

GOODERSTONE GAZETTE



WE 26 SEPTEMBER 2025

Team News

Curie

44



Einstein

47



Newton

33



This weeks winners are Einstein

Class News

Owls & Goslings

This week Goslings have been exploring everything 'apple'. The children have counted, sorted and printed with them. We also enjoyed making a yummy apple crumble to eat for snack. Owls have been working really hard to learn their sounds in phonics and enjoyed writing with chalk pens on leaves. They have also loved finding out the Wild Things names.

Skylarks

This week we have carried on reading our Billy and the Beast book and got to the end of the story. Y1s made their own terrible soups with natural materials and Y2s worked on using conjunctions

to join the events of the story. We all tried some soups of our own (Heinz, not the terrible kind!) and thought about which we preferred the taste of and gave marks out of 10. We also had our first P4C (Philosophy for children) session and considered whether different people were heroes and what makes a hero.

Kestrels

This week in Kestrels, we have enjoyed our first No Plan Day about everything supernatural including: fairies, magic and ghosts. The children enjoyed extending this knowledge into mythical creatures. We have also started our final pieces in Art where we are painting pictures of the sea.

Menu Change

We have a change of Menu on Thursday 02 October

We're unable to change the options on Arbor unfortunately so if you'd like a **Burger** please select **Wedges** or **Veggie Burger** please select **spaghetti**
Jacket Potatoes and Pack Lunch available as usual

Diary Dates

- FOGS AGM 6 October 2:30pm
- Welly week 6–10 October
 - Info attached
- Harvest Festival 22 October
- Half Term 27–31 October
- School reopens 03 November
- School Photos 10 November

Clubs

Monday

Handbell 3:15–4:15

Wednesday

Boom whacker lunchtime (full)

Thursday

Art Club lunchtime

Mr B Gym & Fitness 3:15–4:15

Healthy Eating & Hydration

At school we encourage children to make healthy choices that will keep them happy, active, and ready to learn.

Snacks and Lunchboxes

Playtime snacks should be a simple healthy option such as fruit, vegetables, or a small sandwich. Chocolate and sweets are not allowed at playtime or in lunchboxes. Please also remember that we are a nut-free school—no peanuts or peanut products should be sent in.

Some lunchboxes are very full, and children cannot eat everything in the time available. A balanced lunchbox helps children enjoy their meal without feeling rushed. A good mix might include a sandwich or wrap, some fruit or vegetables, and one or two small extras such as cheese or yoghurt.

Research shows that children who eat a balanced diet with plenty of fruit, vegetables, and whole grains tend to have better concentration, improved behaviour, and more stable energy levels throughout the day. Diets high in refined sugars can cause spikes and drops in blood sugar, which may negatively affect attention, mood, and behaviour.

Water Bottles and Hydration

Children should bring a water bottle every day. Staying hydrated is important for health, concentration, and wellbeing. We encourage children to drink water, which is better for teeth and overall health.

If you feel your child must have squash in their bottle, please ensure it is sugar-free, not too strong, and in a non see-through bottle. Extra bottles of squash for top-ups are not allowed; once a child's bottle is empty, they can refill it with water only.

Thank you for supporting healthy and safe habits at school—together we can help children feel their best, stay safe, and be ready to learn every day!

Hair Reminder

For safety reasons, we ask that all long hair is tied back. This helps to prevent the spread of head lice and avoids hair becoming caught in equipment during play or learning activities. Please ensure that hair ties and accessories are small, plain, and appropriate for school—large bows, bright colours, or decorative attachments should not be worn.

Optimistic October 2025

MONDAY



6 Remind yourself that things can change for the better

TUESDAY



7 Look for the good in people around you today

WEDNESDAY

1 Write down three things you can look forward to this month

THURSDAY

2 Find something to be optimistic about (even if it's a difficult time)

FRIDAY

3 Take a small step towards a goal that really matters to you

SATURDAY

4 Start your day with the most important thing on your to-do list

SUNDAY

5 Be a realistic optimist. See life as it is, but focus on what's good

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

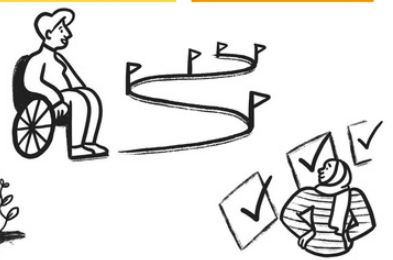
27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together

Whatever you do, work at it with all your heart, as though you were working for the Lord

Colossians 3:23



Contact Information

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MR NOURISH'S 7 BIRTHDAY

**THURSDAY
02 OCT**

Design a birthday
card for Mr Nourish.

Hand it to the
Catering Team
Prizes will be
awarded.

Burger in a Bun

1,5,6

Vegetable Burger in a Bun

1,5 VG

Jacket Potatoes

with a choice of fillings 7,8,9

Herby Diced Potato

Sweetcorn

Coleslaw 9

Birthday Cake 1 VG

Mr Nourish Party Rings 1 VG

Fruit Pot VG



 **NOURISH**

Dishes marked with any of the following numbers contain the matching allergen:

1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg
10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten V Vegetarian VG Vegan



WE'RE TAKING PART IN WELLY WALK WEEK! 6TH - 10TH OCTOBER 2025

We are joining local charity Home-Start Norfolk for 'Welly Walk Week' raising funds and helping to give children the best start in life, one school run at a time! Ending on World Mental Health Day we are inviting you to take part in this fun fundraising week! We are encouraging you and your child to walk to school in your wellies for one week and collect sponsorship from friends and family. Each child that takes part will receive a sticker, colouring sheets and a certificate! By taking part, you're not just starting the day on the right foot - you're helping other families in Norfolk take their first steps toward a brighter future.

Where is the money going?

Last year Home-Start Norfolk supported **427** families, empowering parents to give their children the best start in life. We encourage you to collect donations to Home-Start Norfolk, to help them support even more families and children in our region. This is the difference your fundraising could make:

£5 could cover the cost of one hour of a volunteers time.

£15 could pay for a family to join a baby activity group.

£35 could cover the cost of one home visit for a family.

£400 could cover the cost of home visiting support for a family for 3 months.

Set up your JustGiving page or make a donation via the Home-Start Norfolk JustGiving Page : www.justgiving.com/campaign/wellywalkweek25

