



# The Parkside School

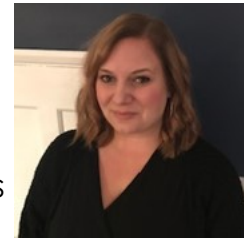
learn grow thrive

Summer Term 1 Newsletter 2023

Number 263

## A Message from Mrs Ellis-Gage

Hello,



This term I have been particularly proud of Parkside showing its community spirit. Every class has volunteered their time to do something to make our community stronger. This has included visits to care homes, washing cars and litter picking amongst other lovely activities.

Parkside also enjoyed celebrating the King's Coronation, thank you to everyone that donated some cakes for us all to share. They were delicious and we had a great time dancing and smiling together.

Now that the summer sunshine should be starting to come out a little more, please can I remind you to pack hats, water bottles and sun cream for your child. Please make sure these are clearly labelled with your child's name.

Parkside also has an exciting opportunity for a Finance Officer available, 15 hours a week (can be flexible). If you or anyone you know might be interested, please contact the school reception or look on the website for more information.



**NEWSFLASH!!** we have just received the fantastic news that we have won a £50 Lego voucher from all of the tokens handed in by parents & carers from the Eastern Daily Press newspaper competition. **Such a great community effort.**

## Parkside Parent and Friends Association News

We are pleased to report that the Easter bake sale was a great success with lots of lovely cakes for us to sell to the pupils and staff at the school. We raised just over £200 which the PFA are contributing towards some class trips this year. Thank you so much for your contributions and continued support. The Parkside PFA Summer Fayre will be taking place again this year on **Friday 23<sup>rd</sup> June** in the school playground from **9.45-11.45am**, we really hope you are able to join us,



Donations of good quality preloved toys and soft toys would be very welcomed for the stalls, along with suitable prizes for the raffle and tombola, as well as cakes and bakes. If you are able to help in any way by donating any of the above, we would really appreciate it. Classes will be running their own stalls again, and there will be refreshments available. If anyone is able to volunteer 30 minutes of their time on the day, to help out on the refreshment stall or the raffle during the morning, please contact the PFA using the email address [pfa.parkside@gmail.com](mailto:pfa.parkside@gmail.com)

## A HUGE Thanks

The Parkside Community would just like to thank the PFA for everything they do to support the pupils and the school throughout the year.

This term they have made a £50 donation towards Elephant Class trip to The Dinosaur Park and they will also be subsidising the leavers' hoodies this year. **Thank you.**



## Sensory Garden Update

On the 16th May our Community Development Co-ordinator, Emma and Vickie our Parent Support Adviser were joined by two teams of Volunteers from Notcutts and Aviva who came to help us to give the Sensory Garden a bit of a make-over.

This was a day inspired by 'The Big Help Out', an initiative to inspire charitable actions throughout communities across the UK as part of the King's Coronation.



The garden is now home to lots of beautiful new plants, trees, shrubs and flowers which were kindly donated by Notcutts, Sainsbury's Homebase on Hall Road and Minors and Brady's Estate Agents clients, who responded to a plea on their social media pages. Minors and Brady also very kindly donated some money to the school to help with the project.

We were also joined for part of the day by Holly Class who were a huge help (more photos in Holly's class news). It was lovely to see the pupils all getting involved in one way or another and working as part of the community team.

We still have lots of herbs left over which we plan to use to create a herb garden within the sensory garden. Daisy, our Forest School's Lead will work on this project with a group next term.

Luke from Aviva sent us this message on behalf of the Aviva Team...



'I wanted to send my gratitude to all of you for allowing us to spend the day with you and the students. I honestly can't express in words how much we all enjoyed being able to play a small part in the work you all do everyday for those amazing children'. **What a fantastic and productive day!**

# P.E. News at Parkside

## Lessons:

This half term pupils have been focussing on athletics in preparation for Sports Days.

## Sports Days this year: 9:40am - 12pm

- **Tuesday 6th June:** Holly, Sycamore, Rowan, Maple, Octopus and Jellyfish
- **Wednesday 14th June:** Junior & Sensory Dept.



