



Mundford Mail



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

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House Points			
Danes Points 😊😊 238	Romans Points 😊😊 271	Saxons Points 😊 241	Vikings Points 😊😊 258
This week's winners are the Romans 😊 = previous win 3 wins = non-uniform day			

Stars, Wows & Writers	
Oak	☆ Jack D 📄 Arthur ✍️ Nelly
Hazel	☆ Darcey 📄 Edward ✍️ Harry
Maple	☆ Finch 📄 Joe ✍️ Eden
Cedar	☆ Morgan 📄 Eliza ✍️ Kitty & Niska
Rowan	☆ Bliss 📄 Aurora ✍️ Ayda
Elm	☆ Jack 📄 Stephanie ✍️ Thea
Sycamore	☆ Trixy 📄 Paris ✍️ Ella
☆ Stars celebrate values and behaviour. 📄 Wows celebrate an outstanding piece of work or learning. ✍️ Writers celebrate wonderful literary achievement	

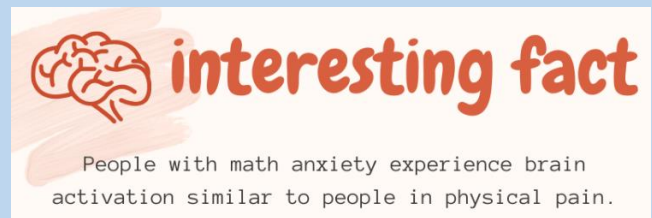


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Maths Week Update74.

The children have enjoyed taking part in a variety of activities for Maths week. Thank you for supporting this by sending in coins and having a go at the Maths challenge with them we will be donating the money to Children in Need the total collected today is £276.17. The ambassadors will be selecting the winners and we will share these with you next week.

A part of Maths Week, the children have been learning about the 'Maths Monster' (aka Maths Anxiety) and what they can do when they feel like this.



If you or your child suffers from this, you may find this website useful:

<https://mathsanxietytrust.com/>

Children who have negative attitudes towards Maths are much more likely to suffer from Maths Anxiety. Making Maths fun and talking about it positively at home can really help with this. The children have all brought home a Family Maths activity for you to try this week. You may also find the following websites useful:

<https://www.mathsontoast.org.uk/activities-and-resources/> lots of fun practical, creative and play-based activities the whole family can try together.

<https://www.nationalnumeracy.org.uk/numberconfidenceweek> number confidence videos, resources and ideas.



5 golden rules for enjoying maths at home



1. **Maths is everywhere.** Cooking, shopping, packing things into bags and boxes, planning a journey... even the buildings all around you. The more you look, the more you will see.
2. **Being wrong is OK.** Don't feel bad about mistakes – they are part of learning. If you, or someone else, gets to the wrong answer, then talk about it. How did you get there? See if you can come up with a better way to work it out.
3. **Believe in your own ability.** Everyone has the potential to understand and enjoy maths. One of the UK's biggest problems in maths education is children 'catching' their parents' own low confidence in maths. If you don't feel confident, this is more likely to have come from your life experience than your genes. You have the ability: you've just not had the chance to develop it. You probably use maths more than you give yourself credit for. So avoid suggesting that people in your family aren't good at maths. Your children will believe it, and make it come true.
4. **Struggling is normal and healthy.** If you can't figure something out straight away, then you're not alone. In fact, you are sharing an experience with professional mathematicians. It's their job to get stuck on hard problems – sometimes for years! Some hints for getting unstuck include: Keep trying, try different methods, and try explaining what you don't understand to someone else.
5. **Talking about 'how' is interesting.** Different people bring different talents to maths – and solve problems in different ways. If you ask someone else how they worked something out, you'll learn something – even if you were both right.

Christmas Church Services

Tuesday 17th December

Acorn/Oak/Hazel/Maple Classes – 9.15am.

Cedar/Rowan/Elm/Sycamore Classes – 10.15am.

This year we would like to invite parents and friends to our church service. There will be an interval in-between for the younger children to leave the church and return to school, and the older children to enter. The church will be providing refreshments during this interval, for a small donation to church funds, and there is a beautiful Christmas hamper to win in the raffle too. Please bring along your pennies and support both the school children and our church.



