



Mundford Mail



The newsletter from Mundford C of E Primary Academy - Your school, your news!

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Slogans on Clothing

Please can we ask all adults attending the school site to ensure that their clothing does not have inappropriate language on it. Together home and school have done a wonderful job teaching children to read. With this in mind I am sure none of us want them using these skills to read and decode inappropriate phrases and words.

Thank you for your understanding.

School Meals

Further to the letter sent out last week, DNEAT have received some feedback that they have reflected on and therefore agreed that the school meal price increase will now come into effect after Autumn half term (rather than previously published 1 October) on Monday 4 November 2024.

Harvest Festival donations

Our school harvest festival will be taking place in October this year, and if you would like to make, a donation you can either:

-donate tins/packets/boxes of food to the school community food bank (outside The Orchard)

-make a fresh produce donation, which will be taken to church to be displayed and then distributed amongst the church community.

Could these please be brought to school on Thursday 10th October.

Thank you in advance.

Welcome

This term, we welcome Mr Hands to our school. Mr Hands is a student teacher who will be completing his final teaching placement at Mundford. He will be predominantly working in Years 5 and 6.

Flu Immunisations will be taking place in school on **Monday 23rd September** please see the email sent on Thursday 19th September for further information. The link below can be used for completing the econsent.

<https://eastanglia.schoolvaccination.uk/flu/2024/Norfolk>

After-School Clubs

Monday: Mrs Jermy & Miss Rodda – Choir – Years 3-6 until 16:20

Monday: Mr Brotherhood - Health & Fitness – Year 5 until 16:20

Tuesday: Rising Phoenix Martial Arts – Taekwondo - Years 3-6 until 16:30

Wednesday: Mrs Keeler – Gardening Club – Years 1–6 until 16:20-*no spaces left*



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Please sign up via Arbor, any club your child is eligible to attend should now be showing.

There will also be KS2 Yoga, Writing & Cross Country Clubs during lunchbreak – no need to sign up.

SENCo Kenco

Please get in touch and have coffee and a chat if you have any concerns about your child at school.



Katie Tinkley – SENDCo katie.tinkley@mundford.dneat.org

The School Community Team have kindly offered to share their 'Understand your child's behaviour' Workshop on Tuesday 26th November 1pm-3pm, Tuesday 3rd December 1pm-3pm and Tuesday 17th December 2pm-3pm to be held at Mundford School. These sessions are to share methods to support behaviour including:

- Ideas to calm situations (de-escalation) to avoid getting to the stage where containment is needed
- To give tips, tools and ideas to support your children when behaviour can become more difficult to manage
- Supporting children to communicate how they feel
- Supporting children to self-regulate
- Using reward/recognition systems and restorative/repair work

The sessions include sharing tools and ideas for parents to use at home, e.g., positive scripts, turning negative phrasing into positive phrasing, offering limited choice.

Please let Mrs Tinkley know if you are interested in attending.

Let's Celebrate

If your child has achieved something in sport outside of school, we would like to know about it! Email Miss Spearpoint on elm@mundford.dneat.org with a photo and caption so we can celebrate their successes in school!



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[How to manage your child's online world without clashing - BBC Bitesize](#)

If you'd like to know more, or have any questions on this theme, please don't hesitate to get in touch.

[Homepage - UK Safer Internet Centre](#)

Music Lessons

Mrs Whistler teaches a variety of musical instruments and she has a few spaces available on a Wednesday afternoon. If you would like your child(ren) to attend Music lessons, kindly provided by Mrs Whistler, please contact her direct by email: whistlermusic@yahoo.com for further information and cost.

Self-Care September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'
8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break
15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside
22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn
29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are					

ACTION FOR HAPPINESS

Happier, Kinder, Together

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Diary Dates

Thursday 3 rd October:	Maple Class Showcase 2:30
Tuesday 8 th October:	Sycamore Class Mundford Junction - 9:15-10.15am
Wednesday 9 th October:	Hazel Mundford Junction – 2:15pm
Tuesday 15 th October:	Oak Mundford Junction - 2:30pm
Wednesday 16 th October:	Elm Mundford Junction - 2:30pm
Thursday 17 th October:	Rowan Mundford Junction 2:30pm
Friday 18 th October:	Maple Mundford Junction 9:00 – 10:00a.m.
Monday 21 st October:	Cedar Mundford Junction - 2pm
Wednesday 23 rd October:	Sycamore Class Autumn 1 Showcase - 2:30pm
Friday 8 th November:	Elm Showcase - 2:45pm

