



Friday the 9th of October 2026

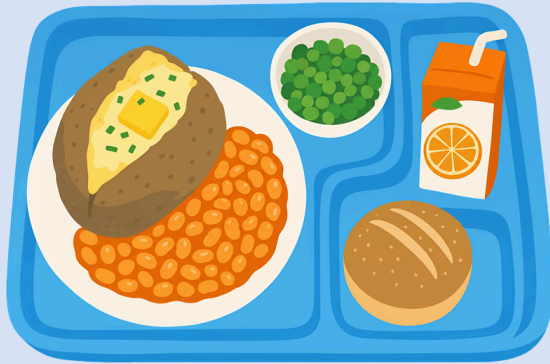
E-News

Lakenham Primary School

Think, Aspire, Achieve



Assembly



The UK government has announced plans to make school meals healthier from September 2027. This week, children discussed what makes a healthy lunch and shared their views on an important question: Who should decide what we have for school lunch? Parents, schools, chefs or the children themselves? We enjoyed hearing everyone's ideas!



Chefs in Schools

We had a visit from the Chefs in Schools team on Friday. We are so pleased with their feedback regarding how well Chef Nell and her team are doing.

We are already compliant for the new Food Standards which are coming into place next year. Well done Chef Nell!

Do you order lunches for your children? 65% of our children eat a school dinner already. We'd love to get to 80%.

Our school is at the forefront of a food revolution for children.

Non-Uniform Day – Wear Red Fri 16th

Next Friday, we will be supporting Show Racism the Red Card by holding a special Wear Red Day. We invite everyone to come to school wearing something red to help raise awareness of racism and celebrate equality, respect and inclusion. Let's work together to show that racism has no place in our school or community.



FRIENDS OF LAKENHAM UPDATE



SPONSORED WALK SUCCESS



We are delighted that the first event of the year has got us off to a great fundraising start! The Sponsored Walk around Whitlingham Park raised a whopping £1,283. Thank you to everyone who walked, jogged or cycled, and to your generous sponsors!



QUIZ NIGHT



Friday 16th October | 6:30pm | School Hall

It's not too late to put your knowledge to the test! Get a team together of up to 8 people and email FOL@lakenhamprimary.org.uk to book.

£5 per person

Payments to: **Friends of Lakenham**

Account Number: 66816562 | **Sort Code:** 30-99-50



Decorate your team's table with a theme for a chance to win a prize! Who will be crowned the ultimate Lakenham Quiz Team Champions?



REQUEST FOR RAFFLE PRIZES

There will be a small raffle at the quiz, and we would be grateful for donations. Please drop any prizes off at the school office **anytime next week.**

SAVE THE DATE! CHRISTMAS FAIR

Thursday 17th December 2026 | After school

The Friends of Lakenham are already beginning to plan this year's Christmas Fair. Put the date in your diary now!

CHRISTMAS FAIR HELPERS NEEDED

Could you be a festive Christmas Fair helper? We have lots of ideas to help our children and families celebrate together, including tombolas, raffles, food, decoration-making, games, crafts and activities.

To lend a hand, contact FOL@lakenhamprimary.org.uk and we will send you all the information you need.

Author Visit

Mrs Donoghue- King, Mrs Lincoln and Miss Hughes were so lucky this week! They got to take 27 wonderful children to something very exciting...



... We were part of a live draw along of Tiny Hercules!



ACTUAL-
REAL LIFE
ILLUSTRATOR
NICH ANGELL

ACTUAL- REAL LIFE
AUTHOR:
JON LOCK

We learnt that if we keep reading and writing we can become famous authors and illustrators too!

US!

You can find
Tiny Hercules in our school
library!

Sweet Cone Sale

A huge thank you to everyone who is supporting our upcoming Spooky Sweetcone & Bake Sale, which is being organised to help raise money towards our Year 6 leavers' hoodies.

If you would like to donate sweets, please drop them into the school office by Wednesday 14th October. We are especially in need of Millions sweets. Cake donations can be brought to the front office on the morning of the sale, 22nd October.

