

Friday the 20th of November 2026

E-News

Lakenham Primary School

Enjoy, Aspire, Achieve

Assembly

This week, we celebrated Anti-Bullying Week 2026 with Odd Socks Day on Friday and a Break the Silence assembly from the Anti-Bullying Alliance.

This year's theme was Break the Silence. We talked about why people sometimes find it difficult to speak up when something isn't right and explored how we can all make a difference by speaking out, listening and supporting one another.

Through different scenarios, we thought about how to help someone who is being left out, hearing hurtful words or feeling alone.

Our message was simple: your voice matters! We reminded everyone that they should never feel they have to tackle problems alone and that speaking to a trusted adult is always a positive step.

Together, we pledged to speak up, show kindness and make sure everyone feels safe, valued and heard.







PE

It's been another busy and successful week in PE! We continue to develop our skills across Netball, Basketball and Hockey, with a particular focus on understanding the different positions on the court and the important roles each player has within their team. The children are building their confidence, improving their teamwork and learning how to work together effectively. Meanwhile, Year 2 have enjoyed another fantastic week of Gymnastics, developing their balance, coordination and movement skills, while Year 3 have continued to make excellent progress in Swimming. Plenty of enthusiasm, effort and sporting success all round!









Non-Uniform Day – Raffle Prizes

Next Friday will be a non-uniform day for all children. In place of wearing school uniform, children are asked to bring a raffle prize donation for the upcoming Christmas Fair. The Friends of Lakenham rely on the generosity of our school community to help make this event a success, and we kindly ask that all families support the day by sending in a suitable raffle prize. Thank you for your continued support.



After School Club – Contact

If you need to contact the After School Club staff **after 4:00pm**, please call 07979 720415. Before 4:00pm, please contact the school office in the usual way, as staff will still be based there and will be able to assist with any queries. **Please do not call this number outside of the hours 4-6pm as it will not be manned and we cannot guarantee that any voicemails left outside of this set time frame will be actioned.**

Junior Leadership Team

Young Interpreters

Our Young Interpreters recently met to discuss ways we can make our school even more welcoming and inclusive for everyone.

During our meeting, we toured the school to identify areas where signs and labels could be added to help children find their way around and understand key areas of the school more easily. We are now looking forward to putting these signs up around the school.

We also talked about our exciting new project, Language of the Week. This initiative will celebrate the many different languages spoken by children and families in our school community. Each week, we will focus on a different language, helping everyone learn a few new words that will help us welcome children and appreciate the rich diversity of our school.

The group reflected on how we have been supporting new children when they join our school, helping them feel welcome and settled. We have also enjoyed learning more about the languages, cultures and experiences of our classmates.

After Christmas, we will begin sharing our Language of the Week project with the whole school and introducing the new signs and labels that we have helped to create. We are excited to continue promoting inclusion, friendship and understanding throughout our school community.

The Young Interpreters Team

Kindness Crew

Today was the second meeting of the Kindness Crew! In the last meeting, the Kindness Crew were tasked to go back to their classes with 2 survey questions:

1. Do you feel like you belong at Lakenham Primary School?
2. If you said 'no', what can we do to make that a 'yes'? If you said 'yes', how can we make this an even stronger 'yes'?

Today we brought together the results:

On average 65-70% of pupils reported feeling like they belong at Lakenham! Peers told the crew members that they sometimes feel like they have nobody to play with at lunchtimes and feel too shy to ask friends to join their games.

Then we discussed what action we can take to make a real impact. Our aim is to increase the number of children that feel they belong at Lakenham Primary to . We decided we would:

- Introduce a buddy bench in the school playground. If you're in need of a buddy to play with, you can sit on the bench and the Kindness Crew will come and help you find a friend
- Introduce a range of calmer, art & craft based activities to play with outside for those that feel less confident to engage in loud play

Call to action....can any parents or carers help us source a free bench? It doesn't need to be in perfect condition as we'd love to decorate it with the Kindness Crew colours to make it our own!

