



# Mundford Mail



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

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## House Points

<b>Danes</b> Points 😊😊197	<b>Romans</b> Points 😊221	<b>Saxons</b> Points 😊199	<b>Vikings</b> Points 😊 221
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This week's joint winners are the Romans & Saxons

😊 = previous win

3 wins = non-uniform day

## Stars, Wows & Writers

<b>Oak</b>	☆ Elsie 📄 Addy ✍️ Teddy
<b>Hazel</b>	☆ Albie T 📄 Arna ✍️ Harriet
<b>Maple</b>	☆ Willa 📄 Pennie ✍️ Charlie W
<b>Cedar</b>	☆ Connie 📄 Tommy ✍️ Joseph
<b>Rowan</b>	☆ Emily 📄 Mia ✍️ Rocco
<b>Elm</b>	☆ Willow 📄 Mollie ✍️ Ollie
<b>Sycamore</b>	☆ William 📄 Louis ✍️ Logan H

☆ Stars celebrate values and behaviour.

📄 Wows celebrate an outstanding piece of work or learning.

✍️ Writers celebrate wonderful literary achievement



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## Poppy Appeal



After half term each class will be selling poppies and other items to support the annual British Legion poppy appeal. Children will need to bring the money into school with them and can then choose their items. Suggested donations are: Snap Bands £1.50, Silicon Wristbands £1.00, Zip Pulls and Reflectors 50p Please note: while we do allow the wearing of poppies & wristbands in school at this time of year, if they become a distraction, children may have to leave them with their teacher and they will be returned at the end of the day.

## Open Afternoon for New Parents September 2025 Intake

Tuesday 12th November 3.30pm to 4.30pm, in Oak Class, Mundford Primary School.

Pop along and have a look at the classroom, meet the teacher and ask any questions you may have.

We look forward to meeting you.

## School Dinners

The price of a school meal will increase to **£2.70** (£13.50 per week) from 4<sup>th</sup> November.

Please remember to make top-ups to Arbor in advance of the meals being taken.



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**NOURISH**  
NOVEMBER 2024  
TO MARCH 2025

LOOK OUT FOR OUR THEMED DAYS!

**WEEK ONE**

4TH NOVEMBER  
2ND DECEMBER  
6TH JANUARY  
3RD FEBRUARY  
10TH MARCH

**WEEK TWO**

11TH NOVEMBER  
9TH DECEMBER  
13TH JANUARY  
10TH FEBRUARY  
17TH MARCH

**WEEK THREE**

18TH NOVEMBER  
16TH DECEMBER  
20TH JANUARY  
24TH FEBRUARY  
24TH MARCH

**WEEK FOUR**

25TH NOVEMBER  
30TH DECEMBER  
27TH JANUARY  
3RD MARCH  
31ST MARCH

## WEEKLY MENU

**MONDAY**

Cheese & Bean Lasagne 1,3,4,7,9 V  
Sweet Potato & Chick Pea Curry VG  
Jackets with a Choice of Toppings 7,8,9

Rice, Sweetcorn, Peppers  
Rice Pudding & Syrup 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

**WEDNESDAY**

Roast Gammon & Gravy  
Falafel Burger 1,5 VG  
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes  
Cauliflower, Broccoli  
Fruit Jelly VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

**FRIDAY**

Fish Fingers 1,8  
Cheese & Tomato Puff 1,7 V  
Jackets with a Choice of Toppings 7,8,9

Chips, Peas, Baked Beans, Coleslaw 9  
Ginger Biscuit 1,5 VG  
Yoghurt 3,7  
Fruit Pots VG

