



REEDHAM READ IT

The amazing Open song and dance

On Thursday 13th June, 19 children from year 2 to year 6 went to the Open in Norwich to perform a song and dance in front of around 500 people, parents and friends of the school cluster. On the 12th June, the children went to the Open for an all-day rehearsal, with the other cluster schools (Freethorpe, Fairhaven, Lingwood, Cantley, Acle and Reedham). It was an amazing opportunity for us to see the other schools' performances since we were backstage on the night.



The theme this year was water and the environment. The 19 students that participated started practising the dance just after the Easter holidays; they started learning and rehearsing the song a few days later. Miss Acres came in every Friday each week to help us learn the dance using two props, which were a blue cloth with cardboard fish and a green plastic net. There was a great storyline, about over fishing and the rubbish pollution in our seas; the many body movements were effective when dancing to the music from

Blue Planet. Our brilliant teachers, Miss Spaul and Mrs Bethell chose the native song Nanuma and the Disney song, How far I'll go, from Moana. The children were split into three groups to each take a turn singing the melody. We also practised in choir.



On the night, Cantley primary did their dance first to open the show. We had the privilege to start of the show after the interval. Miss Spaul stated, "I was very proud of the behaviour of all of our children on Wednesday and Thursday. I was very happy about how well it all came together; what a fantastic experience for all of our performers." Mrs Bethell told us, "I was very proud of the bravery you all showed when singing and dancing in front of all of the people at the Open; you all sang really well!"

In fact, the whole school were very proud of all the performers at the Open. We went on to perform the song and dance for the children who attend the toddlers' music club in the village hall on Tuesday 3rd July, they were really excited by the song as lots of them had heard the song from the Movie, Moana.

By Freya and Lana

Water, Mills and Marshes

International Boat Building College trip



As we reported in our special feature in spring's 'Reedham Read it', on the 26th February 2019 we went to the IBBC

(International Boat Building College). We designed boats with different features and had a guided tour. We met two professional boat builders; they showed us a blunt axe, which would have been used to build boats in the middle ages, to chop a block of wood (it was not very effective). Then they showed us a chainsaw - that smelt weird - It cut through the wood with ease. After that, we went to a room with another tutor who taught us how to use chisels to carve our initials into a large piece of wood. We also went to some marshes to look at what the UK would look like in Anglo Saxon times; we even saw a marsh harrier!

The Road show

On Friday 29th March, Natasha, from the Water, Mills and Marshes Project, came in and talked to us about mills, marshes and the Norfolk broads. Did you know 300km squared is the National park? We learnt that there were different mills, trestle mills, skirt mills and tower mills. We found out altogether there are 63 broads in

Norfolk; we discovered that they are actually man-made in the middle ages. Before the Norfolk was flooded, people cut peat from the land to use as fuel for fires. This was a great industry; the broads were created by the vast holes left; they later filled with water when sea levels rose. Natasha told us about some of the animals found on the marshes, marsh harriers, hares, otters and a kind of spider, which can only be found on the broads (fen raft spider). After watching a slide show and a documentary about the Broad's Natasha gave us two quizzes to do, to test our memories. She also brought in some peat she had dug out from the marshes. We learnt a lot about our local environment; we are lucky to live in such an amazing place in the world.

Experience day

On 14th of June KS2 were lucky to go on another trip for our Water, Mills and marshes project; all of the children and the adults went to Polkey Mill, on the Mississippi river boat and visited How Hill. Terry and Natasha from Water, Mills and marshes organised and escorted us on the trip - a big thanks to them. First, we went to Polkey Mill to explore the site; Jaiden and several others climbed to the top of



the mill. The ladders were made from wood and very, very steep - the second one, which led to the top of the mill, was very tall and even steeper than the first! After, we went on the Mississippi river



boat for an hour. We saw pubs, holiday homes and lots of different wildlife including mallard ducks, otters, kingfishers and herons. We also did a quiz on the boat, which was really fun. After, we went back on the minibuses to How Hill and had a picnic on the grass (trying to avoid the brief shower of rain).

Later on, we went dyke dipping and Jaiden's



group caught a newt (this was the first one found there)! Freya's group caught some plants and a lot of pond snails. Jack's group caught two types of small fish. We learned more about the environment and nature on the Broads. We even saw a swallowtail butterfly, they are also native to the Broads.

Broads in a box

For our Water Mills and Marshes project, run by the Broads Authority, we have been going on trips and experience days; around the Norfolk Broads. On Tuesday 18th of

June 2019 we took part in a design and technology project called 'Broad in a Box'. Terry and Natasha organised the day for us; they have been running all our trips and experience days; a big thankyou to them



for arranging all of this for us. Miss Spaul organised KS2 into six groups, the groups competed to make the best Broad in a box, from which Natasha and Terry would choose the best two and they would go through to the final judging of all the boxes made by the other schools in our cluster.