The Year 10/11 Sport Leaders Group have taught their last session to Turtle Class. The Sport Leaders have really developed this year and will have soon completed the Sport Leaders Level 1 Course which is fantastic and such a brilliant achievement.

## Lunchtimes:

Able2B have started a lunchtime club on Mondays meaning more pupils can improve their coordination, sequencing and confidence without the barrier of after-school transport arrangements.

## Trips:

- Seahorse class have been to the SportsHall athletics at UEA
- Maple class have been to Park Farm Hotel to visit the Gym as part of their Fitness Options group
- Jellyfish class competed in a Rounders tournament 23rd May
- KS2 Basketball tournament took place on 16th May
- KS3 and 4 Football Fixture took place on 18th May

# Pathways College

It has been another successful Half Term at Pathways College. The highlight has been the visit by Chiswick Care Home, where their residents celebrated the Coronation with us.



Students prepared a coronation lunch, which included sausage rolls, sandwiches and cake, plus decorated the building.

There were some lovely interactions between the students and the residents, and we even all sang the 'Coronation Anthem' together!

Our independence flat is looking fantastic, thanks to the hard work of our students and donations from staff and the community. We have been showing classes that have visited us how to clean and tidy the flat, plus importantly spending some well-deserved 'chill-time' in the lounge. Students are planning to make and have lunch in the flat during our final Half-Term together.



Outside, the garden has burst into life now it is spring. We are busy extending our allotment and we are seeing growth from all of the seeds we planted before Easter. Garden maintenance will be a key focus in the summer months, with a new garden path planned, plus work on clearing the borders. There will be time though to enjoy this wonderful space and we will be learning outside as much as possible.

Finally, we continue to build our community independence, with weekly trips to Wroxham, Sheringham and the City-Centre, where the students practise being in busier environments and interacting with staff in shops and restaurants.

**Another fantastic and productive term at Pathways!**



# Class News



Lion Class had a fantastic time visiting Hawthorn Care Home where they volunteered to read to the residents, this was part of the schools volunteering for The King's Coronation.

Both the residents and pupils really enjoyed this experience, the room literally lit up with joy and smiles all round!

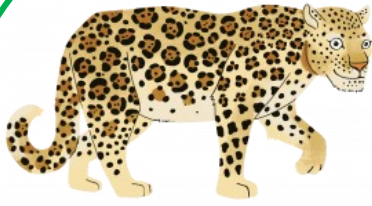
**The King would be very proud!**



This half term we enjoyed celebrating the King's Coronation. As part of the celebration, each class volunteered within school or in the wider community. Jellyfish Class sent an email to all staff to ask for any donations. They then sorted the donations and took them to a charity shop. They also made crowns and wore them to the Coronation Party where they enjoyed eating cake and socialising with their friends.

**What a wonderful term we had!**



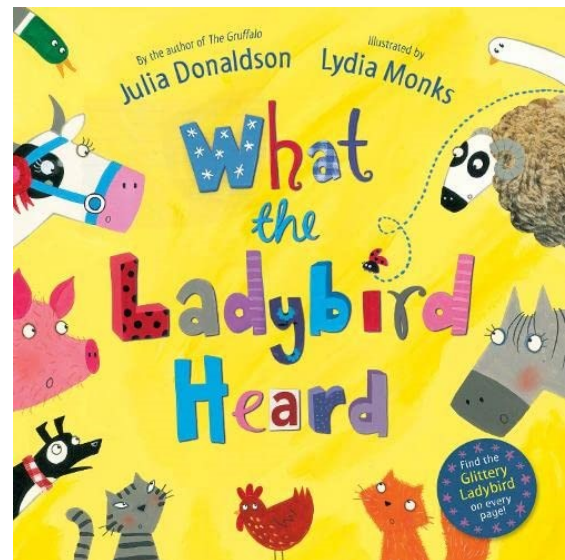


Leopard class have had a wonderful first half of the summer term learning all about Beasts. We have compared different habitats and matched animals to each habitat.



