

**WE INSPIRE, CHERISH AND BELIEVE  
IN EACH PERSON THAT THEY MIGHT FLOURISH  
AND FULFIL THEIR POTENTIAL**

## *Harvesting Pumpkins*

Badger Class had a super important job to do this week; they harvested pumpkins for the whole school!

Under the beautiful Autumn sunshine, Badger Class set to work using amazing problem-solving, teamwork, communication skills and lots of physical strength to harvest and transport the pumpkins to the trailer, ready for delivery to school!

Of course, we extended our Maths learning by measuring the circumference of pumpkins and ordering some from biggest to smallest! Two pumpkins both had a circumference of 77cm, so we had to weigh them to see which was the heaviest!

The biggest pumpkin had a circumference of 118cm!!

A big thank you to Richard Heading for growing the pumpkins for us and to Mr Hawthorne for taking us to harvest them!



# Pumpkin Change Agent Challenges



**Barnham**

## **CHANGE AGENT'S PUMPKIN CHALLENGES**

**Let's harvest change for the good and  
together grow more this half term!**



**Learn a new skill or  
visit a new place**



**Write a card or a letter or  
draw a picture for somebody  
who might need cheering up**



**Take care of your mind and  
body by doing something  
you really enjoy**



**Go on a litter pick in  
your local community**



**Try a new food**



**Write a letter to somebody  
about a change you'd like to  
see eg: ask tesco to reduce  
their use of plastic**



**Show appreciation for people  
who work in your local area  
eg: postman, police, binmen**



**Do something kind for  
your neighbours**



**Bake or cook something to  
share with friends or family,  
you might even use your  
pumpkin for this!**

**Can you complete 3 challenges in a row? Please e mail your  
photographs to [admin@barnham.suffolk.sch.uk](mailto:admin@barnham.suffolk.sch.uk) so that we  
can share these photos and inspire others! There will be  
certificates for everyone that completes the challenges!**

# Pumpkin Patch Agent Challenges



## A PUMPKIN PRAYER

As you carve your pumpkin, you might like to say this prayer:

Dear God

Open my mind, so I can learn new things.

(Cut the top off the pumpkin.)  
forgive me for the wrong that I do.

(Clean out the inside.)

Open my eyes, so I can see where others need my help.

(Cut eyes)

Sorry for times I've turned up my nose at all that I've been given and have forgotten to be grateful.

(Cut a nose)

Open my ears, to listen to others more.

(Cut ears)

Open my mouth to encourage others with the words I say.

(Cut the mouth)

Help me to shine a light in all that I do.  
Amen.

(Place a candle inside, and with an adult light it)



## PUMPKIN CUPCAKES

### Ingredients

175ml sunflower oil  
175g light muscovado sugar  
3 large eggs  
1 tsp vanilla extract  
200g coarsely grated pumpkin or butternut squash flesh  
100g sultanas  
grated zest 1 orange  
2 tsp ground cinnamon  
200g self-raising flour  
1 tsp bicarbonate of soda  
**For the frosting**  
200g tub full-fat cream cheese  
85g icing sugar  
toasted chopped pecans to decorate (optional)

### Method

#### STEP 1

Heat oven to 180C/160C fan/gas 4. Line a 12-hole muffin tray with paper cases. Pour the oil into a large bowl and add the sugar, eggs and vanilla. Beat together, then add the grated pumpkin, sultanas and orange zest.

#### STEP 2

Stir in the cinnamon, flour and bicarbonate of soda, the mixture will be quite wet. Spoon into the cases. Bake for 25 mins until firm and springy to the touch and a skewer inserted in the centre of a cupcake comes out clean. Cool completely on a wire rack. At this stage you can freeze the cakes for 4 months.

#### STEP 3

To make the frosting, beat the cream cheese and sugar together until smooth then spread on top of the cupcakes. Leave plain or decorate with toasted pecans. Store in the fridge, but return to room temperature to serve for the best flavour and texture.

## A SAVOURY PUMPKIN RECIPE

### PUMPKIN SOUP

#### Ingredients

1 tbsp olive oil  
1 onion diced finely  
1kg pumpkin diced into 1-2cm cubes  
3 medium potatoes diced into 1-2cm cubes  
2 cloves garlic crushed  
1 tsp finely chopped fresh rosemary  
2 cups vegetable stock

In a large soup pot, heat the oil and saute the onions until softened, around 2 or 3 minutes.

Add the garlic, pumpkin, potato and rosemary and saute for a further 5 minutes stirring regularly so that the mix does not catch. You may need to add small amounts of boiling water if required.

Add two cups of stock and two cups of water, season with salt and pepper and bring the soup to the boil.

Once the soup is at boiling point, turn the heat down to low and simmer for around 30 minutes until the potato and pumpkin have cooked through and are starting to fall apart.

Remove from the heat and cool slightly, for around 5 minutes.

