



HIGH TIDE

SHERINGHAM HIGH SCHOOL - MAGAZINE

AUTUMN 2023

HIGH



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Welcome to High Tide!



It has again been an incredibly positive term. It started with the publication of our Ofsted report, in which we were judged as Good in all areas. Inspectors recognised the continuous improvements and higher expectations we have. I hope this newsletter gives you a flavour of the amazing opportunities students can participate in and the excellent education they are receiving. The results of the recent Parents' survey confirm that they agree, as can be seen on page 21 of this magazine.

Year 7 students (and many year 8 and 9 students) look fantastic in their new uniform. As per previous information, from September 2024 the majority of students will be wearing the new uniform.

Our Year 7 Open Evening was a huge success and, given the numbers, we are expecting to have a large number of students coming to us in September from out of our catchment area. Likewise, our additional courses in the sixth form are proving very popular indeed. Our Sixth Form Open Evening was so popular that we could not fit everyone in the hall. We will need two sessions to cater for this next year. Regarding our Sixth Form Development, although it is too early to go into detail, we are hopeful that we will have some very exciting updates to share with you soon.

As we look forward to the publication of Sixth Form and GCSE results analysis, I am able to share with you that, on both counts, the progress students make is above the national average, and there is more to come!

I would like to take this opportunity to thank our Governors for all they do. Much of this is behind the scenes, agreeing policies and considering strategic school improvements.

This is our first Newsletter with a sponsor (please see the back cover). We welcome local organisations interested in promoting their business. Please get in touch with me via the school office: office@sheringhamhigh.co.uk. We are happy to hear from anyone who can offer a perk or benefit to students and/or staff, payment or contribution.

Finally, I would like to wish you all a Merry Christmas, a Happy New Year and a safe and healthy 2024 and thank you again for your continued support.

Alastair Ogle
Executive Headteacher
Sheringham and Stalham High School

A very big festive thank you to Homebase, Cromer, for donating a fabulous 7ft Christmas Tree to our School! Merry Christmas!



Books, Books and more Books!

By Mrs Chanter

The English Department was delighted to take delivery of this fabulous new book vending machine at the end of the Summer Term. Students will be able to gain a gold token from Mrs Chanter in recognition for hard work and great progress in their English lessons. Once they receive one of these, they will be able to come and choose their book prize from the machine.

Our very first recipient of a gold token was Tyler. This was in recognition of his dedication to reading and the sheer number of books that he has borrowed from the Library and read this school year.



Boys' gymnastics and Girls' football training

by Mrs Randell

Having completed six lessons in gymnastics, looking at body tension, balance, rotation, basic flight, use of small apparatus and then in our final lesson pairs and group balances, we finished with these amazing human pyramids. The boys demonstrated great teamwork and cooperation, along with strength, balance, and control to get into and out of the pyramids safely. Excellent work, boys!

We've had a great turn out for our new girls' football training sessions which are open to all year groups and run by Mrs Randell and Ms Levin after school on Wednesdays at 3-4pm. Even the poor weather and flooded pitch didn't hold the girls back today as they completed a gruelling football fitness / skills circuit in the gym for an hour.

We're all getting excited about our first match which will be against other Synergy trust schools, in a tournament to be held here at Sheringham High in November. Well done girls!



PE

SUMMER PD DAYS

Summer Term Personal Development

Our "bespoke programme of personal development days" (Ofsted, 2023) offers students additional opportunity to learn outside the curriculum. This summer's programme of 3 days saw students enjoying a huge variety of activities. They visited places of worship, orienteered in Sheringham Park, had a SEND awareness day, Resilience and Team-building, Art/Photography dry point etching workshop, Geography fieldwork trip, Dragons' Den, a STEAM day, a visit to Holkham Hall High Ropes and Cycling course, and a History London visit, to mention but a few.

Here is a collection of photos to give you just a taste of some of what was on offer.

PD Day: Dragons' Den: design, make and 'sell' your t-shirt to a panel of 'Dragons'.