Leopard class particularly enjoyed the deserts, oceans, and polar regions!

We have been using Colourful Semantics to help us write sentences about our chosen animals and made wonderful beastly artwork.



In English, Leopard class loved listening to What The Ladybird Heard, working together to retell the story using our props and puppets. The class used Colourful Semantics to build sentences and to caption pictures.

**Please remember that next half term we will be swimming on a Tuesday!**

**Great work Leopard!**

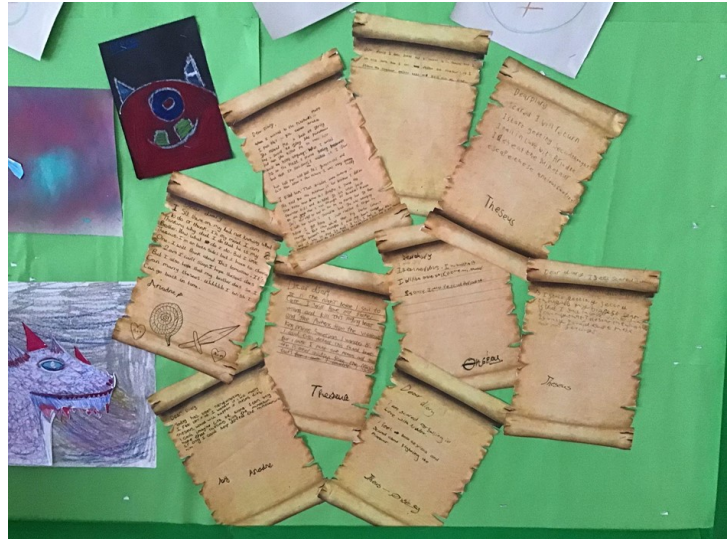




Hello again parents and carers, and welcome to our May newsletter!

This half term our theme has been Beasts and we've had loads of fun exploring all the possibilities this has thrown up.

We started off by looking at Greek Mythology and specifically "Theseus and the Minotaur." The class created these awesome diary entries from the point of view of Theseus or Ariadne, then we distressed them to make them look super old!



Next up we created these creepy monsters using some art techniques that Jenny shared with us... we even managed to spot some beasts lurking in our own classroom!







In PE we've been busy preparing for Sports Day by practising some throwing techniques - check out these amazing action shots!

Obviously we also had a rather large national celebration and, not wanting to miss out, Maple found out that we were so good at decorating cupcakes...that we decided to offer free face painting at our celebration event!



Finally, as part of our community work we collected unwanted food and delivered it to a local food bank



I hope you all have a lovely half term and please keep checking Earwig for regular updates! **Another action packed term in Maple Class!**



Holly Class have worked really hard this term. One particular highlight was when we helped out in the Sensory Garden along with teams from Aviva and Notcutts, who visited our school as part of a Community day. They played a big part in helping to make-over the Sensory Garden. They were absolutely brilliant at getting stuck in and really worked well as a team to transform whole areas of the garden, the Jurassic area in particular. A number of pupils enjoyed it so much that they are keen to form a gardening group who will help to maintain the garden.

Holly class have also been working on their independence skills by walking into Norwich. We have explored Norwich Market and Chantry place. Holly class have also engaged with Scientists from UEA during an excellent workshop this week. We investigated the density of different inks by performing a chromatography experiment!

### Well done Holly Class!



This term Rowan have loved starting our weekly 'Parkside News' Segment. All students have been involved in each week's episode, whether that's researching our stories, interviewing other classes, making a backdrop, being on camera or presenting.

The episodes go live every Friday morning during assembly and we would love to include some stories of achievement from students outside of school. So if you've completed a badge in guides or scouts, maybe you've got a certificate in swimming or been helpful at home, please let us know!

Please send any news stories to [rowan.class23@parksidemail.co.uk](mailto:rowan.class23@parksidemail.co.uk)

**A BIG well done!**

# NEWS





This half term, Shark Class have been practicing our life skills by walking to places in our local area and even ordering ice creams at the ice cream van!