With a blender, blend until the mixture is smooth

## A SWEET PUMPKIN RECIPE



# Otters Visit Duxford

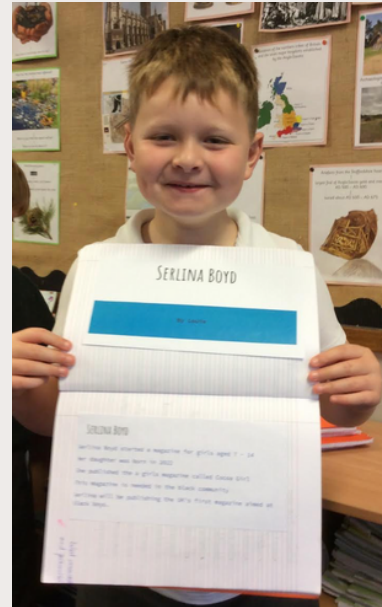
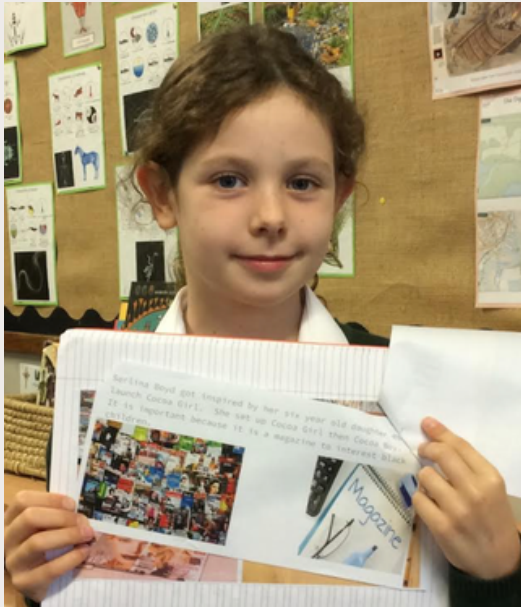
On Thursday, Otters visited Duxford Air Museum. They have been learning about WWII and how the Americans came to East Anglia.

During our workshop, the children had to become documentary makers. They had to film and record a documentary about the items in the hanger. We are looking forward to watching them back at school. The children went inside lots of planes, even Concord! During the visit, we kept our eyes peeled for a Dakota plane because Millie had said that her and Rose's Grandad had parachuted from one of these planes during the Second World War. We found one! All of the children behaved beautifully throughout the day and our Tour Guide, Frank, commented on how well behaved and interested they all were.



# Black History Month

To celebrate Black History Month, the Key stage 2 classes have been given the challenge of using the National literacy Trust's resources to research Black authors, illustrators, poets and publishers. Children from each class will have the opportunity to present their findings in sharing assembly before half-term.



Fox Class have been researching Serlina Boyd, who launched the UK's first major magazine for black children. We found out that Serlina was inspired by her daughter to create Cocoa Girl and Cocoa Boy to tackle the underrepresentation of black people in magazines and empower black children. We thought it was particularly exciting that children are invited to contribute content to the magazines! We presented our research as powerpoints and enjoyed developing our IT skills to share our knowledge in interesting ways.

Year 6 found out about the author Abiola Bello. They made google slides to present their information.



# Messages from FOBS

Thank you to the team for leading a great Youth Hang Out for our older children last week, this event was a great success and the children had a great time! If you haven't seen the photos, do check out our facebook page! The event raised an amazing £185!

The children will be bringing their Christmas card designs home and we need all orders in by Monday 4th November at the latest, please pop order forms and payment in the FOBS postbox located in the front playground.



Don't forget to save the dates for the next FOB events after half term.

We have the bonfire night coming up on Friday 8th November from 5-7pm and our first school disco of the year on 22nd November which we look forward to seeing everyone supporting!

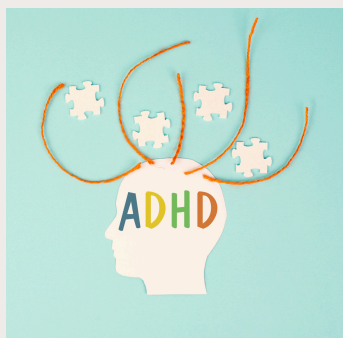
Don't forget to save the date for the Christmas fayre on 4th December from 3-5pm.

## Fearfully & Wonderfully Made Day - ADHD

On Wednesday, we had Collective Worship in our classrooms as the projector in the hall is about to be replaced and it's really hard to see resources on the screen!

