



Mundford Mail



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

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House Points			
Danes Points 125 😊😊	Romans Points 135 😊😊	Saxons Points 165 😊	Vikings Points 162 😊
This week's winners are the Saxons 😊 = previous win 3 wins = non-uniform day			

Stars, Wows & Writers	
Oak	☆ Albie D 📄 George ✍️ Ollie
Hazel	☆ Ruby 📄 Luke ✍️ Joe
Maple	☆ Ivy-Jean 📄 Majus ✍️ Joseph
Cedar	☆ Zeph 📄 Harvey ✍️ Harvey
Rowan	☆ Thea 📄 Annie ✍️ Eve
Elm	☆ Flynn 📄 Sienna ✍️ Maddie
Sycamore	☆ Olivia 📄 Teya ✍️ Sky
☆ Stars celebrate values and behaviour. 📄 Wows celebrate an outstanding piece of work or learning. ✍️ Writers celebrate wonderful literary achievements.	



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Please see below days for each classes P.E. etc.

Oak:	P.E. - Wednesday & Friday
Hazel:	P.E. - Monday & Friday
Maple:	P.E. - Monday & Thursday
Cedar:	Swimming - Tuesday & P.E. - Thursday
Rowan:	Swimming – Tuesday & P.E. Thursday
Elm:	P. E. - Tuesday & Thursday.
Sycamore:	P.E. - Tuesday & Thursday.

British Science Week

Next week is British Science Week and the children will be celebrating this annual event by taking part in lots of science experiments. The theme this year is Time and if you would like more information or want to have a go at some fun science activities then take a look at the website:

https://www.britishscienceweek.org/?_gl=1%2A1qiypqt%2A_up%2AMQ..&gclid=CjwKCAiAxaCvBhBaEiwAvsLmWMCnqN0e-w70QZL7vNLlul_GGkP6rqf5XvtFjN2m6r_29PI2HsdwaBoCgRMQAvD_BwE

On Monday 11th March, to celebrate the beginning of an amazing science week we would like the children to come dressed as 'Mad Scientists' or if dressing up is not their thing then come armed with their best science fact.

Red Nose Day

Friday 15th March is Red Nose Day, the children are welcome to come in the theme of 'Dressed Red to Toe' (dressed all in red). The suggested donation for this is £1 or anything you wish to contribute will be collected in class on the day. Thank you.

Parent Teacher Consultations

These will be held on **Tuesday 19th** and **Thursday 21st March** between 3:30 and 5:30pm. Sign-up sheets for you to book a slot will be under the canopy near the entrance to the before & after school club (where KS2 classes enter) from Monday 11th March. If you are unable to book a suitable time or would prefer a phone call, please contact the teacher via the class email addresses to arrange this.

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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Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

TUESDAY



5 Bring to mind people you care about and send love to them

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

THURSDAY



7 Take three calm breaths at regular intervals during your day

FRIDAY

1 Set an intention to live with awareness and kindness

SATURDAY

2 Notice three things you find beautiful in the outside world

SUNDAY

3 Start today by appreciating your body and that you're alive

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today
dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life

ACTION FOR HAPPINESS

Happier · Kinder · Together

[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](#)

Clubs

We will be offering the following after-school clubs, all clubs will commence the week beginning 8th January and forms to sign up have been sent out via MyEd.

Monday

Choir: Y2-6 **cancelled until further notice**

Mr Brotherhood Gym & Fitness: Y3&4

Tuesday

Rising Phoenix Martial Arts, Taekwondo: Y3-6*

Wednesday

KS2 Summer Production Group: Y3-6

Thursday

Mr Brotherhood Gym & Fitness: Y5&6



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SENCo Kenco

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

Family Voice Newsletter

To view the latest newsletter please click here for a [PDF](#) version.

Here is a condensed version if the original is too [large](#).

Here is a link to the [website](#).



[Norfolk & Waveney Autism/ADHD Support Service March 2024 Newsletter](#)

This month's newsletter includes:

[Go to this Sway](#)

Head lice

We currently have reoccurring cases of head lice in the school. In order to rid ourselves of these horrible pests we all need to work together to ensure that we are treating these cases effectively to stop the spread. It is really important that you continue to check your children's hair after the initial treatment even though many lotions claim to kill all eggs and lice in one go. It is quite common with these treatments for eggs to get left behind and once hatched the lice will once again breed and spread, nit combing daily will reduced the risk of this happening. As well as one off treatment there are some great products on the market which work as preventatives.





Notices & Reminders

- We have accumulated a substantial number of lost jumpers, cardigans etc., please can we remind you to name your children's clothing so that they can be returned. Lost property is currently inside KS1 pupil entrance whilst the weather is damp.

- **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.

- We politely ask that all parents/carers keep their children with them whilst on the playground, at drop off and pick up.
- We 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.



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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.

Diary Dates

11th – 15th March British Science Week

Monday 11th March: Dress as Mad Scientist or share a Science fact.

