Newsletter 5th 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:

- Sign up for the Colour Run
- Give consent for the Norfolk Show
- Let us know if your child would like to play at the summer concert
- Read the rest of the newsletter!

3rd July – Colour run
We are really excited that there will be something new happening for our Summer celebration this year. Friends are organising a "Colour Run" in school for all the children (and adults) who would like to take part. It will be lots of fun on the day, with events for all ages, a bar and food. It should be a lovely social occasion for everyone, including those who would rather enjoy a cold beer than run! This is a change from our previous summer festivals, but we would really love it to be a success. The money raised by Friends pays for all sorts of things in school which we would otherwise be unable to afford, especially at the moment when budgets are tight. Your support is hugely appreciated!

For the event to run smoothly, the colour packs have to be ordered in advance. If you have not already, please click the link to sign up today. Thank you!

https://forms.gle/pHKmwchDBEGELz866

How Hill
Year 5 are off to How Hill on Monday! Come to school on Monday dressed for the weather and with all your kit – you have had a list. If you have not returned your medical form, you MUST bring it with you on Monday.

Year 6 had a fantastic time before the holiday – Pictures to follow on the website.

Sports days
As per the calendar, sports day is planned for Wednesday 17th June. Children need to come to school in their PE kit. If you don't have a house PE t-shirt, the children will need a t-shirt in their house colour.

Diary

May 2026		
Every Tuesday	AM	Yr4 Swimming Lessons
5TH June 12th June	AM	Yr6 Forest Schools
9th, 15th, and 16th	AM	Yr6 Cycling
8-10th June	ALL Day	Year 5 How Hill Residential Trip
8th June	PM After Sch	Selected children Rounders Event
17th June	All Day	Sports day KS1 9.30am KS2 1.30pm
18th June	ECO art day	Non-Uniform day – to bring chocolate donations please.
Date TBC		Under 5's Dental Checks at school.

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

(Hamilton: Purple, Rashford : Green, Attenborough : Red, Thunburg : Blue).

Should the weather be totally terrible, we will go for Monday 22nd June in reserve. We will try to give you as much notice as possible should we have to change the date, but we are subject to the vagaries of the Great British weather so it may be necessary to change plans at short notice.

KS1 have plans for an animal themed sports day, starting at 9.30. This usually lasts about an hour, maybe a little longer, with presentations at the end. KS2 will start at 1.30 and usually runs to the end of the school day. Please bring your own chair / picnic rug and come and cheer the children on.

Summer concert
Our annual summer music concert is on Monday 15th June. Children who have lessons with Charlotte have already been contacted to invite them to play. If your child has guitar lessons with Mr Cooper and would like to play in the concert, please let us know by Friday 12th June on the office@alpington.norfolk.sch.uk email address.

If your child has music lessons outside of school and would like to perform at the concert, please let us know by Friday 12th June and we will add them to the running order – all welcome!

Key stage 1 picnic and Talent show
Dates are now in the calendar. Save the date – further details to follow.

Charlotte's singing group
Charlotte has 5 remaining places for her lunchtime singing group starting in September. Please contact Charlotte directly if your child would like to take part. Cost £4.00 per session.

Charlie and the Chocolate factory
Parts have been allocated and rehearsals are underway! Details for costumes are coming home in the next few days. Details of after-school rehearsals will be sent via compass for those who need to attend. (Tuesdays 23rd and 30th June and 7th July).

Royal Norfolk Show
Details have gone out via compass for all children in KS2. If you have not already, please go onto Compass and give consent and pay for our visit to the Norfolk Show. **. If you intend to collect your child after the singing to go round the show you MUST let us know in advance.**

Safeguarding and online safety
We have been made aware of some safety issues coming from TikTok, which is perhaps unsurprising, but also from Roblox, which is alarming as it is used by some of our youngest children. Please could you check your child's privacy settings and talk to them about keeping safe using these applications. I know that these decisions are for parents to make, but for what it's worth I would recommend that children do not have a TikTok account at this age and that they only use Roblox in the kitchen or living room where they can be supervised. Further advice can be found on the NSPCC website.

What is social media? | NSPCC

How to Ensure Your Children Stay Safe While Playing Online Games | NSPCC

Alpington Wellbeing Service
"Let Every Light Shine"

In my last newsletter entry, I hinted that I have a theory about why so many of us feel as though we never have enough time, despite living in a world full of technology designed to make life easier. I think that one possible reason is that phones and devices quietly fill many of the small gaps in our day, meaning our minds rarely get a chance to properly rest.

During the half term holiday I focused on regular "tech breaks" - going back to my childhood roots of being footloose and phone free! I'd like to invite you to experiment with a few small "tech breaks" of your own, perhaps:

- *Keeping mealtimes screen-free*
- *Leaving phones out of bedrooms overnight*
- *Swapping scrolling for a walk, game or story*
- *Enjoying some daydreaming while queuing*

All of these small changes can make a real difference to your own and your family's wellbeing. Most importantly, children - and adults - feel more connected and understood when we give our full attention during conversations, (to see this in action, follow this link: Jefferson Fisher).

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

Please see below links & message from Tempest Photography on how to order class photographs taken on Wednesday:

Dear Parent/Carer,

It's time to find a spot on the mantelpiece or a space on the wall as I'm delighted to let you know that your recent group photograph is now ready to view and purchase at the following links.

We offer a free "deliver to school" option that is open for approximately 14 days, alternatively, home delivery is available at a cost of £5 postage and packing.

If you need assistance or have any questions regarding placing an order, please call 01736 751555 (option 3) or click on the "contact" button on our website home page (htempest.co.uk) where our friendly team will be happy to help.

https://htmp.st/KINGFISHER-C84DAE5EE4
https://htmp.st/ROBINS-F29CEFBEAE
https://htmp.st/SWALLOWS-B2E309D9A1
https://htmp.st/OWLS-F014DCAB04
https://htmp.st/EAGLES-E52350C053

There are a couple of attachments for local events including the Bergh Apton Summer Fete. Please see attached.

Attendance

Attendance this term is 97.3%. Thank you everyone. Yesterday we had 100% attendance across the school. Our Attendance since the start of the year is slowly creeping up – we are now at 95.95. 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.

Best wishes

Rosie Welch and the Alpington Team

Attachments:

- Sports camp Information – Mr Colbeck
- School Calendar Dates Poster