# Newsletter 23rd January 2026

# ALPINGTON & BERGH APTON
## Church of England VA Primary School

***Matthew 5 v 16***

Dear parents

Let Every Light Shine

As a Church school we are asked to think about the role of spirituality in our daily collective worship and the wider life of the school. It is an opportunity for us to slow down, notice the details, our feelings and experience the awe and wonder of the little things as well as the big ones. We are talking about Spirituality at Alpington as "Find the wow in yourself, the wow in others and the wow in creation". For those with a Christian faith, those "wow" moments can be talked about as coming from God.

Our approach is best explained through a story. Many years ago, I attended a conference where the speaker was an advocate of slow and deep learning named David Wells. He told a story of a holiday in Canada when his children were primary school age. They were staying on the shores of a mountain lake in the Rockies and David arranged for an early morning canoe trip to watch the sun rise over the mountains. He arranged canoe rental, organised the safety equipment, set the alarm and got the children out of bed at the crack of dawn. As they paddled out onto the water, everything was still. The lake was so smooth there was a perfect reflection of the mountains as the sky turned a thousand shades of red and yellow the sun rose from behind the peaks. Turning round, he saw both children upended in the bottom of the canoe, paying no attention whatsoever! He was about to explode with "I bring you all the way out here and you can't even be bothered to look…." when he saw the reason for the distraction. One of the children had a huge, shimmering blue dragonfly perched perfectly still on his finger and both children were utterly absorbed in the wonder of this little creature.

At Alpington we make time and space for the dragonfly moments. We encourage children to notice the details, give them time to pause and reflect and value all their feelings – big and small. We love the fact that the things they find to notice and celebrate may be very different from our planned lessons and school routines!

Looking for, and valuing the wow, takes time and practice! To help, we link the "wow" to our Alpington Values.

**Diary**

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| **February** | | |
| Fri 13th | All day | "Be Yourself Day" |
| Tues 24th | All day | Robins and Kingfishers trip to How Hill |
| **February half-term Mon 16th – 20th** | | |
| **March** | | |
| Wed 4th | All day | KS2 trip - Bug Parc |
| Thurs 5th | All day | World Book Day |
| Tues 10th & Wed 11th | pm | Parent/teacher meetings |
| Tues 17th | am | KS2 Choir perform at Norfolk County Music Festival |
| Thurs 26th | am | Easter Service |
| **Easter holidays Mon 30th March – Tues 13th April** | | |

We politely remind parents to inform us of any changes in your contact details

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- Curious - We value and celebrate curiosity and looking beyond the obvious, whatever form and subject that takes. We take time to ask questions.
- Thoughtful - We take time to be thoughtful and reflective about ourselves, our talents, learning and feelings. We make time to be amazed at the wonders of creation.
- Resilient - We talk about how it feels to really stick at something hard – and how it feels when that's successful!
- Empathetic - We consider others feelings and imagine what the world is like in another's shoes. We are filled with awe at the diversity in our world.
- Courageous - We take pride in trying new things, accepting new challenges and taking brave decisions. We can do and be more that we imagine.
- Aspirational - We dream, big and small.

Over the last couple of weeks we have been noticing kindness in others and thinking about when we are our best selves! Some of our recent "wow" moments are here – there are lots more on the wall near the library. We are in the process of adding them to the website too.

"I feel my best when I sing"
"When I went to gymnastics for the first time"
"When I've made an amazing picture"
"I feel my best self when I do maths"
"When me and my brother were on a ride, my brother was scared, I made him feel better"
"When I run around in the rain"
"I feel my best when roller skating"

If you would like to share some "wow" from home, you can share them on Tapestry. It could be an interesting question, a lightbulb moment, something that made you laugh or something you stopped and noticed together. We would love to hear about them.

**School Secretary / Finance Administrator Vacancy (Ms Reeman's Job!)**

Please click on the link below for further details including job description/person specification and application form.

https://alpington.norfolk.sch.uk/current-vacancies/

If you need any further details please do not hesitate to contact me for an informal chat. We are willing to be flexible for the right candidate.

**Reading in Robins and Kingfishers**
Please can we emphasise again just how important reading at home is for all our children. Our youngest children are working to master new skills and that little and often practice makes so much difference. There has been communication from both class teachers this week – a reminder to children in

## Wellbeing

*I'm pleased to be introducing a **weekly wellbeing section** in the school newsletter.*

*Each week I'll offer simple ideas and strategies to support emotional wellbeing and resilience for children and the wider school community.*

*If there's anything you'd particularly like me to cover, please feel free to get in touch - I'd like this space to be shaped by what matters most to our school.*

*Rather than New Year's resolutions, I choose a **word for the year**. This year, my word is **"acceptance."** For me, that means letting go of the need to control and learning to go with the flow.*

*This idea of acceptance will gently run through our weekly wellbeing focus - helping children (and adults) to accept their feelings, understand that not every day will be easy, and know that they don't have to get everything right all the time.*

*With best wishes to you all,*

*Claire Cookson*

*Pupil and Parent Support Adviser*

*psa@alpington.norfolk.sch.uk*)

Robins to read every day, a change of routine in Kingfishers class to encourage the children to be a little more independent and a plea from both to write in the children's books when you read at home. Thank you so much for your support; it really makes a difference.

Please could all parents check that "Push Notifications" are enabled for the Compass App. This is now our main way of communicating and it is free for the school to use. We have to pay extra to send a text message.

Please note that ALL payments have now moved over to Compass.

Please could all parents check the clubs section of the app and pay outstanding amounts for breakfast club. Tax free childcare payments paid to the school bank account have been added to your account and you should be able to use this to pay the bill by selecting the "pay using third party funds" option. Please could someone have a try and let us know if it's not working! Thank you.

**Attendance**
Thank you to everyone for their efforts! We have now sneaked back over 96% as a school, which is great.

Below is the link to the NHS advice on if your child is well enough for school.

Home and school communication is really important. We want the children to want to come to school! If there is anything that comes up at home that children would like help with, please get in touch. There is not much we can't sort out with a bit of creative thinking. Please contact your child's teacher on their class email address or catch them on the playground after school. No problem is too small and we know that little things make a big difference to some children.

**Trips and events**
The following events have been set up on Compass:

Robins and Kingfishers – Trip to How Hill
KS2 – Participation in Norfolk County Music Festival
Years 5 and 6 Residential to How Hill
Whole school – Easter Service.

We have yet to finalise details of the KS2 trip to Bug Parc, this will be posted shortly.

Please take a minute to give your permission and pay where necessary. Thank you!

**Be Yourself Day – Friday 13th February**
We have a lovely day planned, with a range of activities based around our "Wow" moment, a Yoga session for each class and some very special mini visitors! Children can come to school dressed as themselves – this could be a favourite item of clothing, an outfit for a sport or club, dressing up or whatever is important to them. It needs to be practical enough for playtime and Yoga and be suitable for wearing for a school day. You may want to consider leggings or tights under leotards for example.

**Driving through the village**
As you are probably aware there is a sign in the village monitoring the speed of vehicles coming along the road past the church. The police have been notified of an incident of a vehicle travelling at 65mph back in September. Please take care when walking along the road and let us know of any dangerous driving you witness.

**Best wishes**

Rosie Welch and the Alpington Team
Attached

- Calendar, Revision 2
- Easter Sports Camp at Cringleford