Newsletter 16th October 2026

ALPINGTON & BERGH APTON
Church of England VA Primary School

Matthew 5 v 16

Dear parents

Swallows class Focus is attached!

Learning focus – Inclusion
Inclusion is a buzz word in education at the moment. It is tied to a political discussion about how and where the needs of children with special educational needs should be met, and how this should be funded.

At Alpington we are trying to keep it simple! Our vision is "Let Every Light Shine" – the "Every" in that simple sentence is important! The vision statement on the wall as you come into school says

"At Alpington and Bergh Apton Primary School we create a vibrant, supportive and encouraging learning environment where every member of our school community is valued for who they are, and nurtured and enabled so that they can flourish. We aim for excellence: in the people we can be and the things we can achieve".

Over the last year or so we have really been thinking about what that looks like for children day to day in the classroom. We have created what we are calling our "SAS Manual" (no one left behind). This is a big collection of ideas and strategies to benefit all the children in a class, but that might especially support a few. Some things are used in every class – for example a seating plan and an outline of the day are useful for all but are especially helpful for children who like routines and really need to know what is coming next. Resources which previously would have been considered "SEND", for example fiddle toys and ear defenders, are available for anyone to use. We teach writing to everyone in a dyslexia friendly way, separating out the writing processes, providing scaffolds to support the organisation of ideas and offering sentence starters and vocabulary options. This is good for all learners, but particularly supports those with a specific learning need.

Diary

October/November 2026		
19th	AM	Open Mornings – Intake 2027
20/21st	PM	Parent Teacher Meetings
2nd Nov	AM	Open Mornings Intake 2027
9th Nov	PM	Basketball event – Selected children.
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October Half Term Friday 23rd- Friday 30th October (Children break up Thursday 22nd October)		

We politely remind parents to inform us of any changes in your contact details

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We also know that learning is not a one size fits all, so teachers carefully choose the strategies that will work best for the children in their classes. They may use actions to support learning new vocabulary, offer task plans or leave instructions on the board for those who find following verbal instructions hard. These are small things, but they make a big difference to children who would otherwise be struggling to access learning alongside their peers.

There are children who still need some extra to meet their needs and we have well trained TA's in school who do a great job in supporting those children in a huge variety of ways, including the vital support for children's social and emotional development and mental health.

We love that we have a school of 145 individuals! We want them all to feel loved and valued and to get the right support when they need it. It's not easy and it is not in any way perfect – but we continue to work on it - little steps at a time! Parent teacher meetings are taking place next week which is the perfect opportunity to talk about our children as individuals and to work as a home school partnership to make sure they all feel included in our Alpington Family.

Friends

Alpington Friends have been busy organising a fantastic calendar of events, including lots of lovely things for Christmas. There are some changes to Christmas events this year, so please check out the newsletter sent via compass this morning and sign up for all the lovely things going on. Any queries, contact the office or Jess directly. Her contact details are on the Friends newsletter.

Menu and menu changes

The new menu has been sent out via Compass today, including the allergy aware menu. Please note there is a also a change to the menu for the last day of this half term, details on Compass.
Bonfire night 5th November, is also a different menu, please see poster attached.

Salvation Army Toy Appeal

We are pleased to be supporting the Salvation Army toy appeal again this year. A service will be held at the church in Bergh Apton on Sunday 15th November at 11am to celebrate. Please see the attached flyer for details.
We will be collecting donations in school over the next few weeks which will be collected and taken to the service. The donated presents don't need to be large or extravagant - packets of Top Trumps or felt tipped pens are perfect. It's a great way to get the children thinking about others before the Christmas festivities take over. Please bring your donations to school - a collection box will be available in the hallway. Thank you to those who have already contributed.

We would love you to join the service on the 15th. Some of our children have offered to help – I have contacted these parents separately.

KS1 Dodgeball Club

From Monday 2nd November Mr Colbeck will be running dodgeball club for children in Robins & Kingfishers. Information about timings and how to sign up will be published on Compass on Monday.

Book Fair

We will be holding a book fair at school. This will be available during both parent teacher meetings. Payment will be by card using a QR code. School makes a bit of commission on the books sold – thank you for your support.

Wrapper free snack survey

A massive thank you to Oli, Reuben, Elliot, Bea and Ruby in year 6 who have helped us out with our "wrapper free snack survey". We wanted to evaluate some snack time options that don't have an individual wrapper. We chose 5 break time snacks which were either totally plastic free or came in a large pack or packet which could be easily split and taken in portions each day using a snack pot. The children tried a different snack each day and recorded their thoughts. The results are below! We bought 3 small snack pots from a well-known supermarket for £1.25 for 3.

