

Message from the Executive Headteacher



Nebula
where stars are born

Issue 5

March 2017

THE SCHOOLS IN OUR PARTNERSHIP

Frettenham Primary

Hainford Primary

Horsford Primary

Old Catton Junior School

St. Faiths' Primary

White Woman Lane Junior

The Executive:

Miss Anatola - Executive Deputy for EYFS

Mrs Pellatt - Executive Deputy for School Improvement

Mrs Porter - Executive Deputy for SEND

Heads of School:

Mr Paul Cross -

Hainford Primary

Mr Gyles Longhurst -

Frettenham Primary

Mrs Tanya Kirton &

Miss Tracy Anderson -

Horsford Primary

Mrs Kate Connelly -

Old Catton Junior

Miss Lesley Rix -

St. Faiths' Primary

Mr Daniel Richmond &

Mr Nick Johnson -

White Woman Lane Junior

Positive Attitude; Positive Choices ...

NO MATTER HOW HARD WE TRY to maintain a positive perspective on life, there's no getting around negative people. They're out there - at the next desk at work, behind the fence in the garden, around the family table at Easter, on the field at football matches and on the Internet on social media sites.

So how do we keep our positive outlook when confronted, perhaps on a regular basis, with people who travel with their own dark clouds?

This is one case where the old adage, "If you can't beat 'em, join 'em," will definitely work against you. You may not be able to change (or beat) them; but you can change yourself, or at least the way you respond to the naysayers in your life. It's not easy, but with a little practice, you can ensure that your positive perspective stays put.

First of all we have to avoid gossip, and gossip is something almost everyone falls into unless they make a deliberate choice. We have to decide we're only going to say positive things about people. Let's begin by only talking about the positive things that are happening.

Stay aware of how your

time online is affecting your emotions and spirit. If you need to block or unfriend some relentlessly negative or angry people, be brave, and do so.

What is written [online] can be heard in a voice other than that which was intended ... try to keep it only about things that are positive and inspiring and good and true, try to find something that will unite people.

If you are really getting tripped up with negative people, ask yourself, 'What does it tell me about myself? Do you continually find yourself surrounded by people who complain? Do you tend to jump into the complaining along with them?

Know Yourself
"Attitude is a little thing that makes a big difference."

—Winston Churchill

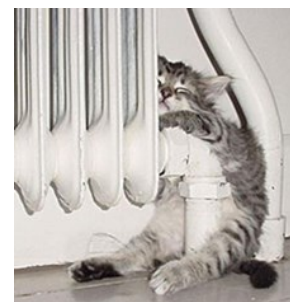
What are you?

Are you a drain or a radiator? Radiators are people who give out warmth, kindness, love, honesty, positivity, energy, enthusiasm and all the good things which people need and respond to. Drains are people who are negative, downbeat, suck the energy out of others and make

others discontented.

Oprah Winfrey, was asked what she wished she'd learned earlier in life. "I wish I'd known how to distinguish radiators from drains".

If you are a radiator....stay as you are! If not, recognise you are a drain (or have drain-like moments). Catch yourself once a day about to say something drain-like, turn it around and look for the bright side - do this every day and spread the warmth and positivity around ...



Ashley Best-White
Executive Headteacher
The Nebula Partnership

May I take this opportunity to wish you and your families a positive and peaceful Easter.



Reading Project spring term - Poetry!

This term another Nebula Reading Project has taken place - 'Poetry'. A whole range of activities and experiences were planned to enthuse children to read and write and enjoy poetry in a variety of forms. The children certainly appeared to enjoy participating.

Every school had a visit from Karl Nova who led assemblies and creative writing workshops to inspire the children to write.

Karl Nova is one of the UK's leading poets and hip hop artists delivering his work in his own unique, witty and energetic style.

Born and raised in London, as well as Lagos, Karl says he always found it hard to fit in and this is reflected in his music because he feels he knows what it's like to have to conform in order to be accepted by others.



Who is Karl Nova?

Is that your real name?