To help us plan our 'Broad in a box', we had to use the options, provided by Natasha, to decide which habitats and buildings to include. From this each group made a rough plan. Then we were given our boxes; and chose our materials, we had been collecting recycled boxes etc. over several weeks. Then we started constructing! We included habitats from the Broads, for example nature reserves, grazing marshes, wet wood-land, farmlands and wild life found in the Broads like frogs, foxes, snakes, fish,

eels, otters, cows, sheep, pigs, water bugs, leaches, giant snails and many more. Some of the man-made structures we included were windmills, visitor centres, hotels, holiday homes, bridges, leisure centres, boats, roads and car parks.

All of the groups worked really hard on their project and made some fantastic Broads, but Pancake Squad (Chloe B, Josh, Daniel and Sarah) and the Broad Savers (Stephanie, Sophie, Chloe H, and Lana and Alyse) won and their boxes will be on display at the WMM showcase event at Fairhaven on the 11th of July. My group said, "We were surprised that our group won." This was a very exciting day; we all had fun and we can't wait to see the winner's boxes on display at the showcase; maybe one of them will win the whole competition!

By Chloe h,



Polkey Mill Party

Since Polkey's mill has recently been restored, Terry (from the Water, Mills and Mashas project) came in to the school to organize a party at the mill. We said we would run it from 2:00pm to 5:30pm on a Saturday. Some of the activities which were to be run were a drawing competition, stalls, a tour around the mill site, a nature tour, a raffle and a tombola and treasure hunt. Unfortunately, we have not been able to arrange access to the mill and have had to cancel the party at the mill. However, we will hold all of the events at our school fete instead. This will be on the 17th of July, from 2.30 to 4.30pm, along with all are original plans and a performance from the Open group to show what they practiced and performed at the Open; we are looking forward to the school fete.

AWOL BUGGY BOOTCAMP

WANT TO LOSE YOUR BABY WEIGHT?
STRENGTHEN YOUR CORE/PELVIC FLOOR
EXERCISE SAFELY AND EFFECTIVELY WITH A QUALIFIED
PRE AND POST NATAL INSTRUCTOR
GROUP SUPPORT WITH OTHER MUMS

WEDNESDAYS 10 - 11am
ACLE RECREATION CENTRE

Contact Catherine : 07737 383454
info@awolfitness.co.uk
awol buggy bootcamp




£6
per
class

Prepaid option available

In Need of a Chimney Sweep?

Reedham Sweeps

Covering Chimneys Throughout Norfolk & Suffolk

- Power & Traditional Sweeps
- Female Sweeps
- CCTV Inspections
- Gas Tight Sweeps

- Chimney and Gullies - Supplied & Fitted
- Cement and Polyurethane Chimneys - Supplied & Fitted
- All types of Fireplace & Appliances Installed
- Free Quotation

📞 Kerry Eades - 07894 001100
01493 113100

📍 Find us on Facebook
Reedham Sweeps

📧 Reedhamsweeps@gmail.com

Call us today for your free quotation and booking dates or find us on Facebook.

Be An Archaeologist Day

On the 14th May 2019, we took part in an archaeology day. We all dressed up for the occasion even - Miss Spaul and Mrs Kelf; there were explorers, pharaohs and archaeologists and even some mummies.



We took part in lots of different activities throughout the day. We learnt about rocks by researching about them in books and by the internet. We also investigated their properties by performing some experiments. We put the rocks in water to test if they would float or sink - this showed their density. We tested whether they were permeable or impermeable by dropping water onto them with droppers to see if the water droplets were absorbed; we also tested their durability by bashing them with a hammer. We had various different types of rocks and we had to name them all - such as marble, granite, chalk, quartz, limestone, sandstone and slate. We learned how rocks are formed and all

about fossils. Did you know there are three types of rock formation: igneous, sedimentary and metamorphic. Fossils are formed in various different ways and only in sedimentary rock.

Miss Spaul's auntie made a mummy's tomb



(sarcophagus) for us. It had hieroglyphics on it for us to decode. She also made a cartouche, which we had to read, to find solve the

mystery of the mummy inside the sarcophagus. She was a scribe called Nofret.

We learned a lot about archaeology and ancient Egypt and were all very grateful to Miss Spaul's auntie for all the resources she made for us. What another fantastic experience day at Reedham Primary School!



Reported by

An Interesting Journey To and Back in Time at Norwich Castle

On Wednesday 3rd of July, Key Stage Two had a school trip to Norwich Castle as part of our Egyptian topic. Unlike any of our previous trips, it began with a journey by train!

For thirty minutes, the children were dressing up in Hi-Vis jackets and collecting their bags ready to go. By 9:30, Otters and Owls class left the school and walked to Reedham station. We met Martin, (a Community Rail Officer) the kind gentleman who had arranged our tickets on the train; this was to celebrate 175 years of the track between Yarmouth and Norwich.



We learned that Reedham was the first station on the route to be built. Around 10:12, the train stopped at the station. However, it was full! Everyone had to stand up in the train until they



reached Norwich.

Thank heavens for mobile phones – so Miss Spaul and Mrs Kelf could talk to each other at the opposite ends of the carriage.

