

Long Melford Church of England Primary School and Nursery

Weekly Update – Friday 17th April 2026

Upcoming Dates for Week commencing 20th April

Monday 20th April	Y4 Clarinet Lessons Netball Club Colouring Club Y6 Maths Club Open the Book Team in school
Tuesday 21st April	Y1 Visit Sudbury Gymnastics Club Dance Club Singing Club Building Club Choosing Club
Wednesday 22nd April	Y 3-6 Football Club
Thursday 23rd April	Y3 Swimming Art Club Myth, Monster and Magical Club Y1 and Y2 Football Club Y6 GPS Club Lego Club
Friday 24th April	Girls' Football Club Band Academy
Saturday 25th April	Family First Aid Course 9.30am

Weekly Attendance

to 17/4/26

Reception	92%
Year 1	97%
Year 2	91%
Year 3	98%
Year 4	89%
Year 5	97%
Year 6	100% 

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

This week's House Winners:

Air House

Dinner Menu week commencing 20/4/26

	Core Menu	Allergen Free Menu
Monday	Cheese and Tomato Pizza or Cheese and Tomato Tart or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta and Tomato Sauce	Loaded Beef and Corn Wedges or Green Veg and Butter Bean Stew or Crispy Skin Jacket Potato and Veggie Bolognese or Baked Beans
Tuesday	Chicken and Veg Curry or Sweet Potato and Chickpea Balti or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta and Tomato Sauce	Chicken and Veg Curry or Sweet Potato and Chickpea Balti or Crispy Skin Jacket Potato and Veggie Bolognese or Baked Beans
Wednesday	Roast Gammon or Veggie Sausage Roll or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta and Tomato Sauce	Roast Gammon or Tomato and Bean Layer Bake or Crispy Skin Jacket Potato and Veggie Bolognese or Baked Beans
Thursday	Chicken Fajitas or Veggie Quesadillas or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta and Tomato Sauce	Chicken Fajita or Mexican Veggie Stew or Crispy Skin Jacket Potato and Veggie Bolognese or Baked Beans
Friday	Fish Fingers and Chips or Cheesy Bean Wrap or Jacket Potato with 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 – Binky, Arthur and Jessica

Simmonds Class – Arabella, Lilly-Mae, Ace and Arthur

Jemison Class – Jaxon and Lyra

Earhart Class – Whole Class and Carter

Malala Class – Whole Class

Attenborough Class – Pippa, Verity, Lily, Isaac and Jasmine

Bowie Class – Esmae, Olivia and Ralph

Well Done Everyone!



Well done to all of our certificate winners.



Letters sent out this week:

- New School Dinner Menus
- A letter to Year 3 about swimming
- A letter to Years 1 and 2 regarding their Melford Hall trip

Congratulations to everyone in Air House for winning the House Point Club this week.

Simmonds Class

A huge well done to everyone in Simmonds Class. The whole Class had such a good week and tried so hard, that they **all** had a Gold Headteacher's sticker this week!

No Smoking

Please note that our school is a **NO SMOKING** area. We would ask for your support that when you are picking up, or dropping off children at school, you refrain from smoking just outside our school gates. Many people do not like walking their children through smoky areas.



The Daily Mile Challenge

This week, the children have, once again, been running the Daily Mile Challenge where they had to see how many laps of the field they can run in 5 minutes. They have continued to show great determination in their running. The class that completes the most laps receives a trophy for the week.



Congratulations to Attenborough Class who ran the most laps this week!



LONG MELFORD WELLNESS FAIR & HEALTHY KITCHEN



Join us for a soulful day of wellness -
an intimate retreat to relax, reconnect, and nurture your
holistic health. Come as you are,
breathe deeply, and embrace where you're at.

Wellbeing Products

Spiritual
Resources

Jewellery

Massage

Crystals

Reiki

Art & Creative Pieces

Handmade
Gifts

Reflexology

Readers

Plants

Candles

SUNDAY 19TH APRIL
2026

10 AM - 3 PM

AT THE OLD SCHOOL
LONG MELFORD
CO10 9DX

£2 ENTRY
UNDER 16^S FREE

FOFA
Federation Of First Aid Training Organisations

First Aid For Parents & Child Carers

OPEN SESSION

Would you know what to do if your child needed help?
Learn simple, life-saving skills to confidently respond in an emergency
involving babies and children.

