

# FRED NEWS



Week Ending Friday 14th January 2022

*Welcome to a brand new year 2022*

*Happy New Year from us all at*

*Fred Nicholson School*

## Dates for your diary:

**\* 17.01—Rotation of Group Learning for KS3 and KS4**

**\* HALF TERM**

**Monday 14.02—Friday 18.02**

## ***Headteacher - Reflection of the Week:***

Welcome to our first edition of Fred News in 2022, I am sure you will see through this fortnight's edition that we have already begun with a busy start to term including the successful launch of My Child at School app which we believe will help make your lives easier in lots of ways going forward.

I wanted to thank you personally for all your support through the challenges the new year has brought us. The temporary arrangements in place for KS3 and 4 were not an easy decision to make but have made for a safer purposeful learning experience for our children when they are in school. While we are of course doing all we can to work towards all children being in school everyday and as a team we have been truly grateful for the understanding and support our families have shown in working with us through the impact of the Omicron strain of covid.

I wanted to also share with you news that our Head of School Mike Roach will be away from school unwell for a significant period of time. I know many of you contact him regularly in school and liaise with him around your young person's needs so I wanted to update our community around him. I am sure I can speak for everyone of us in wishing him well. I also wanted to reassure you around our senior management structure during this time. Rachel Woodhouse continues as she has done since I was on secondment to be our interim Deputy Head. I have stepped back from external local authority work and am fully focused on the school and our community and so rather than the executive element of my role before I will return to my title of headteacher and I look forward to seeing lots of you in reviews over the course of the year. Our Key stage and department leads, class teachers and teams are as ever also here as your ports of call to support you and your children.

As I said at the very beginning, thank you for your ongoing and continued support for us and the school. We look forward to working with you over the coming year and all that 2022 has in store.

Yours sincerely  
Jane Hayman  
Headteacher



# RECIPE OF THE WEEK

Mrs Chambers has been cooking the following treats with the pupils this week. See the recipes below and give them ago at home. Send in a picture to the school office of your final creations !



## BEAUTIFUL BISCUITS

### INGREDIENTS

100g butter  
50g sugar  
150g self raising flour  
Choc chips  
Jam

### METHOD

1. Heat oven to 180/fan 160/gas 4
2. Line baking trays
3. Beat together sugar and butter until soft and creamy. Add flour and mix. Add choc chips if using. It will start by looking like bread crumbs, keep working it until it forms a dough then turn out onto a lightly floured board.
4. Make into a thick sausage shape then cut into 16 pieces and make into walnut sized balls.  
(Another option is cut into 10 pieces, roll into balls then poke finger in the middle to make a well. Put in jam then close up, reroll then flatten)
5. Place onto a baking tray and lightly flatten with a fork.
5. Bake for approx. 15 mins until golden.

## ROCK CAKES

### Ingredients for 16

100g self raising flour  
50g brown sugar  
50g margarine  
50g currants/mixed fruit  
½ teaspoon mixed spice  
2 beaten eggs  
Small amount of milk if required

### Method

1. Heat oven to 220c gas 7
2. Weigh out dry ingredients and put in bowl
3. Weigh margarine and add to bowl
4. Rub in margarine to form small breadcrumbs
5. Add mixed spice and fruit
6. With a fork mix ingredients together
7. Break egg/s into the jug and beat with fork
8. Add egg to dry mix
9. Add a little milk if required to make it a little sticky
10. Use dessert spoon and knife to make approximately 16/8 piles on the tray
11. Bake for 10-15 minutes until golden

# WHOLE SCHOOL REMINDERS



## GROUP LEARNING UPDATE

**KS3 and KS4 ONLY** are still on Group Learning timetable. Next week will be your 2nd week timetable. Please check your emailed letters for clarification.

**KS2** – Normal school week, NO changes implemented.

## 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.





# ORCHARD NEWS



## Orchard Pod

In Orchard Pod the pupils have been learning about the Sun, Earth and Moon and have been making their own pictures of what they think space looks like.