All sweetcones will be vegan, halal and dairy-free, ensuring there is something for everyone to enjoy. On the day, please remember to bring some change, as items will be available to purchase from 20p to £1.

Thank you for your generosity and support. Every donation and purchase will help our Year 6 pupils celebrate the end of their primary school journey in style!



Can Do

A big well done to all of last week's and this week's Can Do winners for showing our school values and always giving their best effort. Keep up the fantastic work! Photos are from the last two weeks Can Do winners and the places in the school they chose to have their photos taken.



Junior Leadership Team

Eco Council

This week brought our first Eco Council meeting with a chance to introduce ourselves and talk about what we like most about nature. We shared lots of ideas including animals, camping, climbing trees, forests, flowers and learning about different types of animal habitats.

We played a quick game of 'would you rather' which made us think carefully about our answers. One example was 'would you rather have no lights for a day or no heating?' with 11 of our council members voting for no heating! We then split into groups to discuss different topics in relation to Lakenham Primary School. The topics were energy, waste and recycling and food and water. Each group fed back what we are doing well as a school and areas which we could focus on moving forward. We then voted for which area we would like to focus on first which was waste and recycling. The councillors were sent back to class with their 'Eco Mission' to find out what waste and recycling looks like in their own classroom, bathrooms (such as tap and paper towel use) and playground before we meet again on the 2nd of November.

Well done Eco Council and good luck on your mission!

Digital Leaders

This week, our Digital Leaders met for their first meeting! We began by discussing what it means to be a Digital Leader and why we have created the group. Together, we decided that one of our main aims is to help everyone across the school feel more confident using computers, particularly with things they might find tricky.

We explored different scenarios and discussed some of the common problems children might face when using technology, as well as how Digital Leaders could help. Our Digital Leaders have now returned to their classes ready to ask questions and find out what children find difficult. We will use their feedback to decide what we can work on next and how we can make using technology easier for everyone!

School Council

Today we had our first school council meeting for the year 2026/27!

All the children introduced themselves and met each other.

Mrs Fisher and Mrs Day set them their first exciting task of coming up with ideas for new lunchtime equipment.

The children shared their ideas and we discussed which ones we thought the children of Lakenham would like most.

We narrowed it down to 4 options and the children have gone back to their classes to ask them to vote for their favourite.

At our next meeting we will collect the results ready for parliament week!

EYFS Play Area Update

We had an exciting delivery today for our Early Years outdoor area, with loads of new slate, woodchip and sand arriving! The children were fascinated as they watched the materials being carefully winched over the gate and into the area. It was a very exciting sight, and we can't wait to see the children enjoying these new resources in their outdoor learning and play.



A Big Thank You

A huge thank you to one of our very kind parents for generously gifting the school a beautiful wooden Matilda, which we are now using as a special book box. Children can visit Matilda at lunchtime, choose a book and read a story aloud to her.

This has been particularly wonderful for some of our less confident readers, helping them to develop their fluency and confidence in a relaxed and supportive way. As it turns out, Matilda is an excellent listener and never interrupts, rushes or judges! We are so grateful for this thoughtful gift, which is already making a positive difference to our children's love of reading.



PE

In Sunflowers this week, we enjoyed our final week exploring Jack and the Beanstalk. The children created their own beanstalks using tissue paper and leaves, before pretending to be Jack climbing high up the giant beanstalk! They also decorated their own leaves with coloured paper and glitter, producing some beautiful artwork. As part of our life skills learning, the children practised cutting apples and making their own sandwiches, developing their independence and confidence in the kitchen. We have had a wonderful end to our Jack and the Beanstalk activities!



Sunflowers

This week, the children in Sunflowers have had lots of opportunities to learn through play, creativity and physical activity. In PE, they explored a range of apparatus, developing their balancing, climbing and travelling skills while learning how to move safely and confidently. The children showed great enthusiasm and perseverance, working together, sharing equipment and encouraging one another as they challenged themselves and built their confidence.

Our theme this week has been Supertato. The children enjoyed creating their own Supertato pictures by carefully selecting and assembling pieces of coloured paper to recreate the character. During sensory play, they had great fun exploring shaving foam and engaging in hands-on, messy play experiences.

