Newsletter19th June 2026

ALPINGTON & BERGH APTON
Church of England VA Primary School

"Let every light shine" Matthew 5 v 16

Dear Parents,

Let Every Light Shine

Essential actions:

- Check timings and arrangements for the Royal Norfolk Show
- Check arrangements for the Talent Show
- Check arrangements for the KS1 Picnic
- Consider if your child would like guitar lessons

Sports day
Thank you to everyone for coming along and supporting us on sports day. It was great to see everyone taking part and the children cheering each other on! We had a lovely celebration assembly on Thursday to talk about all the little behind the scenes encouragements and achievements – some of them are below.

Congratulations to Attenborough, our winning house.

Several of our overall winners were at the UEA yesterday, so we will find time next week to announce them and celebrate their achievements too.

The team at the UEA did brilliantly yesterday, winning the competition for both lower and upper KS2. Thank you to Mr Colbeck for all his help and support.

Colour run and Festival 3rd July 4.30 – 7.30

This is shaping up to be a fantastic event with a colour run, stalls, food and drink!

Thank you to everyone who has signed up to take part. If you are not running, please come along, soak up the atmosphere, enjoy the games and face paints and some food and cheer on the runners!

Thank you for all the chocolate donations. I know the call out was a little last minute, so if you are able to pop in a sweet treat over the next few days that would be great.

Diary

June 2026		
Every Tuesday	AM	Yr4 Swimming Lessons
22nd June	PM	Hockey Event (selected children) Langley
22nd June	PM	After school selected children Rounders Event
24th June	All Day	Royal Norfolk Show – 7.45am at school.
29th June	PM	Sports Event. Year 5 selected children.
3rd July	PM	Colour Run and Summer Event
23rd June,30th , 7th July	PM	. After school KS2 Rehearsals – selected children.

Last day of Term Friday 17th July

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 concert
So many parents have said to me what a lovely occasion our summer concert was on Monday. It was amazing to see so many children at different stages in their musical journeys get up and perform to an audience. We have a particularly talented year 6 this year and it was a particular privilege to hear them play. A huge thank you to Mr Cooper and Charlotte Cork for making music such a central part of our school and for nurturing our children's talents and enthusiasm.

Guitar Lessons
We have a number of children in year 6 who currently have guitar lessons who will be off to secondary school. This frees up some slots for any children from year 3 onwards who would like to have guitar lessons. There is the option of group or individual lessons. Miss Grant will invoice you each term via compass. The cost of hiring a guitar to have at home is included in the lessons so there is no need to buy an instrument for your child to have a go.

Mr Cooper is offering some taster sessions in school on Friday 3rd July. If your child would like to have a go, please email office@alpington.norfolk.sch.uk to sign them up. This would include children currently in year 2 who will be KS2 in September.

You can also add your child to the list by emailing to the above address, using Guitar Lessons in the subject of your email.

Key stage 1 picnic
Adults for children in Robins and Kingfishers class, and children and adults of children joining us in September are invited to a picnic on the field on **Tuesday 30th June from 12 – 1.30.** Please bring a picnic rug, chairs and food for yourself. The children are making their own picnics! (provided by the school). This will be an informal occasion, with a chance to sit and have lunch together and then for the children to go and play.

Talent Show
Children in Owls class brought the idea of a talent show to Alpington Parliament this term and this was approved by the rest of the school! The show will be on Monday 13th July. Children will perform to their classes – we are not inviting parents on this occasion as there has been so much going on! Instead teachers will film the children's performances to create a class "Alpington's got Talent" video which we will share for you all to see via the website. We will make arrangements for any children who do not have the permissions for this. We will be sending home forms in the next few days so the children can sign up and get practicing. If they want costumes, props, music etc. they will need to bring this from home.

Royal Norfolk Show
Swallows, Owls and Eagles are attending the Royal Norfolk Show on Wednesday 24th June.

The children need to wear their choir t-shirt, bottom halves of their choice and a **sun hat**. Please bring a substantial packed lunch and plenty of water. Please apply plenty of sun cream!

The coach will be leaving school at 8.00am. **Children need to arrive at school at 7.45 am**. We will all go on the bus together.

If you have let me know that you are collecting your child after the singing, please collect them from the school's stage at around 10.20.

Children can bring £5 (no more please) in a named wallet. They will be able to buy an ice cream, Lolly or drink from the ice cream van. We will not be allowing the children to spend money on anything else.

Parenting Tip: Try "MUMS it" and "DADS it"
As parents and carers, we're often asked questions at the busiest possible moments: "Can I go?" - "Can I have it?" – "Can my friend sleep over?" - "Can I stay up later?"

Sometimes children continue asking because they hope for a quick answer which can often mean we haven't had time to properly think things through. This is where the phrases MUMS it and DADS it can really help!

What does it mean?
*MUMS it = **M**ake **U**p **M**ind **S**lowly*
*DADS it = **D**eliberate **A**nd **D**ecide **S**lowly*
These simple phrases give adults permission to pause before responding. Instead of feeling pressured into giving an immediate answer, you can calmly say: "I'm going to MUMS this one" or "I need to DADS this decision." This gives you valuable thinking time and models calm decision-making for children.

Why is this helpful?
Taking time to think helps ensure that: decisions are fair and well thought through; boundaries remain consistent; children learn patience; adults feel calmer and more confident; responses are less likely to be influenced by badgering or pressure.

A useful family rule can be: If you keep hassling for an answer, the answer automatically becomes no. Children quickly learn that respectful patience is far more effective than repeatedly asking. Waiting can feel difficult for children, especially when they are excited, disappointed, or anxious. By slowing things down, we help children practise: patience; emotional regulation; managing disappointment; respecting boundaries; understanding that adults need thinking time too.

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

Swimming and water safety
We live in a county where a combination of the broads and the ocean means that there is a lot of water about! Following the spate of accidents in the hot weather over half term, we have water safety sessions planned for all children in KS2. Attached are flyers for options for swimming lessons if your children do not already attend.

Attendance
Attendance this term is 97.3%. Thank you everyone. Our Attendance since the start of the year is slowly creeping up – we are now at 96% . If we continue as we are we should be back in line by the end of the school year – thank you everyone for your efforts.

If there are days that you anticipate that your child may find tricky, please let us know in advance. We can then help to make arrangements so that they feel comfortable. Children do need to be in school everyday, even if the arrangements to meet individual needs are different. We are also aware that school occasions can be overwheling for some parents, but then there is a worry that their child will be the only one whithout a grown up. Please talk to us! There will be something we can do to make the occasion work for everyone.

Best wishes

Rosie Welch and the Alpington Team

Attachments:
- Sports camp Information – Mr Colbeck
- School Calendar Dates Poster
- Events happening locally

- Swimming Lessons Information – Please note, Little Fish at Hewett last chance to book due to pool closure/refurbishment.