Lakenham Primary School

Enjoy, Aspire, Achieve

The Canteen

WEEK 1 MENU

EVERYDAY

Your meal isserved with:

- Unlimited Tripstothe Salad Bar
- Bread on request
- Fresh Fruit
- Drink: Water or Milk (on request)

MONDAY

Slow roasted tomato and vegetable pasta
or
Jacket potato served with a choice of cheese, beans or tuna

Dessert: Fruit Salad

TUESDAY

Mexican Inspired Chicken or Quorn served with rice and vegetables
or
Hummus, roasted vegetables and homemade bread

Dessert: Banana bread

WEDNESDAY

Homemade pizza served with wedges and Chef Nell's slaw
or
DIY vegetable sushi

Dessert: Smoothie

THURSDAY

Cottage or Gardener's Pie served with leafy greens
or
Red lentil dal served with rice

Dessert: Apple flapjack

FRIDAY

Spaghetti Bolognese (meat or vegetarian) served with crunchy side salad and cheese
or
Jacket potato served with a choice of cheese, beans or tuna

Dessert: Compote with homemade granola and Greek yoghurt



Sunflowers

In Sunflowers this week we have been printing with autumn leaves.
We have made some squirrel pictures using scrunched up tissue paper to make the tails. Our squirrels are sitting behind a hole in a tree ready to hibernate, with their seeds.
We made gingerbread men in cooking, we mixed all the ingredients together and then bound it together to make a dough. We then rolled it out and cut out our gingerbread men.
We made some owls for our autumn wall display, the children decorated their owls with bright coloured paint crayons and added feathers to their wings. We placed them on a starry background.
We have been practicing sharing and turn taking; we played pop up pirates and took turns with each other, waiting patiently for our go.













Nursery

This week in nursery we began the week with a focus on positional language. This includes the vocabulary on, in, under, behind, next to and in front of. Zoe used 'Maths Monkey' and objects to model where he could be hiding and the children had to think and answer "the monkey is _____ the bag" using the stem sentence. The children have been encouraged to use this further in their choosing time using Compare Bears, cups and pom poms. You could try this at home with a cuddly toy or when you are out and about. We have also had an important focus on Road Safety this week, discussing how we get to school, how to cross the road safely and who can help us with a visit from a member of the crossing patrol team! Our rhyme has been B-I-N-G-O which the children have enjoyed as we have explored clapping and syllables. Tuesday the 24th November is our Christmas Stay and Play and we are looking forward to seeing lots of you there!











At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

DOXING

WHAT ARE THE RISKS?

Doxing, or 'doxxing' (short for 'dropping documents'), is when someone's personal information is shared without their consent. This could include their phone number, home address, place of work or study, or sensitive information about their family, health, or other private matters. According to Ofcom, 5% of UK 13- to 17-year-olds say they've seen or experienced doxing online. It's often a malicious act and, depending on the circumstances, may be a crime.

REPEAT OR MULTIPLE ATTACKS

Doxing is rarely a one-off incident. Information may be shared across multiple sites or groups, meaning an instance of doxing can escalate quickly. Some victims experience targeted, coordinated campaigns instigated by several people at once, which can feel overwhelming. Even when the information is successfully removed from online platforms, it may reappear on different accounts or sites, making it difficult to escape repeated harassment.

CAMPAIGNS OF CONTROL

Doxing, or the threat of it, can be used to manipulate and control victims. It's a known tactic used by cybercriminals to exploit young people online and can also be used to punish or control victims of domestic abuse. Blackmail, threats, harassment, stalking, and coercive control can constitute criminal offences, so incidents may need to be reported to the police.

MENTAL HEALTH IMPACTS

Doxing is linked to mental health risks, including stress, depression, and anxiety. Having sensitive personal information exposed online can feel violating, leaving victims feeling powerless. Doxing can also be seen as an 'invitation' for others to harass or 'pile on' to a target, making them feel increasingly vulnerable. Victims may need support and safe spaces to discuss the impact of a doxing campaign on their wellbeing.

UNEQUAL IMPACTS

Doxing can disproportionately affect those who are already marginalised, including women and girls, racially minoritised groups, LGBTQ+ people, those with disabilities or health conditions, and people from lower socioeconomic backgrounds. While anyone can be a victim, research shows that women are more likely to experience image-based or sexualised harassment and online 'mobbing' alongside doxing. One study found that 10% of young women aged 16 to 24 reported being doxed.