By 10:35, the train arrived at Norwich and the children walked towards the castle. At Rose Lane, however, a large construction site had been established for road repairs. This wasted some time making it around the site, but Key



Stage Two continued. Around 11:00, the children arrived and were told to take off their jumpers and Hi-Vis jackets. Unbeknown to almost everyone, the Norwich City Hall clock tower chimed for 11:00. This was drained out by the constant chatting of the children and the rustling of jumpers and Hi-Vis jackets.

When we arrived at the castle museum, we put our bags away. Then we walked to the first activity room, which was how the Egyptians lived and we pretended we travelled back in time to ancient Egypt. We dressed up in Egyptian clothes. We also imagined that we had to pick fruit from trees. After that, we acted out that we were making bread by grinding the wheat, adding water and then cooking it by the fake fire. Next, the girls imagined that they were washing their clothes in the river Nile and the boys pictured that they were cutting wheat with pretend sickles. After we had prepared the food, we took part in a procession, this was to

celebrate the new appointment of the village priest; we walked around the museum shaking our bells shouting ancient Egyptian calls to the gods.

The second activity was with a man who was pretending to be Victorian, Sir John; he told us a story about the gods, four of the children acted it out. It was the story of Osiris; and how he became the first mummy. We looked at lots of different Egyptian artefacts. There were precious items like jewellery, which was 3000 years old, a small copy of the Rosetta stone and different statues of different gods, animals and people from Ancient Egyptian times.

After that, we moved to our next activity, which was looking at the Egyptian display in the museum with an Egyptologist, most of it was jewellery but there was also a real 3000-year-old mummy, some mummified cats and canopic jars. There was also a mummy in a sarcophagus and there was an x-ray of it inside the sarcophagus; the museum had not opened it.



The last activity was how they mummified people. We learned even more about the ceremony and the process of mummification. We learned that it was performed in the desert under a tent and that the rite changed over time and had different fashions throughout its use in Egypt. For example, the canopic jars went from being large enough to keep the large internal organs of the dead to much smaller versions to house partial amounts of an organ to a tiny amulet, which

just represented the organ. It was interesting to find out more from an expert.

After we finished our Egyptian themed activities, we went to look around the museum by ourselves. We found many interesting galleries including many stuffed animals, which had been brought to the museum since the beginning of the 19th century. It was a very fun and interesting day!

At 15:00 (3:00pm), the children started to walk back to the train station. They were much earlier than expected – it was 15:10 when they arrived! After 25 minutes of sitting, chatting and waiting, Key Stage Two arrived on the train. However, a rumour emerged that they could be on the wrong train. This was proven wrong when they arrived back in Reedham (and this time there were actually seats).

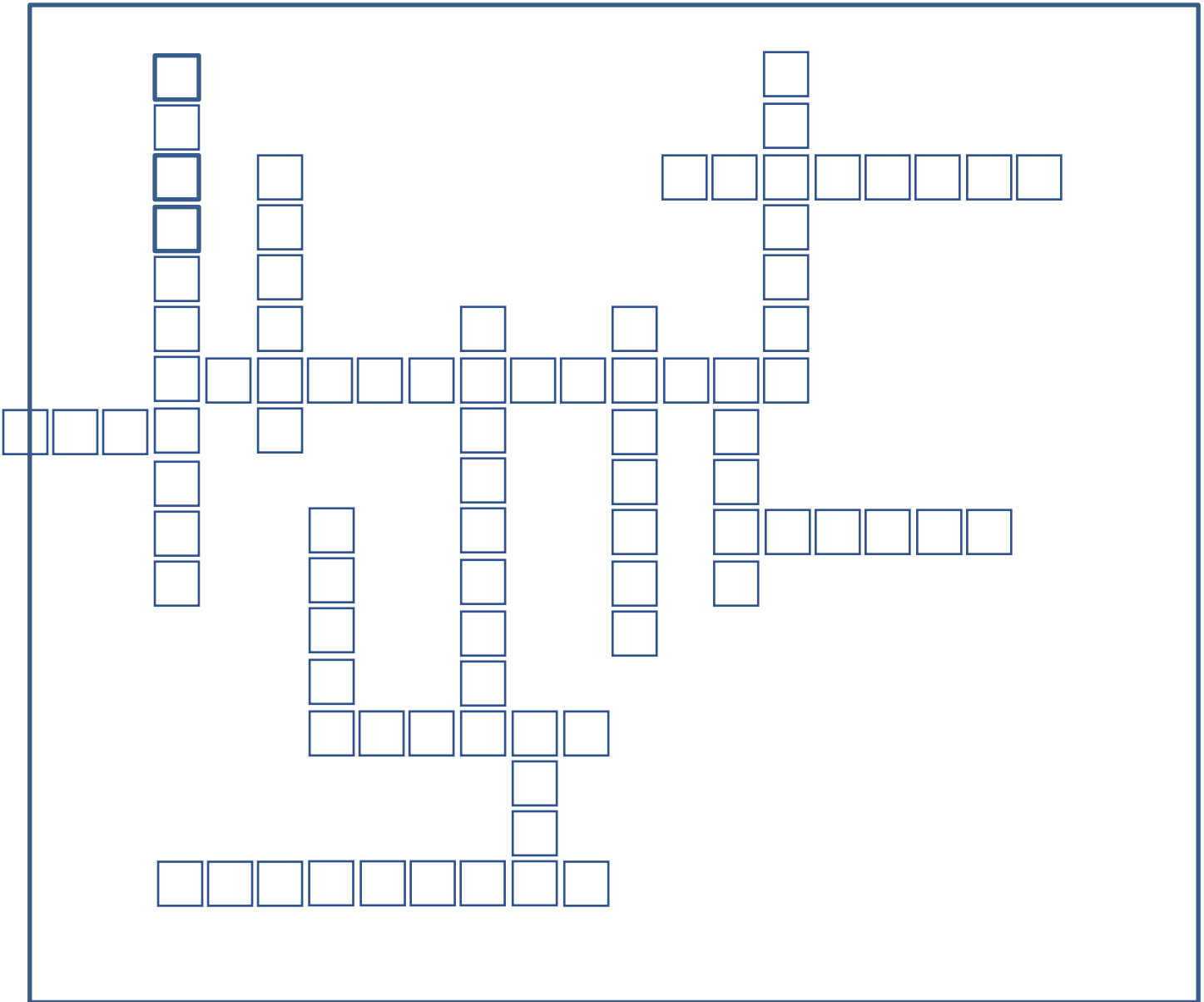
The children said they had a great time, although the teachers were unimpressed by the behaviour, mostly being in the wrong place in the line and getting in the wrong partnerships.



