in details work, please ask in the school office.

*Top Tip from parents - Using a web browser to log in can be more effective for booking lunches for the weeks ahead, the app doesn't show as far ahead.*

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## Breakfast Club

Our Breakfast club is open from 7.40am every morning for all children to not only eat a good breakfast, but get busy with sport, crafts and games. We have some spaces available, so if this is a service you need, please contact the school office initially to discuss things, then book via the 'School Cloud' App <https://trowse.schoolcloud.co.uk> Children need to be booked in on the school cloud system, in advance, and the daily fee is £5, payable online to the school. In the app you select the 'club' you need (in this case, Breakfast Club, then select the week, then choose the days you need to book in for.

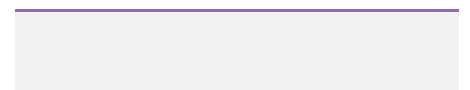
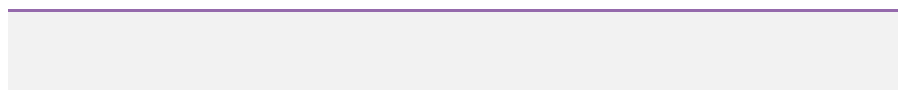
School Bank Details for online transfers are:  
NCC Trowse Primary School  
Account No. 60513121  
Sort Code: 20-62-61

## After School Club

Please use this link for ALL bookings; <https://4ward-sports.class4kids.co.uk> It is essential that both the school and the staff of 4Ward Sports know exactly who is meant to be staying and who is going home at normal time. Thank you.

Kind regards

Stuart Odell, Headteacher



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