



MESSAGE FROM MR OLNEY HEAD OF SCHOOL

Dear parents/carers,

As we approach the end of the first half term, I wanted to take this opportunity to thank you for your support.

It was lovely to see so many families join us for our first family learning afternoon - hopefully you found it useful. We love to be able to welcome families into school to strengthen our connection. We had a visiting head teacher in school last Tuesday and he was really impressed by the concept, the level of engagement and the activity.

Hopefully everyone who attended (myself included) can now tell when they are having a 'rock brain moment' and when they would benefit from some 'super-flex thinking'.

This week, we challenged children and staff to maintain the high standards they have set. As we move towards winter let's continue to be punctual, enthusiastic and hard working. Let's support one another. Be ambitious for the year ahead.

We look forward to seeing parents and careers at our autumn term parents evening at the beginning of next term. Please do book your slot with your child's class teacher or contact us directly if you are having difficulties being able to attend on the dates/times given.

Have a lovely weekend,

J Olney



ATTENDANCE WATCH

Our target school attendance figure is 97.2%.

Our current figure is... **96.2%**

Our class of the week is: **BRAZIL with 100%**



BVS FOOTBALL

Well done to our Yr5 and 6 footballers who played some great football at the tournament held at Beeston Hall school this week. A very well deserved tournament victory for our A team



FAMILY LEARNING AFTERNOON

We had lots of fun during our family learning afternoon where we learned about 'Rock brain' and 'Superflex'. Pupils will be able to explain how they can overcome their rock brain by thinking more flexibly.





This week, we had a visitor who came into school to talk to us about the work of the North Norfolk Foodbank. Tim told us about how the food and goods donated by the community is stored and organised in Cromer, before being shared throughout the region, including here in Aylsham.

As part of our thinking about supporting each other, we thought we could work together to support the Foodbank. We are asking any families, who feel they are able, to donate items from a wish list that the Foodbank has created. If you would like to contribute to this project, please could you send any items into school next week. Donations will be collected by the Foodbank volunteers on Friday, 21 October.

Thank you very much!

WISH LIST

LONG LIFE MILK - FULL FAT OR SEMI-SKIMMED

TINNED FISH

TINNED MEAT

TINNED VEGETABLES

PASTA SAUCE

TINNED RICE PUDDING

SQUASH/FRUIT JUICE

BISCUITS

CUPPA SOUP/MUGSHOT

LAUNDRY DETERGENT

WASHING UP LIQUID

SHAMPOO

DEODORANT

TOILET ROLLS

HAPPY 80TH BIRTHDAY TO MRS HAYCOCKS

Mrs Haycocks turned 80 this week!

A past teacher at BVS (when it was Aylsham Middle school), she continues coaching netball to the our pupils after school on Tuesdays.

HAPPY BIRTHDAY!!





LOST PROPERTY

Over the last week, we have had a clear out of our lost property. We had 67 unnamed jumpers and cardigans.

Please can we ask you to name your child's uniform, even if its just writing their name on a label.

Alternatively, if you would like to purchase name labels, please visit the link below.

<http://www.burevalleyschool.org.uk/parentscarers/uniform/>

The Friends of Bure Valley receive commission on any purchases using this link, which goes towards extra resources for the school.

Thank you



Aylsham Fireworks Evening

Friday 4th November

Next to Woodgate Nursery, Aylsham

Aylsham Community fireworks in partnership with 1st Aylsham Scouts and Aylsham Event Committee.
Display by FLASHfx

5.30pm	Gates open
6.00pm	Small display
6.30pm	Fire being lit
8.00pm	Main display
10.00pm	Gates close

Ticket	Pre-order	On the night
Family	£15.00	£20.00
Adult	£5.00	£6.00
Child	£4.00	£5.00

Tickets can be bought from Coxfords Butchers (Aylsham), JB Postle (Aylsham), Aylsham Town Council (Town Hall) or over the phone payment, 01263 733354

Disabled parking only as this is a 'walk to' event.

