



Ghost Hill Newsletter

11th September 2026

A message from Mrs Westall

We have had a great week and children are really settled. There is lots for the children to get used to, with new classrooms and staff etc. We are proud of them all.

We are pleased to announce that we have been awarded £1000 from Tesco from the Blue Token scheme. Thank you for your help with popping the blue tokens in the Ghost Hill section over the summer! This money will go towards playground equipment improvements.

We have also been gifted £250 from some grateful grandparents. We will let you know what we choose to spend that on. It will be something that will benefit all children.

The children in Year 1 and 2 LOVED their taster SESMA sessions. Master Wayne was brilliant with them all. They will have come home with a leaflet if you'd like to seek further info about joining the SESMA clubs that run locally.

Have a lovely weekend.

Curriculum

Part of our PSHE curriculum is our PANTS curriculum

This is Pantosaurus



At school, we are committed to helping children stay safe, healthy and confident. As part of our Personal, Social and Health Education (PSHE) programme, children learn about the NSPCC's **PANTS** initiative, which provides simple, age-appropriate messages to help children understand their body, personal boundaries and who they can talk to if they ever feel worried or unsafe.

PANTS stands for:

- Privates are private
- Always remember your body belongs to you
- No means no
- Talk about secrets that upset you (Honesty)
- Speak up, someone can help (Courage)

Through stories, discussions and classroom activities, children learn that they have the right to feel safe and respected.

We approach these lessons sensitively and in an age-appropriate way, ensuring children feel safe and supported throughout. The aim is to empower them with the knowledge and language they need to keep themselves safe.

We encourage families to continue these conversations at home. Talking openly about feelings, personal boundaries and trusted adults can help reinforce the important messages children learn in school.

For more information about the PANTS programme and resources for parents, please visit the NSPCC website: www.nspcc.org.uk/pants.

Every child will have a safeguarding hand in school. The 5 people they have chosen are 5 of the trusted people they feel they can talk to about anything that is worrying them. They look like this...



A Special Mention from Mrs Westall

Try Hard, be Brave, Be You.



Character virtue - Teamwork, Curiosity, Community Awareness, Honesty, Courage

Well done to Olivia and Georgie in Deer Class. They were spotted over the weekend in The Forum doing a brilliant job of welcoming and handing out sweets to the runners who were collecting their race packs for Run Norwich. Lots of smiles! This is a great example of Community Awareness and Teamwork.

Ready, Respectful, Safe





Sports News

Welcome back to school, we hope you had a sporty summer!

There is lots to look forward to coming up this term. The children have started their new units of PE with year 1 and 2 enjoying Team Building, Reception have started Introduction to PE unit 2. Nursery had a visit to the Hall in the main school and practiced moving around in the space, freezing when the whistle blew and sharing ideas. It has been a great start.

When we have all settled in there will be opportunities for lunch time clubs and after school sporty clubs so watch this space.

We have Matt coming in from the School Sports Partnership at the end of September. He is coming help the adults and children with lunch time outdoor activities. We all look forward to that.

Our first SSP event is in October to Goals Football Club with a group of year 2 children. This is to give children who would not normally try football a chance to give it a go.

Master Wayne from SESMA was in on Thursday deliver some karate skills. We always enjoy his visit and hope some of you might join SESMA in the future.



Sports Star of the week

Star of the week is Rogan in Butterfly Class for great listening in SESMA and fantastic moves!



Achievements out of school



Please send us in your children's achievements big and small. Please email the school office to do this:
office@ghosthill.set.education

Well done to Samuel in Owl Class who has learnt to ride his bike without stabilisers. This took lots of perseverance and courage. Well done Samuel!

