



## Newsletter 12<sup>th</sup> January 2024

# ALPINGTON & BERGH APTON Church of England VA Primary School

**Matthew 5 v 16**

Dear parents

Happy new year and welcome back to the first term of 2024. We hope you all had a lovely Christmas holiday. The children have come back to school full of energy and enthusiasm and our new topics are already in full swing. In Robins and Kingfishers the topic is "Inventioners", with a focus on science and DT. In KS2 our "Survivors" topic has a history and geography focus, with the children already engrossed in learning about what life was like in the stone age.

There is lots of information about our curriculum on the website [https://alpington.norfolk.sch.uk/?page\\_id=75](https://alpington.norfolk.sch.uk/?page_id=75). Keep an eye on the class pages for information about the topic in your class and for updates on what the children have been learning.

Teachers also post regular updates on Tapestry, which is a great way of starting a conversation about learning at home.

Thank you for all your support with reading, spelling and mental maths targets and practice at home. It makes a huge difference to the children in school. If you need any help or advice with this, please contact your child's teacher who will be happy to help. There is lots of information about how we teach reading in school at [https://alpington.norfolk.sch.uk/?page\\_id=2929](https://alpington.norfolk.sch.uk/?page_id=2929) and [https://alpington.norfolk.sch.uk/?page\\_id=89](https://alpington.norfolk.sch.uk/?page_id=89)

### Allergies in school

As you are aware, we have some children in school with life threatening allergies to foods. Please could you continue to support us keeping them safe by ensuring that you do not pack foods containing nuts or sesame in children's packed lunches or playtime snacks. The things that sneak through the cracks are breads or rolls with sesame seeds on them, peanuts in cereal bars and Nutella pancakes. With all these things, it's easy to talk about policies and procedures, but the point of the whole thing is to keep our little people safe! Please pack lunches as if it were your child who had the allergy – staff included!

### Diary

#### January

Thurs 18<sup>th</sup> (Fri 19<sup>th</sup>) – Thursday school census, see newsletter for change of lunch menu  
Fri 26<sup>th</sup> at 8.45am, Working on Worries Project with Monika, please come along and join Monika in school library

#### February

Tues 13<sup>th</sup> & Wed 14<sup>th</sup> – Parent/Teaching Meetings to be held after school – booking form to follow shortly  
Thurs 15<sup>th</sup> – KS1 Dance Festival at Hobart, details to follow

Mon 19<sup>th</sup> – 23<sup>rd</sup> – **Half-term holiday**

Mon 26<sup>th</sup> – Spring Term 2 commences

Thurs 29<sup>th</sup> – KS2 Cave Man Extravaganza, details to follow

#### March

Wed 13<sup>th</sup> from 2.15pm – Open Afternoon for our parents

Thurs 14<sup>th</sup> – Alpington School Choir attending Norfolk County Council Music Festival

Alpington CE VA Primary School, Wheel Road, Alpington, Norwich NR14 7NH  
Tel. 01508 492700  
[www.alpington.norfolk.sch.uk](http://www.alpington.norfolk.sch.uk)  
[office@alpington.norfolk.sch.uk](mailto:office@alpington.norfolk.sch.uk)



We have reviewed our whole school Anaphalaxis policy, which can be found on the website by clicking here <https://alpington.norfolk.sch.uk/wp-content/uploads/2024/01/ANAPHYLAXIS-POLICY-24-26.pdf>

The policy is based on the model policy from Anaphylaxis UK, an organization providing advice and support to schools and other organisations about the safe management of allergies. More information can be found here:

[About Anaphylaxis UK | Anaphylaxis UK](#)

In line with the latest advice, we have purchased additional epi-pens for school for use in an emergency if children's own pens are not available or not working properly. These will only be used on medical advice in line with the policy – please see the policy for details. We have also purchased different coloured crockery and cups so that food for children with allergies is easily identified by all staff.

Staff training was reviewed at the start of term and all staff have received up to date training to administer an epi-pen, in line with the policy.

**Friday Morning with Monika – Friday 26<sup>th</sup> January @ 8.45 in the library. Tea and coffee available! All Welcome.**



We are very excited as a school to be a part of the **Working on Worries** project and be able to offer support to parents and carers on how to support your child with anxiety problems. I will be running a drop-in session about anxiety and intervention; it would be lovely to see you all.

#### **Who is it for?**

The intervention is parent-led for parents of children under 12 years old. It's aimed at children who are feeling anxious, who may experience lots of little worries, may be fearful of certain situations or of separating from a parent. We use parent-led as we know that parents are the experts in their children and by equipping them with tools and skills, they can help their child in those situations.

#### **About the intervention**

We know that parenting an anxious child can be difficult, we aim to equip you with skills and strategies to help them be more curious about the world and gain confidence in giving things a go. It's a guided self-help based on Cognitive Behavioural Therapy (CBT). We know that when children feel anxious children may start to avoid the things that make them anxious or start displaying safety behaviours, these cause children to then continue to avoid their fears and worries. This intervention aims to break this down into steps to help them build confidence in tackling their worries, reducing reassurance and encouraging your child to start thinking about the most realistic outcome of facing their fear or that they can cope with what happens.