Food vendors and craft stalls
fairground rides



QUIZ NIGHT

Friends of BVS

SCHOOL FUNDRAISER

Prize for winning team

Bottle raffle

Adults only quiz night Friday 11th November
Bure Valley School Hall
£6 Per Person (Max 6 per team)
Doors open 6.30pm Start time 7.00pm

Ticket includes burger or hotdog courtesy of Coxfords butchers

Tickets to be purchased by 4th Nov through ParentPay. Food must be preordered at time of purchasing tickets

Alcohol will be permitted so please feel free to bring along your favourite tippie (over 18's only)



Inspiring a healthy community, investing in learning

October Half Term Swimming Timetable

Day	06:30-08:30	08:30-09:15	14:00-17:45	18:30-21:30
Monday 24th Oct	Lane/individual swimming	Aqua Aerobics	Open/family swim	Lane/individual swimming
Tuesday 25th Oct	06:30-09:00 Lane/individual swimming		14:00-17:45 Halloween Pool Party	18:30-21:30 Lane/individual swimming
Wednesday 26th Oct	Lane/individual swimming	Aqua Aerobics	Open/family swim	Lane/individual swimming
Thursday 27th Oct	06:30-09:00 Lane/individual swimming		14:00-17:45 Halloween Pool Party	18:00-18:45 Aqua Zumba
Friday 28th Oct	06:30-09:00 Lane/individual swimming		14:00-17:45 Open/family swim	19:00-21:30 Lane/individual swimming
Saturday 29th Oct	06:30-09:00 Lane/individual swimming		15:00-17:00 Open/family swim	
Sunday 30th Oct		11:00-13:00 Open/family swim	14:00-17:00 Open/family swim	

All aqua classes must be pre-booked via our online booking system, please visit <https://www.aylshamhigh.com/aylshamsportshub>
 Aqua classes — £2 for members, £5 for non-members
Members— Free Family of 4— £12 Adult—£5 Child—£3 Under 3's—Free
 Memberships are available from £17 per month for an adult.
 This means that if you swim more than 3 times a month you can save money by becoming an Aylsham Sports Hub member.

Please contact Aylsham Sports Hub for more information on 01263 738966 Email: memberships@aylshamsportshub.co.uk Aylsham Sports Hub
 Aylsham High School, access via Bure Meadows Estate, NR11 6FN



October Half Term

Children's Intensive Swimming Courses

Are you looking for a fun half term activity, or a chance to improve your child's swimming technique? An intensive swimming course is a great way to introduce your child to swimming, or for them to gain confidence in the water.

Aylsham Sports Hub are running 5-day courses with 30 minute lessons at the same time each morning from Monday to Friday during October half term.

A five day intensive swimming course held from Monday to Friday is only £35 per child.

	09:30—10:00	10:00—10:30	10:30—11:00
Monday 24 th October	Beginners (Age 3-5)	Beginners (Age 6+)	Improvers (Age 6+)
Tuesday 25 th October	Beginners (Age 3-5)	Beginners (Age 6+)	Improvers (Age 6+)
Wednesday 26 th October	Beginners (Age 3-5)	Beginners (Age 6+)	Improvers (Age 6+)
Thursday 27 th October	Beginners (Age 3-5)	Beginners (Age 6+)	Improvers (Age 6+)
Friday 28 th October	Beginners (Age 3-5)	Beginners (Age 6+)	Improvers (Age 6+)

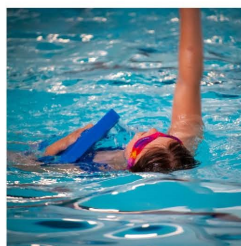
Children's intensive swimming courses are suitable for children aged 3+

Beginners (30 min session)

An intensive programme designed to improve basic swimming ability and improve confidence in and around water. Participants will learn fundamental skills to build water safety knowledge whilst having fun through games and play. This course is beneficial for children who are lacking in water confidence or those who are almost swimming but need that extra boost.

Improvers (30 min session)

An intensive programme for children already swimming at a competent level. This course will encourage further stroke development working on technique and water-based activities. Participants will cover survival skills and build stamina throughout the duration of the week.



Intensive courses should be booked via our online booking system, please visit: www.aylshamhigh.com/aylshamsportshub

If your child is currently a member of the Aylsham Swim Academy, please contact us to discuss which level of intensive swimming course would be suitable for them.