We were also delighted to see some wonderful imaginative play. One of the children carefully rolled out playdough to create a gingerbread man, placed it onto a baking tray and proudly announced that it was ready to be cooked!

In cooking this week, the children made delicious Oreo cupcakes. They helped to add the ingredients, mix everything together and prepare the mixture for baking, developing their confidence and independence in the kitchen while having lots of fun.



Year Two

It's been another smashing week in Year 2. In maths we have been learning about the importance of partitioning 2 digit numbers into tens and ones in order to order these and place them on a number line.

In English we have been writing the True Story of the Three Little Pigs from the wolf's perspective, using expanded noun phrases, sentence starters and adverbs to add detail to the story.

In History, we learnt about George Stephenson's most famous invention: The Rocket Steam Engine. This won the Rainhill Trials and became the first ever steam train to carry passengers. We acted out the competition with small world and then worked like Historians to explain why the Rocket was so significant.

In P.E. We continued to develop our fundamental skills; travelling in different ways with our bodies and throwing balls and bean bags not only over arm, but backwards too!

We would like to invite all parents and carers to our year 2 science cafe on Thursday 15th October from 2.00 to 3.15pm. We are excited to show you what we have been learning about different materials and their properties and to invite you to problem solve with us.



Reception

We have continued to explore Autumn this week, thinking about how and why changes occur in our environment. We looked at how a tree changes right from Spring through to Winter. We used fallen leaves to explore leaf rubbing—looking closely at the finer details—and had a wonderful time creating autumn collages.

Within Drawing Club this week, we focused on the traditional tale of 'The 3 Little Pigs'. We started off by drawing a big, bad wolf and finished the week by wondering what the wolf would do with the pigs if he caught them. We had a wonderful range of ideas, such as going to the park with them and throwing a big party!

Thank you again to those who attended our Phonics Family Cafe this week. We hope you found it helpful and feel better prepared to support your child's phonics development at home. Our sounds this week are: g, o, c, k.

Within Maths, we have been building on our subitising skills, developing our recognition of an amount without needing to count.

At nature school, we discussed nocturnal animals and their habitats before having a go at creating our own homes for wildlife. In PE, we have been practising striking a ball with a hand, aiming to keep the ball up, and developing our ball control skills.



A LITTLE DONATION. A BIG ADVENTURE.

DONATIONS WANTED

Help our outdoor play & learning grow!

Have something your family no longer uses?



Dressing-up costumes

Costumes to spark imagination, storytelling and outdoor role play.

Pre-loved bikes

Help us bring back our cycling area for the children.

All donated bikes must be in a safe condition.

PLEASE CONTACT THE SCHOOL OFFICE FIRST

Let us know what you would like to donate
before bringing anything to school.

Thank you for helping our children play, explore and learn!

Nursery

We've had another busy week at nursery. Our maths focus has been 2D 'flat' shapes and we have mainly focussed on recognising and naming a circle, square, triangle and rectangle. Can you go on a shape hunt at home for different shaped objects? We have sorted objects into 'pointy' groups and 'round' groups and read 'Circle' by Mac Barnett.

In Phonics we have learnt the rhyme 'Myself' and also had a go at singing the 'Hokey Cokey' and 'Here we go round the mulberry bush.' We are practising how to get ourselves into a circle and move around it at the same time. We had a wonderful time at our first Family cafe on Thursday and we thank all the grown-ups that joined us for this as it just means so much to the children to share these experiences with you. Our next family cafe is Tuesday 24th November so pop it in your calendars! We welcome any feedback via the form that will have been sent round. Take care and have a wonderful weekend!



IMPORTANT HEALTH INFORMATION

SCARLET FEVER

Cases of scarlet fever have been reported in our school.

WHAT TO LOOK OUT FOR

- High temperature (fever)
- Sore throat and swollen neck glands
- A raised, rough rash that can feel like sandpaper
- A white-coated tongue that may become red and bumpy



WHAT SHOULD YOU DO?

If your child develops symptoms, contact your GP or NHS 111 for advice.
Check with your GP before attending in person.