PD Day: SEND Awareness Day: learning British Sign Language and playing adapted sports.





Year 10 History Notting Hill Project

by Mrs Tosney

Year 10 Historians were lucky enough to be visited by Tony Warner of Black History Walks in July. Tony has not only written part of our GCSE textbook on post-War Notting Hill but also was able to give students a real insight into life in Notting Hill through the personal stories of its Black inhabitants. On the following day we took our students down to Notting Hill to visit the places Tony told us about, especially soaking in the atmosphere of Portobello Road Market and its surroundings. We also visited the Tower of London and spotted some gruesome sights: Tudor prisoner graffiti, instruments of torture and the site of Anne Boleyn's execution.



SUMMER PD DAYS

Hautbois Activity Centre

Year 8 enjoying an action-packed, somewhat wet, adventure at Hautbois Activity Centre led by Mr Bowen.





SUMMER PD DAYS

Year 9 students at Holkham Hall Activity Centre

The new 'ropes' course at Holkham Hall is designed to test young people's resilience, team working, communication and determination and our Year 9 students certainly proved their worth! Not content with swinging in mid-air, students and staff also jumped on bicycles to enjoy an exhilarating ride around! Physical and mental challenges made for an exciting and tiring day for both students and staff. Thanks are due to all the staff who made this day such a huge success.



Year 10 students at Snetterton Race Track

A fast-paced, action-packed day was much enjoyed by these students, despite the overcast weather!



Year 10 Poetry Day

Students in year 10 spent the day with the fabulous Australian poet Philip Wilcox. They wrote some superb poetry about their own stories and performed their own Poetry Slam. Phil gave them some fabulous feedback about how awesome their poetry was. The overall winner of the poetry slam was Jayden. Phil said that his poem was so good that you could literally hear a pin drop in the room when it was performed.

Here is Jayden's prize-winning poem

*My Grandad disappeared like the sunset
My Grandad was strong like the hunt
My Grandad was tall like a beanstalk
My Grandad, My Grandad
My Grandad was quick like the flash
My Grandad is grey like dust
My Grandad, My Grandad*

*My Grandad was strict like police
My Grandad was cuddly like a pillow
My Grandad disappeared with
no warning like raindrops
My Grandad, I miss you a lot.*

SUMMER
PD DAYS



Clouds project' Bubble printing with Year 7 with the Science and Art Departments

by Mrs Mendes-Houlsten

In conjunction with the Science & DT departments, we took part in a clouds workshop. Students used paint and washing up liquid to create bubbles that they printed with. Such a fun but messy day! The students then worked in groups to create atmospheric cloudscapes and moody skies.



End of year Summer Art, Photography, Textiles & Design & Technology Exhibition

by Mrs Mendes-Houlston

A proud moment for our GCSE and A Level students as they exhibited all their hard work and final pieces in the end of year exhibition. We were delighted to see so many students with their family and friends on what was a very busy evening.

Congratulations to all of our students. What a superb two years you have had!



Sheringham in Paris!

By Ms Brooker

In the last week of the summer term, the languages department took thirty-nine students from Years 9 and 10 to bask in the Parisian sun and to soak up all that the French capital has to offer.

After a long journey across the Channel, we were finally able to hit the streets of Paris and our first stop was, of course, the Eiffel Tower! After queuing up with hundreds of other tourists, we scaled the iron structure and were rewarded with glorious views across the city. Not a bad effort in the thirty-degree heat. We then had some well-deserved crêpes before browsing the market stalls in search of precious souvenirs. The afternoon ended with a relaxing cruise on the Seine, where students explored Paris from a different viewpoint and sailed past many famous landmarks such as the Notre Dame, the Louvre and the Musée D'Orsay.

Our second day was jam-packed with sightseeing, starting with a cultural trip to the Musée D'Orsay. We were all wowed by the incredible art on display, ranging from Monet to Van Gogh to Renoir. There was something for everyone! Next, we piled onto the Paris Métro when we whizzed up the Montmartre area of the city. Cobble lanes, traditional cafes and shops galore awaited us and students loved the chance to pick up some treats and gifts. After a pit stop, we started our climb up to the Sacre Coeur, and the view at the top of the 270 steps was well worth it!

