



Letter from the Executive Headteacher



Nebula
where stars are born

December 2020

THE SCHOOLS IN OUR FEDERATION

Frettenham Primary

Hainford Primary

Horsford Primary

Old Catton Junior School

St. Faiths' Primary

White Woman Lane Junior

The Executive:

Miss Anatola - Executive Deputy for EYFS

Mrs Pellatt - Executive Deputy for School Improvement

Mrs Porter - Executive Deputy for SEND

Heads of School:

Mr Paul Cross -

Hainford Primary

Mr Gyles Longhurst -

Frettenham Primary

Mrs Tanya Kirton &

Miss Nicola Owen -

Horsford Primary

Mrs Kate Connelly -

Old Catton Junior

Mrs Jenni Porter &

Miss Kat Wilson

St. Faiths' Primary

Mr Daniel Richmond

White Woman Lane Junior

2020 - A year like no other ...

Dear Parents and Carers

Welcome to my final letter of 2020! I think we can all agree that 2020 has been a year like no other! As we approach the end of this term, I am writing to you to thank you once again for your support, patience and understanding during these incredibly challenging times.

Despite the COVID related issues we have faced this term, we have still found many moments of satisfaction and even joy. I think we can all reflect, with pride, on what we have achieved together since the summer. The very fact that pupils and staff have returned to school and re-engaged in learning should be a source of enormous pride for us all. Children are learning again and being taught a full curriculum. Schools are buzzing with the infectious enthusiasm and curiosity that our children bring. Staff are working hard to ensure that interventions are put in place to help children 'catch-up' and they have reviewed the curriculum to ensure that they fill any gaps which will have been missed whilst the majority of children were not attending school since last March. Our pastoral team have also been working hard to provide support for those children and families who need it.

There is no doubt; Christmas in school is going to be a bit different this year. However, there is still so much to enjoy and to feel grateful for. The schools have a range of ideas that they are busily putting in place to 'save Christmas in school' this year. Christmas jumper days, virtual Santa visits, Christmas (packed) lunches, Christmas themed craft afternoons, film montages to be shared on the school websites, Carols and Christmas songs performed using sign language and lockdown pantos just to mention a few things that have been planned.

Even though we won't be able to see you in the usual way, for Church services, Nativities and the performances in school, we hope you and your children will still be able to enjoy the schools' lead up to Christmas.

Well-Being and Mental Health

There is much talk in the media about well-being and mental health, and as you know, at the Nebula Federation we place a high priority on well-being and mental health.

A positive contributing factor to our own and other people's well-being is kindness. *Did you know:* Kindness makes you happy and happiness makes you kind!

COVID-19 has demonstrated the importance and power of kindness. During the first lockdown we heard many stories of people who had gone out of their way to help others. Studies have shown that being kind to others also makes us feel good. Being kind is easy. Small gestures, such as checking on a neighbour who lives alone, or ringing someone for a chat, can have a big impact. As the pandemic continues, it is important for us to be kind, both to ourselves and to each other.

The Mental Health Foundation also has a page on acts of kindness during the coronavirus outbreak, with suggestions for improving wellbeing through kindness.

<https://www.mentalhealth.org.uk/coronavirus/acts-kindness-during-coronavirus-outbreak>





#DoGoodDecember

Action for Happiness has a Kindness Calendar for December which is free to download. The focus is on doing good for others. For each day in December the calendar suggests a simple kind act, perhaps this is something during the Christmas season, which we could all try? Perhaps such acts of kindness are worth more than a monetary gift at this time of year.