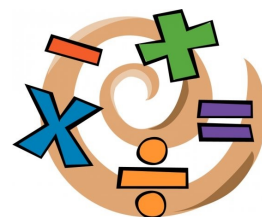
## Orchard Class

Orchard Class have been working hard to turn outside space in a relaxing environment for our students to enjoy. We have so far planted two trees and are awaiting 2 sheds and a small boat which will be converted into a flower display.



## Orchard House

Our topics this half term are Ancient Egyptians and Fairytales - we explored some mathematics behind building a pyramid and had a go using sugar cubes. We also baked some Gingerbread people and talked about what traditional tales have gingerbread in them.



## FOREST SCHOOL

In forest schools this term we have been exploring the natural world and looking for signs of spring. We have also been looking at the frost and ice in the morning and relaxing in our new hammocks, listening to the birds and the world around us.



# AROUND THE SCHOOL



Please help us to collect Books for School tokens These are available to collect from newspapers. Please can these be sent into school by Friday 21st January at the latest.

Work on the school roof started on site on Monday 10th January.



Follow the link below to join the FNS Facebook page for latest news and information.



All parent/ carers should have received their log in and help manual for My Child At School App. If you do have any questions or queries please contact the school office on 01362 693 915.

**Dinner money**—All dinners can now be paid using the MCAS app. You must make sure you keep your child's account topped up!



## SCHOOL OFFICE STAFF UPDATES

### Leanne Hughes - Pastoral Support Assistant

Leanne was formally in the main school office but has since taken on a new role as our Pastoral Support Assistant. Leanne works alongside our Safeguarding and Pastoral Manager Karen Millen. Leanne is available for any support or advice you may require regarding family support or any concerns you may have with your child in school.

### Amber Ochymowicz—Secretarial Assistant

Amber formally worked in the Treehouse Boarding provision as a Residential Keyworker. Amber has taken on a new role in the main office working alongside Miss Jaqueline Keeling providing support regarding EHCP's, Annual Reviews and transition.

### Kye Constable —Office Secretary

Kye formally worked as EHCP and Transition Assistant. Kye has taken on a new role in the main office working alongside Mrs Annie Brady, Reception and Administration Assistant and Mrs Shirley Bush, Finance Clerk dealing with school to parent communication and pupil reports and files.



## A cartoon illustration of a treehouse. The treehouse is a small wooden cabin with a brown roof and a single window showing a blue sky with white clouds. A small American flag is flying from a pole on the roof. A wooden ladder with rungs leads up to the treehouse. The treehouse is built into the trunk of a large, brown tree with a thick trunk and a large, green, leafy canopy.



# SPACE

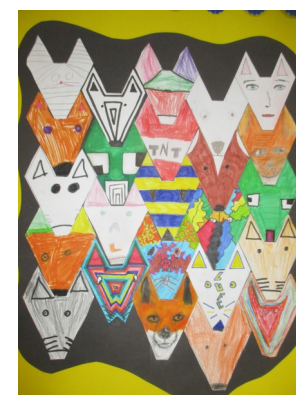
A large, dark, cloud-shaped poster titled "SPACE" in the center. The poster is decorated with various space-related terms and names of children, arranged in a mind map format. The words "SPACE" are written in large, white, stylized letters. Surrounding the central word are names of children in ovals, connected by lines to other words. The words include: Rocket, Stars, Moon, Telescope, Astronaut, Earth, Stars, Moon, Stars, Moon, Sun, Solar System, Mars, Jupiter, Meteor, Blackhole, Alien, Galaxy, Space Station, Venus, Earth, Airplane, Mars, Jupiter, People go into Space, 8 planets in the Solar System, Sun, Rockets, Astronaut, Moon, Stars, Emily, The moon is made of Cheese, Stars, Earth, Rocket, Moon, Stars, Luke, Astronaut, Sun, Mars is a rocky planet, The Sun is hot, Constellation, Levi, Stars, Moon, Stars, Indi, Stars, Moon, Stars, and Ali. The poster is surrounded by various decorations, including a plate of colorful pom-poms, a small Christmas tree, a string of lights, and a small box labeled "SHIPS".



