



## WHOLE SCHOOL REMINDERS

**Week Three Dates 13/09, 04/10, 25/10, 15/11, 06/12, 27/12, 17/01, 07/02, 28/02, 21/03, 11/04**

Week 3	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Veggie Meatballs with a Tomato Sauce	Sausages with Yorkshire Pudding, Mashed Potato & Gravy	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Chicken Bake served with Mixed Rice	Breaded Fish Fingers & Chips
Vegetarian Main Meal Option	Cheese and Tomato Pizza with Baked Potatoes	Vegetable & Wholewheat Tortilla 'Lasagne'	Roast Veggie Balls with Stuffing, Roast Potatoes & Gravy	Tomato & Vegetable Pasta Bake	Mozzarella & Tomato Melt with Chips
Vegetable Selection	Mixed Vegetables Garden Salad	Green Beans Cauliflower	Garden Peas Carrots	Broccoli Sweetcorn	Baked Beans Garden Peas
Jacket Potato Options	Jacket Potato with Grated Cheese, Baked Beans	Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans
Dessert	Chocolate Shortbread	Carrot Cake Cookie	Peach Shortcake Bar with Custard	Watermelon & Pineapple Slices	Lemon Slice

### Covid-19 Updates

**Please do not send your child in to school if they have ANY of the Covid symptoms:** You will need to book a PCR test (not a lateral flow) for them. Your child will be asked to stay at home and not return to school until a negative test has been received.

**Support us when we have to send a child home with symptoms** by collecting them promptly and order a **PCR test** for them. If the PCR result is negative, they can stop self-isolating (unless instructed to self-isolate for other reasons) but we advise that they do not return to school if symptoms persist and they continue to be unwell. If the PCR result is positive, they must self-isolate until 10 days after the onset of symptoms.

**Positive cases in the household** If you have a positive case in your household Public Health and school would ask that you consider very carefully whether you send your child to school, even if they are not displaying symptoms. The advice we have been given is that it would be preferable that your child remains at home as this will greatly reduce the risk of transmission in school and support us to keep our vulnerable community safe. Public Health also recommend that all other members of the household seek a PCR.

**Twice weekly LFT:** With the rise in COVID-19 infections in school age children, we encourage you to help limit the spread of the infection by testing your child twice-weekly. Just contact the school office when you need a new box of tests.

**Absence Procedure:** If your child is absent please inform the office by 9.30am on the days that they are absent. Please call the main office on 01362 693915. If you are required to leave a voice message, you must leave a clear message with your child/rens full name and reason for absence. If you fail to contact the school regarding an absence a home visit may take place and may result in a attendance meeting and the absence will be unauthorised.

**Headteacher: Jane Hayman Tel:** 01362 693915 **Email:** office@frednicholson.norfolk.sch.uk



# FRED NEWS

**Week Ending Friday 3rd December 2021**

### Headteacher Reflection of the Week:

Festive best wishes to you all and welcome to our very first edition of our electronic Fred News. We are really pleased to be able to do this again and move across from our paper version to email. We hope it gives you all a sense of what's happening throughout the school and joins up the different areas and ages groups across our busy community. We will issue this fortnightly on Fridays going forward, so please look out for future editions winging their way to you.

Best wishes

Jane & the Senior Team.



### KS4 AT THE CAR WASH!

Damson pupils washed the staff cars as part of their enterprise option. They raised £85 for the charity Nelson's Journey.



### MY CHILD AT SCHOOL PARENT PORTAL

**Fred Nicholson are going into the 21st century!**

We are excited to announce that we will be introducing our new MIS to Bromcom – MyChildAtSchool parent portal app.

Adopting Bromcom - MyChildAtSchool will allow us to communicate with you more efficiently and bring all core school data and workflows into one system.

We are really looking forward to getting started with Bromcom – MyChildAtSchool.

We will send further communication on how to access the parental app and how to register in due course. Please look out for this information by checking your emails regularly.

If you have made any changes to personal contact details recently, please inform the school office as this will affect the smooth running of the system.

We hope you are looking forward to using this new feature as much as we are!

