



Worstead CE VA Primary School

Honing Road
Worstead
North Walsham
Norfolk, NR28 9RQ
office@worstead.norfolk.sch.uk
01692 535309



Monday 19th January 2026

Dear Parent/Carer,

We're more than halfway through January already and I wonder how many of us are keeping up with our new year's resolutions.

I spoke to some of the children last week about resolutions and their examples were all to do with our physical health – eating more healthily, exercising more, tidying rooms more, doing more homework etc etc – and things that we tend not to do already because we don't really want to. Looking back to last year, my own resolutions were similar. I reflected on these with the children. Are they always realistic or is there a tendency to be too ambitious? How do we feel if life gets in the way, or our motivation wavers and we don't keep it up?

For me, when I missed runs or swimming sessions, I felt guilty and frustrated with myself, then less motivated to go the next time.

North Star Federation's vision of hope is broken down into smaller parts and one of these is to '*keep our minds and bodies healthy*'. It made me think about the resolutions and how often they focus on healthy bodies rather than minds, and how falling short can lead to us being self-critical.

Consequently, in 2026, my resolution is more focused on keeping my mind healthy – spending time each weekend outside and outside with my family, being mindful and in the moment. Last weekend, with the ground too frozen for my son's rugby session, we had a long walk on the beach with our dog and some friends. Playing bulldog with the children did my body no favours (I fell and put my back out) **but** I had **fun** and am looking forward to the next time. This weekend, we saw friends on their farm and took joy from feeding the cows and this morning seeing a video of one of them calving overnight.

Wherever you are at with your resolutions, be kind to yourself.

Have a fantastic week.

With kind regards

Steven Boast

Executive Deputy Headteacher
North Star Federation

Safeguarding



Our Christian vision: hope for a bright future

"Now faith is confidence in what we hope for and assurance about what we do not see." (Hebrews 11:1)

At our schools, hope drives everything we do. We look beyond today and towards the horizon, knowing that a journey of learning and flourishing takes many steps. We know that we will bring about what we hope for, even though our journey is challenging.

North Star Federation

HOPE FOR OUR WORLD

- We have faith that our future will be great.
- We search for solutions, rather than problems.
- We take action where we can help.
- We make our own changes then encourage others.
- We see the bigger picture.

HOPE FOR OUR LEARNING

- We will learn throughout our lives.
- We are not daunted by challenges.
- We will find what we love to do.
- We keep our minds and bodies healthy.
- We seek out opportunities.

HOPE FOR OUR RELATIONSHIPS

- We are kind, thoughtful people.
- We seek to understand and include.
- We give our time to others.
- We forgive, and try to be better.
- We help our community flourish.



Some useful advice from the NSPCC for parents to start conversation about online safety. For further information, please look at their website. <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

Top tips for talking to children about staying safe online

1. **Start with the positives.** Being online can be a great way for children to learn, be creative, and stay connected with friends and family. Recognising these benefits helps keep conversations balanced and encourages confident, safe use of technology.
2. **Find the right time and place.** Choose a calm moment to talk, such as during a walk, car journey, or shared activity. Avoid starting the conversation when emotions are high or during a disagreement.
3. **Use child-facing resources and advice.** Support your conversation with age-appropriate tools, videos, or guides. These can help children understand key messages and make the discussion more engaging and relevant to their stage of development.
4. **Ask about their experiences.** Use open questions like:
 - a. 'Have you seen anything online that made you uncomfortable?'
 - b. 'Who do you chat with online?'
 - c. 'Are they people you know offline?'
 - d. 'How do you feel when using certain apps or games?'
5. **Make it part of everyday life.** These chats don't need to be formal or one-off. Regular, relaxed conversations help children feel supported and more likely to speak up if something worries them.

Out of school success

I'd love to hear and share the children's successes – swimming badges, karate belts, player of the week at football, learning a new dance, getting a badge at Rainbows or Beavers. You name it, I want to hear about it.

Gold Book Prize-Winners – 16.01.26

Kindness

Robins – Kason, for always being kind to his friends when he plays with them.

Swifts – Willow. B for working well in a group, listening to others and helping them to express their opinions.

Hérons – Isla, for being more than willing to work with any member of the class, and always with a friendly smile on her face.

Kestrels – Harry for helping a classmate with finding fractions of amounts.

Generosity

Robins – Leo, for remembering to be generous with the toys by letting his friends had a turn.

Swifts – Hugo for always being there to help others when in need even if it means giving up part of his free time.

Hérons – Alex S, for helping to tidy up after others at the end of wet playtime so that our classroom was ready for learning.

Kestrels – Marcie, for sharing a pudding with a classmate after there was a mix up with the puddings.

Perfect Presentation

Robins – Grace, for writing her letters neatly to complete her work about our Astro Girl story.

Swifts – Carter for taking her time to form her letters accurately.

Hérons – Lily, for neatly organising and presenting her learning in during science.

Kestrels – Rosie and Guinevere, for beautiful maths presentation when finding fractions of amounts.

Sports Star

Robins – Jack, for listening to the instructions about what to do and moving around with his group in a sensible way.

Swifts – Chloe and Coco: they both worked hard to put together their dance routine.

Herons – Ginny and Molly, for creating an original, polished dance routine using a variety of gestures and levels.

Kestrels – Jack, for taking charge in his group to create their own version of the Haka.

Tackling Tables

100% - Darcie, Evie A, Ginny

Diary Dates

Monday 26 th January	2-4pm	Football tournament at the Nest- Selected pupils
FEBRUARY		
Tuesday 10 th Feb		Safer internet day
Wednesday 11 th February		Swifts trip to the Aviation Museum
Wednesday 11 th February	3:30-5:30	Parents evening
Thursday 12 th February	3:30-7pm	Parents evening
Friday 13 th February		Last day of term
Friday 13 th February	5-7pm	School Disco
Monday 23 rd February		Pupils return to school
Tuesday 24 th February	9-10am	Parent workshop: Children's sleep
MARCH		
Monday 2 nd March	2pm	Herons' family café
Tuesday 3 rd March		Robins trip to How Hill
Monday 9 th March	2pm	Kestrels' family café
Thursday 12 th March		Yr6 Pupils to Gresham's -Steam outreach event
Monday 16 th March	2pm	Robins Family Cafe
Thursday 19 th March		School choir performing at Norfolk County music festival (details to follow)
Monday 23 rd March	2pm	Swifts Family café
Thursday 26 th March	2pm	Easter service at the Church
Friday 27 th March		Last day of term