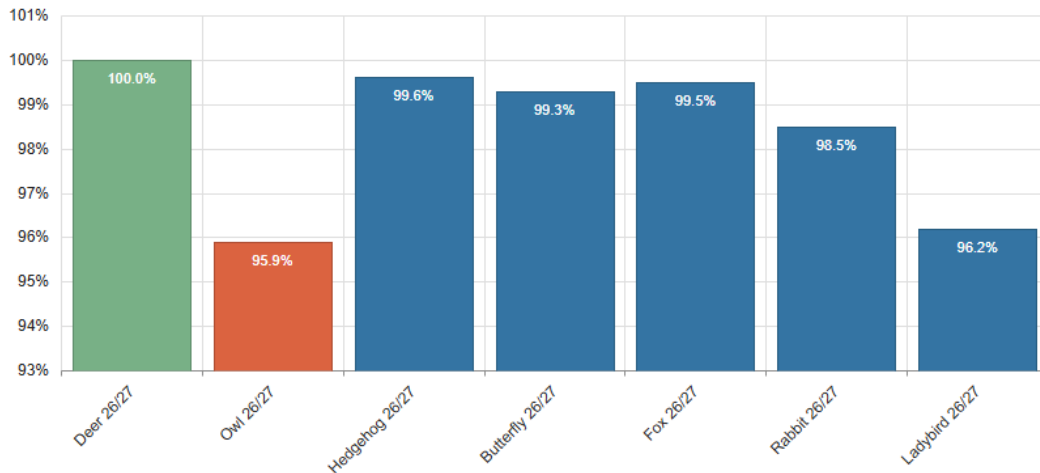


Well done to Freddie in Deer Class for completing the summer reading challenge and he has read his third Roald Dahl book - "Fantastic Mr Fox." Well done Freddie! This is an excellent achievement.





Well done **Deer class** for **100 %** attendance this week!!



Ghost Hill infant and Nursery school attendance target is **97%**
Current attendance this week is **98.5%**

Absence reporting: Always call the school office if your child is not in school for attendance purposes, 01603 860334 and leave a voicemail on the absence line.

Top Tips To Support Attendance

- ✓ Get into good routines: start the year right and make attendance a priority.
- ✓ Show an interest in school and education by going to parents meetings and other school events.
- ✓ Talk about school at home: ask your child what they're learning, how their friends are and how they're getting on. Encourage them to tell you about the good and the bad!
- ✓ Don't let your child take time off school for minor illnesses: particularly those that would not stop you from going to work.
- ✓ Take family holidays during school holiday time only.

If you think or know that your child is having any difficulties, give the school a call to talk about how they can help you and your child.

Safeguarding

Designated Safeguarding Leads

Mrs Westall, Mrs Hamill, Mrs Ferguson

All staff are responsible for safeguarding. The Designated Safeguarding Leads ensure staff are supported and well trained. If you are worried about your own child or another child in school, please talk to one of the designated safeguarding leads.

If you have a safeguarding concern about a child out of school hours; the number to ring is: [CADS](#) – Children's Advice and Duty Service 0344 8008020

Please see **September's Online Newsletter** at the bottom of this newsletter.



Information:

Please ensure push notifications for the my child at school app are switched on.

- All booking and amendments for lunches and wraparound care need to be made 24hrs in advance.
- Please check the information we hold for you is up to date and correct. You can view the information on the data collection tab. Parental consents can also be viewed on the app under the 'parental consents' tab

If you do not have MYCAS and would like access, please speak to Mrs Ferguson in the school office.

Please use the school office email address for any future emails. Office@ghosthill.set.education

Breakfast and After school club contact number

Please be aware breakfast and after school club has its own contact number. Should you need to reach them, please call 01603 558807

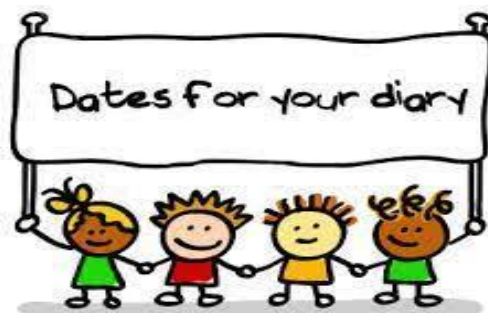
Breakfast and Afterschool club sessions are available to book on our 'my child at school' app.

Afterschool clubs.

More information for teacher led clubs coming next week.

Jolly Gymnastics will be returning this term, starting on Thursday 17th September. 3.20-4.20 for a 6-week block. This club is available for children in years 1 & 2. Please click the link below to book your child's space.

[Bookaby // Jolly Gymnastics Limited](#)



Any dates that are added each week will be highlighted for easy reference.