Week commencing 11th November: Elm & Sycamore Bikeability

Contacting the school and absence messages

Messages can be sent by:

- Arbor App message.
- Telephone 01842 878278 and select option 1 at any time including out of school hours.
- by email to messages@mundford.dneat.org
- Any classroom/educational enquires are best made directly to the class teacher:

Acorns Nursery:

katie.tinkley@mundford.dneat.org Admission/funding: acornsnursery@mundford.dneat.org

oak@mundford.dneat.org

maple@mundford.dneat.org

rowan@mundford.dneat.org

hazel@mundford.dneat.org

cedar@mundford.dneat.org

elm@mundford.dneat.org

sycamore@mundford.dneat.org

Please note class emails may not be checked during the school day so anything urgent is best sent via the app, telephone or the messages email above.

Please enable Push Notifications for Arbor in your phone settings, you should then receive a push notification whenever you have a new in-app message, whether you are logged into Arbor or not. If you aren't receiving push notifications, or they vanish quickly, please follow [these instructions](#).

The push notification won't contain the content of the message, it will just let you know there is a new message that you will need to log in to Arbor to read.



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Notices & Reminders

- **Parking**

The Cricket Club car park should be used for **drop-off and pick-up purposes only**, so no long-term parking please or parking well in advance of the pick-up time. **Engines to be turned off and not be left running whilst waiting - this is an air pollution issue and noise nuisance.**

If areas are coned off, then this must be respected as this will allow members using the club to access a parking space to use the facilities (most likely on Wednesdays and Fridays).

The car park may be closed on occasions for special events e.g. afternoon cricket games. A notice board will be placed outside the gate if this is the case or alternatively the gates may be locked when a large number of visitors are expected.

Please ensure that access to the car park for pedestrians is by the **main gate only**. On a regular basis people are crossing the fence and this border area has been recently planted up.

If club members wishing to use the car park and facilities make reasonable requests to do so, we will not tolerate any further abuse, which will risk the car park being closed permanently.

We will continue to lock the gate at night for club security purposes.

Please can we all ensure we are following the rules so we do not find ourselves in this situation again.

Please be mindful of others, we need to work together as a community to make sure everyone stays safe.

- **Zig Zag Yellow Lines**

Are there for the safety reasons, please do not park on them whilst dropping off and collecting children at any time of the day.

- **Snacks**

We have noticed a variety of items being eaten at breaktime for snack. As part of our drive to be a healthy school we have a policy that only fruit or veg should be consumed at breaktimes. Fruit and veg options are provided daily by the school for pupils in EYFS and KS1. We are happy for you to provide a snack for your child but it should be fruit or veg and we will be reminding the children of this over next week.

<http://www.churchsidefederation.norfolk.sch.uk/wp-content/uploads/2020/02/Food-Policy-1.pdf>

Please do not park on the playground. We have noticed recently that the playground is being used as a car-park when collecting children from after-school clubs/care. This is creating a potential hazard for both pupils and parents arriving/leaving the playground on foot.

- **Food Policy**

So that we can ensure that any child who is allergic to nuts does not come into contact with them please do not include items containing nuts in packed lunches. The Food policy can be found on the school website <http://www.churchsidefederation.norfolk.sch.uk/wp-content/uploads/2020/02/Food-Policy-1.pdf>



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- **Water Bottles**

Can we kindly request that children do not bring water bottles with loose lids and straws? These aren't suitable for the classroom, as they can easily leak or will spill if knocked over. Sports-style bottles with leakproof lids are preferred. If your child does bring in an unsuitable bottle, they may be asked to keep it outside or by the classroom sink to prevent spillages on work.

If you shop at Asda please consider opting into the "cashpots for Schools". We would hugely appreciate your support.



Thank you,
Friends of Mundford School PTA

Resources for Supporting your Child at Home

The school website and half-termly class newsletters outline what each class is currently learning, along with ideas for things you can do at home. We also recommend the following additional resources:

Numbots <https://play.numbots.com/#/account/school-login/35246> for basic number skills

& TT Rockstars <https://play.ttrockstars.com/auth> for times tables

Oxford Owl <https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/> for an online library of books covering all ages and ability levels

One Minute Maths <https://whiteroseeducation.com/1-minute-maths> targeted practice to build confidence delivered in 1 minute chunks aligned to the school's Maths curriculum

School Uniform

https://corporatetiger.co.uk/?product_cat=mundford
www.facebook.com/myclothingltd