A stroll around the square at the top, watching the local artists paint and people enjoying being in the capital all felt very 'French' and gave students a glimpse of what life is like in the capital.

A BIG 'merci' to the staff and students who made the trip possible, memorable and enjoyable!



Developmental Primary Football Afternoon

by Mr McGlinchey

On Monday 13th January, we welcomed 70 primary school students from years 3 and 4 for a developmental football afternoon on the astroturf. The Year 10 GCSE P.E. group planned 6 activities, using lessons to organise what equipment they needed and trialling their sessions to make sure they worked and more importantly, would be fun! Despite it being a very windy day, our leaders were exceptional, organising the activities brilliantly and engaging all of the participants for 2 hours. Staff from the primary schools all commented on how fantastic our students had been, showing planning, organisation and excellent coaching skills. We look forward to running more activities in the coming term and seeing plenty more of the youngsters when they join us in a few years' time!



Holt Arts Festival workshop with year 10 Art & Photography students

By Mrs Mendes-Houlsten

Our GCSE students were lucky to be offered a German Expressionism painting workshop with local artist Mary Blue via the Holt Festival outreach programme. The students worked in several mediums and created fantastic vibrant paintings with the spirit of German Expressionism

25 of our students had their work selected for 'The Trustees of Holt Festival exhibition' and Taylor McLean won a prize for his excellent painting.

Our students had a fantastic day, and we would like to thank Mary Blue and her volunteers, who made the day so successful.

ART





Mammoth Sheringham Community Art Project (SCAP)

by Mrs Mendes-Houlsten

Sheringham Community Art Project (SCAP) is working on an ambitious project of recreating the prehistoric landscape of Sheringham, where the steppe mammoth used to roam millions of years ago. Some of our students worked with local artist Colin Seale to create a section of this massive creation.

The mural will be 28 meters long and 3 to 4 meters high, depicting the story of the West Runton mammoth 900,000 years ago. It will be on 127 recycled scaffold boards, as you can see on the front cover and above, set on the sloping wall next to the café on the East Prom.

Many thanks to Colin and his team for giving our students this wonderful experience. It was lovely to see our students so engaged and learning how to work BIG!

Poetry Live Showcase at the University of East Anglia

Towards the end of the summer term, Mrs Baker took a group of talented Year 7 students to the UEA to take part in a poetry showcase with a number of other schools.

Our students gave a confident and thrilling performance of 'The Charge of the Light Brigade' by Alfred, Lord Tennyson. The photos here show the group rehearsing outside prior to their performance against the background of the famous Ziggurat buildings, and at the start of their performance.



ENGLISH



Boys' football

by Mr McGlinchey

Since September, Years 8-13 have been busy with fixtures against Fakenham, Alderman Peel and Reepham. The teams have played fantastically, going unbeaten during this time, recording 6 wins and 3 draws. Particularly impressive was the Sixth Form team, a mix of students from Years 12 and 13, many playing together for the first time. They recorded a 3-1 win away from home at Reepham, with goals from Jayden Wright, Ollie Woodhouse and Lewis Cude. As you can see from the pictures it was a very wet and muddy evening, but under the guidance of Mr Green, they managed a typically high tempo game and really impressed the crowd.



PE



Awards Evening 2023

by Mrs Hollidge

On Thursday 13th July, St. Peter's church was packed to the rafters with proud parents, students and teachers for our first annual whole school awards evening.

Trophies and medals were presented for every curriculum subject to reward students in each year group for outstanding levels of commitment and excellent attitudes to learning. There were also awards for students who have contributed to school life by supporting others with their reading, volunteering in the library, acting as leaders in their year groups and making a positive difference in our community. Competition winners were presented with their prizes and the evening culminated in the award for Student of the Year, presented to Connie Baker for her academic achievements and outstanding example to others. Altogether, 150 awards were presented and we were treated to some wonderful performances from our school band and our music and drama students.

