

Poringland Primary School and Nursery

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



Newsletter 1 Spring 2026
Friday 9th January



UPDATES

Welcome back. The children have settled in brilliantly after their festive break. This term, they have already been working hard as Geographers, exploring everything from our local area to the Amazon rainforest.

We are also looking forward to our second Worldview Week this term. Our first event in October was a great success, and this upcoming week will once again give children the opportunity to learn about different cultures, faiths, and traditions. This term, each year group will be focusing on the following specific faiths:

- **Years 1 and 2:** Hinduism
- **Years 3 and 4:** Judaism
- **Years 5 and 6:** Sikhism

The aim of Worldview Week is to help our children develop a deeper understanding of a variety of beliefs and practices. This supports our commitment to fostering respect, empathy, and appreciation for the diversity of cultures and faiths within our wider community.

If you would like to learn more about what will be happening during this week, please speak to your child's class teacher.

PORINGLAND PRIMARY SCHOOL AND NURSERY

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I am very pleased to introduce myself as Assistant Headteacher at Poringland. My name is Sophie Durrant and I have recently joined the school from Rollesby Primary School. I have a background of experience working with primary-aged children and have previously held the role of SENDCo, with a strong focus on behaviour and inclusion.

I have thoroughly enjoyed my first week and have had the pleasure of getting to know some of the children across the school. I have been extremely impressed by their manners and the kindness they show to one another and to staff. They are a real credit to the school and it has been a joy to spend time in classrooms and around the school.

It has also been lovely to meet some of you parents already and I have enjoyed the conversations we have had at the school gate, despite the snow and rain this week!

I am very much looking forward to continuing to get to know all of the children and becoming part of the wider school community. If you need anything at all or feel that I could help in any way, please do let me know. I am always happy to listen and support.

Best wishes,

Miss Sophie Durrant

DIARY DATES 2026

Monday 12th January

Reception – sight and hearing check

WC 19th January

Worldview Week

Tuesday 20th January

Y1/Y2 Worldview day

Y5/Y6 Worldview day

Friday 23rd January

Y3/Y4 Worldview day

Wednesday 4th February

SEND coffee morning

Thursday 5th February

Y1 Learning workshop

Thursday 12th February

Y2 Learning workshop

Y5 Friendship workshop (NHS mental health team)

Monday 2nd March

Y4 Showcase

Tuesday 3rd March

Y4 Earthquakes and Volcanoes workshop

Wednesday 4th March

World Book Day

Tuesday 10th March

Whole class school photos

Friday 20th March

School Disco

Friday 27th March

End of half term

Tuesday 14th April

Back to school

TOP TIPS FOR PARENTS AND EDUCATORS IN SUPPORTING CHILDREN TO RETURN TO ROUTINE

For some children, the return to education at the end of the school holidays can be a difficult time for a variety of reasons. The start of the new term comes with plenty of challenges, from social worries to the stress of ensuring they're entirely ready for upcoming lessons and learning.

Of course, these youngsters don't have to weather these burdens alone, and as parents and educators, we should do all we can to support the children in our care as they head back to school. This guide offers you expert advice on how you can be there for children and young people as they transition back into their school's routine.

