



## GREAT HOCKHAM PRIMARY SCHOOL AND NURSERY NEWSLETTER – 14<sup>th</sup> February 2025

Dear Parents and Carers,

### Attendance

Weekly Attendance	Week Ending 24/01/25	Week Ending 31/01/25	Week Ending 07/02/25	Week Ending 14/02/25
Rabbit Class	97.3%	93.5%	89.2%	93%
Owl Class	99.2%	96.9%	98.1%	97.7%
Deer Class	96.7%	96.3%	98%	94.7%
Hedgehog Class	94.3%	94.3%	87.7%	94.3%

### Parent/ Carer Survey

Please could you complete the following survey by 21<sup>st</sup> March 2025, giving your opinion on our school. It's really important for us to get parent and carers views so that we can work together to give the children the best educational experience possible. Please click [parent survey](#) to complete. Many thanks.

### Wellbeing Enrichment Day

On Thursday, 6<sup>th</sup> February we had a whole school wellbeing day; and in each class every child participated in 4 main activities. These activities were: making 3D paper flowers (Rabbit Class made butterflies), making colourful and healthy fruit and vegetable kebabs, participating in dancing and painting portraits. To finish each class had a relaxing “sound bath”. This is where we were “bathed” in sound waves from various things such as gongs, percussion and even the voice of Tracey, the lady leading the session, to help us relax and be calm.

*Written by Alice and Thea (Yr6)*



During this day we were also incredibly lucky to have Tracey Mathison join us in the afternoon to run sessions for all the children in school. During these sessions, Tracey explored relaxation techniques. She also brought in a range of instruments so the children could experience gong and sound bathing,

bringing together music and mindfulness. It was a truly amazing experience for the children and we can't thank her enough for giving us this opportunity.

Tracey is a fully qualified local Sound Therapy Practitioner and runs local Gong and Sound Baths which are all based using music for relaxation, she is also a hypnotherapist who has also recently qualified as a KidsMatters Practitioner to work with Children. If you would like to find out more about Tracey and the services she offers, you can email her at [balancetherapiesnorfolk@gmail.com](mailto:balancetherapiesnorfolk@gmail.com)



- ❖ Public/Private/Corporate Sound Baths
- ❖ 1-1 Sound Therapy
- ❖ Reiki
- ❖ Holistic Facials
- ❖ Thai Foot Massage
- ❖ Tibetan Acupressure Head Massage
- ❖ Hopi Ear Candling
- ❖ Hot Stone Massage
- ❖ Hypnotherapy

Contact 07748 213397

[balancetherapiesnorfolk@gmail.com](mailto:balancetherapiesnorfolk@gmail.com)

Based in Great Hockham

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Tracey Mathison Dip.Hyp.HWHP

Contact 07748 213397

[balancetherapiesnorfolk@gmail.com](mailto:balancetherapiesnorfolk@gmail.com)

For a free no obligation consultation

**GHR**  
General Hypnotherapy Register  
Registered Practitioner

## Science Theatre Group

As part of the Norwich Science Festival we received a special science visitor. Please visit [norwichsciencefestival.co.uk](http://norwichsciencefestival.co.uk) to find out what is happening over half term for children at the Norwich Science Festival. Many events are free but they may still require booking.

### Food Scientists to the Rescue!

On Wednesday, 12<sup>th</sup> February Yrs1-6 met Sally – a good scientist who performed a show about food science. When we went into the hall lots of decorations were lined up at the back including some suitcases; and each one she opened told a different story about her work. Sally told us about three things that linked food and the planet, our diet and climate change. We met Bella the Bee and heard about pollination, the child who had a diet that was gluten free and the problem corner where we were asked to help solve some big food challenges. Sally told us about a good scientist who had created a pod which was biodegradable and contained a small amount of water - a quick drink with no waste! Sally finished by talking about other ideas and inventions that could help the world.

***Written by Ben and Jacob – Yr6***



### Friend's Valentine Disco

Thank you to our amazing Friends Committee and all of the willing volunteers who decorated the hall, led craft activities, cooked pizza, sold treats and led an amazing disco that all of the children who attended loved. It was a very happy occasion and everyone had a brilliant time! Thank you for the time and effort that went into the organisation of the valentines disco – the children really appreciate it!

### Homework Celebration

We were really impressed at the standard of homework the children produced this half term – here are some photos of a few pieces of the brilliant work created:







fruit	Tally	Total
Apple		3
orange		3
Straw		29
Banana		7
pear		2



Object	material	vegetable tally
Table	Wood	
Box	Wood	
Toy box	Wood	
Window	Glass	
Doors	Wood	
Chair	Plastic	
Lego	Plastic	







### School Lunch Menus

Just to let you know there have been a few changes to our lunch menus for after half term on days where the children were not enjoying the lunch choices as much as other days – these are mainly on Tuesdays and Thursdays. Please see the attached menus.

### Parking Reminder

Please park in the carpark next to school if there is space. If you do have to park on the road - please park considerately so you are not blocking our neighbour's driveways and leaving a safe space for children to safely cross the road.

### A plea for more tissues

Thank you to everyone who has donated tissues in the past. There seem to be a lot of colds around at the moment and we are going through boxes of tissues extremely quickly. If anyone else could donate a box of tissues we would really appreciate it. A huge thank you in advance.

## Dates for your Diary

### February 2025

**Monday 17<sup>th</sup> February – Friday 21<sup>st</sup> February:** Half Term

**Thursday 27<sup>th</sup> February:** Hedgehog Class Theatre trip – Awful Egyptians

### March 2024

**Monday 3<sup>rd</sup> March – Friday 7<sup>th</sup> March:** Book Week

**Thursday 6<sup>th</sup> March:** World Book Day – dress up as your favourite book character

**Thursday 13<sup>th</sup> March:** History Enrichment Day

**Tuesday 18<sup>th</sup> March and Thursday 20<sup>th</sup> March:** Parent/ Teacher meetings

**Friday 21<sup>st</sup> March:** Red Nose Day – wear red or bright colours

**Tuesday 25<sup>th</sup> March:** Road Safety Magic Show for KS2

### April 2025

**Thursday 3<sup>rd</sup> April @ 2pm:** Curiosity Café

**Friday 4<sup>th</sup> April @ 9am:** Parent Forum

**Friday 4<sup>th</sup> April:** Last day of term

Have a restful half term, we'll see you all again on Monday 24<sup>th</sup> February.

Best Wishes

*Lisa Hazard*

Mrs L Hazard