HELP STOP THE SPREAD



- Wash hands regularly with soap and water



- Catch coughs and sneezes in a tissue and bin it



- Do not share cups, cutlery or towels



WHEN CAN MY CHILD RETURN TO SCHOOL?

Children with scarlet fever should stay off school until at least 24 hours after starting antibiotics prescribed by a healthcare professional.

More information: [nhs.uk/conditions/scarlet-fever/](https://www.nhs.uk/conditions/scarlet-fever/)

Thank you for helping us keep our school community safe.

Year One

Year 1 have had a fantastic week! We have been so busy in provision. The children have been making sleeping potions for the wolf and writing down their recipes! They have also been hunting for materials outside and sorting them by their property. We have been playing a new game in provision to help us with our maths! We have been using uno cards to make numbers by flipping it, reading it and drawing it. The children have enjoyed making their stain glass windows using tissue paper to show the Christian Creation story. They have used the knowledge from our Geography fieldwork to show the Beebot around the local area. We have been using our sentence writing skills to make wanted posters for the creatures we created last week! In maths, we have started comparing the size of numbers by using $<$ and $>$ signs. In English, the children have become authors and have written a character description for the wolf in The Boy Who Cried Wolf! In Science, we have been looking at why objects are made from their material by thinking about the materials properties. In Geography, we drew a map of our journey to school, using our locational language to describe it and use symbols to identify key features. Well done year 1!



Lost Property

Lost property's waiting, it's quite a collection,
Coats, hats and jumpers in need of
affection!

They're looking for homes, so please take a
peek,

You might find your child's missing gear this
week!

If their name's on it — what a fabulous find,
Take it home quickly... and leave lost property
behind!



The Canteen

WEEK 3 MENU

EVERYDAY

Your meal is served with:

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

MONDAY

Jacket potato served with a choice of cheese, beans or tuna
or

Vegetarian burrito bowl served with beans, salsa, rice and homemade nachos

Dessert: Apple flapjack

TUESDAY

Beef or vegetarian meatballs served with tomato sauce and leafy greens
or
Caesar salad

Dessert: Smoothie

WEDNESDAY

Picnic lunch - ham or cheese, bread, slaw and vegetables
or
Roasted tomato pasta bake

Dessert: Fruit salad

THURSDAY

Asian inspired chicken or tofu, served with vegetables and rice
or
Homemade pizza served with wedges and Chef Nell's slaw

Dessert: Brownies

FRIDAY

Chicken or vegetable ramen
or
Jacket potato served with a choice of cheese, beans or tuna

Dessert: Fruit crumble



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



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



Year Three

In Year 3 this week, the children began an exciting new Design and Technology project: creating their own pneumatic toys inspired by the story of Ali Baba. To start, we explored a range of products and machines that use air pressure to create movement, helping us understand how pneumatic systems work in everyday life. The children then experimented with tubes and syringes to build their own simple pneumatic mechanisms and were amazed to see how air can be used to make parts move.

Using this new knowledge, the children designed their own toys, carefully thinking about how their moving parts would work and planning each stage of the making process. Thank you to everyone who has kindly donated cardboard and other materials to support the project. We are looking forward to bringing our creations to life over the coming weeks, with lots of Ali Babas soon moving up and down trees, popping in and out of caves, and completing all sorts of adventurous journeys!

In Geography, we continued our learning about rivers and the important role they play in shaping our landscape. This led to some thoughtful discussions about flooding, where the children learnt about different causes of floods and explored how and why they happen. We also considered the impact flooding can have on people and communities and discussed some of the ways we can reduce its effects. The children have shown great curiosity and enthusiasm across both subjects and are enjoying making links between their learning and the world around them.



Choking risks

When packing your child's healthy lunch, think about the size of items you put in.

