

# SOUTH LEE PREP SCHOOL & NURSERY

## WEEKLY NEWSLETTER

### WHAT'S INSIDE THIS ISSUE:

- Mrs Catchpole's Review: Highlights from the Week
- Dates for your Diary
- Useful Reminders
- Staff Spotlight
- Awards of the Week
- Photo Highlights: This Week's Best Moments

Dear Parents,

As we come to the end of another busy and successful term at South Lee, I want to take a moment to reflect on the incredible achievements of our pupils. Each and every day, I am reminded of the dedication, curiosity, and enthusiasm that fills our classrooms, and this morning, I was completely blown away by our Pre-Prep children. Some of them are as young as four years old, yet they confidently stood in front of an audience and demonstrated their remarkable skills. It never ceases to amaze me what our children are capable of, and that is what makes South Lee so special – we nurture confidence, resilience, and a love of learning that allows our pupils to achieve great things.



This was evident once again on Tuesday, when our Year 7 pupils presented their Independent Project Qualifications (IPQ). The IPQ is an invaluable opportunity for our pupils to develop leadership, project management, and real-world problem-solving skills. Through this process, they identify a question, research their findings, develop their own perspectives, and reflect on their learning journey. This structure not only fosters independence, but also prepares them for the style of learning they will encounter at senior school. Watching them articulate their ideas with such clarity and passion was a real highlight of the term.

Today has been the perfect way to end a fantastic term. The children have taken part in Mr C's famous Crinkly Cup competition in the sports hall – **Congratulations** to Manor, who have once again taken the title! We then gathered for a delicious Easter-themed lunch in the hall, followed by our final assembly of the term. To add to the excitement, we have spent much of the day without power or internet, so apologies if you have been trying to reach us!

Interim reports will be available on ENGAGE this afternoon. Form tutors will be in touch for a catch-up call on Tuesday 22nd April or Wednesday 23rd April, and we look forward to welcoming all pupils back on Thursday 24th April.

Thank you once again for your unwavering support – both to me, and to our dedicated staff. Your partnership with us is invaluable, and we are truly grateful. Wishing you all a restful and enjoyable Easter break.

Best wishes,  
Mrs. Catchpole

# DATES FOR YOUR DIARY

APRIL 2025

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## Week 1: Character Strength for the Week - Resilience

- Tuesday, 22nd: Staff and Nursery INSET Day  
Nursery Closed
- Wednesday, 23rd: Staff INSET Day  
Nursery Open to All-Year-Round Children Only
- Thursday, 24th: **SUMMER TERM BEGINS**  
**Clubs Begin**  
St George's Day Lunch
- Friday, 25th: *08:30 PTA Meeting*  
13:00 Year 8 Visit to Pig Heart Boy – Norwich Theatre

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## Week 2: Character Strength for the Week - Nurture

- Monday, 28th: Year 2 Swimming starts  
Pillar Lunch  
*16:00 Mini Red Tennis v Culford, OBH and Barnardiston Hall (A)*
- Tuesday, 29th: Reception Swimming Starts  
Year 2 Visit to Pizza Express  
*16:00 U9 Soft Archery Tournament (A)*
- Wednesday, 30th: *14:15 U13 Mixed Cricket v OBH (A)*  
*14:15 U11 Girls Kwik Cricket v Fairstead House (H)*  
*14:15 U11 Boys Cricket v Fairstead House (H)*

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MAY 2025

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- Thursday, 1st: Pre-School & Reception Visit to Colchester Zoo  
*17:00 LAMDA Showcase*
- Friday, 2nd: International Space Day  
10:45 Pre-School Cake Sale  
11:15 – 12:45 Pre-School into Reception Transition Morning  
*14:00 U9 Dodgeball County Finals (A)*  
*14:15 U9 Girls Kwik Cricket v St Joseph's College (A)*  
*14:15 U9 Boys Kwik Cricket v St Joseph's College (A)*

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Regular Font: Pupils Only

*Italic Font - Parents' Invited*

## Pupil Absence Request

Regular attendance is essential for children's learning and development. At South Lee Prep, we work in partnership with parents to support excellent attendance and punctuality, which are vital for making the most of every learning opportunity. If you plan to take your child out of school, please complete the Absence Request Form: [\*\*Absence Request Form\*\*](#)

# USEFUL REMINDERS

## MyNametags – Support South Lee Prep School & Nursery

We are pleased to announce our partnership with MyNametags, where you can order personalised labels for your child's belongings. By using our unique **School ID: 8113** when placing your order online at [www.MyNametags.com](http://www.MyNametags.com), 24% of each order will be donated back to the school.

Please remember, the School ID is not a discount code but ensures that the school is credited for your purchase. If you use the school name instead of the ID number, the order will not be recognised and the school will not receive the donation.