Thank you to Mrs Ellerbrook and Mrs Gibbs for coming with us and helping.

Reported by Ellis (the journey there and back) and Jasmine and Stephanie (at the museum).

EGYPTIAN CRISS CROSS



13 LETTERS

HIEROGLYPHICS

11 LETTERS

SARCOPHAGUS

9 LETTERS

CLEOPATRA
MUMMIFIED

8 LETTERS

PYRAMIDS

7 LETTERS

FARMERS
PHARAOH

6 LETTERS

ORGANS
SNAKES
TEMPLE

5 LETTERS

CAIRO
CLOTH

4 LETTERS

GIZA
NILE

Egyptian Word Scramble

LENI

IISŞ

HPXIŞN

MMMUY

BCŞAAR

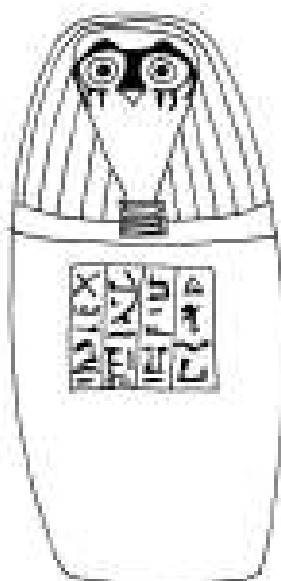
YIPMRAD

PNCAOIC

NABIŞU

YPPRŞUA

GEYPT



Egyptian Word search

Heron News

Feathery Friends

We have been learning about birds in our class. We have been very lucky to go on a trip to Norwich cathedral this term. We saw peregrine falcons, which are nesting in the cathedral; there were three birds in the nest.



There was a special camera to watch the birds in their bird box. We could see them flying and saw the chick's heads poking out of the nest. They were loud and screechy. The best part of the day was making doves.



We learnt how heavy male and female falcons are and how fast they can dive for their prey; they can fly over 200 mph!

We were also very lucky to have three visitors in our class – two were very feathery! A lady, called Tonya, brought her two owls to see us; Johnny, a barn owl and Arthur the tawny owl. We were allowed to hold Arthur, whilst we wore a special glove to protect our arm from his sharp talons. He was not very heavy and we could see his ears. We saw him moving his head almost all the way round! We practiced being owls by holding toilet rolls over our eyes then moving our heads round to see what it was like to see as an owl. We read owl babies, which is a really good book all about owls.



Since the weather has warmed up, we have been able to go swimming. We have been doing different kinds of floating, star float on our tummies and on our backs and mushroom floats. We also learned the rules we need to follow to stay safe in the water. We also have been able to have 2 minutes free choice where we can play in the water. We have really enjoyed swimming and cannot wait for more.

By George, Esmee, Eva, Erin, Charlotte, Max and Sophie

Owl News

Breakfast Club

I go to Breakfast club at Little Ducklings in the same building as Reedham Primary. It is run by Jane; it starts at 8 o'clock - she lets us go and play outside to see all of our friends in the mornings when all the children start to arrive for school.

In the morning, for breakfast, Jane makes us toast to eat. She takes the time to look after us. Some people like to pretend that they are musicians by playing imaginary keyboards.

When we are all there it makes us feel like we are a family. Jane and Juliet try their best to help us get along. I love breakfast club and so does everybody else.