Wednesday 23 rd September 9am	Parent Focus Group – Transition. All welcome.
Friday 25 th September	Rabbits visiting Reception
Monday 28 th September AM	Care Home Visit – School Council
Wednesday 30 th September 9am	The Teaching of Reading presentation to parents. Mrs Belson and Mrs Westall
Tuesday 6 th October 6pm	Friends of School AGM. All welcome.
Thursday 15 th October 4pm and 6pm	September 2027 NEW INTAKE Open Evening
Monday 19th October - Friday 30th October – 2 week Halterm	

Tuesday 3 rd November 2.45pm	Parents can visit their child's classroom and look at their books and displays – ahead of parents evening.
Monday 9 th November AM	Care Home Visit – School Council
Tuesday 10 th November 3.30-5pm	Parents Evening
Monday 16 th – Friday 20 th November	Antibullying week
Thursday 19 th November 3.30-7pm	Parents Evening
Thursday 3 rd December 9.45am	Reception Christmas Performance to parents. Note: There is only one show to parents for Reception as it has been clear previous years that this is enough for the children.
Monday 7 th December AM	Care Home Visit – School Council
Tuesday 8 th December 9.45am	Year 1 Christmas Performance to parents. Please only come to one of the shows.
Tuesday 8 th December 2.30pm	Year 2 Christmas Performance to parents. Please only come to one of the shows.
Wednesday 9 th December 2.30pm	Year 1 Christmas Performance to parents Please only come to one of the shows.
Thursday 10 th December 9.45am	Year 2 Christmas Performance to parents Please only come to one of the shows.
Wednesday 16 th December 2.30pm	Nursery Christmas Performance to parents
Friday 18 th December	Last day of term.

September 2026							October 2026							November 2026							December 2026						
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January 2027							February 2027							March 2027							April 2027						
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May 2027							June 2027							July 2027							August 2027						
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31																					30	31					

Key: White dates - school open to pupils, Yellow dates - pupil holiday, Blue dates - Staff Training (school closed – pupil holiday), Red dates - bank holiday for staff and pupils.

Kids



Reepham

In Person Workshops

Thursday 17th September

Introduction to Neurodiversity

Thursday 24th September

Behaviour

Thursday 1st October

Demand Avoidance (PDA)

Thursday 8th October

Parental Resilience

10.30am – 12.30pm

The Bircham Centre

Market Place

Reepham

Norwich

NR10 4JJ

Email
sally.macgregor
@kids.org.uk for
more info



Scan here to book





What is Muddy Monsters? 🏁

We set up the Muddy Monsters Race Series in 2023, to give children who enjoy riding their bikes, the opportunity to try a fun grassroots cycle race.

Muddy Monsters is a series of off-road races held in public parks in Norwich at weekends. The series is designed specifically for beginners/novice riders who want to take part in local grassroots races.

For 2026, the series comprised of 4 rounds. At each round of the series, U8-14 riders take part in 3 races:

- Sprint race (1 lap of main course)
- Endurance race (multiple laps of main course)

- Skills race (1 lap of skills course)

Riders will score points from each race which are combined to give an overall result for the round.

There will also be a fun U4 Balance Bike category at each round where young riders under the age of 4 will have the opportunity to take part in a sprint race and a skills race.

The remaining rounds of the 2026 series;

- Round #3 - Sunday 13th September (1.00-3.30pm) @ Easton College, Norwich
- Round #4 - Sunday 18th October (1.00-3.30pm) @ Earlham Park, Norwich

The series is now organised by our sister organisation [Green Light Cycling](#) and sponsored by [Little Riders](#).

So if your child enjoys riding their bike and you think they might enjoy taking part in a fun race, enter them into one of the upcoming rounds today! www.littleriders.co.uk/muddymonsters/

Online Safety Newsletter

Sept 2026

Childline under 12s site

Childline have a separate area on their website for under 12s. The pages are written for primary school children. The area includes a section full of games and a Buddy Zone with tips, such as how to speak to a trusted adult and information on where to get extra support from.

You can access this area here:
<https://www.childline.org.uk/get-support/u12-landing/>

How to manage parental controls for different ages?

Internet Matters asked online experts, Karl Hopwood and Richard Waite to share their advice on how to manage parental controls for different ages. Find out more here:
<https://www.internetmatters.org/hub/question/managing-parental-controls-for-different-ages/>

Would you like to read this newsletter in a different language? You can use the translation tool on our web version:
<https://www.knowsleylcs.org.uk/september-2026-primary/>

New guidance issued due to concern of AI-manipulated images

Photos of children that seem completely innocent can be manipulated using artificial intelligence (AI) to create sexualised or abusive images. There is a growing threat that children's images shared online are being manipulated by criminals into AI generated sexual abuse material. As concerns grow, the Internet Watch Foundation (IWF) and the National Crime Agency (NCA) have issued new guidance to help you understand the risks around AI image manipulation and advice on how to speak to your child about AI and image consent.



