



Mundford Mail



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

Friday, 26 September 2025 Autumn 3

House Points

Danes Points 235	Romans Points 206	Saxons Points 233 😊😊	Vikings Points 235 😊
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This week's winners are the VIKINGS!

😊 = previous win

3 wins = non-uniform day

Stars, Wows & Writers of the Week

Oak	★ Frank 😊 Freya ✍ Farrah
Hazel	★ Teddy 😊 Archie ✍ Lenny
Maple	★ Sophie 😊 Wilfred ✍ Obie
Cedar	★ Maisy 😊 Jaxon ✍ Finch
Rowan	★ Ivy-Jean 😊 Opal ✍ Joseph
Elm	★ Aurora 😊 Zeph ✍ Mia
Sycamore	★ Samson 😊 Marley ✍ Eve

★ Stars celebrate values and behaviour.

😊 Wows celebrate an outstanding piece of work or learning.

✍ Writers celebrate wonderful literary achievement





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After School Clubs

Monday: Mr Brotherhood Health & Fitness (Y4,5 & 6) *spaces available*

Monday: Young Voices Choir - *full*

Tuesdays: Mr Fowler Taekwondo (Y3,4,5,6) -*spaces available*

Wednesdays: Mrs Jermy & Miss Rodda Boomwhacker Club – *spaces available*

Polite Reminder

Please can we remind you no smoking or vaping is allowed on the school grounds.

No Dogs, even if being carried.

NO bikes or scooters on the playground during drop off or pick up.

Thank you for your help in keeping everyone safe!

PE Days

Oak: Wednesday & Friday

Hazel: Monday & Friday

Maple: Monday & Thursday

Cedar: Tuesday & Thursday

Rowan: Tuesday & Thursday

Elm: Tuesday (swimming) & Thursday

Sycamore: Tuesday (Swimming) & Wednesday

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.



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SENDCo

If you have any concerns about your child at school. Please get in touch and have coffee and a chat: katie.tinkley@mundford.dneat.org

Katie Tinkley – SENDCo



Please take a look at the Just One Norfolk Website as it contains a wealth of information for support and advice for families and children link below:

<https://www.justonenorfolk.nhs.uk/>



Family Action's Norfolk & Waveney Autism/ADHD Support Service

Please click link below for September, 2025 Newsletter

<https://sway.cloud.microsoft/1YFrWbxW7VA5p7PJ?ref=email>



Welcome to our latest newsletter please click link below

<https://account.epromailer.com/t/r-5601C14A4DF600BB2540EF23F30FEDED>

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



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Diary Dates

Monday 29th September: **Cedar** Mundford Junction 14:30

Thursday 2nd October: **Elm** Mundford Junction 14:30

Wednesday 8th October: **Hazel** Mundford Junction 14:15

Thursday 16th October: Tempest Photography, Individual & Sibling Photos

Thursday 16th October: **Cedar** Show Case 14:30

Monday 20th October: **Elm** Show Case 14:30

Tuesday 21st October: **Oak** Mundford Junction 14:15

Wednesday 22nd October: **Sycamore** Mundford Junction 14:30

Wednesday 5th November: **Sycamore** Showcase 14:45

Useful links and information

Friends of Mundford School (FOMS)

<http://www.churchsidefederation.norfolk.sch.uk/mundford/our-school/the-pta/>

Free school meals application

<http://www.churchsidefederation.norfolk.sch.uk/free-school-meals/>

How to contact the school/class teachers

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

Notices

(parking, food policy, water bottles, snacks etc.)

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

School Meal Menu

<http://www.churchsidefederation.norfolk.sch.uk/mundford/our-school/school-meals/>

School Uniform

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



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Autumn 3

Optimistic October 2025

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face



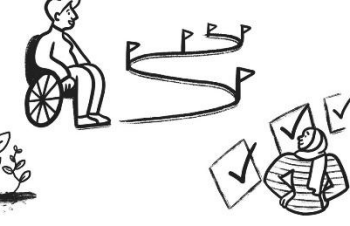
27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together