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New Ways November 2024

MONDAY



4 Sign up to join a new course, activity or online community

TUESDAY



5 Change your normal routine today and notice how you feel

WEDNESDAY



6 Try out a new way of being physically active

THURSDAY

FRIDAY

1 Make a list of new things you want to do this month

SATURDAY

2 Respond to a difficult situation in a different way

SUNDAY

3 Get outside and observe the changes in nature around you

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

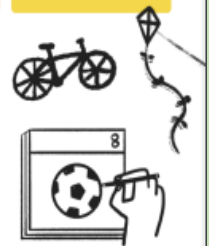
26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together

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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Rudolph Run 2024

Dear Parent/Guardian,

We are thrilled to announce that we have signed up to Tapping House's Rudolph Run and your child is registered to take part.

We will be holding our Rudolph Run on Thursday 19th December at Mundford Primary School.

About the Rudolph Run

Primary schools and nurseries throughout West Norfolk will be taking part in a sponsored walk, jog or run this Christmas. Each child will receive a free pair of antlers to wear and a certificate when they take part in their Rudolph Run, delivered to the school by Rudolph himself!

Please collect sponsorship using the form provided.

There is no minimum sponsorship amount required.

By collecting sponsorship on behalf of your child, you can support Tapping House and help them to continue to provide end of life care in the local community.

For more information about the event, please visit tappinghouse.org.uk/rudolph-run.

Thank you for your support and happy festive fundraising!



tappinghouse.org.uk/rudolph-run

Registered Charity No. 1062800

Children will be bringing home sponsorship forms, please return forms and money by **Friday 13th December.**



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School Dinners

The price of a school meal will increase to **£2.70** (£13.50 per week) from 4th November. Please remember to make top-ups to Arbor in advance of the meals being taken.

NOURISH WEEKLY MENU

NOVEMBER 2024 TO MARCH 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE					
4 TH NOVEMBER	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 Arrabiatta 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
2 ND DECEMBER	Rice, Sweetcorn, Peppers	Herby Bread 1,3,7,9, Green Beans, Carrots	Rustic Roast Potatoes Cauliflower, Broccoli	Seasonal Vegetables	Chips, Peas, Baked Beans, Coleslaw 9
6 TH JANUARY	Rice Pudding & Syrup 7	Apple Crumble 1 VG & Custard 7	Fruit Jelly VG	Chocolate & Vanilla Cake 1,7	Ginger Biscuit 1,15 VG
3 RD FEBRUARY	Mr Nourish Biscuit 1 VG	Mr Nourish Biscuit 1 VG	Mr Nourish Biscuit 1 VG	Mr Nourish Biscuit 1 VG	Yoghurt 3,7
10 TH MARCH	Fruit Pots VG	Fruit Pots VG	Yoghurt 3,7, Fruit Pots VG	Yoghurt 3,7, Fruit Pots VG	Fruit Pots VG
WEEK TWO					
11 TH NOVEMBER	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
9 TH DECEMBER	New Potatoes, Carrots, Peas	Rice, Seasonal Vegetables	Rustic Roast Potatoes Cabbage, Sweetcorn	Baked Wedges Green Beans, Cauliflower	Chips, Peas, Baked Beans, Carrot Sticks
13 TH JANUARY	Ice Cream 7	Toffee Apple Pudding 1 VG & Custard 7	Chocolate Crispy Cake 1,3,7,16	Fruit Loaf 1,3,7,9	Jaffa Biscuit 1 VG
10 TH FEBRUARY	Mr Nourish Biscuit 1 VG	Mr Nourish Biscuit 1 VG	Mr Nourish Biscuit 1 VG	Mr Nourish Biscuit 1 VG	Yoghurt 3,7
17 TH MARCH	Fruit Pots VG	Fruit Pots VG	Yoghurt 3,7, Fruit Pots VG	Yoghurt 3,7, Fruit Pots VG	Fruit Pots VG
WEEK THREE					
18 TH NOVEMBER	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	Sweet Chilli Chicken Noodles 1,3,16 Potato & Vegetable Cake with Tomato Sauce VG	Sausages 1,6 Quorn Sausage 1 VG
16 TH DECEMBER	Rice, Sweetcorn, Peppers	New Potatoes, Green Beans, Carrots	Jackets with a Choice of Toppings 7,8,9	Jackets with a Choice of Toppings 7,8,9	Jackets with a Choice of Toppings 7,8,9
20 TH JANUARY	Chocolate Whip 7	Syrup Sponge 1 VG & Custard 7	Rustic Roast Potatoes, Cabbage, Peas	Garlic Bread 1,3,7,9, Seasonal Vegetables	Chips, Peas
24 TH FEBRUARY	Mr Nourish Biscuit 1 VG	Mr Nourish Biscuit 1 VG	Fruit Jelly VG	Cinnamon Roll 1,3,7,9	Baked Beans, Roasted Onions
24 TH MARCH	Fruit Pots VG	Fruit Pots VG	Mr Nourish Biscuit 1 VG	Mr Nourish Biscuit 1 VG	Apple Flapjack 1,15 VG
			Yoghurt 3,7, Fruit Pots VG	Yoghurt 3,7, Fruit Pots VG	Yoghurt 3,7, Fruit Pots VG
WEEK FOUR					
25 TH NOVEMBER	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
30 TH DECEMBER	Rainbow Pasta 1 VG, Sweetcorn, Peppers	Rice, Seasonal Vegetables	Rustic Roast Potatoes Green Beans, Carrots	Cauliflower, Broccoli	Chips, Peas
27 TH JANUARY	Strawberry Mousse 7	Banana Loaf 1 VG & Chocolate Custard 7	Ice Cream 7	Jam & Vanilla Cake 1 VG	Baked Beans, Coleslaw 9
3 RD MARCH	Mr Nourish Biscuit 1 VG	Mr Nourish Biscuit 1 VG	Mr Nourish Biscuit 1 VG	Mr Nourish Biscuit 1 VG	Coconut Cookie 1,7
31 ST MARCH	Fruit Pots VG	Fruit Pots VG	Yoghurt 3,7, Fruit Pots VG	Yoghurt 3,7, Fruit Pots VG	Yoghurt 3,7, Fruit Pots VG