Sources

<https://www.sleepfoundation.org>

<https://www.nutrition.org.uk>

<https://www.childmind.org>

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY



Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE



Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN



Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS



Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY



Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION



Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY



Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING



Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

WEEKLY PLANNER



Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



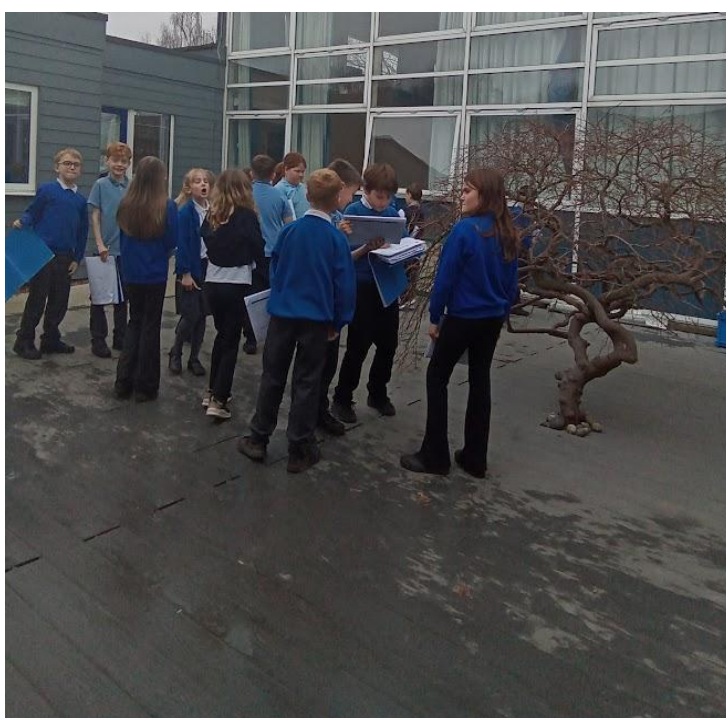
The National College

YEAR 4 News

This half term in science, we are completing a new unit of work all about sound.

We began our first lesson by creating a mind map about everything we could think of linked with sound, such as items that produce sound, how we hear sounds and how we think sound travels.

We then completed a 'sound survey' around the school. We used a data logger to measure the sound (decibels) in different areas of the school. We identified what was causing sounds in each area, such as people talking or instruments. Then, we discussed how the sound is created, for example when people are talking their vocal cords vibrate which produces the sound. We recorded our results into a table.



This Week's Vision and Values Award winners



Upton

Luna, for starting the new term with an amazing attitude to learning. Your positivity and determination has meant that you have written a fantastic character description from the Gruffalo story!

Hickling

Holly, for being super kind and respectful right from the start of the new term. You were so generous with sharing Holly and really made a difference to your friends this week. Amazing!

Rockland

Harlow, for super work adding coins together in Maths. Well done Harlow!

Salhouse

Alfie, for being so incredibly helpful, kind and considerate around the classroom. You always offer to help others and you keep our resources organised. You are also very hardworking. Thank you!

Malthouse

Liam, for his fantastic story map of Jack and The Beanstalk. His work was very detailed and creative!

Wroxham

Ivy, for writing and illustrating your own story over the Christmas holidays. It was a joy to read to Wroxham class as well as being a superb story! Amazing effort Ivy!

Brundall

Jess for taking on board constructive feedback and showing real perseverance to help develop her tennis skills.

Ranworth

Ethan, for showing growth and kindness by choosing to let a friend choose first during this week's tennis lesson. Your willingness to share and put someone else first showed maturity and team work. We are really proud of you and the progress you are making. Well done!

Fritton

Karter, for an excellent start since coming back. He's been focused on his work and is trying really hard. Well done, Karter!

Ormesby

Lila, for a great first day back this week, showing focus and hard work. Well done Lila!

Barton

Honor, for excellent contributions in all lessons this week - particularly in English and Geography. Your enthusiasm, effort and outcomes have been fantastic. Keep it up!

Surlingham

Eleanor, for an exceptionally positive approach to maths lessons this week. Eleanor has listened superbly, shown courage when giving answers and worked with care to apply her learning. Well done and keep it up!



**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 cocktail 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
- 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 find, learn using resources we buy, and remember the events we hold. Help keep the PTA going so future pupils can benefit too.

NORWICH

SWAN

Swimming Club

Swimming Lessons

for children aged 4+

Learn to Swim

with Norwich Swan

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- Fun and enjoyable weekly lessons
- Following an established teaching path
- Professional Qualified Teachers
- All Teachers DBS checked
- Oldest and largest Swimming Club in the region
- Great choice of pools around the Norwich area



BOOK YOUR
LESSONS HERE



www.norwichswansc.co.uk



After School Tennis Club

National Tennis Association have been delivering tennis coaching at schools in Norfolk since 2004. The after school sessions are a great introduction to the game and many of the county's most successful players started in our after school clubs.

In after school club sessions pupils will develop footwork, coordination, ball and racket skills working through a structured curriculum.

Poringland After School Tennis Club Details

Wednesdays - 6 weeks (7 Jan - 11 Feb)

Year 1-3

3:05 - 3:50pm

Cost - £30

How to Enrol?

For more information and booking please click or visit the below link.

[CLICK HERE TO REGISTER](#)

These sessions fill up very quickly therefore it is important to book your place quickly, we operate a first come, first serve basis.

Once you have booked on our website you will receive a confirmation of your place.

If you have any questions regarding the tennis club please contact us:

email: schools@nationaltennis.org.uk

tel: 0330 551 9496

Scan Me



To Register

