

Long Melford Church of England Primary School and Nursery

Weekly Update – Friday 1st May 2026

Upcoming Dates for Week commencing 4th May

Monday 4th May	Bank Holiday - No School
Tuesday 5th May	Y1 Visit Sudbury Gymnastics Club Dance Club Singing Club Building Club Choosing Club
Wednesday 6th May	Y3-6 Football club
Thursday 7th May	Y3 Swimming Art Club Myth, Monster and Magical Club Y1 and Y2 Football Club Y6 SPAG Club Lego Club
Friday 8th May	Girls' Football Club Band Academy
Sunday 10th May	4–6pm Messy Church

Weekly Attendance

to 1/5/26

Reception	91%
Year 1	91%
Year 2	97% 
Year 3	90%
Year 4	92%
Year 5	96%
Year 6	96%

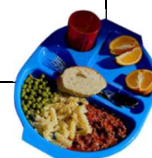
If your child is ill, please ring the school and leave a message **even if your child is in Nursery**. Thank you.

Our Christian Value is

Responsibility

Dinner Menu week commencing 4/5/26

	Core Menu	Allergen Free Menu
Monday	Bank Holiday - No School	Bank Holiday - No School
Tuesday	Lemon Chicken Noodles or Hoisin Vegetable Noodles or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta and Tomato Sauce	Chinese Chicken or Chinese Veggie Stir Fry or Crispy Skin Jacket Potato and Veggie Bolognese or Baked Beans
Wednesday	Roast Chicken or Cauliflower and Broccoli Cheese Bake or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta and Tomato Sauce	Roast Chicken or Vegetable Hot Pot or Crispy Skin Jacket Potato and Veggie Bolognese or Baked Beans
Thursday	Pasta Bolognese or Vegetable Bean Chilli or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta and Tomato Sauce	Spaghetti Bolognese or Vegetable Bean Chilli or Sweet Potato and Bean Stew or Crispy Skin Jacket Potato and Veggie Bolognese or Baked Beans
Friday	Fish Fingers and Chips or BBQ Veggie Wrap and Chips or Jacket Potato and Cheese, Beans or Tuna Mayo or Hot Pasta and Tomato Sauces	Fried Chicken Fillet or Veggie Bean Patty or Crispy Skin Jacket Potato and Veggie Bolognese or Baked Beans



Certificate Winners

Fox Class – Olivia, Sid and Isla

Simmonds Class – Rowan and Tommy

Jemison Class – Ezra, Maisie, Mack and George

Earhart Class – Blake, Holly and Finley

Malala Class – Phoebe, Erin and Ollie

Attenborough Class – Oliver, Jack, Paige, Emily and Reuben

Bowie Class – Eden, Fern and Jamie

Well Done Everyone!



Letters sent out this week:

New Reception Children letters

Man of the Match - Jesse

Well done to Jesse who was Man of the Match at football on Sunday.



My apologies, I was in a meeting and missed the assembly on Friday. As soon as I have any photos, I will post them on the Facebook Group and will include them in the Weekly Update next week.

Out of School Achievements

If your child achieves something outside school, we would like to celebrate it! Please send the information and a picture to the school office –

office@longmelfordprimaryschool.co.uk

Reuben, an awesome Ipswich Town FC mascot

Last week, Reuben was the Ipswich Town FC mascot in the away game against Charlton Athletic. He was so good that he inspired the team to a 2-1 win!

You looked so calm walking out of the tunnel with the Ipswich team Reuben! We hope that you enjoyed the experience - we enjoyed seeing you on You Tube! Well done, we are very proud of you.

If you would like to see Reuben's entrance with the Ipswich Team, please click on the link on the Facebook Page.

The photo below is a screen shot from You Tube, so is a little pixelated.



St George's Day Parade

On Sunday many of our children took part in the St George's Day Parades.



A huge well done to all our children who took part in the St George's Day Parades on Sunday.

You all looked so smart and did so well.

A special well done to Oliver, Oscar and Grayson who were the flag bearers for Cubs, Beavers and Squirrels.

We are proud of you all! 



Olive, our fabulous ballerina

At the beginning of March, Olive took her Primary: Imperial Classical Ballet exam. She's been doing ballet since the age of 3 but this was her first exam. Her family are so proud that she not only passed it but got a Distinction grade. Well done, Olive - and Keep Dancing!

Well done Olive, everyone at school is super-proud of you too!



Messy Church - Sunday 10th May 4pm in the School Hall

Crafts and activities, songs, celebration and food.
Everyone is welcome.

Longmelfordchurch.com
melfordfamilyworker@gmail.com

Ambulance Visit

On Monday, we were visited by an Ambulance and two Paramedics.

They talked to the children in Nursery, Reception and Years 1 to 4, about their roles and how you could contact them in an emergency.

They then helped the children to explore the Ambulance.

At the end of the visit, they showed everyone their blue flashing lights and sirens.

It was an amazing opportunity and the ladies were superstars!

A huge thank you to Sue Roberts for organising the visit.





**SUNDAY
10TH MAY
12 - 4PM**

Green Sunday Volunteer Day

Can you help us?
Join us for a few
hours to help us
refresh the school
outdoor spaces!
Email FLuMPS if you
can help!

flumps@longmelfordprimaryschool.co.uk

FLUMPS

FRIENDS OF
LONG MELFORD
PRIMARY SCHOOL



FLuMPS have a busy month ahead and we would greatly appreciate any time you can spare to help us? Please let us know if you can join us on Green Sunday (10th May) or if you can help out at Open Gardens (Mon 25th May) at the cake stall or with baking a cake.

Simmonds Class gardeners!

Thank You so much to the FLuMPS for the compost you have given us in Simmonds Class. We have been busy planting this afternoon and can't wait for our seeds to grow. 🥕🥬🌱



NSPCC

Helpline

For any concerns about a child
help@nspcc.org.uk | 0808 800 5000

We're here for you

The NSPCC is the UK's leading child protection charity. We have been keeping children safe for over 140 years, and we are here to help with any concerns about a child, no matter how big or small.



Any of these worries sound familiar?

- My child is being bullied at school.
- My teenager hardly talks to me anymore.
- How can I talk to my child about healthy relationships?
- The child at youth club told me about a secret.
- It's not safe for me and my children at home.
- I'm struggling to feed my children.
- My neighbour's child is always crying.
- I don't know who my children are talking to online.



How can the NSPCC help?

The NSPCC Helpline can be contacted seven days a week, online or on the phone. Our child protection specialists are here to listen, offer advice, and support to take action if needed.

Whether you want to report child abuse and neglect, or are worried about a child and not sure what to do, we have advice for you.

It doesn't matter who you are – a parent, a family member, friend, neighbour or professional. Anyone can contact us for advice.

Do I have to say who I am?

There are lots of reasons why people want to be anonymous. You don't have to tell us who you are, where you live, or share your contact details. If you do choose to share any of these with us, you can ask us not to share them with other agencies – like the police or social services. However, if you told us something that made us worry that you or a child is being hurt or at risk, we would have to report this.

Call **0800 800 5000**

Visit **[nspcc.org.uk/helpline](https://www.nspcc.org.uk/helpline)**

Email **Help@NSPCC.org.uk**

