

20th March, 2026

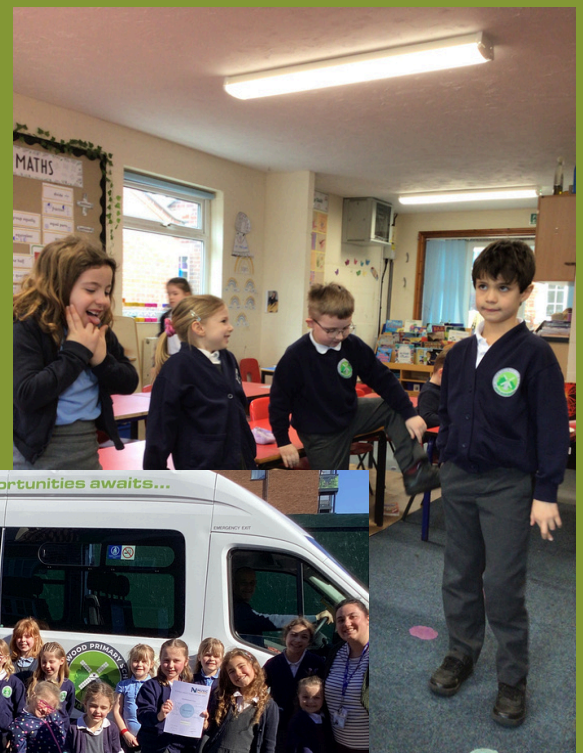


Wicklewood Weekly

This week, the whole school enjoyed drama workshops led by India from Drama Kids, where pupils took part in a range of activities designed to build confidence and develop their performance skills.

We were also incredibly proud of our choir and drumming band, who represented the school brilliantly at the Norfolk Music Festival with performances full of energy, teamwork and talent.

Reception also had a wonderful visit to Gressenhall where they experienced life on a working farm.



Pastoral

We understand that children are accessing the virtual world more than ever. Here are a list of conversation starters to have with you child to find out more about that world:

- 'How does this game/app work? Can I play?'
- 'Which apps or games are you into at the moment?'
- 'Do you have any online friends?'
- 'Do you know where to go for help?'
- 'Have you ever seen any bad behaviour online? What did you see? What did you do about it?'
- Do you know where to go for help if something upsets you online?' (remind them of you, or CEOP, or Childline, or a teacher)
- 'What kinds of things should we do to keep our personal information safe when we're online?' 'What happens to what we say or send when we post it online?'

SEND

There is so much information out there now around neurodiversity.

Neurodiversity describes the natural variations in how human brains work, learn, and process information. It recognizes these differences as **valuable strengths** that bring unique perspectives to our world, rather than something that needs to be "fixed".

Find more information at [Just One Norfolk](#).



A Dental Reminder

The Happy Smiles Free Dental Screening Team will be in school on Wednesday 29th April from 9.00 a.m. If you would like your child/ren to receive a free dental screening, please complete the form which is available from the school office.

Every Day Matters



It is a statutory requirement for children to attend school every day.

**This week's winners are...
Jay Class with 97%!**

EYFS are on the hunt!

Starling class are seeking donations of the following

- Cardboard and junk modelling items
- Hair dressing bits- rollers, combs, brushes, hair bands, hair bobbles, electrics with no wires attached.
- old dress up clothing
- Stickers, cut up pieces of materials
- Blankets, rugs, pieces of carpet etc
- Old canes and pine cones
- wooden crates (for our outside area)

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A thriving community youth football club in Wymondham, providing inclusive opportunities for boys and girls of all abilities. The club promotes development, teamwork, and enjoyment in a positive environment both on and off the pitch.



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Sunrise Radio is the UK's leading Asian commercial radio station, broadcasting on 963/972am across London, nationwide on DAB, and online playing mainstream South Asian music - mainly Bollywood hits and Punjabi Desi beats with competitions and celebrity interviews, primarily in English but also engaging with listeners in Hindi, Urdu, and Punjabi.



Notcutts Garden Centre Norwich offers a wide range of plants, gardening supplies, outdoor furniture, gifts and homeware. This family-friendly garden centre also features a restaurant and pet department, making it a popular shopping and leisure destination for the local community.



GENCOWATER

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SPECIALIST PRIMARY TUITION

I am an experienced Primary and Maths Specialist teacher providing private tuition for primary English and maths up to GCSE. I specialise in building children's confidence, exam preparation and Year 6/7 transition.

Please find me on Facebook or contact me:
alice@specialistprimarytuition.com



Vintage Pod is a Norfolk-based company that creates stylish iPad selfie photo booth pods for weddings, parties and events. Their pods are handcrafted and easy to use, providing fun, interactive photo experiences for guests. Vintage Pod offers both event hire and sales for DJs, venues and event businesses.
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WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'

SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.



GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!



GIVE TO GIVE. NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.



HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.



COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.



KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency, 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.



'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'

RA KIVIST

The National College

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



For further info, check out these online resources:

<https://www.mentalhealth.org.uk/blog/randam-acts-kindness>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>

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