By Harry and Noah

THE CRICKET TOURNAMENT

One of our cluster events is cricket. There were 5 schools involved in the tournament:

Cantley

Freethorpe

Fairhaven

Acle

Reedham

Sadly, we lost all of our games but we had great fun and a great experience for the children in the team, plus we did some good batting and fielding; and the main thing is that we all tried our best.

Sophie 'I think we did well but we need to work on our fielding.'

Isobel 'we did have a good time but we could improve.'

Sarah 'we had a great time and tried our best in all the games.'

By Shay and Daniel.



AWOL
HEALTH AND FITNESS
BOOTCAMP

Monday 6.30-7.30pm
Acle High School

Tuesday 9.30-10.30am
Cantley Social Club

Tuesday 6.30-7.30pm
Margaret Harker hall, Blofield

Wednesday 6.30-7.30pm
Acle High School

Friday 9.30-10.30am
Freethorpe Village Hall

PERSONAL TRAINING
Exercise and nutrition designed for you

Catherine : 07737 383454
f AWOL Health and Fitness

www.awolhealthandfitness.co.uk

Premier sports

We are lucky to have Premier Sports come and deliver not only excellent P.E. lessons with our teachers but also after school sports clubs on Tuesdays and Thursdays. This term Mr Rose has been running a tennis club on Thursday afternoons. In tennis we have been learning: rallies, volleys and doubles. Tennis is lots of fun!

All you need to play is:

- . tennis racket
- . a tennis ball
- . a space where you can play
- . and a friend to play with



By Isobel and Alyse

English in Owl class

In owl class a few weeks ago, we learnt about homophones.

Homophones are words that sound the same and different spellings and meanings.

For Example

Wail - whale

Wail - Someone crying. Whale - an animal that lives in the sea.

There - their - they're

There - The lions over there.

Their - their dinner was delicious.

They're - They're working together.

Paw - poor - pore - pour

Paw - a dogs foot

pore - pores in your skin

Pour - Pour a jug of juice

Poor- Not much money

By Sarah and Sophie H



Maths whizz

At home, we go on a programme called Maths Whizz. We use Maths Whizz to get improve our knowledge and skills in maths.

Once you have completed three tests you win three gems; you can go into your playroom

We recommend that everyone try their best to make at least 3 progressions in Maths Whizz a week.

Spag.com

Regularly, our teacher sets us some SPAG (Spellings, punctuation and Grammar) on a programme called SPAG.com. Some tasks have 25 questions to answer, most have 10 questions to answer. Once you have finished your tests you can right click on the same test below. So you can see what you got wrong (you may not have got any wrong - that's ok). It is sort of like maths maths Whizz but for our English skills.

By Joel and Jack A

Otter News

Year 5 Transition Day

On Thursday 2nd May, year 5 attended a transition day to Acle Academy. This event had the theme of the board game, *Cluedo*. Schools including: Freethorpe, Acle, Fairhaven and Cantley had also brought their year 5s to this transition day. Everyone was split into groups, distinguished by letters: A, B, C, D and more. All the children from Reedham Primary School had different activities at different times because they were split into these teams.



The event was based around the story, that Miss Scarlet's jewellery had been stolen and there were four suspects: Colonel Mustard, Professor Plum, Mrs White and Reverend Green. The children needed to find out *who did what*. There were four lessons to figure it out: chemistry, science and two maths lessons. In chemistry, the children had to work out the suspect's blood type, by solving the clues. In science, they had to find the suspect's footprint. In the first maths lesson, the pupils had to work out a code

from the suspect. In the second maths lesson, the children had to work out codes about the suspects. These lessons were spread around Acle Academy and were sometimes a little bit messy.

In the end, the results were in and the suspects were revealed. The main code showed that Colonel Mustard had organised the whole thing. It was Professor Plum's footprint in the dirt and the small codes revealed that Miss White liked jewellery. The safe was touched by Professor Plum.

The year fives said that they had a fantastic day when they arrived back in Reedham. It was a great way to get to know some of the teachers at Acle and find our way around the school. My favourite part of the day was solving the maths clues - we really enjoyed these, as they were very challenging.



Report by Ellis Fisher

Ofsted

On Wednesday 5th June, an Ofsted inspector came to inspect our school. He inspected Key Stage two and looked at our work in maths. At the end of the lesson he asked me to speak to him about maths. He asked me what we did in maths - I told him that we did a range of everything making sure we investigate all the KS2 topics in maths; improving our fluency, reasoning and problem solving skills. He asked how we are stretched in maths to become better - I

told him about our 'deepen it' part of the lesson where we explore tricky and challenging concepts.

During English Chloe, Ashton and I went to read to the inspector he asked lots of questions before we read. Chloe went first then me then Ashton. He was very impressed with Reedham's reading provision - we are doing this well. In the report he said we create a love of reading in our school.

