Newsletter 13th March 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 – THANK YOU!!
A massive thank you to everyone for getting onboard with our plastic free snacks. It has been a huge success, with almost all the children coming with fruit and veg or reusable snack pots for snack time. We have made such a massive difference in such a short time – thank you so much for your support. We will continue to keep an eye on it so we maintain the enthusiasm over time. Swallows class have been particularly enthusiastic and we have noticed a reduction in the amount of plastic waste in lunchboxes too which is amazing and ahead of schedule!

World book day
We had a fantastic time on world book day last week with some brilliantly imaginative costumes. Lots of the children spent time drawing and writing about their favorite books and stories with some especially lovely examples in Kingfishers class. All the children went to different classes at the end of the day to hear the teachers reading from their favorite children's books. Some pictures here – more to follow on the website!

Diary

March		
Tues 17th	am	KS2 Choir perform at Norfolk County Music Festival
Thurs 26th	am	Easter Service
Fri 20th	3pm	Red Nose after school bake sale
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:
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New play equipment sponsored event.

Thanks to some determined and really high quality grant applications, we are getting very close to the £25,000 we need to go ahead with new play equipment in school. A MASSIVE thank you to Friends, Governors and a very dedicated grandparent for all their efforts, which are still continuing.

We need about £4,000 for the project to go ahead. Therefore, over the Easter holiday we are going have a new sponsored event. The aim is to get sponsored and see how far we can step, walk, run, cycle and scoot over the holidays. Your whole family can contribute to your family total! If, for example, your family walks for 2 miles and there are 4 of you, that's 8 miles to add to your total. If anyone runs in the gym, counts steps, plays football – it all counts! We will be sending home a map to record your progress and collect sponsors. When we return we will create a map to show as a whole school how far we have travelled! Watch this space for further info – we will be talking to the children about it next week.

Dear Parents

As a child, I loved to watch the TV show Catchphrase. As the hidden image was gradually revealed, the host would repeatedly ask the contestants to 'say what you see'.
This phrase often pops into my head both at school and home - but with one small addition: to 'say what you want to see'.
For example, instead of saying, "Don't run indoors" - I'll say, "Walking legs indoors".
I think this approach can be especially helpful when we're supporting a child to make good choices during an emotional wobble. It cuts out the additional thinking time for them to understand what is actually expected of them.
For instance, "If you don't tidy away your toys, you can't go out to play" changes to: "When you've tidied away your toys, you can go out to play". *By using the second version, they'll instantly know what a good job looks like, which will hopefully reduce frustration for all concerned.*

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

Payments
We have a large amount of money – over £1,000 owing for breakfast club. If you have already topped up your account using the tax free childcare vouchers, this has been added to your account and is available to use - follow the payment instructions through Compass. If you need to add to your account, please do this now and Ms Reeman will update your account. If you pay directly, you need to do this now via the Compass app. An email follows with instructions. **We need all payments completed by Monday 16th March.**

Music festival Tuesday 17th March
The Alpington and Bergh Apton School Choir will be taking part in the above event taking place at King's Centre. This is part of the music curriculum and is taking place during school hours.

The children's performance is between approximately 11.30-1pm.

Transport has been arranged and is funded.

Children will need to wear their Choir T-shirts together with smart school uniform please.

Please provide a substantial snack which can be eaten before we leave as lunch will be much later on this day. If you wish your child to have a lunch provided by the school, please order a packed lunch. Please also ensure your child also has

- A water bottle
- A coat
- Any medication (e.g. inhalers)

Mrs Charlotte Cork and staff will be accompanying the children. Parents are welcome to attend, the cost is £4.50 each payable at the venue. We have been advised "it will be first-come first-served on the day, some sessions do get full, so arrive early to ensure admittance." We would love it if some parents are able to attend – the choir are sounding amazing.

Comic Relief bake sale
Please bake for our bake sale next Friday after school. If your child attends multi sports you may wish to send them with a donation so they can buy a cake at the end of the day. Thank you!

Easter egg competition
We are pleased to announce our annual Easter Egg design competition will be taking place over the next couple of weeks. An egg template is attached should you wish to use it; printed copies can be collected from the school office. Our theme this year is "the wow in me, the wow in others, the wow in creation" to fit in with our assembly theme. Extra "points" if you can get this into your design.

The closing date for entries is Monday 23rd March - there will be prizes!

Menus -Thursday 19th March, Active Canaries menu, Tuesday 14th April first day back after Easter holiday and new spring/summer term menu
Please see the attached menu for the 19th March. 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.

Also attached is the menu for the first day back to school after the Easter holiday.

Finally, the new menu for the summer term is also attached for your information. Paper copies are also available from the school foyer.

Start of the school day.
The school day starts at 8.30 and children can arrive in their classrooms any time up to 8.50 when the register is taken. We have noticed that a fair number of chidlren are now arriving in school significantly early. This is a bit of an issue as they are not properly supervised and teachers are trying to get classrooms and lessons ready for the day. If you arrive in school early without prior arrangement, please could you wait with your child on the playground until 8.30 before sending them into class. The other option if you arrive before 8.15 is for them to join breakfast club. Thank you for your understanding.

Attendance
Our whole school attendance rate is 95.5%. This is below the target set by the DfE of 96.2% Our highest attendance rate is in year 3 with 97%.

Best wishes

Rosie Welch and the Alpington Team

Attachments:

- Active Canaries Menu – Thursday 19th March
- Change to Menu – Tuesday 14th April
- Spring/Summer Menu
- Easter egg template
- Cottontails Easter fair – Saturday 21st March
- Framingham Earl High School Colour Run – Saturday 21st March