We have really enjoyed our Friday afternoons exploring the local parks and area.



As part of our volunteering for the King's Coronation, we created a bug hotel for Pathways College in their garden and we are looking forward to going over to do some gardening with them again soon.

**What a super term Sharks!**



Sycamore Class have been enjoying our topic work about Beasts.

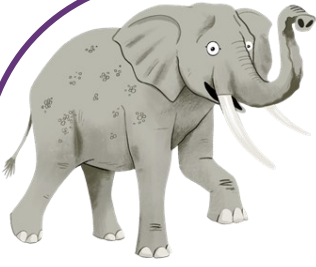
We have designed our own beasts using different art techniques.



We have also been making keyrings and bracelets in preparation for the Summer Fayre where we will have a stall.



**Lovely work Sycamore!**

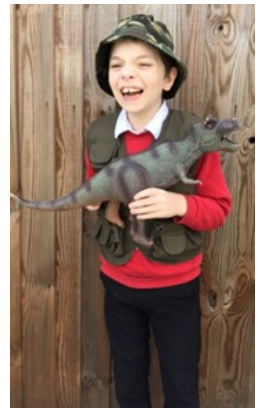


This half term we have been learning about beasts and have been using the book 'Where the Wild Things are' to think about various beasts and creatures.

In our talk for writing work we have been creating our own stories with dinosaurs and are VERY excited for our upcoming trip to Roarr Dinosaur Adventure.

We've been making habitats for different beasts and our own Wild Things art work.

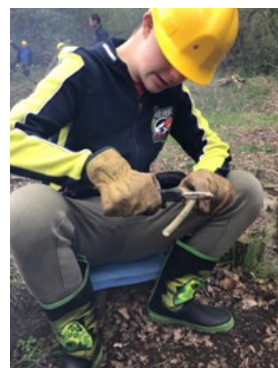
In cooking we've made some 'Gruffalo tusk' fruit kebabs, playdough, cakes for our coronation celebration and some bread rolls in the shapes of different creatures.



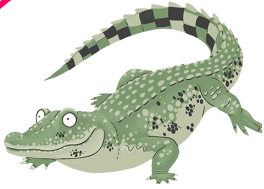
**What a Roarr-some half term!!**



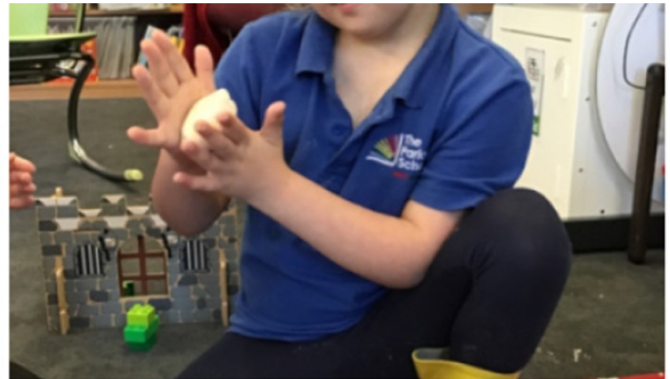
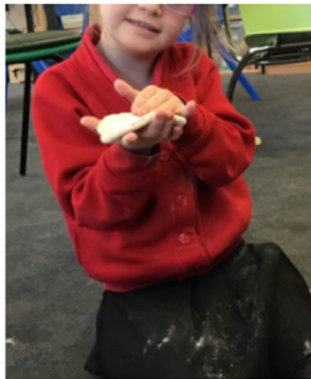
Rhino class thoroughly enjoyed their trip to Barton Turf this term and really got stuck in with the activities. They crafted their own pencils, cooked marshmallows on the fire and some pupils even helped to saw trees. To the relief of many we also managed to avoid the down pour on the journey back to Parkside! **Brilliant!**





