

Collective Worship Story:

If the Lord is pleased with us, He will lead us into that land, a land flowing with milk and honey, and will give it to us. ~Numbers



Stars & Wows

Owls & Goslings

Star of the week is **Rosie F** for always showing our school values.

Wow of the week is **George** for his fantastic, independent writing.

Writer of the week is **Alfie** for his work in our get squiggling sessions.

Skylarks

Star of the week is **Ivy-Mai** for settling in so well.

Wow of the week is **Rivers**, for great control of tools making our kites in D.T. and painting a beautiful design.

Writer of the week is **Evie**, for great knowledge of grammatical terms.

Kestrels

Star of the week is **Eliza** for being a kind friend.

Wow of the week is **Billy** for connecting his mathematical knowledge.

Writer of the week is **Lilly** for always trying her hardest to complete her writing to the best of her ability.

Team Points

1. Curie 87
2. Einstein 84
3. Newton 58

Owls & Goslings

This week in Owls & Goslings, we made wind kites in the woodland practising put knotting skills. We have been exploring seeds and have set up our curiosity cube, to find out what happens when we plant seeds. In our learning of RE, we have begun to explore what we know about Easter.

Skylarks

This week in Skylarks, we have been working on our kites. We used our measuring learning to measure how long our wood needed to be for our sails and then carefully cut them to length with hand saws. We then used hot glue guns to join our frames and finally painted our designs on rip-stop nylon after carefully considering why this would be a good material. All the children worked really safely and carefully, well done!

Kestrels

This week in Kestrels, a secret gardener left us a letter, some seeds and some plants underneath some graffiti saying 'varmint are here...'. At the moment, we are unsure what this all means but the gardener has asked us to investigate the plants and seeds in order to help. We then completed some botanical drawings in the style of the book *Botanicum* and using our scientific vocabulary and understanding.



Mindful March

Please take a look at Mindful March and the daily actions for happiness.

MONDAY



4 Notice how you speak to yourself and choose to use kind words

TUESDAY



5 Bring to mind people you care about and send love to them

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

THURSDAY



7 Take three calm breaths at regular intervals during your day

FRIDAY

1 Set an intention to live with awareness and kindness

SATURDAY

2 Notice three things you find beautiful in the outside world

SUNDAY

3 Start today by appreciating your body and that you're alive

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today
dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life

Mindful March 2024



ACTION FOR HAPPINESS

Happier · Kinder · Together



The Bishop and many other important church ministers came together to welcome a new member of the Church "staff."



Mrs Bridget Slade

Meet your Governor!

Hello, I'm Bridget Slade and I have joined the governing body because I am fully invested in the school, its staff and its pupils, and would like to support and assist in the smooth running thereof. I have two young children, one of whom attends Gooderstone Primary currently.

I have enjoyed seeing first hand what a difference this small and friendly school has made in our lives, and I have made some lovely friends amongst the parents.

When not doing the school run, I am a full time rural Chartered Surveyor and Registered Valuer, as well as a qualified Health and Safety Consultant. I survey and value farms and other built property throughout the British Isles for insurance purposes.

If I have any spare time I enjoy reading, gardening and craft projects.

I like to think I am approachable, so please do stop me for a chat.

Information

Music Lessons!

Mrs Whistler teaches a variety of musical instruments. If you would like your child(ren) to attend Music lessons, kindly provided by Mrs Whistler, please speak with the office for a letter or Mrs Whistler whistlermusic@yahoo.com directly for further information.

Cake Friday

Total raised: £48.00!

Congratulations to the lucky winner Livvy!

We had a fantastic start to our cake Friday and are very grateful for Mrs Helen Lang's (Nanny Lang) donated coffee cake!

Raffle tickets will next be sold on **Friday 15th March** in the morning at the price of **20p** a ticket or **£1 a strip** in the office. **We need cake volunteers!**

If you wish to help out by baking or buying a delicious treat to be raffled off there is a sign-up sheet in the office.

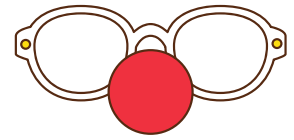
Tuck Shop

Please note that Tuck shop will now run on Mondays. There will be a selection of seasonal fruits (25p) and toast (buttered 25p or 50p with jam or honey).



The Friends of Gooderstone always welcome new ideas and members. If you would like any information please speak with Mrs O'Rourke and Mrs Cross.

Red-to-Toe for Red Nose Day



Friday 15th March is Red Nose Day! All children can come to school wearing red items of clothing and can donate either via cash at the front office or via the official donation link: [Donate - Red Nose Day](#)

Upcoming Events

7th March: World Book Day - come to school dressed as your favourite book character!

Science Week: 11th March - come to school dressed as a mad scientist!

15th March: Wear something Red for Red Nose Day

15th March: Cake Friday!

22nd March 9am: March Celebration Assembly - all welcome

22nd March 2.30pm: Skylarks Showcase

25th March 9am: Easter Service at the Church - all welcome

25th March 2pm: Owls Showcase - Woodland Wildling Theme

27th March 9am: Kestrels Gathering

28th March: Easter Holidays

Headlice – We politely remind and encourage all parents to check for headlice. Headlice Remover guidance can be found in a hard copy in the front office or the NHS website.

SENDCo

SENCo Information and Support

If you have any concerns about your child and would like to talk to Mrs Tinkley, please do not hesitate to contact her via email or telephone the school.

[Family Voice Norfolk February 2024 newsletter](#)

[Norfolk & Waveney Autism/ADHD Support Service March 2024 Newsletter](#)

Katie Tinkley-SENDCo
Gooderstone: 01366 328280
katie.tinkley@mundford.dneat.org



Our literacy tree books

Kestrels



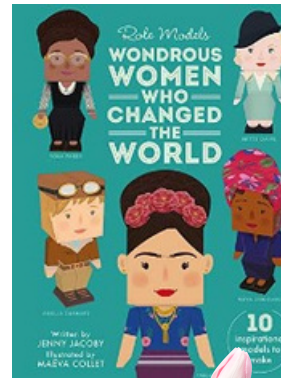
Skylarks



Owls & Goslings



Skylarks



Kestrels



Let Every Light Shine