Date: Saturday 25 April, 2026
Time: 9:30am - 11.30am
Location: Long Melford Primary School
Cost: £30 pp

What you'll learn:

- Baby & child CPR
- What to do if a baby or child is choking
- Febrile seizures
- Breathing difficulties
- Burns, bleeding & common injuries
- When to call for help

Why choose this course?

- Friendly, relaxed and supportive environment
- Practical, hands-on learning
- No previous experience needed
- Build confidence to act in an emergency

Book your place now
Spaces are limited!

07958 488 863

familyfirstaidacademy@gmail.com

Suffolk, UK

facebook.com/FamilyFirstAidAcademy



Approved training provider with **FAIB**

Term starts:
w/c 20th April

Term ends:
w/c 29th June



BOOK PLACES NOW! via www.quaysudbury.com



MONDAY 17:30 to 19.00
School years 3 - 6



THURSDAY 17:30 to 19.00
School years 7 - 10

Each term builds to a final week performance on the Quay stage
Classes include: Comedy skills, physical theatre, devising sketches and more...

£80 per student for a 10 week term

For further details, please contact our Youth Theatre lead
via youththeatre@quaysudbury.com

Supported with funding from: Suffolk
County Council

Sudbury Gymnastics Centre visits: Year 1

For the next five weeks, Year 1 will be visiting the
Sudbury Gymnastics Centre on Tuesday afternoons.
Please make sure that your child has their PE kit and
a water bottle in school on a Tuesday.

The children leave during lunchtime and will be back
before the end of school.

Sue Roberts, who ran the First Aid Training for our
children at the end of January is holding a First Aid
Course for parents and carers on Saturday 25th
April.

The session will start at 9.30 am in our school hall.

Places are limited so please book early to avoid
disappointment.

Sue aims for the course to give you confidence in
how to cope in an emergency.
Learn hands on CPR techniques and how to deal
with choking from baby to adult
plus so much more!

The Year 3 and 4 Stour Valley Trust Visit

This week, as part of their topic on Rivers, Earhart and Malala Classes went to visit The Stour Valley Trust at Cornard. Whilst they were there, they looked at water safety, river dipping, the history of the River Stour, how to operate the Lock and had a trip on the Edwardian Lady boat.

Both classes had a really great day that supported the work that the children had done on Rivers.

All our children were excellent and enjoyed themselves - they worked really hard, especially when it came to opening and closing the lock.

A huge thank you to Mrs Russell and Miss Cook for organising the visits to Stour Valley Trust this week. Thank you to Mrs Allen, Mrs Edwards, Miss Godbold and Mrs Latif for all their hard work and help.



There are a number of photographs on our Secret Facebook Group.

Mobile Phones

This week, I had to deal with an incident that took place during a sleepover during the Easter holidays. Dealing with issues regarding mobile phones is quite common as these incidents often come in to school.

The children were at a sleepover and they were all very excited. Their behaviour reflected their excitement, and in their words, they were 'being silly'. They started saying silly things and were encouraging each other to say something even more silly. One child was recording what was said as voice notes on their phone. Some of the things that were said, would have been hurtful if heard by other children.

The child who had recorded the voice notes felt guilty at what they had recorded, so they sent it to the person who the comment was about. They said that they wanted the person to know what the other people had said about them.

Understandably, the child who received the message, was extremely upset.

The child who made the comment that was recorded and then sent as a voice note, was completely unaware that the comment had been sent, until they were called into my office.

Children in primary schools can get silly and act without considering the consequences of their actions. This incident has been a learning point – you never know who is recording you when you say or do something silly. You also do not know what the person who has recorded the incident might do with the recording and who might see it.

We will be using this in our KS2 PSHE lessons and will also be discussing when it is right to record someone and when it is not. Perhaps if your child has a mobile phone, you could also discuss what they would do in this situation.