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b>	Cheese & Bean Lasagne 1,3,4,7,9 V Sweet Potato & Chick Pea Curry VG Jackets with a Choice of Toppings 7,8,9	Beef Stew & Dumpling 1 Pesto Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9	Roast Gammon & Gravy Falafel Burger 1,5 VG Jackets with a Choice of Toppings 7,8,9	Chicken Arrabiata Pasta 1 Biryani Balls in a Curry Sauce 1,5 VG Jackets with a Choice of Toppings 7,8,9	Fish Fingers 1,8 Cheese & Tomato Puff 1,7 V Jackets with a Choice of Toppings 7,8,9
<b>WEEK TWO</b>	Chicken & Sweetcorn Pie 1 Herby Tomato Pasta Twists 1 VG Jackets with a Choice of Toppings 7,8,9	Mild Chilli Beef 4 Pesto & Pea Penne 1,7 V Jackets with a Choice of Toppings 7,8,9	Roast Chicken & Gravy Vegan Sausage Roll 1 VG Jackets with a Choice of Toppings 7,8,9	Macaroni Cheese 1,7 V Rice & Bean Burrito 1 VG Jackets with a Choice of Toppings 7,8,9	Salmon Fish Cake 1,7,8 Margherita Pizza 1,3,7,9 V Jackets with a Choice of Toppings 7,8,9
<b>WEEK THREE</b>	Katsu Chicken Nugget 1 Cheesy Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9	Cheese & Onion Pinwheel 1,7 V Spaghetti Vegetable Bolognese 1 VG Jackets with a Choice of Toppings 7,8,9	Savoury Beef & Yorkshire Puddings 1,7,9 Samosa Puff 1 VG Jackets with a Choice of Toppings 7,8,9	Sweet Chilli Chicken Noodles 1,3,16 Potato & Vegetable Cake with Tomato Sauce VG Jackets with a Choice of Toppings 7,8,9	Sausages 1,6 Quorn Sausage 1 VG Jackets with a Choice of Toppings 7,8,9
<b>WEEK FOUR</b>	Margherita Pizza 1,3,7,9 V Meatfree Meatballs in Tomato Sauce VG Jackets with a Choice of Toppings 7,8,9	Chicken Curry Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9	Roast Pork & Gravy Chinese Tofu Wrap 1,3,16 VG Jackets with a Choice of Toppings 7,8,9	Beef Bolognese Penne Pasta 1 Cheesy Cajun Wedges 4,7 V Jackets with a Choice of Toppings 7,8,9	Fish Fingers 1,8 Bruschetta 1,7 V Jackets with a Choice of Toppings 7,8,9

**AVAILABLE DAILY:** Selection of Salads 9, Homemade Bread 1,3,7,9. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celiac. Please discuss with your manager.

VG Vegan V Vegetarian  
1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk  
8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celiac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten

**EAT YOUR VEGGIES!**

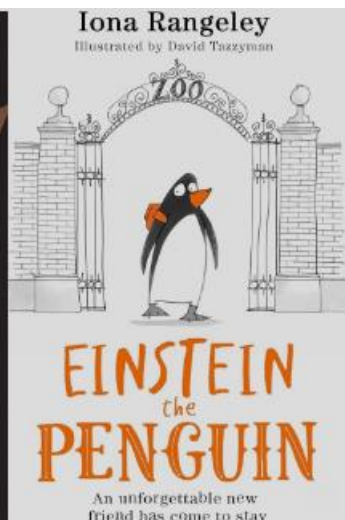
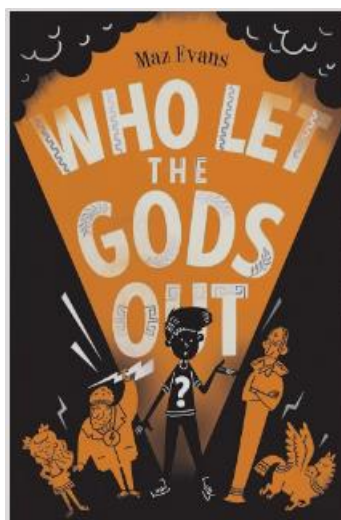
## Join the Churchside Book Club!

Next half term we are going to introduce a fortnightly Lunchtime Book Club!

Key Stage One will be invited to read 'Einstein the Penguin' by Iona Rangeley on a Thursday lunchtime.

Key Stage Two will be invited to read 'Who Let the Gods Out' by Maz Evans on a Tuesday lunchtime.