Thursday 14th March: Oak Mundford Junction 2:15pm

Friday 15th March: Red Nose Day

Sunday 17th March – Family Service at St. Leonards Church at 3pm

Tuesday 19th March – Parent Teacher Consultations

Thursday 21st March – Parent Teacher Consultations

Friday 22nd March – Elm Bake Sale, 3:20pm

Monday 25th March – Elm Mundford Junction 2:30 pm

Weds 27th March: Last Day of Term

EASTER HOLIDAYS: 28th March – 14th April

Friday 19th April – Maple Bake Sale, 3:20pm

Friday 3rd May – Oak Bake Sale, 3:20pm

Friday 17th May – Sycamore Bake Sale, 3:20pm

Friday 7th June – Hazel Bake Sale, 3:20pm

Friday 21st June – Acorns Bake Sale, tbc

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. From Year 2 upwards, homework will be shared on Google Classroom. Please ask the class teacher if you are unable to access this and would prefer paper copies.



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Bug Club <https://ww.activelearnprimaty.co.uk>

Bug Club is our online library of reading books, where you will find books assigned to your child's reading ability. It also has questions build-in to develop children's comprehension skills.

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/?product_cat=mundford

www.facebook.com/myclothingltd



Diocese of Norwich
Education and
Academies Trust

Mundford Church of England Primary Academy

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Friday 8th March 2024

The Learning Pit.

Dear Parents/Carers,

As you know we have been focussing on various themes for our first week back assemblies. We have looked at being resilient, taking accountability for our behaviour and having an attitude of gratitude. This half term you may have heard your children talking about Mindsets and the Learning Pit our latest assembly focused on how we learn and the difference between having a fixed or growth mindset. As part of this assembly we watched the following short clip: <https://www.youtube.com/watch?v=rUJkbWNnNy4>

There have been lots of studies that show children and adults with a growth mindset achieve better and are happier in their working and personal lives.

The research:

Carol Dweck, a Psychologist and Professor at Stanford University became interested in students' attitudes about failure. After studying thousands of students, she noticed that some students rebounded, while other students seemed devastated by even the smallest setbacks. Her research led her to formulate the terms, fixed mindset and growth mindset to describe the underlying beliefs people have about learning and intelligence. These beliefs are how we perceive ourselves intellectually and what we feel can be achieved, these influence the way we think and affect our actions.



Fixed mindset - is the belief that intelligence, ability and talent are fixed and static. Meaning that there is a threshold to what we can achieve making challenging events or new events stressful to deal with. The following attitudes are common: effort is pointless, feedback should be avoided, challenges should be avoided and that you should not persist at something you can't already do.

The good news is our mindsets are changeable as our brain is a highly adaptable organ despite our age. In school we are working hard to train the children to reframe their thinking and the following phrases are becoming our school's mantra...

'I can't do it... YET!!' Adding the word 'yet' to that phrase automatically moves thinking from a fixed to a growth mindset.

'Practice makes progress.' Trying to be perfect in anything is like running a race without a finish line. Making progress is what we strive for, making incremental gain towards our goals.

By reinforcing these phrases and through our work on the learning pit we hope to develop all children to have a...

Growth mindset – this is the belief that intelligence, ability and talent can go up and down when approaching new things. A growth mindset is knowing that effort and persistence is required to master a new skill or even an



Mundford Church of England Primary Academy

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old skill. In this mindset feedback is accepted as part of learning and used to improve. People with growth mind-sets know that mistakes are to be learned from, therefore the fear of failing or being wrong is reduced and they are happy to learn through trial and error. Attitudes towards challenges are more positive and this in turn pushes us to do more than we think.

The Learning Pit.



The Learning Pit theory, developed by James Nottingham, a former headteacher and school principal. The theory suggests that learning is like a journey, and students often encounter challenges or obstacles that can make them feel stuck or frustrated. Nottingham visualizes this journey as a pit, and students who are struggling with a difficult task are said to be "in the pit."

Being in the pit is a natural part of the learning process. It's where students engage in deep thinking, critical reflection, and problem-solving. However, it's important to note that students can get stuck in the pit and feel overwhelmed, discouraged, or even give up on the task, this is where our work on growth mind-sets and resilience comes in. When students understand that getting stuck in the pit is a normal part of the learning process, they are more likely to persevere, learn from their mistakes, and take risks, instead of getting frustrated and giving up.

For more info visit: <https://www.youtube.com/watch?v=3IMUAOhuO78>

Each class, from Reception to Year 6, has a Learning Pit in their classroom. They were made with the children and are all different in design but all work the same in showing the journey through the same pit in the same way. Day to day we are encouraging the children to articulate where they feel they are in their learning journey. We encourage them to keep trying, support where needed and get them through to the other side. Our hope is that all children in our school develop this positive mindset over time.

Throughout the coming weeks I will be adding further information about the above and how you can support your children in further developing a growth mindset.

Best wishes,

Mrs Godbold