Lakenham Primary School
Enjoy, Aspire, Achieve

	THE Family NUTRITIONIST	
 WHOLE HOT DOGS	→	 QUARTERED OR HALVED HOT DOGS
 WHOLE GRAPES AND TOMATOES	→	 QUARTERED GRAPES AND TOMATOES
 HARD CHIPS	→	 EASILY DISSOLVABLE CHIPS AND SNACKS
 HARD, RAW VEGETABLES	→	 SHREDDED, MATCHSTICK OR COOKED
 POPCORN	→	 PUFF CORN
 CHUNKS OF CHEESE	→	 SHREDDED OR SLICED CHEESE
 HARD CANDY, MARSHMALLOWS OR GUM	→	 JUST AVOID

Year Four

Reminder: Our exciting Norwich Castle trip is on Wednesday 4th November! Payment details should be sent out in a separate email today. The cost is £6.50 (£3.25 for Pupil Premium children). Please ensure payment is made by Wednesday 21st October. We are really looking forward to it!

In English, we have begun planning our descriptions of the mysterious space being, with children sharing some fabulous and imaginative ideas!

In Geography, we explored the impacts of population change in the UK, with some fantastic discussions about how migrants can contribute to communities.

In DT, we have finished creating our interactive books, linked to our levers and linkages unit. The finished creations are AMAZING, and the children should be incredibly proud of their hard work! Take a look at some pictures of their fantastic creations below!

Have a lovely weekend!



Year Five

We've had another busy week in Year 5! In English, we've been introduced to Colin in The Secret Garden, exploring changes in character and preparing to write a balanced argument next week. In History, we've explored how Ancient Greek language and literature continue to influence us today, and the children particularly enjoyed acting out the story of Achilles! In Science, we've been investigating reversible and irreversible changes, while in PE we've been developing our netball skills. We've also been having great fun using our new den-building equipment at break times! Finally, we've been busy preapring for our Parent Café on Thursday 15th October and can't wait to share our hard work with you!



Year Six

Year 6 have enjoyed another incredibly busy week!

In English, we continued to explore Alice in Wonderland, writing in role as Alice as she falls down the rabbit hole. Our main focus has been improving our sentence structure and creating vivid descriptions.

In maths, we continued using bar models to compare numbers and find missing values, while in science we carried out a fair test to investigate how increasing the voltage in a circuit affected the brightness of a lamp. We used dataloggers to measure and record our results accurately.

To round off the week, we headed to London! Across two class trips, Year 6 visited the Houses of Parliament for an exciting day of learning outside the classroom.

More details about our London adventures will follow in next week's newsletter!



Attendance



Whole School Attendance: 96.1%

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
Year One		PE		PE	
Year Two		PE	Gymnastics		
Year Three				PE	Swimming (3I)
Year Four	PE		PE		
Year Five	PE		Gymnastics		
Year Six			PE		

Upcoming events

Date	Event	Year Group
15 th of October	Parent Cafe - Music	Year 5
15 th of October	Parent Cafe – Science	Year 2
16 th of October	Non-Uniform – Wear Red	All
16 th of October	FOL Quiz	Parents

Upcoming trips

Date	Event	Year Group
4 th of November	Castle Trip	Year 4
16 th of November	Castle Trip	Year 3

Excellent



Trustpilot

Every
School
Holiday



pRemieR

Holiday Clubs

For children aged 4–11.



Full Day

08:00 - 18:00

£45

Half Day

10:00 - 14:00

£24



Premier
Education

Your local clubs are held at!

Charles Darwin Primary School,
81 Rose Lane, Norwich, Norfolk, NR11DJ

Book via
the app...



or at premier-education.com

MONSTER SMASH

HALLOWEEN TENNIS CAMP
SPOOKY SKILLS, MONSTER CHALLENGES,
GAMES AND PRIZES!



**Eaton Park, Cringleford Tennis Club,
East Anglia Tennis Club & Heigham Park**
26th - 30 October 9.00-11.30am / 12.00-2.30pm

5-10 / 11-15 years

CLICK ON THE LINK BELOW TO BOOK-
<https://nationaltennis.org.uk/camps/norfolk>

SCAN TO BOOK



JOIN THE FUN IF YOU DARE!

QUESTIONS? CONTACT: [HELLO@NATIONALTENNIS.ORG.UK](mailto:hello@nationaltennis.org.uk)