



Worstead CE VA Primary School

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Monday 28th September 2026

Dear Parent/Carer,

With the air cooler and damper than over the summer, and the children all back together in school for a few weeks, the autumn bugs are starting to do the rounds. Now, therefore, is a good time to remind ourselves about how school deals with the most common ailments for children and staff alike:

- Coughs, colds and other respiratory viruses – children can come into school with these and need only stay at home if they are not well to learn. We will look after them and will always call you if your child feels worse and needs to go home.
- Stomach bugs – children need to be off school for 48 hours after their last instance of vomiting or diarrhoea, even if they feel absolutely fine.
- Chicken pox – not currently doing the rounds but worth noting that children need to be kept at home for at least 5 days after the onset of the rash and until all the spots have dried and scabbed over. Please let us know as this can be riskier for certain people (e.g. if pregnant).
- Nits/head lice – no need to keep your child off school. If we know it's in school, we generally message all parents asking them to be vigilant.

These are the 'big four' but others (slapped cheek, scarlet fever, hand foot and mouth, threadworm and more) are more common than you'd think and there is guidance available. In all cases, please let us know as soon as you know and we can always advise if you're not sure.

Have a fantastic (and fit and healthy) week!

With kind regards

Steven Boast

Executive Deputy Headteacher
North Star Federation

Notices

- Norfolk Cricket Foundation is offering Free Cricket Coaching Courses during half-term at North Walsham High School. For 5–8-Year-olds there is All Stars Cricket and for 8–11-year-olds there is Dynamos Cricket. The courses are for three days duration. The courses will run by the Foundations Coaches on Monday, Tuesday and Wednesday during half term. Timings are, All Stars 9:30-11:30 and Dynamos 11:45 – 13:45. More details can be found on the PDF Flyers, and how to book.
- Attached the Atrium cinema programme for October to December - you will see that there is a half term kids' film - IF - a super story about imaginary friends.
- The local NHS are recruiting to a volunteer role in their Healthy Child Service, Infant Feeding Peer Supporter. Parent/carers can use the link in the attached flyer to find out more about the role.
- **Making Sense of SEND event**, taking place at **Hellesdon Community Centre, NEXT WEEKEND Saturday 3rd October 2026 (11.30-1.30)**. Making Sense of SEND is a free, friendly information and support event for families & professionals supporting children/young people with Special Educational Needs and Disabilities (SEND). These events are an opportunity to speak with services and find out what support is available in person. Children are welcome to attend supervised by an adult. **Chelsea, SEND Local Offer Development Officer**

Out of school success:

Congratulations to...

- Oliver for passing stage 3 swimming AND earning his 10m badge. Well done!
- Jackson was awarded 'Player of the match' on Saturday, he threw himself in front of the ball many times to save his team conceding goals. Amazing game!



Gold Book (25.09.26)

Ambition

Robins – Wynter, for attempting to create her own repeating patterns using three colours rather than just two.

Swifts – Mabel for being ambitious when writing her seasons poem. She worked hard to make it rhyme and used adjectives.

Hérons – Ivy C, for using a variety of poetic devices, such as assonance, alliteration and rhyme, to create an endearing 'rainy-day' poem, that conveys the emotions of happiness and excitement.

Kestrels – Riley, for starting the year with an excellent attitude and striving to do his best in every subject. Not just aiming to complete a task but to ask questions of how he can improve even further.

Compassion

Robins – Hattie, for getting her friend's bag for her when we were getting ready to go home, as she was having a nosebleed and couldn't get it for herself.

Swifts – Theo for always being a supportive and kind friend showing compassion and consideration for others every day.

Hérons – Darcie, for being a supportive and encouraging learning partner. Well, done for recognising when others might need some help and guidance.

Kestrels – Martha, for constantly caring for her peers and the environment; looking for ways to help identify problems and create solutions.

Perfect Presentation

Robins – Elijah, for trying hard to form his letters correctly in phonics.

Swifts – Louis for working hard to use finger spaces and sound out words when writing his poem.

Hérons – Henry, for putting in an enormous amount of effort and pride into publishing his poetry. You should be very proud!

Kestrels – Ava, for showing lovely consistent letter formations; maintaining a fluent, independent writing style at speed.

Sports Star

Robins – Hunter, for trying hard to throw his beanbag and catch it with control.

Swifts – Merlin, for being so sensible and concentrating on what he had to do to develop his technique when throwing underarm.

Hérons – Theo, for being able and willing to adjust his game play so that he can work with a variety of his peers during PE; well done for being inclusive and supportive.

Kestrels – Guinevere, for performing an outstanding pencil, tuck, pencil jump that left the instructor's jaw on the floor.

Tackling Tables

100%: Deyan, Hartley, Lily, Monty

Green star: Lily

Forest School

Bowtruckle goes to Robin for his adventurous climbing and recognising his limits but also for working so hard making his wooden jeep. He said that a Jeep has a spare wheel in case a wheel is lost or broken, an engineer in the making.

Groot goes to Leo for his patience and perseverance making his wooden car. He took turns with the tools and worked steadily on the task. Very well done.

A **special mention** to Kelcie for being so caring and helping others to get ready.

Diary Dates

OCTOBER		
Thurs 1 st Oct		Mr Nourish special lunch
Mon 5 th Oct		Kestrels Greek day
Tues 6 th Oct		Supporting your child's behaviour workshop (invites to follow)
Tues 13 th Oct	3.30-5.30	Parents' evening
Thurs 15 th Oct	3.30 – 7.00	Parents' evening
Monday 19 th Oct	Am	Yr6 at crucial crew (Gresham Prep School)
Tuesday 20 th Oct		Measurement programme for Reception & Yr 6 pupils
Tuesday 20 th Oct	2.30	Harvest festival at the Church
Wed 21 st Oct		Final day of half term
NOVEMBER		
Monday 2nd Nov		Pupils return to school
Friday 6 th Nov	11am	Open morning for Reception 2027
Monday 9 th Nov		M & M Pantomime in school for all
Friday 13 th Nov		School photographer for all pupils
Thursday 26 th Nov		Community Café
DECEMBER		
Monday 7 th December		Christmas performance (Time TBC)
Tuesday 15 th December	2.00	Christingle service at the Church
Friday 18 th Dec		Last day of Autumn term
Tuesday 5 th January		Pupils return to school