- 'Karl Nova is an artist. I am a Hip Hop artist which means I rap, I make beats and get to do my thing live all over the place. I am part of the award winning collective GK Real. I am a radio presenter with 2 shows on Premier and I am also a creative writing workshop facilitator working in schools, colleges and universities doing workshops. My real is Karl and Nova is a name I picked up while rapping.'



We had a very positive experience with Karl Nova. I have never seen the children so engaged and enthusiastic in an author's workshop. Karl was absolutely brilliant with the children. Children and staff have requested that we invite him back in with his new book once it is published. It was fantastic to see the children write great poetry after Karl's visit and really enthusiastic to share them. I also received very positive feedback from other members of staff in our other partnership schools.
Tanya Harewood.

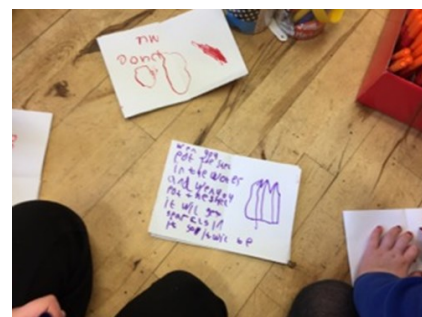


A long green stalk
As straight as a twig.
The daffodils stand still,
All nights and all day,
Sitting in a round pot,
Drinking the splashes of
Water, ready to burst out
Their beautiful colours.
The pointy buds, enclosed,
Are ready to share their
Beautiful secret ...



Having fallen in love with poetry and Hip Hop as a child, Karl Nova discovered his passion for lyrics and found his voice.

Reception and Year 1 pupils were also visited by Sarah Gallagher from Story Shack. They took part in a drama activity which linked with their poem "Ten things you find in a Wizard's pocket" and they got to make their own books.



10 things found in a Wood

A big stick and a tangled rope
 An edible magic apple
 A soggy flying bean bag
 A damp wet leaf
 A worm made with foam
 A watering can that is rusty
 A stone as slippery as a snake
 skin
 A chime jumping on the moon
 A cuddly stick

By Barnaby



**They are gradually opening,
 Ready to ping to their full size;
 Creeping slowly out of their tight
 bulbs
 I can peel the fragile petals
 As delicate as a butterfly's wings
 Fluttering around. Only some,
 Have sprouted out their blooming
 suns,
 But more are to come ...**



**They are gradually opening,
 Ready to ping to their full size;
 Creeping slowly out of their tight bulbs
 I can peel the fragile petals
 As delicate as a butterfly's wings
 Fluttering around. Only some,
 Have sprouted out their blooming suns,
 But more are to come ...**

Daffodils

Little baby daffodils
 poking through the mud,
 Collecting all the earthly
 smell

As they shoot up and up!

Their little tiny teeny
 heads sit there looking
 sad.

As it droops down to the
 floor,

It gets angry just a tad.

As it sits there sunbath-
 ing a little golden petal
 pokes itself through,

As the perfume of Spring
 releases itself

The petals look sparkly
 and new.

By Maddy

**Ten Things Found in the Woods**

A bumpy bit of bark, bro-
 ken and fallen from a tree

A shiny broken stone

A ripe apple as big as a
 plate

A catkin the size of a
 caterpillar

An old carrot as big as a
 bee

A feather as long as a tree

A leaf as big as the world

A twig like thirty thumbs

A flower much bigger
 than the moon

Some grass longer than a
 broom

By Casper



**Shining with yellow, the
 daffodils,
 Are showing their confidence,
 Booming with brightness,
 With colour as gold as the sun.
 They smell as fresh as a summer
 breeze,
 Their gleaming green stalks
 elegantly lead to the,
 Shimmering beauties, as they
 dance in the water,
 Giving a brilliant display,
 Flashing with happiness as they
 bloom,
 Brightness into your day ...**

By Ellie

The Poetry Reading Project was a
 great success, encouraging and
 promoting a love for reading!

Thank you to all the staff who
 worked so hard to organise it.





