



# All Things

# Thurlby

Dear Parents

## Congratulations

### **Thurlby Stars Certificate Winners**

We would like to congratulate our Thurlby Stars for demonstrating one of our Thurlby Values this week. Our winners are:

- Reception** - Willow and Cole
- Year 1** - All of Year 1 for their wonderful assembly!
- Year 2** - Max and Lucas
- Year 3** - Hattie and Joel
- Year 4** - Matilda and Lois
- Year 5** - Tilly P and Thomas
- Year 6** - Finlay and Dominic

## Attendance

Our average attendance figure, for the week beginning 27<sup>th</sup> January 2025, was 97.8%

## Class Attendance Awards

1st	Year 5	99.3%
2nd	Year 4	98.9%
3rd	Year 3	98.8%

## Roots to Food - Years 2, 3, 4 and 6

This week, children, from the above classes, had the wonderful opportunity to prepare, cook and eat their own Chinese dish, in celebration of Chinese New Year, under the fantastic guidance of Darren, from Roots to Food. Darren commented that the children were fantastic and loved the taste of their own cooking.

The recipe can be found at the end of this newsletter, should you wish to recreate this meal at home as a family.





## Year 1

Wow, what an assembly the year ones showcased this week. The children have worked so hard; learning all about the seasons in Science and Spanish over the past couple of terms and they were so excited to share their knowledge with everyone. The children were AMAZING! They danced, sung, read poetry, remembered all their lines and we even had our own weatherman! They also wowed the school with their singing in Spanish!

I would like to take this opportunity to say how proud I am of all of the children in year 1, they have worked so hard and showed great determination when learning this assembly. I would also like to thank all of the wonderful adults who helped me to showcase their achievements, I appreciate all of your hard work. Thank you to all the parents who came to support the children too, they were so excited to show you all! Well done year one, I am so proud of you all!

Miss Baldwin.



## Year 2

Year 2 were really lucky last week, when Mr Cappitt, who is a real farmer, came to talk to them about his farm as part of our Geography topic. The children got to look at and hold the crops that he grows, whilst finding out about the journey the crops take from farm to fork. Year 2 also impressed Mr Cappitt with their knowledge of farming and also extended their understanding by asking lots of questions. Then came the really exciting part, Mr Cappitt brought one his tractors for the children to see and explore.



This week in DT, we used our plans to make our salads; while making our salads, we used the claw and bridge technique to cut our vegetables and some of us even had a go with a grater. We were really careful to make sure we kept safe.

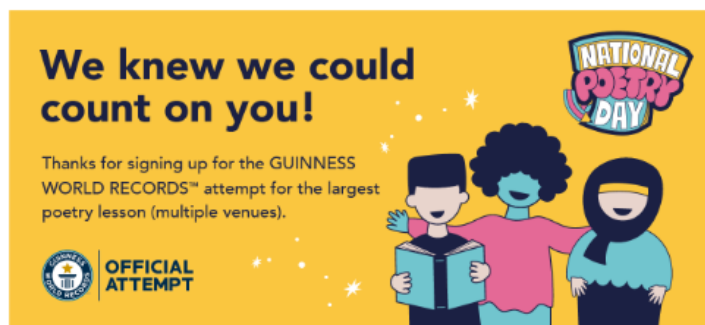


In the afternoon, we shared our salads with our family and practised our oracy skills, by talking about how we made them and which preparation techniques we used, such as cutting the vegetables into batons, diced or sliced. Our salads were delicious and we think our families would agree.



### Year 3

You may remember in October, last year, our Year 3 children took part in a Guinness World Record attempt at the largest poetry lesson (multiple venues). They joined 270,000 pupils from across the world in helping complete Laura Mucha's poem. We received an update from Laura this week who told us.....



## WE DID IT! WE BROKE THE RECORD!

I am **VERY** excited to inform you that Guinness World Records has **APPROVED** our record attempt for Largest Poetry Lesson (Multi Venues).

# WOOOHOOOOOO!!!!!!

The formal record is for 43,516 people (from around 500 schools), which is enough to fill a football stadium!