Please contact Aylsham Sports Hub for more information on 01263 738966
 Email: swimschool@aylshamsportshub.co.uk Aylsham Sports Hub
 Aylsham High School, access via Bure Meadows Estate, NR11 6AN



October Half Term FUN for kids at Aylsham Sports Hub

Mini All Stars (age 4-7 years)

A mixture of mini sports and activities designed for younger children which may include dodgeball, football, hockey and playground games. Also including fun parachute group activities and musical party games.

Tuesday 25th October 9am – 1pm

Wednesday 26th October 9am – 1pm

Thursday 27th October 9am – 1pm

Mini All Stars – £18 per session

Please provide your child with a water bottle, snack, packed lunch and suitable clothing for each session.

Please contact Aylsham Sports Hub for more information on 01263 738966
 Email: memberships@aylshamsportshub.co.uk or find us on Facebook

All Stars sessions should be booked via our online booking system, please visit www.aylshamhigh.com/aylshamsportshub





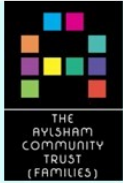
THE
AYLSHAM
COMMUNITY
TRUST
(FAMILIES)

It takes a Whole Community to Educate a Child

Autumn Holiday Family Learning Activities

A selection of autumn themed activities perfect
to enjoy together as a family.





Sparkly Fireworks

These sparkly firework paintings are so pretty and easy to make.

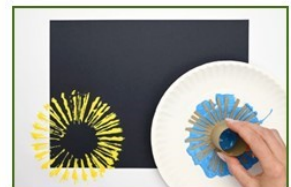
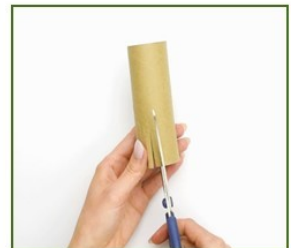
You will need:

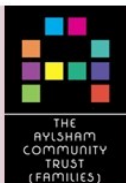
- Toilet paper or paper towel rolls (1 per paint colour)
- Paint
- 1 piece black cardstock
- Glitter
- Scissors
- Newspaper to cover your table



Instructions:

- Make vertical cuts all the way around the paper roll, spacing them at least 0.5cm apart. Long cuts that are around 5cm work the best.
- Bend the cut pieces of the paper roll so they're facing outwards, making a sun shape.
- Pour paint on to a paper plate and use a paintbrush to spread it out. The paint circle needs to be large enough that it will cover the fanned out paper roll.
- Repeat the last step with the remaining paint colours. We used seven colours for variety, but you can choose to use fewer (or even more!) colours.
- Now start painting! Dip the fanned ends of the paper roll into your first colour of paint. Bounce the roll up and down and rotate it to make sure you have good paint coverage.
- Stamp the paper roll onto your black card. Lift up the paper roll and rotate it slightly before stamping it down again in the same place. This creates a fuller firework.
- Sprinkle glitter onto the freshly painted firework.
- Fill up the rest of the card with fireworks.





Leaf Hedgehogs

This is a wonderful simple art project.

Incorporate a leaf hunt outside and you've got a fun activity for the day.

You will need:

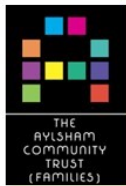
- Leaves
- Glue
- Black marker pen
- Brown paper
- Scissors



Instructions:

- Firstly gather handfuls of leaves from the garden or woodland floor.
- Dry out any damp leaves.
- Cut out a hedgehog shape from brown paper.
- Arrange the leaves so that they have the pointy parts sticking up. Cut the leaves to size and shape if needed.
- Fix the leaves to the paper with a dab of glue.
- Once secure, use a pen to add details such as eyes, a nose and feet.





Apple and Carrot Muffins

Cosy up with these wholesome muffins, perfect for breakfast or snack. Makes 12 muffins.