Reported by Archie

Year 6 Leavers Report

By Chloe, Stephanie and Jasmine



The year 6's have been working hard this year. In the spring term, we started practicing for SATs at lunchtimes (Mondays, Wednesdays and Fridays). We were put into groups of two or three; Mr Edwards helped us revise for maths, Mrs Bethel helped us revise for reading and Miss Spaul helped us revise for SPAG. When the time for SATs was close, we started to recap all of the things we have learnt during in KS2. When SATs week arrived, we came into school a bit earlier to have breakfast and talk about how we felt about the assessments.

On Monday, we had a SPAG paper before break and spelling after break. On Tuesday, we sat the reading test. On Wednesday, we completed maths paper 1 (arithmetic) and paper 2 (reasoning). Lastly, on Thursday, we had our last maths paper - another reasoning test.

Here are some of the thoughts year 6 had:

Jasmine - "I thought it was going to be hard, but it was not that bad"

Jayden - "I didn't like it much"

Stephanie - "I think they were not that hard except for the second maths one"

Joshua - "I think SATs were nice and interesting"

Lily-May - "The maths papers were tricky but I thought I did well"

Archie - "It was easy"

Chloe - "I thought SATs were going to be really hard but I found them easy"

Ashton - "It was fun and easy"

Crucial Crew

On Thursday 23rd May we went to do Crucial Crew in Norwich, we had to complete 10 safety tasks.



The first one was learning how to do CPR to the song Baby Shark. Our second task was learning how to use a defibrillator - we used them on dummies.

The next task was Internet safety (we learnt about how to keep our personal information private so that we are safe online).



The fourth task was healthy feelings like happiness; they taught us how to have healthy feelings to improve our wellbeing. The fifth task was with Suffolk and Norfolk victim care; they taught us what to do if we are a victim of a crime. The sixth task was with the coastguard, all about water

safety; they taught us what to do if we fall in a river. The next task was with St. Johns Ambulance; we learnt how to perform the recovery position. Next, for our ninth task, we learned about dangerous gases and how to prevent gas leaks and what to do if we suspect one. The tenth, and final, task was fire safety and how to prevent electrical items from catching fire;

It was a great day - we learned a lot! Thank you to Mrs Kelf for accompanying us.

Cycling proficiency

On Thursday 6th and Friday 7th June 2019, year 6s had the opportunity to take part in the cycling proficiency course; it taught us how to be safe riding our bikes on the road.

On Thursday, Simone checked our bikes were safe to use and then we rode around the playground. After break, Stephanie's mum, Mrs Kelf and Simone took us to a junction on New Road to practice turning from a major road to a minor road.

On Friday, we learnt to overtake parked cars safely. We learned the rhyme to help us remember: leave a door or more.



Our Top Tips for biking

1. If you are riding a bike make sure you are wearing a helmet.

No helmet = No ride

2. Look over your right shoulder before you brake.

3. Make sure your brakes work before you ride.

4. Remember to indicate before you turn.

5. I would advise not to do dangerous stunts without training.

Here are what the year 6s thought about their days learning to cycle safely:

Jasmine: I liked the cycling because it helped me to know how to be safe on the road.

Chloe: It was fun and helped use a junction correctly

Archie: It was fun and easy.

Josh: Enjoyable and I enjoy riding my bike.

Stephanie: It was and I liked it because I like riding my bike.

Jayden: it was fun because I enjoy biking.



A big thank you to Stephanie's mum for coming in to help and to Mrs Kelf for making sure we were safe.

By Jayden

First aid

On Monday 24th June 2019 a lady called Maureen came from the St John's Ambulance Brigade to teach the year 6 children some first aid. She taught us how to treat poisons, bites and stings, shock and also bleeding (minor). After that we learnt choking, helping to ease the effects of asthma, burns and scalds. Archie thought it was fun. Ashton thought it was good; Jayden thought the bandages were fun. Joshua thought it was fun to learn about first aid.



When we learned how to dress the bandages, Maureen taught us, if there is a piece of glass in the wound then you make a tent with the bandage, get two bandages and place them beside the tent and wrap it round but don't go over the middle because it could push the glass in even more. We also learnt how to make a sling out of a triangle bandage.

These sessions really helped us to learn what to do in an emergency to help people in need. They are important life skills that could be very useful in our lives. Thank you to Maureen for sharing her knowledge with us. **By Lily-May**

Negotiating With Little Dictators

The way we talk to children has a significant impact on their learning and ability to listen to us. Wat Reedham, we are continually modelling to them how to act and behave; and the way we talk to them is part of this. How we speak to others is showing them how we want them to respond to us. Generally, there are three ways that parents communicate with their children.

- **Aggressive communication** - These parents shout a lot, put their kids down and use attacking words. Their children respond in many different ways, mainly by acting out more, feeling fearful, yelling back and ignoring their parents' orders.
- **Passive communication** - These parents who mutter soft, cautious words and tones to their kids often find that their children walk all over them. Unfortunately, these parents are so passive that sometimes when they are pushed to their limits, they suddenly change their tone into an aggressive one.
- **Assertive communication** - This is by far the most effective way to interact with kids at all levels. It is firm, consistent, clear, positive, warm and confident. Assertively communicating with children is a real skill, yet it shows your kids that you know what you're talking about and they listen.

