



Mundford Mail

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

<http://www.churchsidefederation.norfolk.sch.uk/mundford/>



Saxons

Points 255



Vikings

Points 229



Romans

Points 194



Danes

Points 224



This week's winning house team is: Saxons

(😊 = previous winners, three in a row = non-uniform)

Star of the Week

Oak: Teddy

Hazel: Majus

Maple: Arlia

Cedar: Charlie M

Rowan: Arthur

Elm: Lilly

Sycamore: Lewis

Wow of the Week

Oak: Charlie D

Hazel: Niska

Maple: Rocco

Cedar: Jack J

Rowan: Ella & Olivia

Elm: Noah

Sycamore: Kieron



To celebrate the King's Coronation, children may come to school dressed as Kings or Queens or wear red white and blue on Friday 5th May. There will be a special BBQ lunch, please see menu below. Bookings should be made in the usual way by Tuesday 2nd May.

Lending Library

We can officially open our school Lending Library now! Please feel free to help your child select a book to take home and keep, or return when they have read it and swap it for another one. If you have any books you don't need, please feel free to add them too. We would like the bottom section to be for grown up books as well, so if you have any of those please start us off. It is so important for the children to see us modelling good reading habits and encouraging reading for pleasure. Thank you in advance.

The Lending Library is located on the playground, to the right of the school hall doors.



Scabies Information

You may already be aware that cases of scabies are on the rise in the county.

The Trust is following NHS guidance: <https://www.nhs.uk/conditions/scabies/>. If any confirmed cases do appear the affected person(s) should **not** return to school for at least 24 hours from the first treatment. A rash from scabies can take up to 6-8 weeks to appear but once confirmed **does need** to be treated, everyone in the household needs to be treated even if they do not have symptoms. Any concerns around this infection please consult your pharmacist or GP for additional support.

DONATIONS MADE WILL
GO TOWARDS THE
CLASSES.

MAPLE ART GALLERY



HAVE YOU BEEN TO AN ART GALLERY BEFORE?
WOULD YOU LIKE TO LOOK AT THE SKETCHES AND
PAINTINGS YEAR 2 HAVE BEEN CREATING?
WOULD YOU LIKE TO TAKE A PORTRAIT HOME?

YOU ARE INVITED TO THE MAPLE ART GALLERY
ON THE 5TH MAY 2023 AT 3:15 UNTIL 3:30 IN THE SCHOOL
HALL.

YOU WILL FIND LOTS OF SKETCHES AND PAINTINGS OF OUR NEW
KING AS WELL AS SOME DELICIOUS SNACKS MADE BY CEDAR
CLASS FOR YOU TO ENJOY.



Reminders

- On weeks that follow bank holidays, after school choir will be on a Thursday i.e., Thursday 4th & 11th May.
- We politely ask that all parents/carers keep their children with them whilst on the playground, at drop off and pick up.
- We also ask that you refrain from cutting through the cricket club fence/hedge. Please stick to the pathways for your own safety and the safety of others. The cricket club kindly allow us to use their parking facility, so please be respectful.

School Games – Golf



Well done to the Year 1s and 2s who went to Feltwell Golf Club on Monday to join in a morning of golf fun! They showed excellent skill using their clubs, whilst cheering each other on!

Family Maths Activities

This term, every class will be sending home Maths activities. We trialled this on back on Numbers Day and had really positive responses from parents, so we are now making it our regular Maths homework. The fun activities are designed to be done together and get children talking about Maths. We understand that for many families, time for homework is short, so if you have children in different classes, it doesn't matter if you pick an activity from just one class and have a go with all the children together. Encourage older siblings to work with their younger brothers and sisters. Friends can join in. Children could get together with others in the class to have a go.

My Child Won't Sleep

Advice for Parents of Autistic Children

As a parent, we all know that children sometimes struggle to sleep.

Sleep is a really important part of physical and psychological wellbeing – we need it in order to grow, fight off illness, learn and feel emotionally strong. If your child isn't sleeping well, they may not be able to function at an optimum level and this can lead to problems both at home and at school.

Lack of sleep can have a real impact on a child's behaviour and ability to cope with the stresses of daily life. This can also affect their siblings, friends, teachers and parents, sometimes making life very stressful.

Why Can't My Child Sleep?

One of the most common reasons for a child not being able to sleep is their environment. For example, they may have too many toys and games in their bedroom that stimulate them.

Another common reason is behavioural shaping. For example, if you rock your child to sleep every night, they will find it difficult to get to sleep without you there. Equally, if they wake up in the night and you are not there to rock them, they may struggle to sleep again and may become distressed.