CASMA - Central Area Schools' Music Association

On Tuesday 14th March, children from each of the schools in the partnership joined together to create a Nebula Choir and had the opportunity to perform at the Epic Studios. They sang as part of the CASMA massed choir with children from Drayton Junior School and George White Junior School.

The Nebula choir, 150 strong with pupils from Year 3 to Year 6, sang a wonderful selection of songs and they were supported by woodwind ensembles playing flutes and clarinets by pupils from The Norfolk Youth Music Centre.

On the night Epic Studios was packed, the audience ready and the choir ready and waiting backstage.

All the children in the choir showed great commitment over the whole term learning all the songs and all words off by heart. They sang a wide repertoire of songs, both traditional and more popular songs such as Abba's 'Thank You For The Music', Diana Ross' 'Ain't No Mountain High



Enough' and the most popular song from the recent Disney movie 'Frozen' - 'Let It Go'.

We were immensely proud of all the children in the choir, the way they performed with such confidence, enthusiasm and skill. I hope they realised how much joy they brought to the audience. None of this would have happened, however, without the dedication and enthusiasm of the teachers. Performances like these do not happen without hours of preparation, before the choir are

even involved. Then there are the hours of practice with the choir, the joint practice with the other schools, the organising of coaches, risk assessments and accompanying staff, not to mention the sleepless nights worrying about it all.

I am sure the children and parents would like to join me in thanking Mr Reeve, Mr Semmens, Miss Elliott, Mr Patient, Mrs Allison, Miss Burley and Mrs Weston for their tireless hard work and enthusiasm which has made all this possible.

The Prince William Award

The Nebula Partnership is delighted to be involved in the pilot project for a ground-breaking new award programme which was launched by HRH the Duke of Cambridge on 1st March 2017. The Prince William Award, which is run by [SkillForce](#), has been piloted at Horsford Primary, Holt Road since September with pupils in Year 1. The Award has been designed to help children build character, confidence and resilience to help them flourish.

I had the opportunity to join the Prince at the launch of the award at Llanfoist Fawr Primary School in Abergavenny, Monmouthshire. I was able to discuss the award with the Prince, who talked about his interest in character education. The award combines practical and

reflective learning through classroom-based and outdoor activities, actions and experiences to develop character, resilience, compassion, courage, teamwork and problem solving skills and as you can see by the pictures, our children are loving it ...



Thank You Letters Awards ...

The Thank You Letter Awards aim to recognise and reward young people between the ages of 5-16 who have shown gratitude to others in their everyday lives.

The Thank You Letter Awards emphasise the role of gratitude in our lives. Children are invited to write to a person they are grateful to and reflect on why gratitude is such an important virtue. Saying 'thank you' can make a difference; gratitude has been proven to have a positive impact in character education and positive psychology.

So, this year we decided to take part in the Jubilee Centre's annual gratitude contest - **The Thank You Letter Awards**. Children in our schools were given the opportuni-

ty to write a Thank You letter and some were sent to The Jubilee Centre at Birmingham University. The Centre has seen an increase for resources that introduce 'the recognition of gratitude' in schools and have distributed over 40,000 Thank You Letters across 200 schools in the UK this year. Our children wrote some lovely letters, thanking a range of people for a variety of things and they demonstrated brilliantly that they have so much to be thankful for ...

Who are you grateful to?
 Who inspires, supports
 and helps you?
 Write a Thank You Letter
 to say 'thank you'

Dear Jack
 To my brother
 I want to say 'thank you'.
 For teaching me backflips
 On the trampoline.
 I want to say 'thank you'
 For supporting me
 When I'm struggling
 I want to say thank you
 For giving me courage
 When I can't do it and when
 I'm getting angry
 I want to thank you
 For teaching me
 To believe in myself
 To my brother
 I want to say thank you.
 Harry Green

Children can only aspire to what they know exists



We want to inspire all our young people to discover innovative and creative learning outside the normal school day, and so develop new interests and acquire new skills. We also want to celebrate their achievements and the learning that takes place outside school hours. All the schools in our partnership now work with Norfolk Children's University to do just that!