**This session and the intervention has been really successful in other schools and it is amazing to have the expertise to offer this here at Alpington. If you would like to come, please book your place by clicking the link below:**

<https://forms.office.com/e/sFVKL5rPek>

## **Alpington connected**

This term our assembly series is all about the ways that Alpington is connected to the wider world. We are exploring all kinds of themes, including family, travel, work, trade and the environment. We are also thinking about connections with different cultures and faiths. I was hoping that there would be people in our school community who might be willing to come and share their “Alpington Connections” with us in assembly. Maybe you have family or friends who live overseas, heritage from another part of the world or your faith, work, sport, hobbies or interest connect you with another country. Please come and tell us about it! The assembly would take the form of an interview and you can bring any pictures, artefacts, clothes, food or anything else to show the children. Assembly is usually at 10.10 Monday to Wednesday, but we can usually shuffle to first thing in the morning if that makes it easier. Please let me know if you are able to help and I will sort out some dates. Thank you to those who have already volunteered!

We are also collecting pictures of people from our school community visiting other parts of the world. Our board is looking really good already and the children are checking it each day to see what has been added! If you have pictures of the children, or people the children know, in far away places please send them in so we can add them to our “Alpington Connected” display. You can email pictures to me, or the children can bring them in.

Thank you for your help.

## **Emergency closures**

We are at that time of year where there is a small possibility that we may need to close the school due to snow and ice! If this happens, we will notify you by email as soon as we can, usually early on the first day of closure. We will keep you updated via the website. It is worth checking that you know your child’s Teams login, in the very unlikely case that the school is closed for long enough for us to need to use it! You can reset their login by emailing Karen in the office.

## **Maths**

We are making some changes to maths teaching this term. We are following a program called “Mastering number” in Robins and Kingfishers class. This is a short 10–15 minute session each day, supporting the children’s understanding of number. From next week this will be taught in year groups rather than classes. Sessions will be taught at 11.55 each day. Miss Larter will teach reception, Mrs Hemmant and Miss Thompson will teach year 1 and Mrs Eland will teach year 2.

For 2 or 3 sessions each week, we will be changing the groupings for maths in Swallows and Owls classes. This is to make sure that all the children get the right level of challenge and support and that their conceptual and procedural knowledge is sound. Some year 4 children will be working with Mrs Lloyd, the rest will be working in a smaller group with Mrs Welch. Year 3 and year 5 will remain with their class teacher. Any queries, please come and talk to us.

## **Change to school lunch menu – Thurs 18th/Fri 19th Jan.**

Thursday 18<sup>th</sup> Jan. is Census Day and it really helps the school if as many children can have a school lunch that day as possible, especially in Robins and Kingfishers.

We have swapped the main meat course for our popular fish fingers, chips, peas or baked beans the veg. option is summer vegetable goujons with chips, packed lunch and pudding remain the same, Friday therefore will be chicken fajita wrap.



A big thank you to Mel and the team for organising such a lovely Christmas Fayre and to everyone who came and supported it. We have raised £3050.70 for the Friends and every penny goes to support the children in school. Thank you so much!

Watch this space for upcoming events this term.

The Friends team is always open to new members. Please get in touch with Mel if you are interested in getting involved [melaniewilcockson@hotmail.co.uk](mailto:melaniewilcockson@hotmail.co.uk)

### **Attendance**

Our attendance for the whole school now stands at 95.5%. As you know, our attendance rate took a tumble at the end of last term due to illness. More worryingly, our rate of persistent absence, children whose attendance is below 90%, has doubled from 7% to over 15% which is close to the national average. This level of absence means that children are missing a significant amount of school. We are seeing a direct correlation AT ALPINGTON of children with lower attendance having lower academic outcomes. I know that illness can not be helped, and I am sure that these figures will improve over the coming weeks, but in the end this is not about data. It's about us wanting the absolute best outcomes - for wellbeing, friendships, academic attainment and life chances – for every single child in our school. For us to do that, they need to be in school. I feel like a stuck record with this – I promise I would not keep on about it if it wasn't really important! Thank you for your support. If there is anything at all we can do to help your child with their attendance, please get in touch. Mrs Welch – [head@alpington.norfolk.sch.um](mailto:head@alpington.norfolk.sch.um) or Monika [psa@alpington.norfolk.sch.uk](mailto:psa@alpington.norfolk.sch.uk). The link to advice from the NHS about when children are fit to attend school is below. I will be contacting parents of children whose attendance is causing concern separately so that we can make plans to help.

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/#:~:text=If%20your%20child%20has%20mild,have%20a%20high%20temperature>

### **Best wishes**

**Rosie Welch and the Alpington Team**

### **Attached**

- **Anxiety leaflet – Fri 26<sup>th</sup> Jan, 8.45am**
- **Working on Worries leaflet**