

Poringland Primary School and Nursery

Happy-Active-Inspired-Healthy Learners
Respectful, Kind and Honest



Newsletter 2 Autumn 2025
Friday 12th September



Updates

Thank you for your continued support in helping to keep drop-off and pick-up times safe for everyone. One of the most important things is parking considerately. Please ensure that the turning circle, residents' driveways, and the entrance to the school car park are kept clear. We also ask that cars do not stop on the yellow "Keep Clear" zig-zags outside school – these MUST be kept clear at all times for emergency vehicle access.

We also kindly ask that all parents and carers encourage children to dismount from bikes and scooters as soon as they come onto school grounds. This helps to ensure the safety of pedestrians, particularly at busy times of the day.

Your cooperation makes a big difference in keeping our children and community safe, and we are very grateful for your continued support.



**Please dismount your bike
or scooter when entering
the school grounds**

PORINGLAND PRIMARY SCHOOL AND NURSERY

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DIARY DATES 2025

Monday 15th September

Y6 curriculum meeting

Tuesday 16th September

Y1 curriculum meeting

Wednesday 17th September

Y5 curriculum meeting

Friday 19th September

Y2 curriculum meeting

Tuesday 23rd September

Reception phonics/maths meeting

Tuesday 30th September

Individual and sibling school photos

Wednesday 1st October

Autumn term SEND café

WC 6th October

Worldview week

Friday 17th October

Y4 Norwich castle

WC 20th October

Parents evening

Last day of half term -

Friday 24th October

Back to school:

Monday 3rd November



Well done to the following children, who have been recognised for working particularly hard on Accelerated Reader (AR) and MyOn. Keep up the good work!

Thomas – Wroxham
Martha – Wroxham
Molly – Wroxham
Nawaal – Wroxham
Eryn – Wroxham
Mark – Worxham
Isabelle – Wroxham
Edward – Worxham
Rosie – Malthouse
Jasper – Malthouse
Lucia – Malthouse
Charlie – Malthouse
Eliot – Malthouse
Abigail – Malthouse
Arthur – Malthouse
Hudson – Brundall
Phoebe A – Ranworth
Phoebe O – Ranworth
Saoirse – Fritton
Jacob – Fritton
Elsie – Ormesby
Isla – Ormesby
Natsumi – Ormesby
Conor – Ormesby
Willow – Ormesby
Freya – Ormesby
Catherine – Barton
Addison – Barton
Henry – Surlingham

Safeguarding

Online Safety and Mental Wellbeing

Today's world of technology is growing and changing so rapidly that, sometimes, it can feel hard to keep up with it. To help you navigate the newest apps our children are exposed to, as well as support them as they manage their feelings, we will be sharing in our weekly newsletters the National College's leaflets. We will have a different topic each week; some may be about what older children have access to in order that you are prepared well ahead of time or are able to help any older children at home.

Since children returned to school, we have been revisiting our core values of Kindness, Honesty and Respect; as such, our first update has a mental health focus on why kindness matters.

WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'
SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELLBEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.

GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!

GIVE TO GIVE. NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.

HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.

KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency: 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.

COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.

'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'
RA KIVIST

The National College

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.

For further info, check out these online resources:

- <https://www.mentalhealth.org.uk/blog/random-acts-kindness>
- <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>

Web: www.thenationalcollege.co.uk | Email: enquiries@thenationalcollege.co.uk | Facebook: [@thenationalcollege](https://www.facebook.com/thenationalcollege) | Twitter: [@thenatcollege](https://twitter.com/thenatcollege)

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This Week's Vision and Values Award winners



Upton

Marnie - for always going above and beyond to be helpful and kind to everyone in Upton class. Keep it up Marnie!

Hickling

Eiji - for making a brilliant start to Year 1. You have really impressed us with your calm and thoughtful manner Eiji, and you are already demonstrating that you have a great attitude to learning. Well done!

Rockland

Keeva - for an excellent start to Year 2 and for sitting beautifully during our carpet sessions. Well done Keeva!

Salhouse

Freddie - for working very hard in every lesson, showing great perseverance and always being polite and helpful

Malthouse

Alfie has had made a great start at Poringland Primary! He has listened really well and given some great answers. He has worked very hard in every lesson and has very quickly made some new friends. What a brilliant start for you, Alfie!

Wroxham

Isla - for an excellent first (full) week in Year 3. You have been consistently positive every day and demonstrated superb effort in all your subjects. Keep it up Isla!

Brundall

Aadil - for demonstrating an amazing attitude to learning. Despite having his arm in a cast he has not once complained and has attempted every task the class has been given with such enthusiasm. It has been inspiring to witness.