We encourage all parents to take advantage of this simple way to support South Lee while keeping your child's items organised. For more information, or if you have any questions, please don't hesitate to contact the school office.

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## Walking for a Cause – Supporting Breast Cancer Now

We are proud to highlight Mrs. Catchpole, who, alongside her daughters Ellie and Katie and her sister Julie, is taking part in the Pink Ribbon Walk at Blenheim Palace on 10th May 2025 to support Breast Cancer Now. This cause is deeply personal to her, having lost her mother to breast cancer and now supporting a close friend facing the disease.

By walking, they aim to raise vital funds for research and life-changing care. If you would like to support Mrs. Catchpole and her family, please consider donating via her JustGiving page: [Sarah Catchpole – JustGiving](#). Every contribution helps bring us closer to a future where no one faces breast cancer alone.

We are incredibly proud of Mrs. Catchpole and her family for their commitment to this cause and encourage our school community to get involved and support them however you can. Thank you for taking the time to visit her page and consider making a difference in the lives of those affected by breast cancer.

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## Interim Report

The end of term reports for pupils in Years 1-8 are now available to view on the Parent Portal. To access them please click on the 'view details' link in the Pupil Details box and your child's report can be found in the Assessment Reports area. If you would like a print out of your child's report, you can print directly from there or alternatively, the school office would be happy to help.

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## Year 8 Visit to Norwich Theatre

We are pleased to share that Year 8 will be visiting Norwich Theatre on **Friday, 25th April 2025**, to watch Pig Heart Boy. This thought-provoking production will be a wonderful opportunity for the children to engage with themes they have been exploring in class. A letter with further details has been sent home via satchel post, so please do look out for it. If you have any questions, feel free to contact the [school office](#).

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## Year 2 Visit to Pizza Express

Year 2 will be visiting Pizza Express on **Tuesday, 29th April 2025**, for a fun and interactive pizza-making experience! The children will have the chance to learn about ingredients, get hands-on with dough, and, of course, enjoy their own delicious creations. A letter with full details will be sent home via satchel post, so please do check for it. If you have any questions, feel free to contact the [school office](#).

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## Pre-School and Reception Class Visit to Colchester Zoo

Pre-School and Reception pupils will be visiting Colchester Zoo on **Thursday, 1st May 2025**. The children will have the opportunity to explore the zoo and learn about different animals and wildlife conservation. It will be a fun and educational day out! A letter with more details has been sent home via satchel post, so please be sure to check for it. If you have any questions, please contact the [school office](#).

# AWARDS OF THE WEEK

## Head Awards

**Pre-School: Florence M** for learning all the words to a song in our French lesson and singing so beautifully. | **Reception: Anastasia B** for her wonderful attitude towards all parts of school life. | **Year 1: Mateo V** for fully engaging in our school trip and asking lots of insightful questions. | **Year 2: Reuben T** for answering amazing questions and always being curious. | **Year 3: Freya F** for showing Zest and enjoyment for all aspects of school. | **Year 4: Ruby R** for always being inquisitive about her learning. **Year 5: Thomas W** for his commitment to school life and authenticity. | **Year 6: Harry R** for having a positive attitude to his learning. | **Year 7: Alton R** for being so caring towards his peers. | **Year 8: Oscar T** for being supportive to his peers and being a good role model at the hospital.

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## Learning Disposition Awards

**Pre-School: Maya S** for showing *curiosity* when learning all about how to grow sunflowers and **Edward B** for showing *empathy* by being a fantastic big brother to his new baby. | **Reception: Maxim W** for his excellent *perseverance* in Maths with o'clock times and **Winnie H** for showing *curiosity* when learning about our world. | **Year 1: Olivia P** for showing amazing curiosity on our Victorian trip and **Darren D** for showing brilliant *independence* on our Victorian trip | **Year 2: Akira P and Frida F** for their amazing performance in the Shakespeare Assembly.

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## Pupil of the Week

**Derrick D** for being a brilliant asset to our school community.

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## Lady Miriam & Richard Spring Cup

Lady Miriam: **Molly F**

Richard Spring: **Axel G**

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## Drama Award of the Week

**Ivanna K** for stepping up to the role of Fiona.

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## Music Award of the Week

**Freya F** for her attitude and achievement on piano and cello.

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## Language Award of the Week

**Freddie D** for his efforts, participation and concentration in both French and Spanish this week. Great perseverance and overall improvement.

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## Artist Award of the Week

**Paul C** for maintaining great focus throughout the term, also showing determination and resilience in making his artwork.