On Monday 27 March 170 pupils from our six schools took part in a Graduation Ceremony at The Great Hospital in Norwich. They all received certificates from Alexander Gordon Smith, the Norwich born author, which acknowledged the amount of learning hours they have accumulated since the beginning of the year. The pupils also wore a graduation robe and mortar board and parents were invited to join the ceremony and celebrate their children's achievements with us.

Alexander Gordon Smith
(27 February 1979, Norwich, England) is an author of children and Young Adult fiction, see the Furnace series, including Lockdown and Solitary. He always wanted to be a writer and studied English and American Literature at the University of East Anglia. He also started writing literally hundreds of articles, short stories and books ranging from Scooby Doo comic strips to world atlases, Midsomer Murders to X-Files.

"There is always one moment in childhood when the door opens and lets the future in."
 - Graham Greene

This term we said goodbye to ...

Mrs Emma Peck - White Woman Lane - Maternity leave - and welcomed back Mrs Becky Quiles-Richmond

Mrs Lianne Rees - St. Faiths' Primary School - maternity leave - and welcomed Mrs Maureen Pettican

Mr Darren Watson - Horsford Primary, Holt Road - and welcomed Miss Clare McIntyre

Mrs Harriet Fuller - Horsford Primary - Mill Lane - maternity leave. Mr Endall will cover the class.

Mrs Susan George - Horsford Primary
 Mrs Marian McKee - Old Catton Junior
 Both of whom are retiring after many years of service and commitment to their schools.
 Thank you both.

We will be welcoming Mr Dean Armstrong to Horsford Primary and Mrs Kirsty Warby to Old Catton Junior.





Reading Project - More Poetry ...

The Alliteration Poem by Tia - inspired by Karl Nova

Amy always asks
 Bella brightly bakes
 Caitlin cooks cakes
 Daisy danced dreadfully
 Erin eats eggs
 Fiona feels fantastic
 Georgia growls gracefully
 Hollie hates haribos
 Isabelle is independent
 Jessica jumps joyfully
 Katie keeps kittens
 Lily loves lollipops
 Maisie matches mittens
 Natasha never notices
 Olivia opens olives
 Poppy pops popcorn
 Queenie quacks quietly
 Ria racks raisins
 Sydney sobs sadly
 Tabby tickles Tia
 Unicorns use umbrellas
 Valerie vanishes vases
 William wets windows
 Xaylier x-rays
 You yoyo yolks
 Zoe's zoo

What If? by Callum

What if we didn't eat or drink
 Would we need to think?
 What if we didn't get old
 Would people do as they were told?

What if we didn't have money
 Would jokes still be funny?
 What if the earth wasn't round
 Would treasure be found?

What if we couldn't speak
 How many days would be in a week?
 What if the sky wasn't blue
 And all animals flew?

Modern Leisure by Archie

What is this life full of care,
 We have no time to stand and stare?

No time to play on iPad games,
 Or think of your favourite names:

No time to speed past on your bike,
 Or go on a snowy mountain hike:

No time to look for freaky ghosts,
 Or buy some trousers to wear and boast:

No time for a Nike buying spree,
 Or go to the shop to get an Audi:

A poor life this, if full of care,
 We have no time to stand and stare.

Displaying poems



Through the train carriage window

The Rise of the Daffodil

Daffodils start lonely and sorrowful
 All people are mournful, very mournful,
 They gleam with green, but not with yellow ...
 No one goes to look at the meadow.
 They will look and look at the rest
 As they are the ones they like the best.
 All of a sudden the daffodils start to grow
 Now we know there will be no snow
 People gather, there is a crowd
 They cheer and cheer very loud ...
 The bundle get mad:
 But everyone is glad.
 Now they are the king of daffodils:
 You'll wait and watch near the hills
 Just a glance, you're colour Blinded,
 Not long ago they were concealed,
 you minded.
 Splash of spring, dash of day,
 No flower here may stay ...
 By Rowan