In Apple Class we have been looking at different materials. We did some experiments using lots of different materials to see what we could make. We got very messy but had lots of fun!



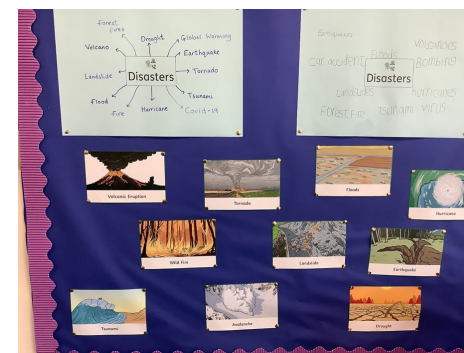
We have been looking at shape and space in Maths recently. Here are some tessellating foxes that Lime class created together.



Damson class have been learning about the water cycle this week. We made our own examples of the water cycle in plastic bags. Ms Copeman managed to drop and spill hers but everyone else attached them to the window and we are waiting to see the cycle in action!



Willow class have been exploring our new topic and thinking about disasters that we will be learning about in the coming weeks.



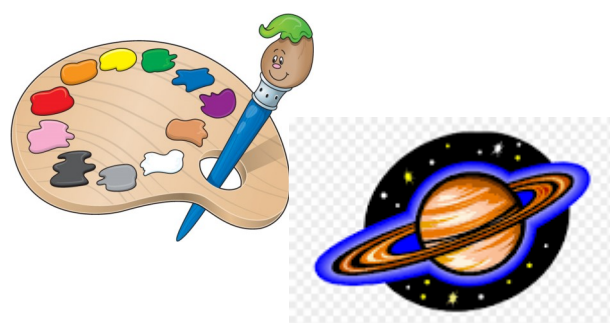
**Headteacher: Jane Hayman Tel: 01362 693915 Email: [office@frednicholson.norfolk.sch.uk](mailto:office@frednicholson.norfolk.sch.uk)**



# KS3 NEWS

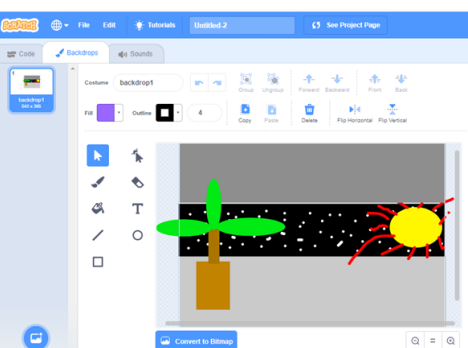
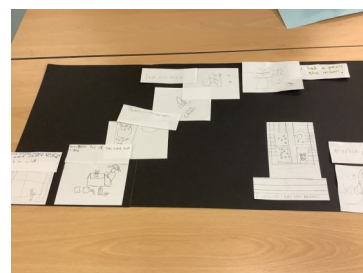
## Pine class

Pine Class have been painting space scenes in creative learning this week.



## Elder class

Elder class are learning out about the Earth, Sun and Moon. We have been reading the story Whatever Next! and have drawn pictures and written sentences for a story map of the story.



Jake Wells' space themed backdrop for his game

## Pear class

Half of the class have enjoyed their first archery lesson in PE, and the other half enjoyed a Forest School lesson. We have started to make Space themed games on Scratch the computer programme.



## Maple class

This half term our topic is fairy tales! We are learning specifically about Humpty Dumpty this week. It has been great to see pupils enjoying the activities in school much, and choosing to do further learning at home



## Ash class

We have been doing lots of work around Humpty Dumpty! We have made humpty dumpty eggs, worked together to make Humpty Dumpty biscuits and have had lots of fun with rhyme!



## Hazel class



Whilst some members of Hazel Class had their weekly swimming lesson at Swanton Morley Primary School, the rest of the class enjoyed their first Boccia lesson. They made real improvements over the hour and played a proper match at the end of the lesson. We really enjoyed ourselves!

# KS2 NEWS

## Cherry class

Our new topic is Fairy tales and this week we have been focusing on 'Goldilocks and the Three Bears'. During Free Flow we all tried different types of porridge - some of us liked it more than others!

