



# Mundford Mail



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

Friday, 17 October 2025 Autumn 6 Page 1 of 8

House Points			
<b>Danes</b> Points 384	<b>Romans</b> Points 339	<b>Saxons</b> Points 404	<b>Vikings</b> Points 376
This week's winners are the ... Saxons = previous win                      3 wins = non-uniform day			
<b>Stars, Wows &amp; Writers of the Week</b>			
Oak	★ Magnus 😬 Ruby Ava		
Hazel	★ Arthur 😬 Maisy Molly		
Maple	★ Layla 😬 Obi Charlotte		
Cedar	★ Phoebe 😬 Mel Joe		
Rowan	★ Sienna 😬 Delilah Oakley		
Elm	★ Tommy-Lee 😬 Jack Polly		
Sycamore	★ Olivia 😬 Marley Thea		
★ <i>Stars celebrate values and behaviour.</i> 😬 <i>Wows celebrate an outstanding piece of work or learning</i> <i>Writers celebrate wonderful literary achievement</i>			



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

Friday, 17 October 2025 Autumn 6 Page 2 of 8

## Open Afternoon for Reception Intake September 2026

Wednesday 22nd October 2025, from 3.30pm onwards.

Come and visit our reception classroom, see examples of the activities, children will complete and meet the teacher, Mrs Keeler.



## Harvest Festival Donations

This year our school Harvest Festival will take place on Tuesday 21st October. We kindly ask that any donations you feel you are able to make are placed directly into the school food bank, which is located outside the Orchard.

Thank you in advance for your support.



Acorn Class children are working hard to learn to take turns. If you have any Orchard games that you are happy to donate to school, we would really appreciate them.

Thank you. Mrs Tinkley and the Amazing Acorn Team

We are still seeing lots of lost property which is not named meaning it's impossible for us to return to the correct owner. Please be sure to name sweatshirts, coats and shoes as these are the things that get taken off most frequently. If you'd like to purchase stick-in name labels please head to [www.stikins.co.uk](http://www.stikins.co.uk) and quote reference number 13956, FOMS will receive a small commission for any purchases.



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

Friday, 17 October 2025 Autumn 6 Page 3 of 8

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, 17 October 2025 Autumn 6 Page 5 of 8

## 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](mailto: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 20<sup>th</sup> October: **Elm** Show Case 14:30

Tuesday 21<sup>st</sup> October: **Oak** Mundford Junction 14:15

Wednesday 22<sup>nd</sup> October: **Sycamore** Mundford Junction 14:15

Wednesday 22<sup>nd</sup> October: **Reception Sept '26** Open Afternoon 15:30

Friday 24<sup>th</sup> October: **Rowan** Junction 14:30

27<sup>th</sup> October – 31<sup>st</sup> October: Half Term Holiday

Wednesday 5<sup>th</sup> 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](mailto:whistlermusic@yahoo.com) for further information and cost.



# Mundford Mail



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

Friday, 17 October 2025 Autumn 6 Page 7 of 8

## 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](https://corporatetiger.co.uk/?product_cat=mundford)

[www.facebook.com/myclothingltd](http://www.facebook.com/myclothingltd)



# Mundford Mail



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

Friday, 17 October 2025 Autumn 6 Page 8 of 8

## 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