KINDNESS CALENDAR: DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Share the Kindness Calendar with others and spread kindness	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Give kind comments to as many people as possible today	5 Make a gift for someone who is homeless or feeling lonely	6 Support a charity, cause or campaign you really care about	
7 Leave a positive message for someone else to find	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Be generous. Feed someone with food, love or kindness today	12 Buy an extra item and donate it to a local food bank	13 See how many different people you can smile at today
14 Share a happy memory or inspiring thought with a loved one	15 Contact an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Practice gratitude. List the kind things others have done for you	18 Give away something that you have been holding on to	19 Buy locally and support independent shops near you	20 Contact someone who may be alone or feeling isolated
21 Appreciate kindness and thank people who do things for you	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat
28 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2021	Let's look beyond our differences and help each other. Every act of kindness matters		

ACTION FOR HAPPINESS #DoGoodDecember www.actionforhappiness.org
 Learn more about this month's theme at www.actionforhappiness.org/do-good-december Keep Calm · Stay Wise · Be Kind

E-SAFETY

Each of our schools has an E-Safety Policy. This policy details how we keep children safe when using the internet and mobile technology and also considers their safety during times of learning from home. Our schools emphasise the importance of a safe online environment and would encourage all parents and carers to set age-appropriate parental controls on digital devices and use internet filters to block malicious websites.

Please be aware, that social media sites including Facebook, TikTok, Instagram and Snapchat are not appropriate for primary aged pupils. Most have an age restriction of 13 due to content which can be inappropriate for younger children.

For more information, please visit: www.thinkunow.co.uk which provides advice from the National Crime Agency (NCA) on staying safe online.

Below is a helpful guide to getting started with your child's smart device setup. This is taken from www.internetmatters.org which is also an extremely helpful website.

We've designed a simple checklist to give you peace of mind regarding your child's safety on the internet.

Set your children's device up before you give it to them so you know they're safe online as soon as they start playing.



Get started



Set parental controls on your broadband to prevent your children seeing things they shouldn't



For smart phones check parental controls are also set up on the mobile network

Set up the device safely



Use the device setting so you can only download age appropriate apps and games



Disable location services so your child doesn't unintentionally share their location with others



Set up password control or disable in-app purchasing so big bills are not run up accidentally



Download age appropriate apps you're happy for your child to use

Talk about staying safe



If your children are 8-10 years old, download our parent / child Internet Matters app to help you talk about e-safety issues in an interactive way.



Be aware of key issues and how to discuss them with your children so they know how to stay safe online



If your child is using social networking apps check their profile and privacy settings, making sure they are not sharing personal or private information with people they do not know

Change of Circumstances

We ask if you have any change of circumstance that could be relevant to school that you inform us as soon as possible. This could be as simple as change of address or telephone number, but also if you think you may now be eligible for Free School Meals (FSM) or if there is a change in family circumstances that may be worrying your child or unsettle your child in school. General changes can be reported to the school office by either telephone or email. Changes of a sensitive nature can be reported to either the Head of School or the class teacher.

Be a **rainbow** in
someone else's
cloud.

Maya Angelou





Norfolk Winter Support Offer

Norfolk County Council, alongside local councils across Norfolk, is aiming to support as many residents as possible this winter to access financial and other support if they are facing hardship. We know for many people this winter will be challenging for a variety of reasons, and there will be a lot of people who will need help with things like paying the bills and buying food, and many people who have never needed help before. To make sure people can access help and support where they need it this winter, we have implemented the Norfolk Winter Support Offer and we need your help to make sure we reach as many people as possible. If you or someone you know is currently suffering from hardship and unsure how to pay their bills, keep warm and buy food, please apply to the support offer. You can do this online at www.norfolk.gov.uk/covidwintersupport using a simple form.

Help is also available to those suffering hardship because they are having to self-isolate or support their child or vulnerable family members to self-isolate.

Here is a quick summary of the support available:

The Norfolk Assistance Scheme (NAS) already provides hardship support to Norfolk residents, and this offer is being extended to reach more people where needed, over the winter period. The offer uses an additional government grant that is primarily aimed at families with children.

Initially the two-week provision includes:

- * Morrisons food boxes;
- * Additional support with household essentials like nappies, formula milk and cleaning products; Paypoint top ups for gas and electricity;
- * Daily living allowance for living expenses and household bills where needed.