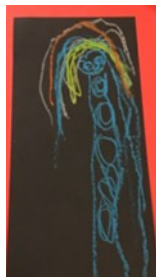
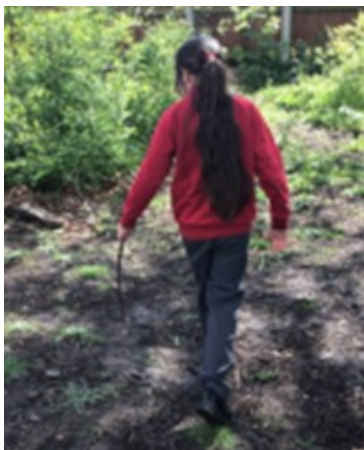


Crocodile class has been learning all about dinosaurs. To kick off our science lessons we made dinosaur fossils from salt dough which we have been "excavating" ever since! **What a great term!**



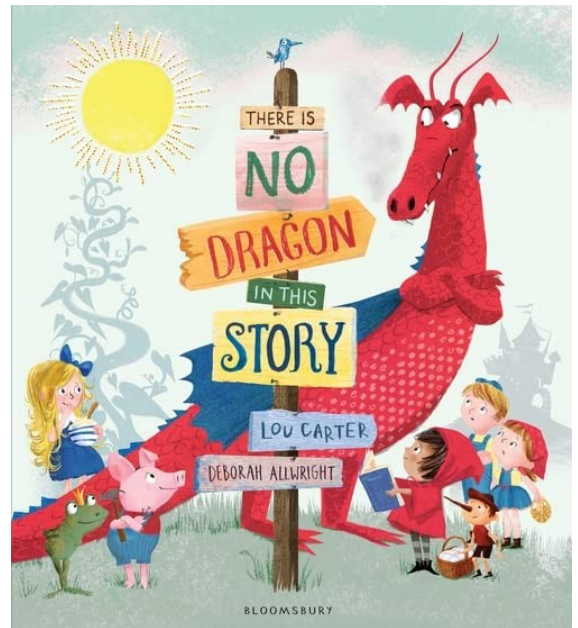
This half term in Dolphin class we have been exploring different types of beasts; from dinosaurs to mini beasts to mythical beasts. We went to the outdoor area to try and find different types of mini-beasts. Dolphin class looked at what they look like, how many legs they have, do they have wings, what colour are they? Dolphin class did their own fossil dig to discover different types of dinosaurs, talking about what their skeletons look like. In art we then created our own mythical beasts using our imagination.

**Wonderful work!**





This half term as part of our whole school topic 'beasts' Turtle class have enjoyed our book 'There is no dragon in this story'. We have explored the mythical creatures of dragons and fantasy classic books such as the Little Gingerbread Man, Jack and the Beanstalk and Little Red Riding Hood and learnt how Dragon comes to be a hero and saves the characters from beasts such as the fox, giant or wolf! **Brilliant work Turtles!**

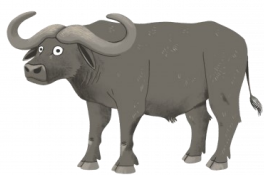


This half term Seahorse Class have learnt all about the King's Coronation. They made items to send to a care home to make the residents smile. The children have been learning about different types of beasts which included a mini-beast hunt and completing lots of beautiful art work.

In Science, children have been completing a different experiment each week, working on their prediction skills. Seahorse Class also took part in an Athletics competition at the UEA Sportspark, completing running, throwing and jumping activities. They also enjoyed having a go on the 400m running track. **Great work!**







Buffalo class have had a great half term exploring dinosaurs, we have been learning about dinosaurs in our Sensory Story, The Girl and the Dinosaur. With this topic we have been digging for dinosaur fossils and making our own. We have looked at melting in Science as well as tasting and making dinosaur themed food in food tech. **A super term!**



## Nutrition Workshops with our registered school nutritionist, Andrea.

Andrea shall be holding another one of her drop-in sessions with Emma, our Community Development Co-ordinator, on **Tuesday June 27th from 9am with a 9.30 start, at Surlingham House**. We shall be finished by 11am and free refreshments will be available.

