



# SUNFLOWER FEDERATION NEWSLETTER

**Friday 21<sup>th</sup>  
November 2025**

## **DATES FOR YOUR DIARY**

- 02/12/25 - St Johns Ambulance in to work with KS2 children - CPR
- 05/12/25 - iRock parent concert
- 09/12/25 & 11/12/25 - KS1 Christmas Performances, 9.45am
- 10/12/25 - Marsh Harrier trip to the Sainsbury Centre
- 10/12/25 - Kestrel Class Christmas Craft event, PM in the School Hall
- 15/12/25 - Buzzards & Red Kites to Norwich Castle
- 15/12/25 - Kestrel Class Nativity, 9.45am
- 16/12/25 - Christmas Biscuit Decorating - with Norse Catering
- 17/12/25 - Christmas Lunch Day
- 18/12/25 - Red Kites to Hempnall Mill - Christmas Singing
- 18/12/25 - Kestrels to Norwich Playhouse to watch Cat in the Hat
- 19/12/25 - Key Stage 2 Christmas Concert, 2.30pm, Playground
- 19/12/25 - Last Day of Term
- 06/01/26 - First Day of Spring Term 1

## **SLT**

Sparrowhawk and Falcon Class enjoyed a wonderful visit to Norwich Cathedral on Monday, where they learnt about Edith Cavell. The children had a fantastic time exploring the cathedral and discovering more about her life and bravery.

Yesterday, we welcomed a dental nurse from Bright Bites into school. She spoke to the children about the importance of looking after their teeth and shared helpful tips for keeping them healthy.

Next week, Marsh Harrier Class will begin their swimming sessions, and all classes will continue practising for the upcoming Christmas performances. The children are working hard and are very excited to share their progress with you soon.

With the weather turning colder, please ensure that children come to school wearing a jumper or cardigan and a warm coat.

## **PE NEWS**

This week in KS1 PE we have been continuing our unit of Netball and Korfball. In our PE lessons we have been focusing on passing and moving the ball as a team and marking players when we don't have possession. A special mention goes to Lewy in Falcon Class for demonstrating brilliant communication and teamwork skills to help his team keep possession when playing games.

This week in KS2 PE we have continued our unit of Netball and Korfball. Our focus this week has been to develop our footwork and shooting techniques. We have focused on how we can use our footwork to get into good shooting positions and the various types of shooting techniques when close or far from the hoop. A special mention goes to Bennett from Red Kite class and for demonstrating excellent shooting techniques and great knowledge of the footwork rules to score points for his team.

**Mr Green**

## **BIRTHDAYS**



Happy 6th Birthday to Felix, Year 1 on 18th November

Happy 11<sup>th</sup> Birthday to Pippa, Year 6 on 20<sup>th</sup> November

Happy 11<sup>th</sup> Birthday to Taleya, Year 6 on 20<sup>th</sup> November

Happy 10<sup>th</sup> Birthday to Charlie, Year 5 on 20<sup>th</sup> November

## **CERTIFICATE WINNERS**

### **Kestrel Class**

**Joshua** - for continuously self-improving in all areas of learning at school but also for some amazing out of school achievements recently. Joshua has impressed us with how determined he is to keep getting better and his attitude to learning is commendable.

**Florence** - for showing concentration and managing distractions during her phonics and other learning times. For trying her best and focusing on one small step at a time. Also for connecting important ideas together during learning time.

### **Sparrowhawks Class**

**Arabella** - is receiving the Mike and Martha award for having a positive attitude to learning and having a go! Arabella did an amazing job at writing her sentences in English, she then took on a challenge with a brilliant attitude, making her work even better.

### **Falcon Class**

**Finley** - For being a great effective participant during our subtraction lessons. Finley has shown resilience. He always has a go and wants to be better than last time. Well done Finley!

### **Marsh Harrier Class**

**Caiden** for working extremely hard in writing lessons this week, producing some really good outcomes, showing good progress.

### **Buzzard Class**

**Blake** - For working quietly and conscientiously in all subjects. He presents his work neatly and helps others.

**Edward** - Always trying his best. Wanting to answer questions and find out more. Working hard in maths and his times table

### **Red Kite Class**

**Ada and Sylvie** - For using all of the 'ingredients' that make up excellent writing - great use of grammar to maintain control over their writing, secure punctuation and cohesion throughout.

Makes  
**8**

 **norse**  
group

# Sausage Pastry Pinwheel

This recipe can be a tasty snack, great on a picnic or as part of a main meal!



## Ingredients list

**400g Sausage Meat**  
**350g Puff Pastry**  
**1x Egg**  
**1x Small Onion – finely diced**  
**5g Mixed Herbs**  
**Pinch Salt and Pepper**

## Method

1. Using a little oil in a pan, gently cook the onion without colouring it.
2. Beat the egg in a mixing bowl and keep to one side.
3. Mix the sausage meat, onion, seasoning and herbs in a bowl.
4. Roll out the pastry into an oblong shape, approx. 30cm x 20cm.
5. Spread the mixture evenly over the pastry leaving a small gap at each end.
6. Roll the pastry from one of the long sides (like a Swiss roll).
7. Brush the egg over the pastry and then cut into 8 pieces. Place the cut side up onto a greased and lined baking tray.
8. Bake for 30 minutes at 180°C or gas mark 4 for 25-30 minutes.

# 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/](https://www.justonenorfolk.nhs.uk/our-services/mhst/)



# **Christmas Performances 2025**

Kestrel Class - 9.45am, Monday  
15th December 2025

Sparrowhawk & Falcon Class -  
9.45am Tuesday 9th December, and  
9.45am Thursday 11th December

Marsh Harrier, Buzzard and Red Kite  
Class - 14.30pm, Friday 19th  
December 2025