The IWF states that child sexual abuse images or videos created or altered using AI may include:

- Everyday images of a child or young person that are manipulated into child sexual abuse imagery, including images taken from social media, websites or messaging apps, that are manipulated into sexualised or abusive imagery. These are sometimes known as 'deepfakes'.
- Images or videos that look like a real child but are completely artificial.
- AI technology that digitally removes clothing from existing images to create nude or semi-nude images, sometimes known as 'nudifying'.

(source: IWF <https://www.iwf.org.uk/resources/ai-child-abuse-imagery-parent-guide/> accessed 25.08.26)

What can I do?

The guidance provides practical advice about sharing photographs of your child online. Some useful things to consider are:

- Think before you share photographs online. The IWF suggest creating a 'close friends' group to share images.
- Check and adjust your privacy settings on all social media accounts.
- Understand the steps to take if you or your child has any concerns and the organisations you can contact.

Where can I find the new guidance?

The full guidance can be accessed at the link below. It also includes a video highlighting how everyday photos can be misused using AI tools.

<https://www.iwf.org.uk/resources/ai-child-abuse-imagery-parent-guide/>

You can find the full press release/announcement here:

<https://www.nationalcrimeagency.gov.uk/news/new-guidance-for-parents-and-carers-as-ai-manipulated-images-of-children-become-a-growing-concern>

YouTube

YouTube is one of the most popular platforms, available across many different devices - phones, tablets and Smart TVs etc. **YouTube is intended for users over the age of 13**, however, younger children can still access YouTube with consent from a parent/guardian. There are different options available to access YouTube, depending on your child's age:



1. YouTube Kids – a separate app that includes a smaller selection of videos based on the age category you select: Preschool (ages 4 and under), Younger (ages 5–8) or Older (ages 9–12).

2. Supervised accounts – a parent-managed version of YouTube that allows you to control the content your child can access. You can select one of the following options:

- **Explore** - Generally for viewers aged 9+.
- **Explore more** - Generally for viewers aged 13+.
- **Most of YouTube** - This setting includes almost everything except for videos marked as 18+.

Find out more: <https://support.google.com/youtube/answer/10315420>

What do I need to be aware of?

Whilst YouTube can be educational and fun, it is important to be aware of the potential risks, such as:

- **Inappropriate content**
- **Excessive Screen time** – particularly due to the autoplay feature.
- **Unwanted contact / cyberbullying** – particularly via comments if your child is sharing videos.
- **Algorithms** – algorithms influence what we see to keep us engaged. This can lead to a user being exposed to large amounts of content about one topic/theme, which may not be helpful if it is negative.
- **Adverts** that may not be aimed at or suitable for your child's age.

What can I do?

- Set up appropriate parental controls.
- Show your child the reporting and blocking tools available.
- Watch YouTube together or supervise use.

Further information

<https://www.internetmatters.org/parental-controls/entertainment-search-engines/youtube-app/>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.09.26. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos, nor are we claiming any ownership or copyright in the content of the linked materials.

A guide for parents and carers on managing children's digital lives

The Children's Commissioner has published this guide to help you support your child and make starting conversations about their online world easier. It's a useful read:

<https://assets.childrenscommissioner.gov.uk/wpuploads/2025/12/cc-what-i-wish-parent-guide.pdf>

Nex Playground

Nex Playground is a new video game console, which features games to get kids active. The games have no ads, no violence and no chat features, however it does rely on purchasing either a yearly or quarterly game subscription. You can find out more here:

<https://www.nexplayground.com/en-gb>

Online Safety Quiz

The NSPCC have created this quiz to test your child's knowledge on how to stay safe online. It's a great way to start a conversation with your child about their online life. You can access the quiz here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/quiz/>

WhatsApp Usernames

WhatsApp is introducing the use of usernames, so people no longer have to share their phone number. Wayne Denner provides an overview of the new features, what you need to consider and steps you can take here:

<https://www.waynedenner.com/whatsapp-usernames-what-parents-need-to-know/>