- You can read/ listen to the poem on the [Children's Poetry Archive](#).
- Here is a [final video of the project](#)

### Family Learning Workshop

We had our first Family Learning Workshop at Thurlby this week, all about Winter Crafts. Parents learnt about the benefits of completing art and craft activities and explored what learning is gained from a simple craft activity. The learners engaged in discussions about how to support their child with art techniques and reflected on how they question or support their child to gain further learning opportunities. As part of the workshop, the learner's children joined them for a fun, relaxed time, where they completed a variety of lovely winter crafts together.



## RHS Grow With It

For the second time, we will be participating in the Grow With It scheme run by the Royal Horticultural Society. The theme this year is 'small spaces, big impact'.

On signing up for the scheme, participants receive a welcome pack which includes free packs of seeds and information to help with every step of the growing process. Once planted you can log your progress and add photos to an online map. Our children enjoyed planting the seeds we received last year, taking care of them and watching them grow.

You can sign up and start growing no matter what space you have, even if it's just a crack in the pavement. Please click the link below.

[www.rhs.org.uk/get-involved/grow-with-it/sign-up](http://www.rhs.org.uk/get-involved/grow-with-it/sign-up)



## TTRS Champ!

Congratulations, this week, go to Oliver, for being our champion on Times Tables Rock Stars. Well done on your award! 😊



# TIPS FOR FAMILIES

Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

## 1 Encourage journaling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

## 2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

## 3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

## 4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

## 5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



## Community Pharmacy - Pharmacy First

Please see the poster below which promotes the Pharmacy First service, which is delivered by all community pharmacies in Lincolnshire.

The service enables children and adults to get quick access to healthcare advice as they can walk into a pharmacy and access the service. The community pharmacist will clinically assess the individual and, if clinically appropriate, issue a prescription medicine without the need to see a GP.



The poster features a photograph of a female pharmacist in a white coat smiling at a customer in a pharmacy setting. The NHS logo is in the top right corner. Below the photo is a blue banner with the text 'Having health concerns?' and a green banner with 'Think 'Pharmacy First''. The main text states that most community pharmacies in Lincolnshire can provide advice and treatment for seven common conditions. A list of these conditions is provided, each with a number in a blue circle and its corresponding age group. A QR code is included with the text 'Scan here to find your nearest pharmacy.' and 'Help us to help you.' A small disclaimer at the bottom states: '\*Patients already exempt from prescription charges, i.e. children, will get their treatment free, for the listed conditions. Otherwise usual prescription charges will apply.'

**Having health concerns?**

**Think 'Pharmacy First'.**

Most community pharmacies across Lincolnshire can provide advice and treatment for these seven common conditions.

- 1 Earache**  
Ages 1 to 17 years
- 2 Impetigo**  
Ages 1 year and over
- 3 Infected Insect Bites**  
Ages 1 year and over
- 4 Shingles**  
Ages 18 years and over
- 5 Sinusitis**  
Ages 12 years and over
- 6 Sore Throat**  
Ages 5 years and over
- 7 Uncomplicated UTIs**  
Women aged 16–64 years

It's a free and confidential way to get qualified help and can be much quicker than visiting your GP or an urgent care service.

Scan here to find your nearest pharmacy.



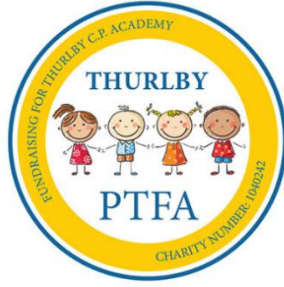
Help us to help you.

\*Patients already exempt from prescription charges, i.e. children, will get their treatment free, for the listed conditions. Otherwise usual prescription charges will apply.



## PTFA - Parents' Lottery

Please see the adjacent poster on how to help raised funds for our school.



Photography: iStock.com/Dimensions, shutterstock.com/Artem Vamitsin, Illustrations: Freepik

# The parents' lottery

Support your school with every ticket



## WIN £25,000 and SUPPORT OUR SCHOOL

Various prizes up for grabs each week!  
Buy your tickets at [theparentslottery.org](https://www.theparentslottery.org)



The Parents Lottery is a weekly lottery promoted by Parentkind Enterprises Ltd (PEL Company no: 3884281), a wholly owned subsidiary of Parentkind. It is run under our remote operating licence (Licence no: 057904). The Parents Lottery is strictly 18+ only. Playing a lottery is a form of gambling. If you, or someone you know, needs information and/or help with a problem gambling, please call the National Gambling Helpline on 0808 8020 133.