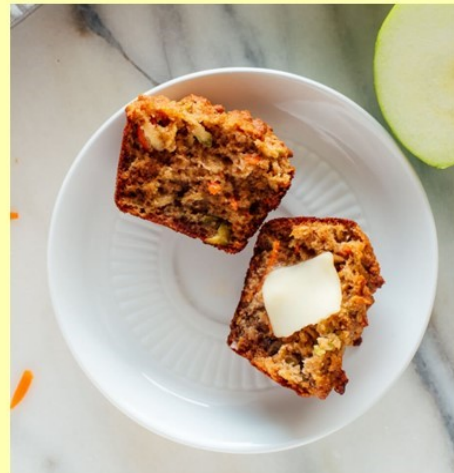
Ingredients:

- 2 cups all purpose flour
- 1 $\frac{1}{2}$ cups old-fashioned oats
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon fine sea salt
- $\frac{1}{2}$ cup honey or maple syrup
- 3 eggs
- 6 tablespoons unsalted butter, melted
- 1 cup grated Granny Smith apple (about 1 $\frac{1}{2}$ apples)
- 1 cup peeled and grated carrots (about 3 carrots)

Optional mix-ins: $\frac{1}{2}$ cup chopped walnuts or pecans, raisins or chocolate chips

For Gluten free use almond flour and gluten free oats

Important -If you have a food allergy/intolerance please select appropriate ingredients.



Method

1. Preheat the oven to 200°C/fan 180°C and line a 12 hole muffin tin with paper cases.
2. In a large bowl, combine the flour, oats, cinnamon, baking soda, salt, and optional mix-ins, if using.
3. Grate the carrots and apples.
4. In a separate bowl, whisk together the honey, eggs and butter. Whisk in the grated apple and carrots. Pour the mixture into the dry ingredients, mixing until just combined.
5. Spoon the batter into the muffin cups, filling each to the brim. Bake until the muffins are nicely browned on top and a knife inserted in the centre of a muffin comes out clean, 25 to 30 minutes.
6. Allow muffins to cool completely before storing.
7. Store leftover muffins in an airtight container in the fridge or freezer. If you like them warm, reheat them on low power in the microwave.





Squash Girls Can Learn Squash in a Week over half-term

7 – 11 year olds

Monday October 24th – Friday October 28th 2022
at

Cromer Lawn Tennis & Squash Club
Norwich Road, Cromer, Norfolk NR27 0EX

5pm – 6pm
each day MONDAY – FRIDAY

Coach:
Henry Geaves
Squash England Level 2 coach

Learn a new sport with fun relaxing games

Course includes

5 one hour fun sessions
FREE Squash racquet (to keep) & 3 FREE Squash balls
& FREE membership of the Club to April 30th 2023 !!!

Cost: £ 25

Maximum 8 places – first come first served

To book your daughter's place or find out more,

CONTACT:
Cromer Lawn Tennis & Squash Club
Email: admin@chromertennisclub.co.uk
or telephone the Club on Tel: 01263 513 741
and talk to the Squash coaches or any member of staff or the Chairman
www.chromertennisclub.co.uk



Two problem solving games for the whole family to try!

GAME 1 (ages 6+)

Stolen Photographs.

Can you solve the clues to find all the photographs from the missing photograph album?

Game 2 (ages 8+)

Find the thief!

Lady Aylsham needs your help! Her treasures have been stolen Can you solve all the clues to discover the name of the mysterious thief?

Just £5 per family to play!

Aylsham Heritage Centre

Choose your game and book a time slot

Wednesday 26th or Friday 28th October.

Hourly timeslots from 10am

www.aylshamheritage.com



Autumnal flavours (senior)

Cookery room, Aylsham High School

Tuesday 25 October, 10am – 3pm

8 - 16 years

£31

As the temperature drops and the leaves on the trees change colour and fall, autumn is here. Come along and make dishes perfect to share with your family during cosy mealtimes including lentil and chorizo soup served with homemade bread rolls and a comforting cottage pie.

For children living or attending school in the
Broadland District Council area
BOOK ONLINE
www.southnorfolkandbroadland.gov.uk/t2t
or on the telephone: 01603 430525
Healthy snacks provided for each child.



Footgolf

Hevingham Village Hall

Monday 24 October, 9.30am - 3.30pm

5 - 12 years

£20.70

A combination of football and golf, footgolf is a sport that will test accuracy and power as you try and complete the course in as few kicks as possible. As well as taking part in this activity, children will be able to play with games, take part in quiet activities and play outside (weather permitting).

For children living or attending school in the
Broadland District Council area
BOOK ONLINE
www.southnorfolkandbroadland.gov.uk/t2t
or on the telephone: 01603 430525
Healthy snacks provided for each child.