Here are 10 tips for improving the way we talk to children:

1. **Use the child's name and make eye contact** - it helps to get their attention before delivering your message. E.g., "George, please go and get..." Young children can often only

concentrate on one thing at a time. Call your child's name until you have their attention before you speak make sure they are looking at you - get down on their level. E.g., "Helen." (Wait until she stops kicking the ball and looks at you.) "Lunch will be ready in ten minutes."

2. **Use positive language and volume appropriately** - try not to say "no" or "don't". If we say, "Don't drop that glass," or "No running inside," or "Don't drag your coat in the dirt," your child has that thought and image embedded in their mind and more often than not, they will drop the glass! Instead, try to say what you want them to do. E.g., "Only walking inside please," or "Hold onto that glass, it's a special one."

If you use the volume of your voice appropriately for the majority of the time, raising your voice in an urgent situation should not be ignored. They will sit up and take notice because it doesn't happen all of the time.

3. **Suggest options and alternatives** - when you want your kids to cooperate with you, it is far easier if they can understand why they need them to do it and how it is to their advantage to do so. They need to see the importance of following your directions.

For example:

- "When you get dressed, you may go outside with Daddy."
- "Which jumper would you like to put on, the red one or the blue one?"
- "When you finish your homework, then you can then watch TV."

Adopting words like "when" and "which"

makes the child feel as though they have choices, even though there is no room for negotiation. Using these words works far better than using "if" words. Also, try to include your child in helping you solve a problem.

Try to offer alternatives rather than saying a flat out "no" or "don't."

4. **Keep it simple** - young children have trouble following too many directions given at once. Try to stagger your requests into small blocks.
5. **Model and expect good manners** - good manners at home or anywhere shouldn't be optional. If you model good manners to your children and everyone else, they will see that having good manners is expected and displayed on a consistent basis.
6. **Be gentle but firm** - if you have made your decision about something, stick to it.
7. **Check for understanding** - if you find that your child is not responding to your requests or getting confused by your instructions, remember to check for their understanding before moving on to the next topic. Ask them to repeat what you have said.
8. **Explain what you want with "I" messages.** When asking your child to do something, you will receive a greater response by explaining what you want regarding thoughts and feelings by using "I messages." This is far more effective than using orders or "you messages." It lets your child know how their behaviour makes you feel.
9. **Give notice.** If your child is fully engrossed in an activity and it is

time to leave, give them notice, so they get used to the idea. For example "George, it is nearly time to go. Start saying goodbye to the puppy please."

10. **Make conversation a priority with your kids** - open and comfortable communication with your children develops confidence, self-esteem, good relationships with others, cooperation, and closeness with you - we must talk to our children!

These are not overnight fixes and this way of communication takes time to become habit - but they are effective and they do work!

Written by Beth Spaul, based on the excellent book, "How to talk so kids will listen and listen so kids will talk" by Faber and Mazlish, 2012.

| | |
|---|---|
| BREWERY SHOP OPEN | |
| EVERY DAY 12-5PM | |
| CHURCH ROAD, REEDHAM NR13 3TZ <small>(NEXT TO PETTITTS ANIMAL ADVENTURE PARK)</small> | LOCAL BEERS, CIDERS, GINS, HONEY, APPLE JUICE, ETC <small>TASTINGS & TOURS BY ARRANGEMENT</small> |
| REEDHAM BEER FESTIVAL 19-21 JULY 2019 | |
| 50+ REAL ALES, CIDERS, MUSIC AND FOOD REEDHAM HALL AND FIELD, NR13 3HL | |
| MORE INFORMATION 01493 701818 WWW.HUMPTYDUMPTYBREWERY.CO.UK | |

Sports Day



team, with 58 points. In second place was the Green team with 60 points and the winning team was the Reds, with 61 points, which will give them a better chance of winning the house cup.



Thank you to the PFA and Alana (Mrs Saunder's daughter) for all your help. Thank you to Mr Nass for taking such beautiful photos of the occasion.

On Friday 28th of June, we had our annual sports day; everyone had choose three races each, except Owl class; they chose four because their class is the smallest! There were various races to take part in, in each set of races, there was a race for each class or year group. The first race was the obstacle race, followed by skipping. After the skipping races, it was the egg and spoon. Before the pre-school bean bag race, it was the sack race. There were six more races after that, which were: gathering, dressing up, flat race, relay, mum's race and dad's race. All of the children were very excited because for the first time ever we did a tug of war in our teams; red, green, blue and yellow.



By Freya and Chloe B



Once all the results from the races were in- thanks to Mrs Saunders and her daughter, Alana - Mr Edwards announced which colour team had won the whole sports Day. Yellow team were fourth, with 56 points - in third place was Blue

STARTS
5TH
JULY

**FITNESS
TRAINING**

TRAIN WITH US AND FEEL
RESULTS STRAIGHT AWAY!