Please sign in at the reception at Parkside School where you will get a visitors badge upon arrival, thanks.

We really hope to see lots of you there, they are great sessions and can be tailored to the needs of the group.





**Focaccia**



**Bread**

**Recipe**



**(makes**

**2)**



## Ingredients



1 teaspoon



yeast

$\frac{1}{2}$

1/2

tspn



sugar

$\frac{1}{2}$

1/2

tspn



salt



250g strong

flour



180ml

warm water

1

1 tbspn



oil



rosemary



(olives,



seeds

etc)



olive oil



grindy

salt



## Instructions



Put your

weighed



flour

into a



large



bowl.

Put the



yeast

and



sugar

into one



side

and the



salt

on the



other



side.



Add

the



oil

and most of the



warm water

and









stir.









Knead







 it for 5 minutes. The  dough should be  wet.





 (ideally leave to  rise for an  hour)





 Mix together a  spoonful of  oil, a  spoonful of  water and  grind

 some salt.

 Share the  dough, shape it into a  circle and put it in a  lined cake tin.

 Stab it with your  fingers, then add  any toppings.

 Finally,  brush on the  oil  mix.

Leave to  prove for an hour,  put in a  200C  oven for 15 - 20 mins.

## Financial Support for Families

We understand that this is a very challenging time financially for many families, so we have put some useful information together outlining support that is available. If you require any help with accessing



anything, we would be very happy to help. Please contact the office on **01603 441126**, who can put you in touch with us (Vickie and Natasha - Parent Support Advisers).

**Food/Fuel: The NAS website** - <https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme> - **this is the preferred route.** Or phone **0344 800 8020** - Customer Service Centre

**NAS phone line** – **01603 223392** (Option 5) – voicemail available existing applications

Email [nas@norfolk.gov.uk](mailto:nas@norfolk.gov.uk)

Team Leader [nathan.agate@norfolk.gov.uk](mailto:nathan.agate@norfolk.gov.uk)

**Money Support Service NCC- 01603 223392** option 4 - help with budgeting

[www.norfolk.gov.uk](http://www.norfolk.gov.uk) See **Help with Living Costs** ( money support, food support, free vouchers, get local support plus Emergency financial help, ( Norfolk Assistance Scheme) Household Support Fund .

**‘Norfolk cost of living support scheme’** – small amounts of funding for adults and children with disabilities- see [www.norfolk.gov.uk](http://www.norfolk.gov.uk)

**Norfolk Citizens Advice** have opened Warm and Wise to help people manage their energy bills. [www.ncab.org.uk](http://www.ncab.org.uk) and **0800 1448 848** – free confidential advice on debt and benefits

[www.moneyadvicehub.org.uk](http://www.moneyadvicehub.org.uk) – great website

**Trussell Trust-** ‘Help through hardship’ helpline and foodbank

**0808 2082138** [www.trusselltrust.org](http://www.trusselltrust.org)

**Norfolk adult learning – offer free courses** e.g. Think Food- cooking on a budget, Think Food basic cooking skills , Finance e.g. Beat the bills, Managing your Money – Search ‘adult learning’ on [www.norfolk.gov.uk](http://www.norfolk.gov.uk)

Norfolk Community Foundation- charity that runs schemes including ‘Nourishing Norfolk’ and community shops **01603 623958** [www.norfolkfoundation.com](http://www.norfolkfoundation.com)



**Christians Against Poverty** – help with budgeting- hands on support for families. They offer courses for families on budgeting- [www.capuk.org](http://www.capuk.org)

**Community Action Norfolk 01362 698210** – charity offering help including warm homes and collective oil buying

**Money Advice Service 0800 138 7777** Mon-Fri 8-6 – [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)- offers advice online  
Norfolk Community Law Service – debt advice

**National Debtline 0808 808 4000** Mon-Fri-9-8- [www.nationaldebtline-](http://www.nationaldebtline-) offers advice online

**Debt Support Trust [www.debtsupporttrust.org.uk](http://www.debtsupporttrust.org.uk)** – debt charity offering support and solutions to become debt free with trained friendly advisors

**Step Change [www.stepchange.org](http://www.stepchange.org)** – Debt charity **08000 138 1111** Mon-Fri- 9-5- offers advice online

**Greggs Foundation** – [www.greggsfoundation.org.uk](http://www.greggsfoundation.org.uk) resources breakfast clubs (gives schools fresh bread from nearest Greggs and a grant to support start up and ongoing costs . Gives grants for white goods , beds.