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 celeriac. 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 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten

EAT YOUR VEGGIES!

Free School Meals

Is my child eligible?

Children in Reception, Year 1 and Year 2 automatically get free school meals. This is called universal infant free school meals. This is different to benefit-related free school meals and you do not have to apply, **but if you receive one of the benefits listed below, you should still register below.** This is because it can help raise extra funds for your child's school (called Pupil Premium). This Government funding can help with extra tuition, teaching and after school activities.



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If your child is in Year 3 or above, you must receive one of the following to get benefit-related free school meals:

Universal Credit - with an annual earned income of no more than £7,400 after tax
Income Support

Income-based Jobseeker's Allowance

Income-related Employment and Support Allowance

Support under Part 6 of the Immigration and Asylum Act 1999

The guaranteed element of Pension Credit

Working Tax Credit run-on (paid for the four weeks after you stop qualifying for Working Tax Credit)

Child Tax Credit (with no Working Tax Credit) with an annual gross income of no more than £16,190

You must apply for these free school meals.

Apply for free school meals

You can apply online for free school meals using your Norfolk Education Online (NEO) account. You can use the same account for 2-year-old childcare funding and school admissions.

[Apply for free school meals](#)

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.

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:



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- 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 as places are getting filled

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!

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.

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

hazel@mundford.dneat.org

maple@mundford.dneat.org

cedar@mundford.dneat.org

rowan@mundford.dneat.org

elm@mundford.dneat.org

sycamore@mundford.dneat.org



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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.**

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.churchsiefederation.norfolk.sch.uk/wp-content/uploads/2020/02/Food-Policy-1.pdf>



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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.churchsidedefederation.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**

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.

Diary Dates

Wednesday 27 th November:	Oak Class Lynn News Photographer
Thursday 28 th November:	Maple Mundford Junction 2:45pm
Friday 29 th November:	Rowan Bake Sale – 3:20pm
Wednesday 4 th December:	Maple Showcase 9:00
Wednesday 4 th December:	Elm Showcase 2:30pm
Tuesday 10 th December:	Sycamore Class Mundford Junction 9.15-10.15
Friday 13 th December:	Rowan Mundford Junction 2:30pm
Monday 16 th December:	Acorn and Oak Carol Concert and Craft Junction afterwards
Tuesday 17 th December:	Christmas Church Services Acorn/Oak/Hazel/Maple Classes – 9.15am. Cedar/Rowan/Elm/Sycamore Classes – 10.15am.
Wednesday 18 th December:	Rowan Showcase 2:30pm
Thursday 19 th December:	Christmas Dinner
Thursday 19 th December:	Rudolph Run
Friday 20 th December:	Last Day of School
Tuesday 7 th January:	Return to School
Thursday 9 th January:	Sycamore Class Autumn 2 Showcase



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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



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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