OFFLINE RISKS

When doxing reveals someone's location or address, it can put them at risk of offline harm or harassment. Victims may face vandalism, unwanted contact from strangers, being recorded or followed, or receiving items they did not ask for. Others living with them, such as family members, may also be at risk. Limiting the personal information available online can help reduce exposure, while harassment can be reported to the police.

CRIMINAL CONSEQUENCES

There are risks for those who take part in doxing, too. Under UK law, teenagers have been prosecuted for targeting other young people online. 'Swatting', which involves making false emergency reports to trigger an armed police response, is also linked to doxing and can be a criminal offence. Hacking into others' online accounts is illegal, too. Young people need to understand what constitutes a crime online and where to seek advice.

Advice for Parents & Educators

KNOW THE LAW

Doxing sometimes overlaps with criminal offences, including hacking, harassment, stalking, threats, coercive control, exploitation, blackmail, and image-based abuse. Depending on the circumstances, some victims may also have grounds to bring legal action against the misuse of their private information. Make sure that young people understand the potential legal consequences, both as victims and perpetrators, and contact the police about any suspected criminal activity.

ACT SWIFTLY

If a child or young person has experienced doxing, take it seriously and act quickly. Keep a record of the posts and accounts involved, report the doxing content to the platform, and consider whether temporarily limiting account activity could help. Seek advice from online safety organisations such as Internet Matters or CEOP and report any criminal activity to the police. In educational settings, follow safeguarding procedures. Signpost young people to Childline or The Mix for confidential support.

EXPLORE PRIVACY SETTINGS

Talk through the various digital privacy and security settings available online with young people. Show them how to make their accounts private, limit who can see their posts or contact them, and manage any location sharing settings. Encourage them to review these settings regularly, particularly when joining new platforms, to help them stay in control of their personal information and reduce the risk of being doxed.

TALK INFORMATION SECURITY

Doxing becomes easier when a person's information security is weaker. Ask young people what might be unsafe or compromise their privacy when posting content publicly online. Parents and educators should likewise be cautious about what they share and should try to model good cybersecurity habits, such as updating their passwords and using two-factor authentication.

Meet Our Expert



Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in media law, online safety and young people. Her PhD investigates youth understandings of criminal and legal risks in a digital context. She works in schools to provide award-winning education on the criminal, legal, and ethical considerations of rapidly advancing technologies.

#WakeUpWednesday®

The National College®

See full reference list on our website

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Reception

As part of road safety week, we had a visit from the Road Crossing Patrol Manager from Norfolk County Council. Charlotte spoke to the children about how to keep safe near the road by holding hands with a grown-up and she also discussed the importance of STOP, LOOK, LISTEN and THINK.

Nature school and art are combining over the next couple of weeks, as we work on creating Autumnal assemblage art inspired by the artist Joseph Cornell. This week we created the backgrounds for our boxes, exploring leaf rubbing.

In PE we are focusing on developing object control skills. We are developing our coordination, building confidence, supporting each other and enjoying being active together.

Within Drawing Club this week, we had an animation from the past with 'Wacky Races'. We began by creating our own mascot for a race. We then designed our own vehicles, sharing our ideas through drawings and discussion.

Our new phonemes this week are - j v and w. Please continue to practise all of the Phase 2 sounds at home and aim to read at least 3 times a week too.

In Maths, we have been exploring the concept of part, part, whole. We started off by looking at how different parts of a toy together make a whole, before moving on to explore the different 'parts' of the numbers 2 and 3.







