

# MUNDFORD MAIL

WE 16 JANUARY 2026



## House Team News

**Danes**  
**370**

**Romans**  
**344**

**Saxons**  
**342**

**Vikings**  
**388**



This weeks winners are the ... Vikings non-uniform **Weds 21<sup>st</sup> January**  
Three wins = House team non-uniform day!

## Star, Wow and Writer of the week

	<b>Star</b>	<b>Wow</b>	<b>Writer</b>
<b>Oak</b>	Edward	Frank	Alexander
<b>Hazel</b>	Jude	Jack L	Harley
<b>Maple</b>	Arna	Oliver	Oscar
<b>Cedar</b>	Ruby	Mel	Kody
<b>Rowan</b>	Jack	Deilah	Opal
<b>Elm</b>	Rocco	Peyton	Reece
<b>Sycamore</b>	Zack	Ollie	Stanley

*Star - celebrates values and behaviour*

*Wow - celebrates an outstanding piece of work or learning*

*Writer - celebrates a wonderful literary achievement*

## Action for Happiness

Happier January 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Find three things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help brighten their day

4 Write a list of things you feel grateful for and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier · Kinder · Together

# Number Day 2026

We will be celebrating Number Day across school on **Friday 6th February**, as children take part in fun mathematical activities.

### Dress up as Digits

As part of the day, children can wear an item of clothing with a number on it. It could be a favourite sports top or cap, or even a onesie. You could get more creative and design a unique t-shirt, hat or even become a human-sized calculator or dice!

We look forward to seeing what you choose.

Need some ideas - photos on the last page.

## SENDCo

If you have any concerns about your child at school. Please get in touch and have a 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/>**

**Family Action** January Newsletter:

we are thinking about neurodivergence and girls.

**[Go to this Sway.](#)**

**Family Voice** latest newsletter please click **[here](#)**

### Clubs

#### Monday

Choir  
15:20 -16:20  
Y3,4,5 &6

Gym & Fitness  
15:20 - 16:20  
Y1 & 2

#### Tuesday

Lego Club  
Lunchtime  
Y5 & 6

Taekwondo £2 per session  
15:20 - 16:30  
Y3,4,5 &6

#### Wednesday

Production Club  
15:20 - 16:20  
Y3,4,5, &6

#### **Julia Donadson Reading Club**

15:20 - 16:20  
Y1 & 2

***Please sign up via Arbor***

### Music Lessons

Mrs Whistler teaches a variety of musical instruments and singing. If you would like more information please contact Mrs Whistler direct by email:[whistlermusic@yahoo.co](mailto:whistlermusic@yahoo.co)

#### Contact Information

Phone: 01842 878278

[messages@mundford.dneat.org](mailto:messages@mundford.dneat.org)

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

## Diary Dates

Monday 19th January: Young Voices at O2  
Wednesday 21<sup>st</sup> January: Rowan Junction 14:30  
Thursday 29<sup>th</sup> January: Elm Junction 14:30  
Friday 30<sup>th</sup> January: Maple Junction 14:45  
Thursday 5<sup>th</sup> February: Oak Junction 14:15  
Friday 6<sup>th</sup> February: Number Day  
Friday 6<sup>th</sup> February: Maple Show Case  
Wednesday 25<sup>th</sup> February: Sycamore Show Case 14:45  
Monday 2<sup>nd</sup> March: Elm Showcase 14:45

## Useful Links & 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](https://corporatetiger.co.uk/?product_cat=mundford)  
[www.facebook.com/myclothingltd](http://www.facebook.com/myclothingltd)

## Supporting you 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 for basic number skills  
<https://play.numbots.com/#/account/school-login/35246>

TT Rockstars Numbots for times tables  
<https://play.ttrockstars.com/auth>

Oxford Owl for an online library of books covering all ages and ability levels  
<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/>

One Minute Maths  
targeted practice to build confidence delivered in 1 minute chunks aligned to the school's Maths curriculum  
<https://whiteroseeducation.com/1-minute-maths>

## Number day ideas





## Family Hub Drop In

Advice and support for parents and carers of children and young people from conception to 19 (25 for young adults with SEND).

Your local family hubs team are ready to help, and this month your Community Worker, Sarah will be at the following venues ready to listen and support you to find the right help.

Date	Time	Venue
06 January	09:00 - 11:00	Swan Parents' Group
13 January	15:00- 16:30	Downham Market library
20 January	15:00 - 16:30	Downham Market library
03 February	09:00 - 11:00	Swan Parents' Group
17 February	15:00 - 16:30	Downham Market library

Family hubs can help with advice and support with:

- health and wellbeing
  - mental health
  - parenting
  - relationships
  - finding activities and groups
  - infant feeding
  - money and work
  - housing
  - SEND
  - support for dads
  - substance misuse
  - transition to adulthood
- and so much more...