**FREETHORPE
VILLAGE HALL**

FRIDAYS 9.30 - 10.30am

Contact Catherine : 07737 383 454
www.awolhealthandfitness.co.uk

AWOL HEALTH AND FITNESS

FIRST CLASS FREE

The Cricket Tournament

The cluster cricket tournament for year 5 and 6 took place on the morning of the 19th June. The best player voted by Mr Edwards was Joyce Powell. The best group performance voted by Mr Edwards was Joyce and Freya the played the best.

Unfortunately we lost on the matches but still had a great time.

Here are some quotes from the participants:

Archie: Don't dive because it hurts and you miss quite a lot

Freya: I had so much fun even though we didn't win any of our games.

Jasmine: it was fun and I got a lot of interceptions

Lily: Keep your eyes on the ball.

Joyce: hit it low and far for a 4/6

Jayden: practice more and you will get better at cricket

Josh: Everyone had a great time we were a little disappointed because we didn't win any of our games.

We played Cantley, Acle, Freethorpe and Fairhaven.



UEA sports and athletics

By Chloe B

On Friday 5th of July some of Key Stage 1 and 2 went to the UEA (University of East Anglia) in Norwich to take part in our cluster athletics event.

The events they took part in were hurdles, 40m sprint, 50m sprint, 60m sprint, 70m sprint, 80m sprint 800m sprint, 4x 100m relay, discus, javelin, tennis ball throw and standing jump. The children who represented the school were: Kazen, Stephanie, Shay, Freya, Isobel, Joyce, Lana, Jayden, Josh, Jack H, Daniel, Sophie, Jasmine, Noa, Kaden, Lilah, Eva, George, Mason, Rosie, Erin,



Sophie was an absolute star - she raced in the hurdles and 50m sprint and took part in javelin and standing jump. In hurdles she won a silver medal, in javelin a bronze, in standing jump another silver and in the 50m sprint she won a bronze. She said "I found the javelin and standing jump hard but the hurdles and 50m sprint



were easy. On the day of the UEA sports and athletics day I felt nervous but a little bit excited."

Freya took part in the discus event, standing jump and the girls relay. In the discus and standing jump she came 4th; the girls relay team won a bronze medal. Freya told me she felt annoyed because she mostly came 4th, narrowly missing out on medals.

Shay raced well in the hurdles, tennis ball throw, standing jump and 50m sprint. He won silver in the tennis ball throw and bronze in the standing jump. He came 4th in the hurdles and 5th in the 50m sprint. He said, "I felt nervous about the hurdles, I was confused by the tennis ball throw."

A special well done to Daniel, who impressed Mrs Kelf and Miss Spaul by v=being organised an aware of where he needed to be to compete in his many events.



Everyone worked really hard in the blistering heat - including Mrs Kelf and Miss Spaul who looked after the competitors. A special thank you to Bradley for joining us at the UEA helping to make sure we were in the right place at the right time for our events.



Looking ahead

Please make a note of some important dates:

Non Uniform day (bring prizes) 12/7/19

Summer fete 17/7/19 from 2.30pm

Leavers BBQ 24/7/19

School sleepover 18/7/19

Ann Smith's Music Concert 19/7/19 from 9.15am



Reedham Vikings

We are working really hard to make our club family friendly so all generations can enjoy events together. We have a children's area, with games and toys; an area for older kids with an Xbox and games.

Upcoming events

Coffee mornings every **1st and 3rd Thursday of the month**, which also runs throughout the school holidays.

Winter wonderland - escape the heat and chill out with live music from Knight Moves from **7.30pm on 17th August 2019**

Village Scavenger Hunt - free entry with prizes, BBQ and ice-cream at the finish line from **4pm on 24th August 2019**

30th Birthday of the Social Club - music and food on the 21st September 2019

Halloween Party - 26th October 2019



Many thanks

At the risk of forgetting someone important to thank (always a worry!) we would like to thank in no particular order: -

Mrs Jones (for her continued support with our school council and community links)

The PFA (for all their tireless hard work to make our fundraising events spectacular - you have worked some magic this year!)

Natasha and Terry from the Water, Mills and Marshes project - this has just been an amazing experience for our children.

All those amazing parents who have helped on school trips, events or in school, this year (Mrs Spaul, Mr Blackburn, Mrs Kay, Mrs Gibbs, Mr Holt, Mrs Long, Mrs Pocock and Mrs Bailey.

Affirmation Fitness Presents the Busy Mum's Club ...

If you don't have much spare time but would like to get fit & healthy why not join Affirmation fitness' Busy Mum's Club where you can take part in 3 x 30 minute fat burn PT sessions per week via FaceTime or Skype from the comfort of your own home removing the need for childcare with absolutely no equipment required? All for just £100 for a 6 week course !

To sign up give me a call / text - Samantha 07841634911 or find us at facebook & instagram @affirmationfitnesslondon

If you would like to advertise in the Reedham Read it please send your enquiries to offic@reedham.norfolk.sch.uk

And finally a word or two from our Head Teacher