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Monday 19th January 2026

Dear parent/carer

We're more than halfway through January already and I wonder how many of us are keeping up with our new year's resolutions.

I spoke to some of the children last week about resolutions and their examples were all to do with our physical health – eating more healthily, exercising more, tidying rooms more, doing more homework etc. etc. – and things that we tend not to do already because we don't really want to. Looking back to last year, my own resolutions were similar. I reflected on these with the children. Are they always realistic or is there a tendency to be too ambitious? How do we feel if life gets in the way, or our motivation wavers and we don't keep it up?

For me, when I missed runs or swimming sessions, I felt guilty and frustrated with myself, then less motivated to go the next time.

North Star Federation's vision of hope is broken down into smaller parts and one of these is to 'keep our minds and bodies healthy' - [The Belfry CE VA Primary School - Vision and Values](#). It made me think about the resolutions and how often they focus on healthy bodies rather than minds, and how falling short can lead to us being self-critical.

Consequently, in 2026, my resolution is more focused on keeping my mind healthy – spending time each weekend outside and outside with my family, being mindful and in the moment. Last weekend, with the ground too frozen for my son's rugby session, we had a long walk on the beach with our dog and some friends. Playing bulldog with the children did my body no favours (I fell and put my back out) but I had fun and am looking forward to the next time. This weekend, we saw friends on their farm and took joy from feeding the cows and this morning seeing a video of one of them calving overnight.

Wherever you are at with your resolutions, be kind to yourself.

Have a fantastic week.

With kind regards

Steven Boast

Executive Deputy Headteacher
North Star Federation



Our Christian vision: *hope for a bright future*

"Now faith is confidence in what we hope for and assurance about what we do not see." (Hebrews 11:1)

At our schools, hope drives everything we do. We look beyond today and towards the horizon, knowing that a journey of learning and flourishing takes many steps. We know that we will bring about what we hope for, even though our journey is challenging.

North Star Federation

HOPE FOR OUR WORLD

We have faith that our future will be great.
We search for solutions, rather than problems.
We take action where we can help.
We make our own changes then encourage others.
We see the bigger picture.

HOPE FOR OUR LEARNING

We will learn throughout our lives.
We are not daunted by challenges.
We will find what we love to do.
We keep our minds and bodies healthy.
We seek out opportunities.

HOPE FOR OUR RELATIONSHIPS

We are kind, thoughtful people.
We seek to understand and include.
We give our time to others.
We forgive, and try to be better.
We help our community flourish.



Message from the Friends

Belfry Friends cake sale Monday 26th January! Donations to office a.m. Pupils may purchase two: 30p & 50p. Please send money in a named envelope. Parents welcome from 3.15pm.

Our next friends meeting is Thursday 29th January, 7.30pm at The White Horse Overstrand – it would be lovely to see as many parents and carers as possible.

Safeguarding

Some useful advice from the NSPCC for parents to start conversation about online safety. For further information, please look at their website. <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

Top tips for talking to children about staying safe online:

1. **Start with the positives.** Being online can be a great way for children to learn, be creative, and stay connected with friends and family. Recognising these benefits helps keep conversations balanced and encourages confident, safe use of technology.
2. **Find the right time and place.** Choose a calm moment to talk, such as during a walk, car journey, or shared activity. Avoid starting the conversation when emotions are high or during a disagreement.
3. **Use child-facing resources and advice.** Support your conversation with age-appropriate tools, videos, or guides. These can help children understand key messages and make the discussion more engaging and relevant to their stage of development.
4. **Ask about their experiences.** Use open questions like:
 - a. 'Have you seen anything online that made you uncomfortable?'
 - b. 'Who do you chat with online?'
 - c. 'Are they people you know offline?'
 - d. 'How do you feel when using certain apps or games?'
5. **Make it part of everyday life.** These chats don't need to be formal or one-off. Regular, relaxed conversations help children feel supported and more likely to speak up if something worries them.

Out of school success

Congratulations to Lenny for his 'player of the week' award for North Walsham Vikings this weekend – great job, Lenny!

I'd love to hear and share more of the children's successes – swimming badges, karate belts, learning a new dance, getting a badge at Rainbows or Beavers. You name it, I want to hear about it.

Celebration Assembly Winners

Class certificates

Holly: Frankie and Louis – for sharing their beads with other children who didn't have any.

Larch: Jack for his great attitude towards learning and always wanting to challenge himself.

Willow: Niall – you have shown a keen interest in our current science topic: Earth and Space.

Ash: Braylee because you are working really hard in your new place. You showed brilliant focus in Maths and worked really well with your partner in English.
Casper because you worked really hard on your story and have been really trying to focus and work your hardest.

Oak: Luena for consistently trying hard and producing work of an exceptional quality.

Generosity Geniuses

Holly: Declan – for letting another child share your chair when you realised they had nowhere to sit.

Larch: Khaziah for willingly sharing resources and classroom space with another child.

Willow Phoebe – when a friend was sad, she gave up her time.

Ash: Uma for giving up your time and going above and beyond to help a friend find a lost item.

Oak: Luke for being considerate towards others, both children and adults.

Tackling Tables

100% - Gus, Noah R, Zebby, Ben, Florence H, Paisley, Phoebe, Audrey B-D, Lucas, Ted B, Lucy, Erik, Bertie, Penny, Rose A, Niall, Margot, Hunter, Emily, Zachary L, Imogen, Barnaby, Charlotte, Summer, Carrie, Ted M, Isaac M, Thea

Blue star – Summer, Alesandra, Barnaby, Braylee, Casey, Charlotte, Noah, Ted M, Thea

Green star – Barnaby, Charlotte, Ted M, Thea

Red star – Barnaby, Charlotte, Thea

Forest School:

Bella Bee goes to Arlo for his enthusiasm when digging for worms for the wormery and for listening well to others.

Bertie Bee goes to Thiene for keenly getting started on a wooden craft project, remembering and using tool skills learnt last year as well as learning new skills.

Diary Dates

January 2026		
Monday 26 th January		Friends' cake sale
Thursday 29 th January		Friends meeting, 7.30 pm, White Horse, Overstrand
February 2026		Parents evening in February. Dates to be advised.
Friday 6 th February	Whole school	Friends' Valentines Disco 6 – 7.30 pm
Tuesday 10 th February		Safer Internet Day
Friday 13th February	Half Term	Last day of half term
Monday 23rd February		Children return to school
Wednesday 25 th February		Oak Class family café 2-3 pm
Thursday 26 th February		Special Chinese New Year school lunch
Friday 27 th February		Friends' costume sale for World Book Day, and used uniform sale
March 2026		
Thursday 5 th March		Ash Class family café 2-3 pm & World Book Day
w/c Monday 9 th March		Friends' Special Persons gift day tbc

Wednesday 11 th March		Larch class family café 2-3 pm
Friday 13 th March		Friends' non-school uniform day! Donate a small chocolate egg or chocolate bar for Easter Bingo raffle hampers.
w/c Monday 16 th March		British Science Week
Tuesday 17 th March		Willow Class family café 2-3 pm
Thursday 19 th March		Larch Class trip to Strangers Hall
Friday 20 th March		Friends' Family Easter Bingo. 6 for 6.30 pm start!
Tuesday 24 th March		Holly Class family café 2-3pm
Wednesday 25 th March		Easter Service
Friday 27th March	Easter	Last day of term
Monday 13th April		First day of summer term