GambleAware

GAMBLING COMMISSION

THE PARENTS LOTTERY

Parentkind

The parents' lottery



### School Trip Payments

Year 4 - The Lion, The Witch and The Wardrobe, Norwich Theatre - Thursday 10<sup>th</sup> July  
£10.00 deposit to be paid by Friday 28<sup>th</sup> February please.

Year 5 - Sr Guru Singh Sabha Gurdwara, Peterborough - Tuesday 11<sup>th</sup> February  
£9.00 required by Monday 10<sup>th</sup> February please.

Year 6 - Aylmerton Field Study Centre - Monday 24<sup>th</sup> to Wednesday 26<sup>th</sup> February  
Remaining balance to be paid by today please.

When you are ready to make your payments, please click on the Payment Section, followed by 'Go to Shop', Place Item in the Basket' and 'Pay'.

THANK YOU!

Mrs K Finch  
Headteacher

### Upcoming Calendar Dates

Monday 3<sup>rd</sup> February -  
Tuesday 11<sup>th</sup> February -

Friday 14<sup>th</sup> February -

Monday 24<sup>th</sup> February -

Wednesday 26<sup>th</sup> February -

Wednesday 5<sup>th</sup> March -

Thursday 6<sup>th</sup> March -

Saturday 8<sup>th</sup> March -

Monday 10<sup>th</sup> March -

Tuesday 11<sup>th</sup> March -

Wednesday 12<sup>th</sup> March -

Monday 17<sup>th</sup> March -

Thursday 20<sup>th</sup> March -

Thursday 27<sup>th</sup> March -

Thursday 3<sup>rd</sup> April -

Friday 4<sup>th</sup> April -

### Details to Follow

Year 6 - Sex and Relationships Education (SRE) am

Year 5 trip to Sri Guru Singh Sabha Gurdwara, Peterborough

Deadline to order hot meals for first week back

PTFA Valentine's Dress Down Day

Shakespeare Workshop at Thurlby @ 1.30-4.15pm

End of Term 3

Start of Term 4

Year 6 residential trip to Aylmerton Field Study Centre, Norfolk

Return from Aylmerton approx 3.30pm

**Year 5 trip to Grimm and Co - Drama Day**

**Parents' Evening**

Shakespeare Rehearsal at BWPA 9.30am-12.30pm

**Parents' Evening**

Last Shakespeare Rehearsal

Year 3 Class Assembly @ 9.45am

**SEND Parents' Evening**

Shakespeare Performance - Rehearsal at Key Theatre am, plus evening performance

Year 5 Class Assembly @ 9.45am

**Year 3 Visit to Peterborough Cathedral**

Year 2 Class Assembly @ 9.45am

Rocksteady Concert @ 2.15pm

End of Term 4



*Active Education in Health & Wellbeing*

## **Cantonese Chicken and Vegetables with a Five Spice Rice (serves 4)**

4 Small Chicken Breast diced  
4tbls Light Soy Sauce  
1tbls Clear Honey  
1 Small Red Onion thinly sliced  
4 Spring Onion thinly sliced  
50g Sugar Snap Peas chopped in half  
1 Whole Carrot peeled and sliced thinly  
¼ tsp Chinese Five Spice  
1 Small Red Pepper sliced  
1 Small Yellow Pepper sliced  
200g East Cook Long Grain Rice  
50g Beansprouts  
30g Fresh Ginger finely chopped  
2 Garlic Cloves  
Water for steaming

### **Method**

1. Cook the rice in a saucepan with the Chinese Five Spice
2. Place the chicken into a clean bowl and add the ginger, soy sauce and stir, mix and fold together to marinade.
3. Heat a non-stick frying pan or saucepan or wok (with lid) until hot with a little oil
4. Sear the chicken in the hot pan for two minutes on each side, add 2 ~~tbls~~tbls water place the lid on the pan and steam for 90 seconds. Remove the lid carefully
5. Add the red onion and sliced carrots to the chicken and steam for a further 1 minute with the lid on.
6. Now remove the lid carefully again and add the sugar snaps, peppers, spring onion, beansprouts, soy sauce and honey
7. Steam with the lid on gently for 1 minute, remove the lid, keep simmering to reduce the liquid
9. Serve in to the ~~centre~~centre of four plates with the cooked rice
10. Enjoy