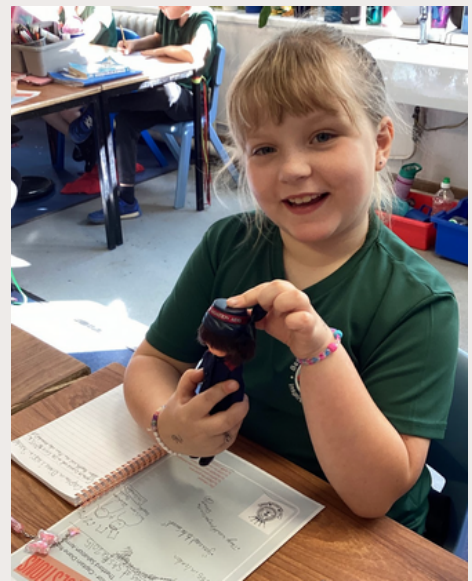
We learned about ADHD as part of our learning around neurodiversity and our school beliefs that we are all fearfully and wonderfully made.

We talked about what ADHD is and how we can support our friends better if they have ADHD. We often talk at Barnham about how our brains work differently as we are all unique!



# Visitor to RE Lessons for Fox & Badger Class

Badger and Fox Class had a fabulous RE lesson this week with an expert visitor to the class so that they could ask all of their questions related to our recent learning about The Salvation Army. Captain Diane from Thetford Corps spent the whole afternoon answering the children's questions and together we all learned so much. The children asked her questions like: "How many people belong to The Salvation Army?" "Why is it called an army?" and "Your motto is saved to serve but what does this mean?" Thank you Captain Diane for joining us and well done children for excellent engagement and enthusiasm in your learning. The children are looking forward to visiting The Salvation Army Citadel in Norwich as part of Interfaith Week to extend their learning even more.





**BARNHAM CEVC PRIMARY**

# Early Years Open Day

**YOU ARE WARMLY INVITED TO VISIT OUR  
UNIQUE SCHOOL ENVIRONMENT ON:**

- **TUESDAY 5TH OR THURSDAY 21ST  
NOVEMBER**
- **9.30AM OR 5.30PM**

**PLEASE TELEPHONE OR EMAIL THE SCHOOL OFFICE TO BOOK:  
01842 890253**

**ADMIN@BARNHAM.SUFFOLK.SCH.UK**



Please share with anyone you know that has a  
child due to start school in September 2025

# Thrive Activity of the Week

This week's THRIVE activity is something to do on a rainy day perhaps or good for a day when it's a little colder and you fancy a cosy day at home maybe during the half term break.

Plan a home spa day. Make your own natural facemasks, have a bubble bath or do your own pedicure. Listen to relaxing music and do anything that makes you feel relaxed and special.

Self-care is so important and we want to encourage you all to make time to do it as often as you can.



## Our Value is Friendship

Our BIG QUESTION this week is:

**How can we celebrate our friends and show them that we appreciated them?**

This week was our last week looking at the value of Friendship as after half term we will move on to learn about our next value which will be PEACE.

We have learned lots about the importance of friendship and have all been challenged to be better friends, to treat others with respect and kindness and to appreciate and celebrate the gift of friendship.

This week we even started learning our new school songs in Collective Worship with a little bit of help from Hugo and Willow.

We hope that you have a wonderful half term holiday and can spend some quality time with your friends.



Our Friendship Bible Verse - Ecclesiastes 4 v 9-10

Two people are better off than one; for they can help each other succeed. If one person falls, the other one can reach out and help, but someone who falls alone is in real trouble.

# Lunch Menu for After Half Term

Tuesday 5th November	Wednesday 6th November	Thursday 7th November	Friday 8th November
Beef lasagne, garlic bread and veg OR Jacket Potato	Fish finger wrap and sweetcorn OR Vegi Fingers	Chicken Roast OR Quorn Fillet	Sausages, chips/mash and beans OR Quorn Sausages
Sprinkled Tray Bake	Crumble & Custard	Jelly & Fruit	Ice cream pot

## Diary Dates

Monday 28th October - Friday 1st November - Half Term Holiday

**Monday 4th November - SCHOOL CLOSED - PD DAY**

Tuesday 5th November & Thursday 21st November - Early Years Open Day

Friday 8th November - FOBS Bonfire Night

**Monday 11th November- Friday 15th November - Interfaith Week**

Tuesday 12th November - Year 3/4 Visit to Norwich Synagogue & Salvation Army Citadel

Thursday 14th November - Year 5/6 Visit to Cambridge Mosque & The C3 Church

Friday 22nd November - FOBS Disco

**Save the dates, more information to follow:**

Thursday 5th December- Community Christingle

Wednesday 11th December - Hedgehogs & Moles Nativity

Thursday 12th December- CONNECT Christmas Coffee Morning

Thursday 12th December - Christmas Story Cafe

Friday 20th December - Christmas Carol Service at Church

## OUR SCHOOL BIBLE VERSES:

"But blessed is the one who trusts in the Lord,  
whose confidence is in him.

They will be like a tree planted by the water  
that sends out its roots by the stream.

It does not fear when heat comes;  
its leaves are always green.

It has no worries in a year of drought  
and never fails to bear fruit."

Jeremiah 17:7-8

Jesus said 'I am the vine; you  
are the branches.

Those who abide in my and I in  
them, will bear much fruit.'

John 15:5

