Newsletter 17th April 2026

ALPINGTON & BERGH APTON
Church of England VA Primary School

Matthew 5 v 16

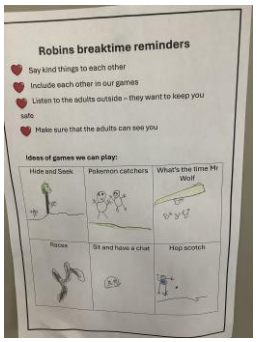
Dear Parents,

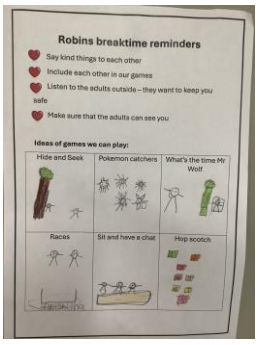
Let Every Light Shine

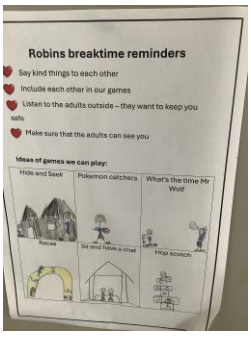
Welcome back to the summer term! I hope you all had a happy holiday. The children have all come back ready for the new term and new topics are already underway across the school. This week year 3 have been captivated by Greek Myths, reading Percy Jackson as their class book and planning their own myth. I have just been into Robins class where they were enjoying the fairytale dressing up in their role play corner and learning Flamenco dancing! Curriculum plans will be added to the website in the coming days so you can see what we are up to this term.

The whole school has been thinking about ways to make this term extra brilliant. We talked about how, whatever age you are, what ever year group you are in; you only get to do it once! How can you make the absolute best of yourself and your opportunities this term? The children thought of something they could do for themselves, something they could do for someone else and something they could do for the wider world. Ask them about it – there were a few bedroom tidying and dishwasher emptying pledges it would be worth knowing about!

Robins class have been collecting ideas for positive things to do at playtime.







As it's the summer term, children are now able to use the filed at lunch time and break time. They will be able to play football on Friday, with an additional football day for year 6 on Thursdays. The children are able to use the trim trail and the outdoor gym space, but the monkey bars on the field are currently not in use.

Diary

April 2026		
21st April	AM	Year 4 Swimming.
22nd April	PM	Year 4 Cycling Part 1.
29th April	PM	Year 4, Cycling Part 2
29th April	AM	Multi-sport Event Years 1&2 @ Hobart High.
30th April	PM	No MAYS PA After Sch Club.
Bank Holiday Monday 4th May Next Half Term 25-29TH May		

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

Summer playtime reminders:

- Trainers for the field
- A hat for sunny days
- A raincoat
- Apply suncream at home

We have noticed a few children wearing makeup to school – especially mascara. Makeup is not appropriate for primary school! Please could we keep it for the school disco.

Thank you.

QUIZ NIGHT EXTRAVAGANZA! FRIDAY 8TH MAY

Get ready for a fun-filled evening of trivia, laughs, and friendly competition — all while raising money for the school.

We'll have beers, wines, and soft drinks available all night, and you are welcome to bring along your own food (snacks, cheese boards or 3 course meals – your choice!).

Get your dream team together – 6 people max. If you don't already have a team, no problem; we'll organise additional teams on the night.

To secure your spots, simply fill out the below form and send your ticket payment to the Friends of Alpington account: 82-11-07 / 00320623 (Reference – Quiz night).

Quiz night form

Alpington Village Hall
Doors open at 7:30pm | Quiz starts at 8:00pm
Adults only event

New play equipment sponsored event.

Thank you to everyone for your running, scooting, cycling and walking over the holidays! Please bring your sponsor form and money into school ASAP – if you would prefer to pay money direct to Friends the details are on the form. If you haven't had a chance to get involved there is still time! You have until next Friday to collect your miles and your sponsorship.

Representatives from Friends and Governors are meeting over the next couple of weeks to start to make some decisions about what the final design will look like. We are really close to being able to go ahead – your support is really appreciated.

Alpington Wellbeing Service
"Let Every Light Shine"

The goal of this wellbeing activity is to help 'let go' of any uncomfortable emotions that are feeling 'stuck'.

To help explain this activity, it helps to think about how an animal behaves after being chased. The Qigong exercise of 'Shaking the Tree' is exactly the

same thing - dogs (and other animals) do it naturally, but humans need to teach themselves to do it! Here's a link to help explain how to do it: https://youtu.be/MEK2iyGmFyU

This week your child could find fun opportunities to practise doing Shake the Tree for roughly two minutes (such as while brushing their teeth!). This activity can also be customised by adding music of their choice. It's a good idea for your child to check-in with how they're feeling before and after doing Shake the Tree. This will give them some real-time feedback that doing something as simple as shaking their body can make such a difference to their sense of wellbeing.

To supercharge this activity - join in with them!!

Best wishes to you all,

Claire Cookson - Parent Support Advisor (psa@alpington.norfolk.sch.uk)

Claire is in school every Friday. If you would like to talk to her about any issues, big or small, then please drop her an email and come in for a chat.

Comic Relief bake sale

Thank you to everyone for your baking and your cake eating! We raised £89.75 for Comic Relief. Thank you to Livvy and Sophie for counting up.

Easter egg competition

We had so many fabulous entries to this year's competition. It was lovely to see so many imaginative ideas and thoughtful designs. Our overall winner was Molly in Owls class – I loved the blending and connecting of so many ideas and thoughts about Easter. Well done Molly!

Attendance

With the warmer weather and fewer bugs around I am really hoping we can get our attendance back on track this term! I will be contacting people individually to try and set some targets where attendance is causing a concern – if there is anything we can do to help, please just let us know.

If you are unsure if your child is fit for school, please feel free to call in for a second opinion!

Thank you.

Best wishes

Rosie Welch and the Alpington Team

Attachments:

- Quiz Night Poster from Friends.