Week three onwards:

- * Support with things like broadband and help to get online;
- * Additional support with household items such as washing machines and fridges;
- * If further food and essential support is needed after the initial two-week period, then this will be implemented by NAS for as long as is required.

Pink Orange – Ingredients boxes

Some families will already have heard about this offer because they will have been contacted by their allocated worker. Pink Orange will provide ingredients boxes including recipe guides to targeted families across Norfolk, NAS are able to refer to Pink Orange as part of their wrap around support offer. You just need to make one referral to NAS <https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme> and they will do the rest.

Free School Meals vouchers

All our schools have received communication about ensuring that all children who are eligible are signed up for free school meals (the means tested pupil premium element and not the universal free school meals that all children in reception to the end of year 2 are entitled to).

Our schools are then able to provide a link and code for EdenRed which is the chosen provider of supermarket vouchers to the value of £15 per child per week, for two weeks over Christmas and a Week at February half term - these vouchers can be used at all main UK supermarkets.

If you think you may be eligible for free school meals, please apply in the normal way via <https://fiso.norfolk.gov.uk/synergy?Enquiries/Citizen/FreeSchoolMeals.aspx>

Self-isolation support

Some residents are also entitled to a self-isolation support payment of £500. To help someone apply for this, or to find out more please visit <https://www.norfolk.gov.uk/care-support-and-health/health-andwellbeing/adults-health/coronavirus/community-support-for-people-at-home/test-and-trace-support-payment>



National Guidance

During the school holiday please can we ask that you continue to follow all the national guidance, we have included some helpful bullet points and web addresses below. It is by everyone taking individual responsibility to follow this guidance, that we can together manage a safe and secure return to school and education in the New Year.

- If your child is unable to start the new term because of COVID-19 or any other illness please let us know in the normal way. Schools reopen 4th January 2021
- If your child lives in the same household as someone with coronavirus, your child must stay at home for 14 days from the first day the person with coronavirus had symptoms or had their test.
- If your child develops Symptoms of coronavirus (COVID-19) they should remain at home for at least 10 days from the date when their symptoms appeared (or from the date they received a positive test result).
- COVID-19: guidance for households with possible coronavirus infection - GOV.UK (www.gov.uk) has information for households with possible coronavirus infection including easy to read guides in a number of languages.
- Guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person - GOV.UK (www.gov.uk) has information for contacts of people with confirmed coronavirus infection including an easy to read guide.

Please remember; there are three simple actions we must all do to keep on protecting each other

- 1. Wash hands 2. Cover face 3. Make space**

This term we say 'Goodbye' to ...

Mrs Judy Leggett - Chair of Governors

Judy Leggett has notified us of her retirement as Chair of the Nebula Federation Governing Board from the end of this term. Mrs Leggett has been a governor for approximately 30 years having joined the White Woman Lane School Governing Board in 1991. She has successfully chaired the Governors, leading them through the changes of being governors of individual schools and small federations, to becoming governors of a unique federation of six schools with 1200 pupils. Mrs Leggett has always offered tremendous support to the school communities and has given tirelessly of her time and energy. She has always provided dedicated and passionate service throughout her time as a governor and she has all the qualities that a governor really needs to be successful and to ensure that the schools are successful too: commitment, dedication, supportive of the values of the schools and the federation, able to work as part of a team, to listen and also ask searching questions. Throughout her time as a governor, Mrs Leggett has made countless vital contributions that have improved the opportunities for children in Norfolk.

As I look back on my time as Headteacher, my overriding memory of Mrs Leggett will be of a supportive, strong and decisive Chair who has been completely committed to, and passionate about, the life chances of our pupils and the fortunes of our schools.

We have truly been privileged to have such a Chair of governors and we are really going to miss her.



Although the festive season will be different this year as we all continue to try and keep each other safe and healthy, I do hope that you can all enjoy this Christmas.

I wish you all a very happy and peaceful Christmas and a healthy and safe 2021!

Ashley Best-White
Executive Headteacher
The Nebula Federation

