



7th March 2025
Spring Issue 23

Gooderstone Gazette



Let Every
Light Shine
**Team
Points**

Einstein: 41
Newton: 30
Curie: 19

the seed falling on good soil refers to someone who hears the word and understands it. This is the one who produces a crop, yielding a hundred, sixty or thirty times what was sown-

Matthew 13:23

Stars and Wows

Owls

Star of the week is, Arthur for always being respectful to the adults and always being polite.

Wow of the week is, Elliot for excellent reasoning during maths.

Writer of the week is Imogen, for superb progress in smashing spelling sessions.

Skylarks

Star of the week is, Amelia for being kind and noticing people who were on their own at breaktime.

Wow of the week is, Ivy for displaying her prior knowledge in DT and making a slider mechanism in provision.

Writer of the week, is Rosie S, for writing a fantastic giant rhyme.

Kestrels

Star of the week is Eliza, for her excellent manners and always helping others.

Wow of the week is Florence, fantastic work on Mary Anning.

Writer of the week is Lucas, for excellent effort with his handwriting.

What have we been up to?

This week in Owls & Goslings, We have been making the most of the sunshine with lots of outdoor learning. The children were excited to make delicious pancakes in the woods to celebrate pancake day on Tuesday. For World Book Day we focussed on the Author Julia Donaldson and explored the story of The Gruffalo. The children used adjectives to describe the Gruffalo and made super clay creations from those descriptions.

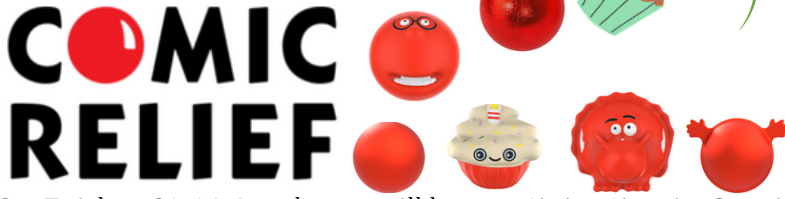
This week in Skylarks, we saw a beanstalk starting to grow outside of our classroom! We began reading our new book Jim and the Giant and the next day a giant footstep had appeared outside of our room! We read a rhyming note that the giant had left us and created our own giant rhymes based on 'Fee, fi, fo, fum.' We planted our own seeds and sketched different flowers. In Geography we began looking for signs of Spring and made rain gauges which we will check over the coming weeks to see how much rain falls in March.

This week in Kestrels, we have done some fantastic learning. Yesterday, the Year 6s went to Crucial Crew and learnt some incredibly important skills for example how to use a defibrillator and how to stay safe at the beach. In class, we have been learning about the achievements of the Mayans and we created some artefacts for a Mayan museum. We finished off our Bisa Butler portraits this week and they look fabulous! I am going to find a place to display this fantastic artwork for all to enjoy!



Cake Friday!

Next Cake Friday will take place **Friday 14th March** with a wonderful creation from Miss Dinsdale! Please send your children in with their pennies Friday morning! £1 per strip & 20p per ticket.

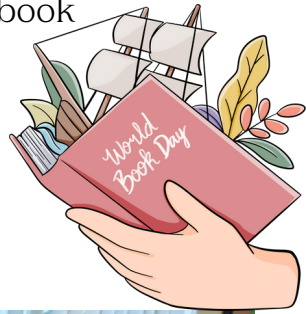


On Friday 21st March we will be participating in Comic Relief! The school council have decided that they would like to wear their own clothes and have some funny hairstyles at the cost of a £1 donation.

This year, all school's have been given a just giving page to raise money. The link to this will be sent in due course. Thank you for your support in raising money for this incredibly worthwhile cause.

World Book Day!

We were thrilled to see a wonderful variety of book characters for our world book day, the children and staff look fantastic, well done!



Upcoming Events

- **10th - 14th March:** Science Week!
- **14th March:** Dress as a Mad Scientist Day
- **14th March:** Cake Friday!
- **19th March @2.30pm:** Owls & Goslings Showcase
- **21st March:** Comic Relief - Non Uniform + Funny Hairstyles! Donate £1!
- **24th March @3.15pm:** PGL Meeting with Miss Stanley
- **25th March:** Cricket - All Year Groups PE KIT
- **26th March @9am:** Easter Service at St Georges Church
- **28th March:** Cake Friday!
- **28th March @9am:** Skylarks Celebration Assembly
- **31st March @9am:** Skylarks Showcase

Sendco

SENDCo Information and Support - Mrs Tinkley SENDCo
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 2025 News letter

Family Action February 2025 Newsletter

Just One Norfolk: 0300 300 0123

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



New discount code for all uniform from MyClothing.com

Code = UNIFORM10%

Expires = 31/03/2025

Click the link!

MyClothing.com

Let Every Light Shine



Mindful March 2025

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

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

4 Notice how you speak to yourself and the words you use to describe things

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

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

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while making 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 plans' day. Notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today

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 like or are grateful for

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

32 Notice how you speak to yourself and the words you use to describe things

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

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

35 Take three calm breaths at regular intervals during your day



ACTION FOR HAPPINESS

Happier · Kinder · Together