We will read the book and complete activities about it. Let's get reading!





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## Flu Vaccine

If your child missed their Flu vaccination at school and you would like them to have one you are able to book an appointment at a clinic on the link below:

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

## Wanted

We would love to have more Lego, Mega Blocks etc., for our Before & After School Care, if you have any that you would be willing to donate please drop them into the school office they will be very much appreciated. Thank you.

**Thank you FOMS for our new  
Class bags to be used at playtimes**



## SENCo Kenco

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



Katie Tinkley – SENCo [katie.tinkley@mundford.dneat.org](mailto: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



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- 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 as places are getting filled**

## The Mindful Life Group



### Mindfulness for Parents who Care

Our free six week course starts **Wednesday  
6th November 2024, 1-pm online**

Some feedback from one of our previous  
parents:

*'It appealed because it was something that I  
could do at home, something for me, you know, I  
realised there was help out there'*

Find out more at  
[https://the-mindful-  
life.com/mindfulness-  
for-peoplewhocare](https://the-mindful-life.com/mindfulness-for-peoplewhocare)



**SUFFOLK**  
Community  
Foundation



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## 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](mailto:elm@mundford.dneat.org) with a photo and caption so we can celebrate their successes in school!

## 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](mailto:messages@mundford.dneat.org)
- Any classroom/educational enquires are best made directly to the class teacher:

Acorns Nursery:

[katie.tinkley@mundford.dneat.org](mailto:katie.tinkley@mundford.dneat.org) Admission/funding: [acornsnursery@mundford.dneat.org](mailto:acornsnursery@mundford.dneat.org)

[oak@mundford.dneat.org](mailto:oak@mundford.dneat.org)

[hazel@mundford.dneat.org](mailto:hazel@mundford.dneat.org)

[maple@mundford.dneat.org](mailto:maple@mundford.dneat.org)

[cedar@mundford.dneat.org](mailto:cedar@mundford.dneat.org)

[rowan@mundford.dneat.org](mailto:rowan@mundford.dneat.org)

[elm@mundford.dneat.org](mailto:elm@mundford.dneat.org)

[sycamore@mundford.dneat.org](mailto: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.

## 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.**



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**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>

- **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.

- **Slogans on Clothing**



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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.

## 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](mailto:whistlermusic@yahoo.com) for further information and cost.

## Diary Dates

### Children return to school Monday 4<sup>th</sup> November

Wednesday 6<sup>th</sup> November: Elm Showcase - 2:30pm

Wednesday 27<sup>th</sup> November: Oak Class Lynn News Photographer

(please let Mrs Keeler know if you wish your child to be included)

Friday 29<sup>th</sup> November: Rowan Bake Sale – 3:20pm

Week commencing 11<sup>th</sup> November: Elm & Sycamore Bikeability

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





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WE HAVE A FEW SPACES AVAILABLE AT  
1ST FELTWELL SCOUT GROUP FOR



AND



If your child - boy or girl - is aged between 6 & 8 years old (for Beavers) or 8 & 10½ (for Cubs) this might be them.

Beaver Scouts meet on Mondays & Cub Scouts meet on Thursdays (during Norfolk school term time) from 6.15pm till 7.30pm.

Each section make things, do outdoor activities, earn badges, try new things, have fun, go on adventures, make friends & more.

If you think your child would be interested in joining please get in touch and ask for an information pack.

Contact Claire by text on 07773226963

## 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](https://corporatetiger.co.uk/?product_cat=mundford)

[www.facebook.com/myclothingltd](http://www.facebook.com/myclothingltd)



## October Half Term

For Kids aged 6 - 10

# 2 Days of Football Fun

With One of Lakenheath's Top Coaches Zoe Hovell

### Where, When & How Much...

Wednesday 30th October at Mundford  
Playing Fields - 10am - 2.30pm

Friday 1st November at Lakenheath  
Football Club - 10am - 2.30pm

**\*\* £15 Each Day \*\***

*Please bring a drink and pack lunch*

**Contact Zoe to book on 07732007664**