Snack	Cost for 5 days	Plastic packaging	What we thought
1st	£ 3.00	I plastic tub. Can be recycled at home.	"They kept me full till lunchtime" Reuben "They are the most tasty" Ruby "These were my favourite" Elliot
These got the most first place votes! The oats sneak them into the healthy snack category, they are easy to eat, keep you full till lunch and have one piece of plastic for a whole week worth of snack. They stay in date long enough to last the 5 days.			
	£1.80	None if we buy them "loose".	"They are a bit plain and I've had apples lots of times before" Ruby "They are not so easy to eat while you are playing" Elliot
Easy to buy and pack. Don't need a snack pot so nothing to lose. However not so easy to eat on the go and not with gloves on for the winter.			
	£0.89	1 packet. Can be recycled but only by taking it to the supermarket.	"I liked having these but if this was my snack I wouldn't be able to have crisps at lunch" Ruby and Bea "They tasted great but I was a bit hungry by lunch" Oli "I was ok until I lined up, then my belly rumbled!" Reuben
These felt like a bit of a treat! They are cheap and easy to eat. However, you can't fit that many in a pot and they don't keep you going as well as a banana or a flapjack. Ruby and Bea pointed out you should only really have one lot of crisps and they would prefer to have these at lunchtimes.			

	£0.75	None if bought loose	"I don't like banana" Reuben " Better than the apple" Oli
This scored well on the price and plastic free sections but wasn't anyone's favourite. We agreed it was easier to eat than an apple…..			
	£4.30	I plastic tub. Can be recycled at home.	"These were my favourite. They were lovely" Bea
These were a bit more expensive than the other options and had a shorted shelf life. A smaller pack would be enough – 500g was enough for 2 children for 5 days. We agreed that they tasted good but didn't fill you up the same as a banana.			

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Harvest Festival / bake sale / time and tide

Thank you for all your contributions to our harvest festival! It was a really lovely day, and it was so good to see the oldest and youngest children all working together. There are lots of pictures on the events page of the website.

Kingfishers held the first of our class bake sales this week. Thank you so much to all the Kingfishers parents for a totally amazing spread. There was plenty to go around, and the class have raised £150! This is for the class to spend on something that will make a difference in their classroom. We were thinking toys, games, resources or a school trip, but apparently, they are saving for a Lamborghini! Swallows class are up next on Thursday 12th November. There are photographs on the events page of the website.

This week the whole of KS2 had a fantastic trip to Time and Tide, exploring Boudica's rebellion. All the staff were in role and the children experienced life as a Celt and a Roman Soldier. There are photos on the events page of the website.

Alpington Wellbeing Service
"Let Every Light Shine"

Making changes as a family works best when everyone has a voice.
Whether you're changing a morning routine, introducing new boundaries or trying a different approach to managing tricky moments, it can be tempting for adults to decide what needs to change and how it should happen.
However, when all family members are encouraged to share their thoughts, feelings and ideas, they are more likely to feel heard, valued and involved. Children, in particular, may have ideas or concerns that adults haven't considered.
Try approaching change as a team. *Explain what you'd like to change and why, invite everyone to share their ideas, and work together to explore possible solutions.*
For example, if mornings are becoming stressful, rather than simply telling your child what needs to happen differently, sit down together and ask, "What do you think would help our mornings feel calmer? Is there anything we could do differently to make things easier for everyone?" You might discover that choosing clothes the night before, creating a simple checklist or allowing a little extra time makes all the difference.
Remember: *We don't need to have all the answers ourselves. Sometimes, the best solutions come from when everyone has a part to play in making a change. We're not just improving the situation - we're also helping our children develop valuable problem-solving, communication and teamwork skills for life.*

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

Attendance
Our whole school attendance stands at 97.7%. Thank you everyone!

Best wishes

Rosie Welch and the Alpington Team

Attached
- Swallows Class Focus
- Be A Star – Christmas Event for Salvation Army
- Bergh Apton Church Event – Fungus Foray
- Updated School Calendar
- Coffee & Connect – Autism Anglia
- Sandringham Half Term Activities
- Bonfire Lunch Menu – 5th November (and allergen)
- Eleven Says Newsletter