We were delighted to welcome sponsors from local businesses and organisations who generously sponsored and presented awards on the evening. We would like to thank them all for their support and enthusiasm in helping us to celebrate with our students. A wonderful night was had by all and we are already planning next year's event!

Thank-you to our wonderful sponsors

St. Peter's Church | Holkham Hall Estate

Sheringham Little Theatre | Sanders & Christie Art Gallery

The Lighthouse Community Church

Norse Catering | The Reef | Sanders Coaches

Please get in touch if you would like to sponsor an award!



PD DAY

Autumn Term Personal Development Day



Y7 – bon appetit!

Year 7

In November, Year 7 students spend the first PD day of the year 'Celebrating the Creative Arts', making stencils and Gelli printing, designing and launching rockets, cooking Croque Monsieurs, and composing.

Y7 stencil making and Gelli printing



Y7 rocket launching lift-off



At the start of the day, my group visited the planetarium in the hall. The immersive experience instantly captivated everyone, making us confident to share our ideas and take in new knowledge. We gained new perspectives on the stars we often overlook and take for granted. This was the perfect way to start the day, as we would carry our new knowledge through the sessions.

Our second activity was "Launching space Probes." This involved trying to create the most aerodynamic paper plane, and making the most efficient launcher that we could, which enabled us to gain some experience in physics and aerodynamics, both of which are concepts that can help us in the future. Once we had decided on a winner, we had some spare time to watch some real rocket launches.

With the thrill of competition still in the backs of our minds, we entered the next session. We learned about the derivative meaning of the word "Constellation," which is "Together Stars." After this, we tried to draw our own new constellations on the night sky, before inventing completely new ones. This got competitive, but it was certainly good fun.

I found the fourth session especially interesting, as it was about Exoplanets and how we find them. After finding out that their rate of discovery has multiplied by ten in the last decade, we did a practical experiment about the "Goldilocks Zone" (the zone where water can stay in its liquid state in any solar system). We used shiny new light sensors to find out the impact of one planet's orbit on the other planets.

Our final activity brought out a creative side in everyone. We made and painted scale dioramas of the solar system using both the old theory, where the Earth was the centre, and Nicolaus Copernicus' theory, which is the one that we use today, with the sun in the centre.

Year 8

Year 8s learnt about 'Staying Safe', encompassing road safety, accessing emergency services and learning basic first aid, County Lines and knife crime (delivered by Norfolk Constabulary), contraception and sexual health, and internet safety (led by PC Jack Houghton and Mr Brindley).

Y8 Staying safe



Law on Sexting

It is an offence to...

TAKE

MAKE

SEND (Share on your phone)

SHARE with others

Sections of anyone aged under 18, even if with the consent of that person



Year 10

Year 10 students visited places of worship in Norwich, namely Norwich Cathedral and the East Anglia Islamic Centre.

Year 10 Norwich Cathedral and Mosque

Year 9

Year 9 students had an astronomy day, with sessions in a planetarium, making models of the solar system, designing space probe launchers, learning the stories behind various constellations, and simulating how astronomers discover Exoplanets.

Y9 Astronomy Day

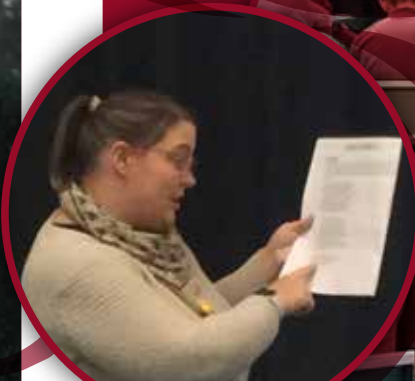
David, in Year 9, wrote about his impressions of the day.



Year 11

Finally, Year 11 students had a day of cultural exploration of Shakespeare's Macbeth, including a screening of the National Theatre's production of Macbeth, exploring the context of the play, the theme of ambition, dramatic interpretations of Lady Macbeth, and their first impressions of Macbeth, witchcraft and kingship.