Ranworth

Grace - for her excellent speech, which was well written and delivered, about why she should be our class school council representative and therefore has been successful in being elected for the role by her peers. Well done Grace

Fritton

Scarlett - for a super, first piece of Science. You tried hard to remember and use scientific language in your written observation and explanation.

Ormesby

Matylda - for a consistently impressive start to the term showing a great attitude to learning and focus in class. Also - a great 'V dribble' in Basketball yesterday!

Barton

Lily - for being consistently kind, polite and respectful to the children and adults alike. You have started the year in an extremely mature and responsible way - taking all aspects of your learning seriously. A very impressive start to year six!

Surlingham

Maisy - for making a hugely positive start to the year through frequently volunteering answers to questions, acting with kindness and maturity and always offering her support to others.

Year 4 News



This week, Year 4 visited Poringland library. We listened to a funny story about Vikings and had the opportunity to explore books based on this term's 'Working as Historians' theme 'Invaders', all about the Anglo-Saxons and Vikings, as well as some stories from Cressida Cowell who wrote 'How to Train Your Dragon'. We are starting some brilliant work about this book so it was great to see some of Cowell's other stories we could borrow from the library. We also had the opportunity to borrow some library books which we will enjoy reading.

Did you know that there are 47 libraries across Norfolk? With your child library card, you can access all of these libraries for free and borrow up to 20 books for free at a time! We hope our visit inspires you to visit the library and sign up to a library card if you don't already have one! Thank you to Poringland Library for a wonderful morning.





NORWICH
MAKING
SPACE



Saturday Art Club
@ Pete's Park

Fun creative workshops for kids aged 7-12, led by experienced teachers in a relaxed space!

Saturdays 14:00-15:30 £12/session

St Peter Parmentergate
76 King Street, NR1 1PG

13th Sept
Colour Play
with Paint

27th Sept
Science
Sculptures

More dates to follow - see online!

For more info and booking, visit
www.norwichmakingspace.co.uk

Socials: [@norwichmakingspace](https://www.instagram.com/norwichmakingspace)





**OR JUST VOLUNTEER TO HELP OUT
AT EVENTS**

EVERY LITTLE BIT HELPS.

Get in touch and email our PTA

poringlandptachair@gmail.com

**or speak with your child's class
teacher.**

PTA+
The home of school fundraising

10 REASONS TO JOIN THE PTA

- SUPPORT THE SCHOOL**
The PTA is vital to the success of the school. Funds raised enrich your child's learning and make every student's experience better. Be part of the group that pays for the playground your child loves or funds the library that's their favourite place to be.
- IT'S TOTALLY FLEXIBLE**
Whether you're a full-time parent or working the nine to five, anyone can get involved. It's less commitment than you think, and you don't always have to attend meetings. Small jobs such as designing a poster, distributing letters or running a stall keep everything running smoothly.
- MAKE LASTING FRIENDSHIPS**
Meet and chat to a wider circle of families from different classes and year groups. Get to know other parents, and bond over exciting events, socials and get-togethers. Find a place to belong and spend time with others who share your values.
- BE BETTER CONNECTED**
Create closer links with the head, teachers and staff. If you're new to the school, the PTA is an excellent way to find out how things work and become part of the community. If not, you'll still gain greater insight by seeing how things work from both sides.
- BECAUSE IT'S FUN!**
Be part of the team which organises the best events and get-togethers. Debrief over a glass of wine (or two). Suggest your most hare-brained idea and watch as it catches on and everyone wants a piece of the action. Laugh. Cry. Be there for each other.
- CHANGE SCHOOL FOR THE BETTER**
Have your say on important decisions. Work with the school and other parents to see where improvements can be made, and implement them. Directly influence the experience of your child and hundreds of others.
- LEARN NEW SKILLS**
Everyone has something they can bring to the PTA, but you can also learn new skills by trading with others. Always wanted to perfect that cookie recipe? Not sure how to design a poster? Want to hone your public speaking skills? You can do it with the support of the committee.
- IMPROVE YOUR CHILD'S LEARNING**
Studies show that children whose parents are involved in their education do better in school. Engaging with the PTA shows your children's education is important to you. Play your part in improving the school and watch them thrive.
- IT'S NOT JUST FOR MUMS**
Everyone is welcome, and it's especially important to have dads and male carers represented, as male role models are crucial in children's upbringing. Dads can bring different skills; they can bring a different perspective, and they can bring along other dads.
- CREATE LASTING MEMORIES**
Our children are only at school for a few years, but they will remember the difference we make for a lifetime. They will cherish the activities and games we fund, learn using resources we buy, and remember the events we hold. Help keep the PTA going so future pupils can benefit too.