Year One

Wow! Year 1 have had a very exciting and busy week! The children have been working hard to create their very own castle in the atrium after Dave the Dragon sent us a map telling us what all the different parts of a castle are called. We have also taken this learning outside and built some amazing castle using the large blocks. The children have also been using their mark making skills to draw their own dragons. In Maths, we have been comparing different quantities using the less than and greater than signs and we have now moved onto splitting numbers into two or more parts. In English, we have finished writing our instructions for how to trap a dragon and we then had a very exciting final English lesson this week! Daisy the Dragon left us a letter and a present. She has gifted us her favourite book, George's Dragon, to read. In R.E, we learnt all about the nativity story and retold it using freeze frames. We have started our new DT unit all about hand puppets. We became detective and looked very carefully at some examples of hand puppets and this week we have been practising our running stitch in preparation for making our very own hand puppets! In Provision, the children have been very creative at making feasts for kings and queens living in our castle and have really got stuck into some amazing role play. Some of us were pretending to be William the Conqueror. We took art outside this week and explored different tools we could use to make marks. It was amazing seeing the children solve the problem of no paint brushes! Well done year 1 for another fantastic week!







Year Two

This week Year 2 have been Geographers. We have written comparison texts to compare the four countries of the UK. The children have shown us how knowledgeable they are.

In maths we have continued to work on different strategies to add and subject a one digit number from a two digit number, using number lines, part whole models and tens frames.

We have also been scientists! We sorted animals into different groups including vertebrates, invertebrates, mammals, fish, birds, reptiles, amphibians and insects. We investigated the different ways that animals show the life processes movement, respiration, growth, reproduction, excretion and nutrition. We learned so many interesting facts such as frogs breathe through their skins and baby snakes are called snakelets.





Join us at Lakenham Primary School for

Wreath Making

Hosted by Mrs Williams

Friday 11th December

Session 1: 1.30-3pm

Session 2: 4-5.30pm



Limited spaces!

Register by
Friday 27th November

Payments to:
Friends of Lakenham
Sort Code: 30-99-50
Account Number: 66816562

Refreshments provided by Friends Of Lakenham

email **fol@lakenhamprimary.org.uk** to book

Year Three

On Monday, we enjoyed an exciting trip to Norwich Castle, where we took part in an Ancient Egyptian debate. We explored the big question: How should we learn about and discover more about Ancient Egyptian tombs? We discussed whether objects should be carefully removed and displayed in museums so that people can study them, or whether we should find other ways to explore and learn about them while showing respect for the tombs. We considered alternatives such as photographs, drawings and X-rays.

The rest of the week has been just as busy! In art, we have explored patterns inspired by Gustav Klimt, enjoyed reading Egyptian Cinderella and discovered more about life in Ancient Egypt. In maths, we have been comparing and representing three-digit numbers and estimating on number lines. In English, we have been editing and improving our retellings of part of the Ali Baba story. Next week, we are looking forward to learning about biographies and writing about the famous archaeologist Howard Carter.







Year Four

Another fantastic week in Year 4!

In PE, we started our hockey unit, and the children did an amazing job of holding their sticks correctly and controlling the ball. In English, we are well underway with our setting descriptions! The children have been using our language features fantastically to create some brilliant and imaginative writing.

In Maths, we are continuing our work on times tables. This week, the children used counters to explore and see first-hand the relationship between the 10 and 9 times tables, making some brilliant mathematical connections!

In History, we explored why the Celts chose particular locations for their settlements. The children showed some amazing reasoning when explaining their ideas - well done! Meanwhile, in Art, we began the printing process, building on our brilliant learning about lines and landscapes!







