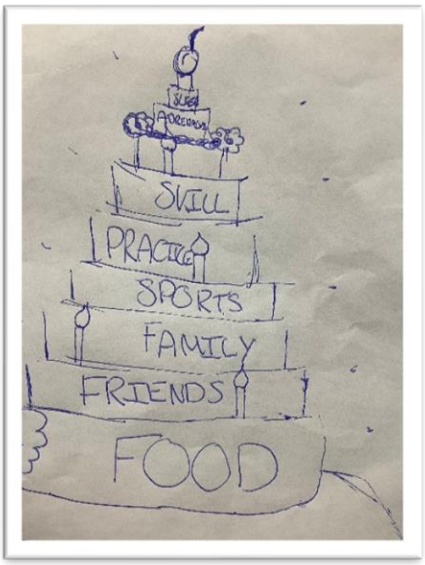
# Newsletter 6th February 2026

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

*Matthew 5 v 16*

Dear parents

Let Every Light Shine




Over the last couple of weeks we have been noticing the little things and celebrating the "wow" in ourselves, the "wow" in others and the "wow" in the world around us. This week we have been thinking about courage and what makes us brave. We told the story of David and Goliath and have been listening to the layers in Pachelbel's Cannon in D (there is a link here if you would like to listen). We talked about the layers in the music and linked that to the layers of ideas, feelings, people and skills that enable us to have courage! I love this picture from a child in year 6 – layers of things that make him feel brave with a nod to the fact bravery is tricky on an empty stomach!
https://www.youtube.com/watch?v=JvNQLJ1_HQ0

The children now also have a "wow" display in their classrooms to generate ideas and collect their "wows" - pictures from around the school are below! Thank you to Bertie in Kingfishers who brought me a lovely "wow" from his free drawing on Monday. If anyone has a "wow" moment at home, send it to us by Tapestry.

**Diary**

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| **February** | | |
| Fri 13th | All day | "Be Yourself Day" |
| **February half-term Mon 16th – 20th** | | |
| Tues 24th | All day | Robins and Kingfishers trip to How Hill |
| **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

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**Sustainability plan**

Working with Alpington Parliament, school staff and governors, we have written a sustainability plan for our school. We have tried really hard to keep it positive, practical and achievable! It is attached to this newsletter – please take a minute to have a look.

This week our Alpington Parliament debated the impact of single use plastics on the environment and actions we could take in school to reduce this. They will be reporting in the next Newsletter on the actions we have agreed – watch this space! As with everything, we will be needing your help and support to make the children's ideas a reality.

Alpington Wellbeing Service
"Let Every Light Shine"

*Dear Parents*

*Thank you all for the lovely, warm welcome I've received from the Alpington Primary community. As promised in the previous newsletter, here's my very first entry for the newsletter wellbeing section - and one of my all-time favourite strategies: The "Do-Over."*

*I'll happily put my hands up and admit that I sometimes fall into the trap of over-explaining when I'm asked to help sort out a small niggle or disagreement. Enter the do-over - a simple but powerful antidote! It does take a tiny bit of preparation: let your family know that instead of getting pulled into a back-and-forth, you can calmly ask (in your very best, kindest voice) for a "do-over."*

*This gives the other person a second chance to say what they meant - perhaps with kinder words, a gentler tone, or friendlier body language. And here's the best bit: you can give yourself a do-over too, if you notice your response isn't helping the situation as much as you'd like it to!*

*Wishing you all a lovely, relaxed weekend –*

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

Compass

Reminders have been sent today for permission and payment for upcoming trips. Please action this today if you haven't already.

We have tried to give parents as much notice as possible! Any problems, please give us a ring to discuss.

We are fairly confident the system for paying for breakfast club is now working. You need to select "pay for past sessions", select the sessions you wish to pay for and follow the instructions to choose a payment method. If you pay using the tax free childcare, the payment option you need is *" Breakfast Club Tax Free Allowance".* If you haven't topped up your account for a while, please could you do this now so we don't get too far in arrears. Thank you.

**Be Yourself Day – Friday 13th February**
Don't forget next Friday is "be yourself" day. Our theme is "the wow in me, the wow in others, the wow in creation". Come dressed as yourself – think practical: the children need to be able to go out to play and take part in yoga. There will be activities to try in class and some special mini visitors.

**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 of adults are all welcome.

**Attendance**
Despite the winter bug thank you everyone for all your efforts! Our whole school attendance rate is 95.78% which is below where I would like it to be. 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%.

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

Robins and Kingfishers – Trip to How Hill
Years 1 and 2 – Dance Festival
KS2 – Participation in Norfolk County Music Festival
Years 5 and 6 Residential to How Hill
Whole school – Easter Service.
KS2 Bug Park visit

Please take a minute to give your permission and pay where necessary. Thank you! Payments for the residential and Robins and Kingfishers trips to How Hill are now urgent.

**Best wishes**

Rosie Welch and the Alpington Team
Attached

- Calendar, Revision 8
- Sustainability Action Plan
- Easter Sports Camp at Cringleford