If you have any queries please contact the school office on 01362 693 915 or email us on

[office@frednicholson.norfolk.sch.uk](mailto:office@frednicholson.norfolk.sch.uk)



### Dates for your diary:

- Christmas Dinner  
Wednesday 15th  
December—ORDERS TO THE  
OFFICE BY MONDAY 6TH  
DECEMBER AT THE LATEST
- Christmas cards for pupils  
within the same Key Stage  
by Wednesday 15th  
December. These will be  
distributed on Friday 17th  
December
- Virtual Pantomime  
Performance Thursday 16th  
December
- LAST DAY OF TERM—Friday  
17th December 2021
- RETURN TO SCHOOL—  
Wednesday 5th January  
2021

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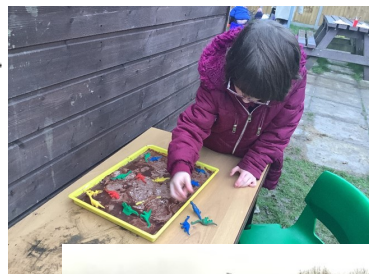
# Around the School



Ash Class have really enjoyed doing lots of dinosaur themed messy play! We have worked together to be brave and to feel confident to explore and enjoy these sensory experiences!



Maple class have really enjoyed their outdoor learning sessions. We have learnt all about dinosaurs, and have worked together to find Stick Man each week on our hunts!



Cherry class had great fun making their own pizzas when learning about fractions! Everyone worked hard to share the ingredients and take turns waiting for the equipment. We all enjoyed eating them!



Hazel Class have been learning about volcanoes and worked together to make one using clay and watch it erupt!



In Holly Class, we have been learning about the importance of washing our hands to stop the spread of germs. We used a special light to look at spots of dirt we had on our hands. We then washed our hands for 20 seconds and used the special light again to make sure all the dirt had disappeared!



Oak class had a great day at Edfords Care Farm learning about where our food comes from.



Chestnut Class have started decorating the classroom for Christmas. We learnt about repeating colour patterns and used them to make paper chains. We showed fantastic teamwork to decorate the Christmas tree.



Elder class have been doing a topic about weather and have been learning about animals in the Arctic and Antarctic.



Pear Class have been learning lots about Christmas. They have decorated the classroom and enjoyed singing and dancing to Christmas songs this week.



Drinking hot chocolate with the heating on  
The kids looking out the window for snow  
The men in the other room play ping pong  
The kids go to sleep waiting for a "ho"  
Waiting for Santa to spread Christmas cheer  
The most jolliest time to love family  
With the wind whispering in my cold ear  
The kids asleep, the adults watch telly  
All around the tree with the family  
Even the dog gets a present, a bone  
So don't be a liar, that's naughty  
So go to bed have sweet dreams and drift on  
Santa is in our town so be grateful  
I get the milk and cookies ready for all.  
By Charm

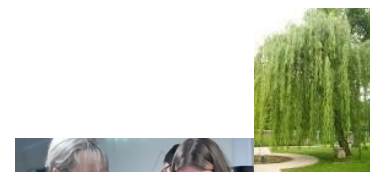
A Shakespearian sonnet with a Christmas theme. Adults typed onto a computer at Charm's request, but it is all in Charm's words. We are very proud - Pine Class



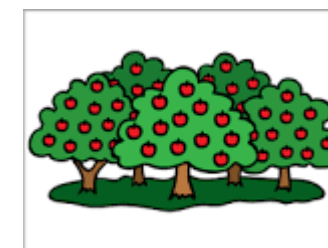
Apple Class are having a Christmas Market to raise money for Macmillan Cancer support & Strep B support.

Here is a Christmas Tree showing some of our lovely items we are selling. If you look closely you will see Gonk tree decorations, mini Christmas gifts and Christmas cards.

We have also had a football league draw. We hope to raise lots of money!!!!



Willow class had great fun making and decorating gingerbread biscuits ready for their enterprise event with Miss Dee!



In Orchard Lodge we have been celebrating Children in Need. We made decorations for our party; we had party food and danced to music.

We also invited other pupils and staff from different areas within Orchard.



In Lime Class we have been using our Maths skills to create 3D shape Christmas decorations from nets.



Damson have been investigating dissolving and melting in our science lessons over the last few weeks. We are trying to make some Christmas salt crystals and we investigated how much salt we could dissolve in warm or cold water. We have also really enjoyed some games of sitting volleyball in our PE lessons.



This week in Orchard Lodge we have been developing our independence skills by learning how to make a bed. We have also been looking at how to apply maths to real world scenarios by planning our garden area and then working out the perimeter.

Orchard Pod had fun on our cooking day! We enjoyed Pizza, Fish & Chips and Chocolate Brownie Sundae!