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## Style Award of the Week

**Amalie C** for always looking smart in her uniform

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## Sports Captains

Netball: **Molly F**

Cricket: **Edward F**

# AWARDS OF THE WEEK

## Half Colours Tie

Art: Ruby D

Drama/ Music: Lola G

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## Full Colours Tie

Drama/ Music: Derrick D

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## Spellings Award

Year 1: Beatrice B, Lincoln T, Donnacha L and Darren D | Year 3: Paul C, Freya F, Zuri J, William J-W, Saoirse L, Oliver O'C, Edward S, William T, Tavin W, William W | Year 8: Luke S

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## Timestable Rockstars

Michael A-H and Ethan T

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## Handwriting Awards

Year 1: Daphne B | Year 2: Axel G | Year 3: William T | Year 4: Samantha L | Year 5: Iris C | Year 6: Ruby D | Year 7: Evie D | Year 8: Maisie B

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## Termly Pillar Awards

Nurture: Edith A-B | Achievement: Amalie C, Samantha L and Luke S | Community: Molly F | Authenticity: Cooper L | Communication: Maggie P | Zest: Derrick D

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## Pre-Prep Verse Speaking Finals

Reception: George W

Year 1: Beatrice B

Year 2: Edison L

Year 3: Eliot C



# STAFF SPOTLIGHT

This term, our Staff Spotlight shines on Sam Last, our incredible Strength & Conditioning Coach! With a passion for fitness and a dedication to helping students achieve their best, Sam plays a key role in guiding our pupils towards improved strength, stamina, and overall well-being.

His dynamic approach to coaching encourages students to push their limits, build confidence, and embrace a healthy, active lifestyle. We are thrilled to have Sam as part of the South Lee team, inspiring our pupils to reach their full potential both in and out of the classroom!

## **Can you tell us a little about your role at South Lee?**

Absolutely! As the Strength & Conditioning Coach, my role is to support pupils in enhancing their physical fitness, developing strong movement skills, and boosting their self-confidence. Whether they are looking to improve their performance in sports or simply become more active, I tailor exercises to meet the unique needs of each child.

## **How long have you been a Strength and Conditioning coach for ?**

I have been a fully qualified personal trainer for over 10 years, gaining experience working with a diverse range of individuals, from professional athletes to those simply seeking a healthier lifestyle.

## **What do you specialise in?**

I specialise in mental health, with advanced qualifications in Understanding Children and Young People's Mental Health and a Diploma in Mental Health Care. I have experience working with both adults and young people facing a variety of mental health challenges. I tailor my sessions to meet individual needs, providing personalised support to help manage and navigate mental health disorders effectively.

## **Why is Strength & Conditioning important for children?**

Children are continually growing and developing, and Strength & Conditioning provides them with a strong foundation of movement skills that benefit both their sporting abilities and everyday activities. It enhances coordination and fosters greater self-confidence, supporting their overall physical and mental development.

## **What do you enjoy most about coaching at South Lee?**

The enthusiasm and energy of the pupils is truly inspiring! They are always eager to challenge themselves, try new exercises, and celebrate their achievements. It's incredibly rewarding to witness their growth as they become stronger, faster, and more confident in their abilities.

**If you would like to book a session with Sam, please email: [s.last@southlee.co.uk](mailto:s.last@southlee.co.uk)**



## *Parent Testimonial:*

I can not recommend Sam highly enough! My child has always been a bit shy and hesitant to try new things, but working with Sam has been a game-changer. From her very first session, he created a warm and encouraging environment where my child felt comfortable and supported.

Not only has my child's physical strength and coordination improved, but the biggest transformation has been in her self-confidence.

# PHOTO HIGHLIGHTS



*Happy, smiley faces all around as our youngest learners enjoy their day!*



*We are so proud of Anastasia B from our Reception class for winning the Mother's Day colouring competition!*

*Her gorgeous creation has earned her mum a well-deserved pamper day at All Over Beauty. — what a thoughtful gift just in time for Mother's Day!*

*A huge thank you to All Over Beauty for sponsoring this fantastic prize and making one lucky mum's day extra special!*



*During their enrichment week, pupils in Years 6-8 put their culinary skills to the test in the Food Tech room. Adding to the challenge, they followed a French recipe entirely in French—communicating only in the language throughout! They rose to the occasion beautifully, picking up useful vocabulary for kitchen equipment and ingredients along the way. On the menu: Pain Perdu with Compote de Pomme and Crème Chantilly—miam miam!*

# PHOTO HIGHLIGHTS



*Well done to our Pre-Prep Verse Speaking finalists!  
They stood tall, spoke with confidence, and wowed their audience of peers, parents, and grandparents. It takes real bravery to stand up and perform, and they did brilliantly!*



*The whole school came together to enjoy a delicious Easter lunch, filled with good food, great company, and plenty of festive cheer!*