Y11 Cultural exploration of Macbeth



North Norfolk Police visit SHS

PC Jack Houghton, together with the Matthew Project and Change Grow Live, visited Sheringham High School and Sixth Form to speak to students about their wellbeing and giving advice about how they can stay safe around alcohol.



Soul Space

Offering a calm, reflective space at this hectic, pre-festive time of year, Soul Space has returned for its annual visit. All students will be invited to visit during the week to have the opportunity for some quiet contemplation.



Parent and Carer Survey Results 2023

Thank you to everyone who responded to our recent parent and carer survey sent by email. Please see the complete set of results below. Figures are all percentages.

Green = 5% better than last survey | Amber = within 5% of last survey, | Red = 5% worse than last survey

Question	Responses	22/23 (Ofsted Survey results June 2023)		SHS Oct 23	
		90/12 %		110/15 %	
My child is happy at this school?	Strongly agree	24	74	14	81
	Agree	50		67	
	Disagree	19		12	
	Strongly disagree	6		7	
	Don't know	1		0	
My child feels safe at this school	Strongly agree	28	74	15	84
	Agree	46		69	
	Disagree	16		12	
	Strongly disagree	6		4	
	Don't know	6		0	
The school makes sure its pupils are well behaved	Strongly agree	13	42	6	61
	Agree	29		55	
	Disagree	28		31	
	Strongly disagree	22		8	
	Don't know	8		0	
My child has been bullied and the school dealt with the bullying quickly and effectively	Strongly agree/No Bullying	9	75	10	85
	Agree	12		10	
	Disagree	8		7	
	Strongly disagree	13		4	
	Don't know	2		4	
The school makes me aware of what my child will learn during the year	Strongly agree	14	46	9	68
	Agree	32		59	
	Disagree	32		27	
	Strongly disagree	18		5	
	Don't know	3		0	
When I have raised concerns they have been dealt with properly	Strongly agree / No concerns	23	63	14	81
	Agree	26		38	
	Disagree	20		12	
	Strongly disagree	11		7	
	Don't know	3		0	
The school has high expectations for my child	Strongly agree	21	62	12	77
	Agree	41		65	
	Disagree	23		20	
	Strongly disagree	4		3	
	Don't know	10		0	
My child does well at this school	Strongly agree	27	70	10	84
	Agree	43		74	
	Disagree	20		12	
	Strongly disagree	4		5	
	Don't know	6		0	
The school lets me know how my child is doing	Strongly agree	17	67	6	63
	Agree	50		57	
	Disagree	27		31	
	Strongly disagree	7		5	
	Don't know	0		0	
There is good range of subjects available to my child at this school	Strongly agree	19	69	14	90
	Agree	50		76	
	Disagree	20		9	
	Strongly disagree	6		1	
	Don't know	6		0	
My child can take part in clubs and activities at this school	Strongly agree	20	68	13	81
	Agree	48		68	
	Disagree	12		15	
	Strongly disagree	7		3	
	Don't know	13		0	
The school supports my child's wider personal development	Strongly agree	12	50	8	67
	Agree	38		59	
	Disagree	24		30	
	Strongly disagree	17		3	
	Don't know	9		0	
I would recommend this school to another parent	Yes	59		77	87
	No	41		23	

6th Form News

from Mr Keshavarz

Congratulations

Congratulations to all our Year 13 students this summer. They achieved outstanding results (15% achieving at least an A grade) in an extremely challenging year, resulting not only in them securing the destinations they wanted, but also achieving results in the top third of all Sixth Forms in the country, with one in six achieving Norfolk Scholar status.

Outstanding! Many have gone on to start degree courses at a variety of universities including the Universities of Cambridge, Liverpool, York and Norwich University of the Arts.

Other students have secured fantastic apprenticeships in accountancy, dentistry, and pharmacy, as well as a wide range of employment. We wish them all continued success, and look forward to celebrating their achievements again at our A Level Awards Evening in January.