Some children on the Autism Spectrum can face further difficulties. They may experience irregular secretion of the sleep hormone 'melatonin' - this is the hormone that regulates sleep.

They can also struggle with social cueing, which means they may not understand why and when to sleep. Try explaining to older children what sleep is and why we need it or even try modelling the process of going to sleep at a certain time until this becomes habit.

Autistic children may become anxious at bedtime and struggle with sensory issues, such as bright lights or even the feel of the material that their pyjamas are made of.

What Can I Do?

- Try keeping a sleep diary so that you can keep track of any patterns or triggers.
- Be clear in your expectations at bedtime and do not change routines.
- Do not let your child eat too late and keep stimulating play to a minimum in the evening.
- Warn your child that it will soon be bedtime so there are no surprises.
- Have a consistent and relaxing bedtime routine that lasts about 20 - 30 minutes – give your child a warm drink and read a book together; keep things quiet and non-stimulating.
- Make sure that your child is comfortable – they may not like the smell of wash powder, the fabric of the duvet cover or the brightness of a bedside lamp. If it's an issue for them, change it.
- Try using a weighted blanket – this is a special blanket that is filled with beans and that can soothe a child.
- Keep a close check on the temperature of your child's bedroom and try to settle on an optimum level.
- Try using blackout blinds if your child is unsettled by light creeping into the room.
- Block out stimulating noises by letting your child listen to music through earphones or simply let them wear ear defenders.
- Set up a reward system so that your child feels a sense of achievement when they successfully settle into sleep.



If you have any concerns about your child and would like to talk to Mrs Tinkley, please do not hesitate to contact her on katie.tinkley@mundford.dneat.org or telephone the school.

Diary Dates

Every effort is made to stick to the planned dates, but occasionally circumstances beyond our control may affect in-school events. We will always inform you as soon as possible of any changes. Thanks for your understanding.

- 3rd May – Maple Junction - 2pm
- 4th May – Hazel Junction – 2pm
- 5th May – Non-Uniform – Kings, Queens or Red, White & Blue
- 5th May – Maple Art Exhibition in Hall -3:15 – 3:30pm
- 15th-17th May – Year 6 Residential
- 15th May – Walk to school week
- 23rd May – Maple Showcase 2:30pm

Clubs

This term we are offering the following after-school clubs

Day	Club	Year Group
Monday	Choir	2 - 6
Tuesday	Tennis	1&2
Wednesday	Girl's Football	3-6
	Lego Club	2
	*Taekwondo	2-6

**After school clubs finish at 16:15 with the exception of
*Taekwondo which finishes at 16:30**

Children in eligible year groups should have received a Myed link to sign up. If you need a link resending please message the school office

We are also running lunchtime homework (Mondays) and writing clubs (Tuesdays).

Can you help with a club?

We are always keen to run more sports clubs for children, either after-school or at lunchtimes, but need help to do so. Please get in touch with the school if you would be interested in volunteering to help with a club. *Thanks*

Coronation BBQ Menu

BBQ Pulled Chicken in Bap

Chips

Salad

(v) BBQ Pulled Quorn in Bap

Chips

Salad

Rocket Lolly

Fruit



Please book via the app in the usual way by Tuesday 2nd May

Online Resources

Our main online platform is Google Classroom, and class teachers will share your child's log-in next week so they can access their new class. The following resources can also be used to support your child's learning at home.

Bug Club <https://www.activelearnprimary.co.uk>

Bug Club is our online library of reading books, where you will find books assigned to your child's reading ability.

Spelling Shed <https://www.spellingshed.com/en-gb/>

Here you can play online games to practice spelling, as well as see the assigned weekly spellings for your child's class.

Numbots <https://play.numbots.com/#/account/school-login/35246> & **TT Rockstars**
<https://play.ttrockstars.com/auth>

Practice number facts and times table in a fun game-based situation.

Purple Mash <https://www.purplemash.com/sch/mundford>

We use Purple Mash for teaching computing, but it also contains games sections for practising English & Maths at home.

If your child needs their log-in details for any of the above, please contact the class teacher.

Letterjoin www.letterjoin.co.uk

Desktop Login username: **Mund** password: **ford**

Tablet Login username: **Mund** passcode: a capital 'L' shape starting at top left

This site allows children to practise their handwriting and spelling.

School Uniform

<https://corporatetiger.co.uk/?sfw=pass1614943921>

www.facebook.com/myclothingltd

END OF NEWSLETTER