



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*



Home Start Welly Walk Week

6th – 10th October We will be taking part in the Welly Walk Week, this is a fun event, the school are not expecting you to find sponsorship or send money into school, however if you would like to donate directly to Home Start please use the QR code on the information below.

Polite Reminders

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!

Please can we also remind you to name all items of clothing, shoes and water bottles. We still have so many items ending up in lost property. Going forward any items not claimed will be placed in the FOMS Pe-loved Uniform Shop or the clothes bank.



Mundford Mail



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

Friday, 03 October 2025 Autumn 4 Page 3 of 9

Optimistic October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 6 Remind yourself that things can change for the better	 7 Look for the good in people around you today	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
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



Mundford Rocks Needs You!



We all know Mundford Primary rocks, but can you add to our collection of decorated stones and pebbles? You may have noticed the newly shingled garden next to the front door (and under the office window), and some of the beautiful rocks already there, but we need more. It would be wonderful if each child could add their own rock to our collection, showcasing all the likes and passions of our children. Can you decorate a pebble with something you love - could be your favourite colour, flower, football team - anything at all. You can use pens, paints, even nail varnish. We cannot wait to see your designs and see our rock collection grow to represent our school community. Thank you in advance, and thank you to Lizzy Johnson for all her hard work in preparing the garden and getting us started with some awesome rocks.



At school we encourage children to make healthy choices that will keep them happy, active, and ready to learn.

Snacks and Lunchboxes

Playtime snacks should be a simple healthy option such as fruit, vegetables, or a small sandwich. Chocolate and sweets are **not allowed** at playtime or in lunchboxes. Please also remember that we are a **nut-free school**—no peanuts or peanut products should be sent in. Some lunchboxes are very full, and children cannot eat everything in the time available. A balanced lunchbox helps children enjoy their meal without feeling rushed. A good mix might include a sandwich or wrap, some fruit or vegetables, and one or two small extras such as cheese or yoghurt.

Research shows that children who eat a balanced diet with plenty of fruit, vegetables, and whole grains tend to have **better concentration, improved behaviour, and more stable energy levels** throughout the day. Diets high in refined sugars can cause spikes and drops in blood sugar, which may negatively affect attention, mood, and behaviour.

Water Bottles and Hydration

Children should bring a **water bottle every day**. Staying hydrated is important for health, concentration, and wellbeing. We encourage children to drink water, which is better for teeth and overall health.

If you feel your child must have squash in their bottle, please ensure it is **sugar-free, not too strong**, and in a **non see-through bottle**. Extra bottles of squash for top-ups are not allowed; once a child's bottle is empty, they can refill it with water only.

Hair Reminders

For safety reasons, we ask that **all long hair is tied back**. This helps to prevent the spread of head lice and avoids hair becoming caught in equipment during play or learning activities. Please ensure that hair ties and accessories are **small, plain, and appropriate for school**—large bows, bright colours, or decorative attachments should not be worn.

Thank you for supporting healthy and safe habits at school—together we can help children feel their best, stay safe, and be ready to learn every day!

Parking: We understand finding a parking space can be difficult but please show consideration to residents down St Leonard's Street and ensure they have ample space to use their driveways.

For everyone's safety, please can we remind you not drive into the school grounds when picking up from after school clubs and wrap around care.

Wrap Around Care: Please remember to book/cancel in advance for Wrap Around to ensure we have the correct ratio of staff to pupils. Bookings close 24 hours before session starts. If you need to cancel a session, please contact the office via app message or phone call.



Mundford Mail



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

Friday, 03 October 2025 Autumn 4 Page 5 of 9



WE'RE TAKING PART IN WELLY WALK WEEK! 6TH - 10TH OCTOBER 2025

We are joining local charity Home-Start Norfolk for 'Welly Walk Week' raising funds and helping to give children the best start in life, one school run at a time!

Ending on World Mental Health Day we are inviting you to take part in this fun fundraising week! We are encouraging you and your child to walk to school in your wellies for one week and collect sponsorship from friends and family. Each child that takes part will receive a sticker, colouring sheets and a certificate!

By taking part, you're not just starting the day on the right foot - you're helping other families in Norfolk take their first steps toward a brighter future.

Where is the money going?

Last year Home-Start Norfolk supported **427** families, empowering parents to give their children the best start in life. We encourage you to collect donations to Home-Start Norfolk, to help them support even more families and children in our region. This is the difference your fundraising could make:

£5 could cover the cost of one hour of a volunteers time.

£15 could pay for a family to join a baby activity group.

£35 could cover the cost of one home visit for a family.

£400 could cover the cost of home visiting support for a family for 3 months.

Set up your JustGiving page or make a donation via the Home-Start Norfolk JustGiving Page : www.justgiving.com/campaign/wellywalkweek25



www.homestartnorfolk.org - 01603 977040 - Registered Charity Number: 1106362



Mundford Mail



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

Friday, 03 October 2025 Autumn 4 Page 6 of 9

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/>



October is ADHD Awareness Month



October Newsletter

[Family Action's Norfolk & Waveney Autism/ADHD Support Service](#)



Welcome to our latest newsletter please click link below

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



Diary Dates

Monday 6th – Friday 10th October: Welly Walk Week

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

27th October – 31st October: Half Term Holiday

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

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.



Mundford Mail



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

Friday, 03 October 2025 Autumn 4 Page 8 of 9

Useful links and information

Friends of Mundford School (FOMS)

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

Free school meals application

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

How to contact the school/class teachers

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

Notices

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

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

School Meal Menu

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

School Uniform

https://corporatetiger.co.uk/?product_cat=mundford

www.facebook.com/myclothingltd



Mundford Mail



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

Friday, 03 October 2025 Autumn 4 Page 9 of 9

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