**Phoenix Centre Mile Cross- 01603 403814** Norfolk Knitters and Stitchers have made 'warm bags' with hats, gloves, scarves blankets, socks and hot water bottles with covers  
[www.thephoenixcentre@hotmail.com](mailto:www.thephoenixcentre@hotmail.com)

## **Mental health and money**

**Mind [www.mind.org.uk](http://www.mind.org.uk)** has a money and mental health section

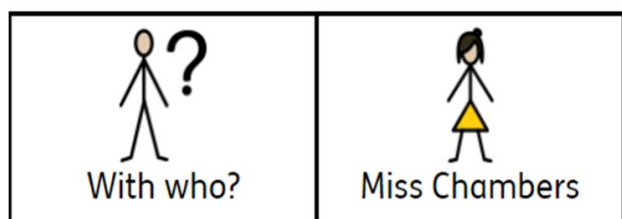
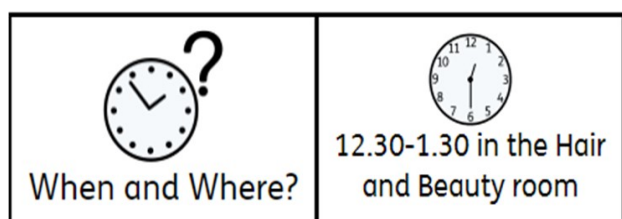
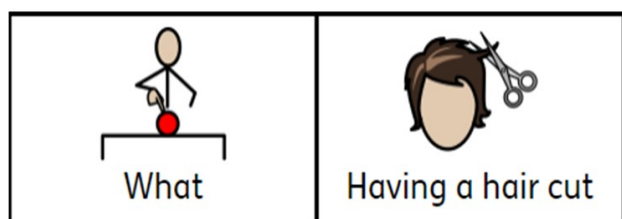
[www.mentalhealthandmoneyadvice.org](http://www.mentalhealthandmoneyadvice.org)- clear practical advice and support for people experiencing issues with mental health and money – e.g. Welfare benefits

### **Things some of our network members are doing:**

School food bank with contributions from parents for other families. Also using app 'Too good to waste' to access food for families

We are asking families for any uniform /clothes that their children have outgrown so that they can be offered to other families who can benefit from them . We have also asked 'Start-rite' to donate some free shoes ... Please leave any donations at the school office.

## Haircuts are happening in school...



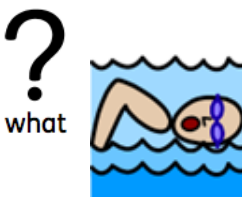







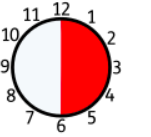
If you would like to book your child a haircut with Miss Chambers then please notify your child's class teacher.

They will inform Miss Chambers who will send you an email enabling you to pay by bank transfer.

Please note that payment will not be requested until the haircut is complete.



## Swimming with Paul

 what	Private 1:1 swimming lessons  All ages  Students of all ages
 who 	<b>Paul Howe</b> Parkside Employee  25 years swimming teaching experience Call: <b>07909332953</b>
	Swimming Pool- Hewett School 137 Hall Road Norwich NR1 2RN
 when	Various slots within:  Mondays: 4-5:30pm Tuesdays: 5-6pm Wednesdays: 4-6pm Thursdays: 4-6pm Fridays: 4pm-6pm
 how much?	   £22.50 for a 30 minute lesson