Future destinations

Following our outstanding A Level results in the summer of 2023, the current Year 13 students are actively completing applications for their next move.

There are many who are applying for university courses (including both Oxbridge and Russell Group institutions), as well as apprenticeships and employment. We wish them all well this year in both their applications and their exams.



Norfolk Art and Design Competition 2023

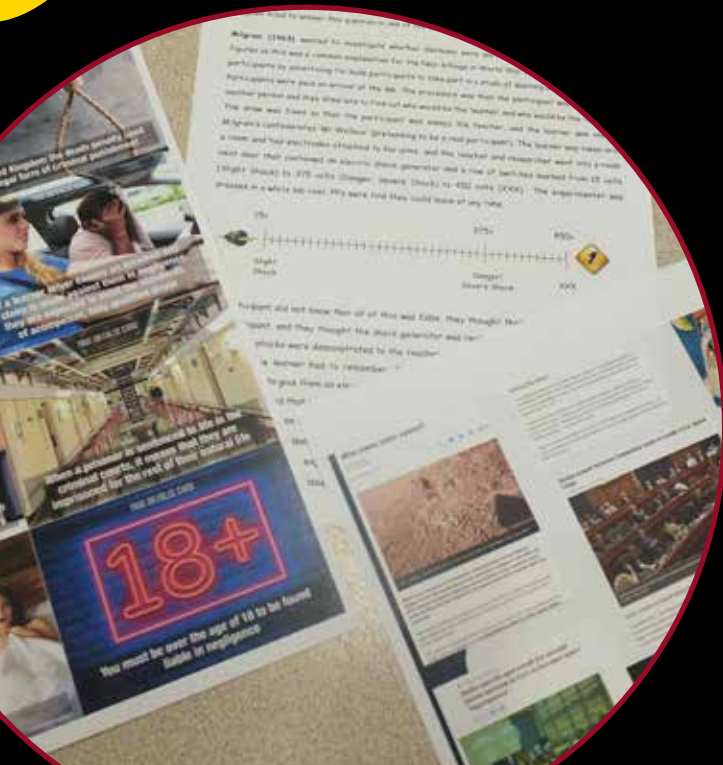
Talented artist, Paige Sadler-Barker, was shortlisted for the Norfolk Art and Design Competition, organised by Norwich University of the Arts.

Congratulations, Paige, on creating such a powerful piece of art!

Open Evening

On 28 September our Sixth Form welcomed a record number of Year 11 students from Sheringham and other schools to find out more about the fantastic offer we have. We are proud to run not only 25 successful courses in the Arts, Humanities, Natural Sciences, Social Sciences and Technologies, but to be expanding this offer as well. Look out for the opportunity to study subjects such as Environmental and Medical Science, Law, Politics and Travel & Tourism. There are also amazing Enrichment opportunities to add to your experience – from ski and surf lessons, to the Duke of Edinburgh Silver Award and First Aid courses. We remain flexible and provide fantastic personalised support for our students.

On 8 November Year 12 and 13 students enjoyed a choice of activity: some communed with nature at Colchester Zoo; others enjoyed the delights of the National Gallery and National Portrait Gallery in London. The rest remained in Sheringham and decorated the building as well as completing applications. A wide expression of personal development!



Taster Days

Throughout November, groups of Year 11 students have joined the Sixth Form to find out more about our courses and our support. We have welcomed students from Sheringham and elsewhere, taking both A Level and vocational courses. Please remember to apply by 20 December to secure the course combination you want.



Duke of Edinburgh Award

by Ms Shepherd

The Duke of Edinburgh Programme has been running for a year now at Sixth Form. Our first group of 12 students through the Silver Award managed to all complete their qualifying expedition in early September. We left on a sunny September morning to take on the Chiltern Hills, having completed the Bures practise expedition everyone was a lot more prepared the second time round in terms of packing and food requirements! As Will Steed, one of our Silver group members can testify!

