Newsletter 27th February 2026

ALPINGTON & BERGH APTON
Church of England VA Primary School

Matthew 5 v 16

Dear parents

Let Every Light Shine

Alpington Parliament Plastic Reduction Plan
I know lots of the children have gone home talking about this, so many of you will already be aware that Alpington Parliament has been talking about the problem of single use plastic and what actions we could take in school. The children debated the issue in classes before the half term and yesterday brought their proposals to whole school Parliament.

The children have voted for the following actions:

Snacks will now be single use plastic free.
In KS1 children have school fruit or veg provided.

In KS2 children will need to bring a snack of their choice in a reusable container or have fruit or veg that doesn't need a wrapper or container at all. We can arrange to provide a fruit / veg snack in school for a small termly charge. Please use the form below to register your interest and we will get back to you with the details.

School fruit for children in KS2 – Fill out form

A food waste bin for our fruit / veg peel, cores etc. on the playground so our leftovers don't go to landfill.

We will have a container on the playground for each class to collect snack tubs, so they don't get lost. Please label them clearly with children's names.

Plan to reduce plastic in lunchboxes
Over time we would like to reduce the single use plastic in lunchboxes. This will be voluntary, with some incentives for the children who take part.

Replace single use plastic packets in lunchboxes by buying bigger bags and using a little each time. Some examples are below – thank you Robins class!

Have a school lunch which is mostly plastic free. The children are writing to Norse today to ask them to eliminate the last of the single use plastic used in school lunch which would then make it a pretty much single use packaging free option!

Diary

March		
Mon 2nd	am	Years 1 and 2 Dance Festival
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 – Mon 13th April Children return to school Tues 14th		

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

Contact Details:
Alpington CE VA Primary School,
Wheel Road, Alpington, Norwich
NR14 7NH
Tel. 01508 492700
www.alpington.norfolk.sch.uk
office@alpington.norfolk.sch.uk

The lunch box target is a “working towards” target. I appreciate how busy life is and completely understand that this is not going to happen overnight! There will be tokens available to encourage the children to take part and once we get a bit further down the line we will have a Plastic Free Challenge week.

Thank you everyone for your support. I am so pleased that the children are taking this so seriously. It is so important that their ideas are heard and that they can see that their contribution to big issues matters.

Dear Parents

I hope that if your family has tried the “do-over” strategy over the past week, you’ve found it helpful in stopping small issues from turning into bigger ones.
Today, I want to share another of my favourite strategies - one I still use, even though my daughters are now young adults. Like the do-over, it’s all about making family life a little easier and avoiding that familiar thought of, “It’s quicker if I just do it myself.”
Initially, this one does take a bit of setting up. For example, if you ask your child to clear the dining table after a meal, and it often ends up half done, try tidying it together until it’s completely finished. Then let your child know the table has been “reset”, and that this is what it should look like when you ask them to reset it after a meal.
Having that clear picture really helps children understand what’s expected. Plus, after the initial setup, it's quick and easy to say, "Please can you reset the [insert task here!]". And if something gets missed later (maybe a rogue sauce bottle), try to resist fixing it yourself. Instead, gently let your child know the table needs a full reset and give them another chance to finish the job. I'm now going to go and "reset" my dishwasher!!

Best wishes, Claire Cookson
(Pupil and Parent Support Adviser - psa@alpington.norfolk.sch.uk).

Events and trips

The following trips and events are available on Compass – PLEASE complete the actions relevant to your child.

The KS2 trip to the bug park is next Wednesday and there are still a significant number of parents who have not given permission or paid for the trip. Unpaid amounts for trips have to be met from the school’s budget, which is starting to have a significant impact on the experiences we will be able to provide for the children. Please confirm your consent and make payment for this visit today.

There are also outstanding actions for:
Years 1 and 2 Dance festival – this is on MONDAY. No payment required, but you need to give your consent.

KS2 Music festival – again all costs are being met by the school but you need to give your consent.

ALL – Easter service. **The form for this will close next Wednesday**. After this time you will not be able to book a place on the coach and will need to arrange your own transport to and from the church. This is because we need to confirm the coach booking by this date.

Thursday 5th March - World Book Day
Come to school dressed as your favourite book character. If we can go with books rather than films, TV or computer games that would be good – use your best powers of persuasion! There is no need for expensive orders, home made or token gestures is great.

We would love you to stay for a bit after drop off and come and share a book with your child in the classroom. You will be able to put your children together if you have more than one! Grandparents, aunties, uncles or other dropping off adults are all welcome.

Be Yourself Day
We had a brilliant "Be yourself day". The children looked amazing all dressed as themselves and we were able to take photographs and celebrate them all. Our theme for the day was "The wow in me, the wow in others, the wow in creation". The children wrote poems, took photographs and made wow word bracelets for each other. Everyone took part in a travel themed yoga session taking them to their own desert island and we had a visit from the Mini Donkeys! All the children were able to groom or walk the donkeys and is was lovely to see the interactions between the children and the animals, which had a really big impact. Our donkey visitors and their humans were really impressed with the children's behaviour and their respect for the donkeys.

There are some pictures below – more to follow on the website!

Payments
Plea from Mrs Reeman … to ease the end of year accounting, can we request that all outstanding payments, i.e. lunches, breakfast clubs, trips and guitar fees are made as soon as possible and by the very **latest 9am MONDAY 16th March.**

Change to school menu – Thursday 19th March, Active Canaries
Please see the attached menu. The menu offers something a little different, with healthy choices at its core and what NCFC players actually eat, encouraging pupils to try new foods and understand how what they eat supports energy, wellbeing, and performance.

Attendance
Our whole school attendance rate is 95.6% which is below our target and below where we were this time last year. We have more children classes as "persistently absent" than ever before. If there is anything we can do to support you, please please let us know. The vast majority of our absence is through illness – maybe we could try seeing if we can reduce each child's time off for illness by a day each time? This could make quite a difference, particularly for those children who have regular time off poorly. If we can all keep working together, hopefully we can get back on track. Once again, please don't book term time holiday. If you are unsure if your child is well enough for school, there is advice on the NHS website, or give us a ring. Year 3 currently have the best attendance at 97.21%.

Best wishes

Rosie Welch and the Alpington Team

Attachments:
- Active Canaries Menu – Thursday 19th March
- Flyers produced by the children – Plastic free lunch ideas and ideas to reduce single use plastics in our lunch boxes
- Big Norfolk Holiday Fun – Easter programme