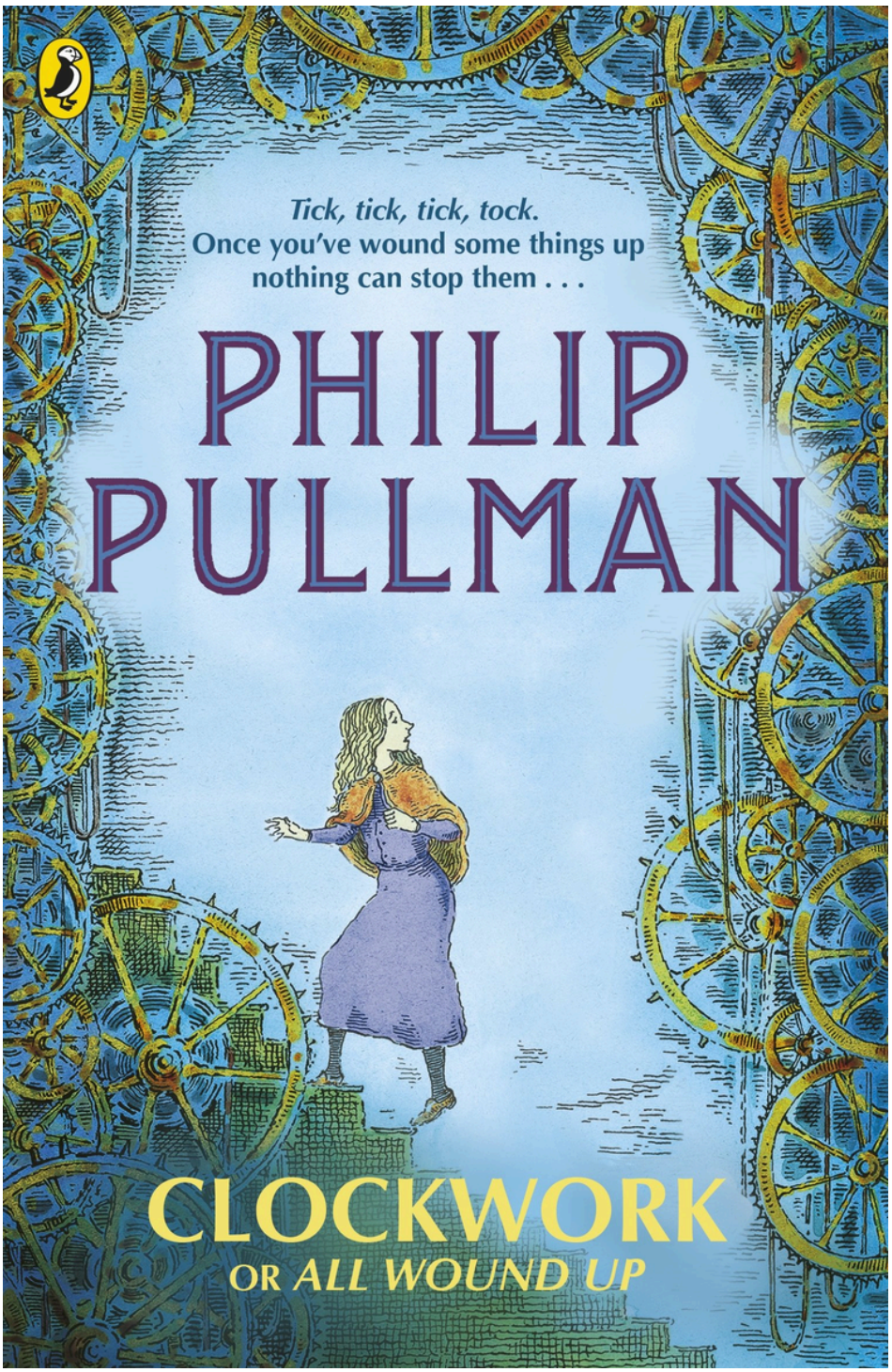






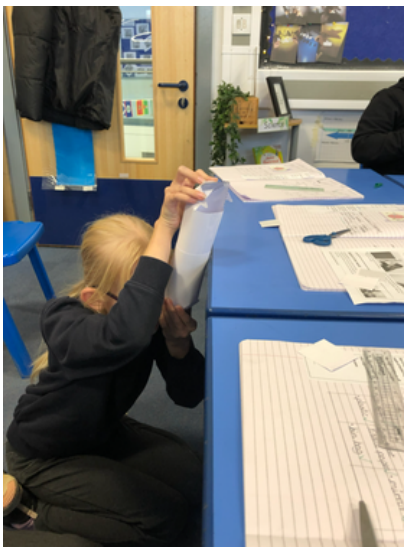
Year Five

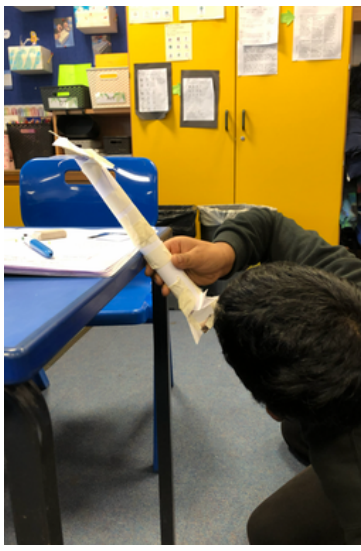
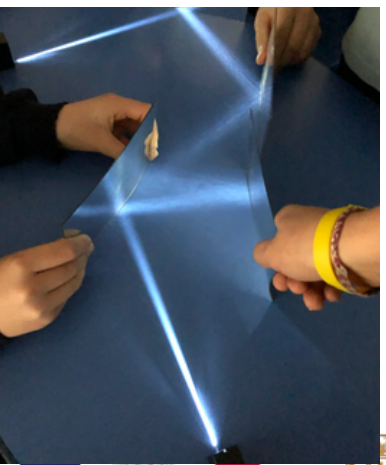
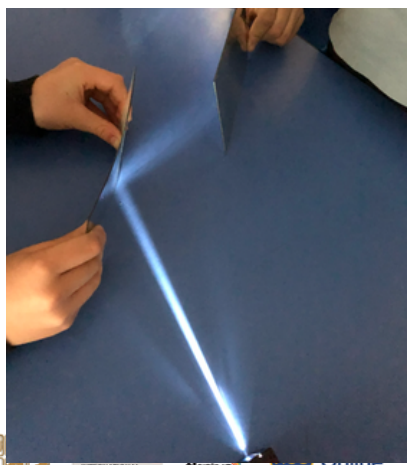
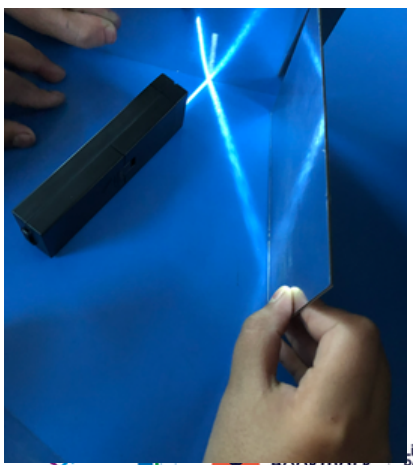
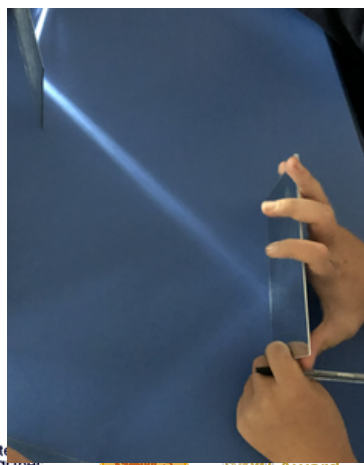
In English, we've been drawn into the mysterious world of Clockwork by Philip Pullman, exploring how he builds suspense and sharing our predictions about what might happen next. In maths, we've risen to the challenge of calculating the volume of cubes and cuboids, using layers of unit cubes to see why multiplying length, width and height works. Science took us on a journey from Mercury to Neptune as we put our memories to the test by naming all eight planets in order from the Sun. In RE, we explored what Christians mean when they describe God as loving and holy. In gymnastics, we continued to develop our control and balance, discovering how small adjustments can help us hold a shape steadily and move smoothly into the next one.



Year Six

Year 6 have had a busy and exciting week, with lots of fantastic learning taking place across the curriculum! In Science, they have been investigating light and exploring how it is reflected. They have been learning how light travels and how it bounces off different surfaces and is absorbed by others, helping them to understand how we see the world around us. They applied this knowledge by making their own periscopes! In Maths, they have been developing their confidence with written methods, focusing on column addition and subtraction. During their arithmetic work, they have also been practising how to multiply and divide fractions. In English, they have continued to immerse themselves in the poem, The Highwayman. They have been developing their creative writing skills by producing dual narratives, experimenting with both first-person and third-person perspectives. This has given them the opportunity to explore different viewpoints. In History, they have been learning about the origins of the NHS and discovering why it was established. They have explored how healthcare changed in Britain before, during and after the Second World War. In Art, they have been exploring the fascinating world of brutalist architecture, looking at its distinctive features and using these to inspire their own ideas. In PE, they have been developing their skills in both tennis and netball. Finally, in PSHE, they have been discussing the important topic of challenging racism and sexism. They have explored stereotypes, equality and fairness, thinking about how their words and actions can help to challenge discrimination and ensure everyone is treated with respect. Well done Year 6 for another fantastic week of learning!