My D of E experience was far better than I could have imagined. The assessors / instructors were brilliant and told us all we needed to know to stay safe whilst also letting us make our own assessments and decisions. They seemed to know throughout the expedition exactly how much help each group needed and when to let us walk without staff by our side. Our camp leader, Jay, was excellent and all the staff on site were helpful and friendly. The site itself was spotlessly clean and well maintained, and I feel the experience has only left me wishing that our real expedition (beginning mid-September) could happen sooner.



The teams meal-planned before we went and upped the blister packs knowing this was going to be tougher than the last! The students arrived eager to get started, and put their tents up in record time! Maps issued, we all had a quick recap of first aid and map reading. Break/rest points were identified on the maps then both groups, fully fuelled from a strategic MacDonalds stop first thing in the morning, were all on their way. Leaders met the students at different points on the map, all were in high spirits and were able to recite the alphabet holiday game items very easily. Both camp sites provided us with lots of space, beautiful views and most importantly, hot water! It really was a great experience and I am really looking forward to taking the new recruits on their expedition next year. We have managed to recruit just under 50 students for our current D of E programmes, in the main school and sixth form and all are champing at the bit to get started!





Sheringham Sixth Form Pool Tournament

by Ms Shepherd

Part of our enrichment programme at Sheringham provides students with organisational and leadership opportunities.

Our fantastic Sixth Form Social committee, with Mrs Tosney, have organised a Sixth Form pool competition, involving over 30 staff and students. The Design and Technology Department has very kindly designed trophies, ready to be engraved for the winners and runners up! This hotly contested competition has proved incredibly popular amongst the students (and staff!) and is continuing up until Christmas. Our Sixth Form committee have been regularly meeting this term and have organised many events, such as the Macmillan coffee morning and Wear it Pink. We also have Christmas Jumper day fast approaching and this year will be supporting the Salvation Army's 'Toys and Tins Appeal'. We are very proud of our students for supporting such fantastic causes and making a difference with their fundraising efforts. Well done!



Charity

The Sixth Form have been at it again! Their contribution to the MacMillan Coffee morning raised over £260, whilst for Wear it Pink the students raised over £400 – fabulous! Thank you to everyone for their efforts and generosity.



Sheringham Sixth Form

courses for September 2024

We are proud of the wide range of courses we currently offer in the Sixth Form.

Due to expanding demand, we are very excited to be extending our A Level subject choice to the following amazing range for September:

- **Art & Design**
 - **Biology**
 - **Business Studies**
 - **Chemistry**
 - **Computing**
 - **Criminology**
 - **Design & Technology:
Product Design**
 - **Drama & Theatre Studies**
 - **English Literature**
 - **Environmental Science**
 - **Extended Project
Qualification**
 - **Further Mathematics**
 - **French**
 - **Geography**
 - **German**
 - **Health & Social Care**
 - **History**
 - **Law**
 - **Mathematics**
 - **Media Studies**
 - **Medical Science**
 - **Music**
 - **Photography**
 - **Physical Education**
 - **Physics**
 - **Politics**
 - **Psychology**
 - **Religious Studies:
Philosophy & Ethics**
 - **Sociology**
 - **Travel & Tourism**
- This is in addition to our vocational course:
- **Motor Vehicle Studies
– Level 2**
- If you have any questions regarding the Sixth Form, please contact Mr Keshavarz.*



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Express
Excel

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Sixth

01263 820821

Experience

Expand your mind, courses and life @ Sheringham Sixth.

Open all year
7 days a week

Time to *join*
the



Health & Fitness Club at Kelling Heath Holiday Park

Set in a beautiful woodland environment, membership includes use of the gym, indoor swimming pool, seasonal outdoor pool and revitalising sauna and steam rooms. Along with bookable tennis courts, free parking and discounts on Park.*



enjoy

on Park this Winter:

Sunday Lunch



Tuesday



Steak Night

Brackens Café



Open Daily



Kelling Heath Holiday Park
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NR25 7HW

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kellingheath.co.uk

KELLING HEATH

* Full T&Cs apply