Attendance





Whole School Attendance: 95.9%

Important Information

Please check the timetable below to see when your child/children need to come to school in their PE kits. Please check the weather forecast to ensure they are in weather appropriate clothing.

Click here for the school Facebook

Click here for the online calendar

PE Timetable

Class	Monday	Tuesday	Wednesday	Thursday	Friday
Reception	**PE** **LOTC**				**PE**
Year One		**PE**		**PE**	**LOTC**
Year Two	**PE (2F)**	**PE (2G)**	**LOTC** **Gymnastics**		
Year Three		**PE (3I)**			**PE (3I)** **Swimming (3H)**
Year Four		**PE** **LOTC**	**PE**		
Year Five			**LOTC** **Gymnastics**		
Year Six				**PE**	**PE**

Upcoming events

Date	Event	Year Group
24th of November	Community Science Show	All
24th of November	Parent Cafe	Nursery
27th of November	Non-Uniform Day - Raffle Prizes	All
2nd of December	Parent Cafe	Year 3
3rd of December	Parent Cafe – Reading @ 9am	Reception
9h of December	Parent Cafe – Art @ 2.30pm	Year 6
11th of December	Non-Uniform Day – Jolly Jars	All
11th of December	FOL Wreath Making	Parents
17th of December	Christmas Fair	All
18th of December	Carols at St Marks @ 9.30am	EYFS & KS1
18th of December	Carols at St Marks @ 2pm	KS2 & Musical Theatre Group

Upcoming trips

Date	Event	Year Group
4th of December	Castle Trip	Year 1

Friends of Lakenham

HELP NEEDED!

Can you help at our Christmas Fair?

If you're able to help, please email

✉ FOL@lakenhamprimary.org.uk

or give your name to the school office.

Thank you!

TOMBOLA PRIZES NEEDED



Please take donations for tombola prizes to the school office anytime between now and the Christmas Fair.

HAMPER DONATIONS

Non School Uniform Day
Friday 27th November



In exchange for a non-school uniform day on Friday 27th November, we ask families to donate items for Christmas Hampers. The hampers will be available to win by raffle at the Christmas Fair.

JOLLY JARS

Non-School Uniform Day
Friday 4th December



Start saving your jam jars now! Fill them up with pre-wrapped sweets and decorate them how you wish. We can't wait to see them all in exchange for a non-school uniform day on Friday 4th December.

Don't forget to visit the Jolly Jar stall at the Christmas Fair to win a jar to take back home!

Thank you for your support

Big Norfolk Festive Holiday Fun

THE GARAGE NORWICH

IT'S CHRISTMAS!

Dates: 21, 22, 29 and 30 December

For children aged 8 to 13 eligible for free school meals

At The Garage we're going to wipe away the winter cold with a series of fun drama and dance activities!

- Games
- Arts and crafts
- Puppetry
- Dance



Book a place

active norfolk

Norfolk County Council

The Friends of Lakenham

AUTUMN TERM Events

SATURDAY 26 SEPTEMBER



SPONSORED WALK
at Whitlingham Country Park

COMPLETED!

RAISED £1283

FRIDAY 16 OCTOBER



QUIZ NIGHT
in the school hall
6:30pm



COMPLETED!

RAISED £275

FRIDAY 27 NOVEMBER



NON-UNIFORM DAY
We kindly ask for raffle prize donations for the Christmas Fair.



FRIDAY 4 DECEMBER



NON-UNIFORM DAY
We kindly ask for Jolly Jar donations for the Christmas Fair.



FRIDAY 11 DECEMBER



WREATH MAKING
with Mrs Williams



THURSDAY 17 DECEMBER



CHRISTMAS FAIR



Please save the dates!

MORE INFORMATION WILL FOLLOW