

Long Melford Church of England Primary School and Nursery

Weekly Update – Friday 27th March 2026

Upcoming Dates for Week commencing 13th April

Monday 13th April	Start of Summer term Y4 Clarinet lessons Netball Club Colouring Club Y6 Maths Club
Tuesday 14th April	Y1 Visit Sudbury Gymnastics Club Dance Club Singing Club Building Club Choosing Club
Wednesday 15th April	Y3 visit River Stour Y 3-6 Football Club
Thursday 16th April	Y3 Swimming Art Club Myth, Monster and Magical Club Y1 and Y2 Football Club Y6 SPAG Club Lego Club
Friday 17th April	Y4 visit River Stour Girls' Football Club
Band Academy – Mr Potter will have communicated directly with parents as to when he is starting Band Academy this week.	

Weekly Attendance

to 27/3/26

Reception	97%
Year 1	93%
Year 2	97%
Year 3	92%
Year 4	98% ★
Year 5	98% ★
Year 6	91%

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

Letters sent out before Easter:

Y3 letter about Swimming

Headlice

Before Easter, we had reported cases of Headlice in Nursery, Fox Class and Simmonds Class.

Please check your child's hair before we return to school on Monday and treat them if necessary.

School Dinner Menu

This week a new dinner menu will come home. An email copy will be sent as well as paper copy for each family. Overleaf is the menu for the first week back after Easter. In future the menu will look as normal on the front page. In May, it looks like there will be a change to the menu and that Aspens will offer a packed lunch option – as soon as we have more information on this we will let you know.

Staff Changes

This week, we welcome Mrs Becky Griggs who will be joining us as our new Finance Manager. Mrs Griggs will be in school on Wednesdays, Thursdays and Fridays. On Mondays and Tuesdays, she will be working at Hartest. For a short period of time, she will be joined by Mrs Joanne Hipkins from the Multi-Academy Trust, who will take on our budget setting processes this term (not my favourite time of year!) Mrs Louise Gamble will now be in school on Wednesdays and Thursdays.

FOOD FESTIVAL

WEEK 1

Spring/Summer 2026

13/04/26, 04/05/26, 25/05/26,
15/06/26, 06/07/26, 27/07/26,
17/08/26, 07/09/26, 28/09/26,
19/10/26

LUNCHTIME

PRIMARY
WORLD



MONDAY

Macaroni Cheese

TUESDAY

Sticky Lemon
Chicken Noodles

WEDNESDAY

Roast Chicken,
Stuffing, Skin on
Roasties
and Gravy

THURSDAY

Pasta Bolognese

FRIDAY

Golden Fish Fingers
or
Salmon Fingers
and Chips



Cheesy Bean Wrap
With Wedges

Hoisin Sticky
Vegetable Noodles

Cauliflower & Broccoli
Cheese Bake,
Skin on Roasties
and Gravy

Vegetable Bean
Chilli with Rice

BBQ Veggie Wrap
with Chips



Vegetable Sticks

Broccoli and Sweetcorn

Carrots and Peas

Mixed Greens

Baked Beans and Peas



Beans,
Cheese or
Tuna Mayo

Beans,
Cheese or
Tuna Mayo

Beans,
Cheese or
Tuna Mayo

Beans,
Cheese or
Tuna Mayo

Beans,
Cheese or
Tuna Mayo



Orange Squash
Cupcakes

Strawberry Jelly

Peach Upside Down
Cake

Chocolate
Cinnamon Cake

Shortbread

What Impact has your meal
had on planet Earth today?



AVAILABLE DAILY

DAILY SALAD BOWL, FRESHLY BAKED
BREAD, YOGHURTS AND CUT FRUIT



TOPPED PASTA
HOT PASTA TOPPED WITH
HOMEMADE TOMATO SAUCE
& CHEESE

FOOD FESTIVAL

WEEK 4

Spring/Summer 2026

13/04/26, 04/05/26, 25/05/26,
15/06/26, 06/07/26, 27/07/26,
17/08/26, 07/09/26, 28/09/26,
19/10/26

LUNCHTIME

Allergy Free World Menu
Spring/Summer 2026

ALLERGY FREE
PRIMARY
WORLD



MONDAY

Tomato and Basil
Chicken with Rice
and Vegetable Sticks

TUESDAY

Chinese Chicken,
Rice, Broccoli
and Sweetcorn

WEDNESDAY

Roast Chicken,
Skin on Roasties, Gravy
with Carrots and Peas

THURSDAY

Spaghetti
Bolognese and
Mixed Greens

FRIDAY

Southern Fried
Chicken Fillet with
Chips, Baked Beans
and Peas



Mixed Bean Chilli
with Wedges
and Vegetable Sticks

Chinese Veggie Stir Fry
with Rice, Broccoli
and Sweetcorn

Roast Vegetable Hot Pot,
Skin on Roasties, Gravy,
Carrots and Peas

Vegetable Bean
Chilli with Rice
and Mixed Greens

Veggie Bean Patty
with Chips, Baked Beans
and Peas



Crispy Skin Jacket Potato
With a choice of Veggie Bolognese or Baked Beans



Chocolate
Orange Cookie

Strawberry Jelly

Peach Muffin

Chocolate
Shortbread

Banana Bread



DAILY
SALAD BOWL
AVAILABLE DAILY



TOPPED SPAGHETTI
WITH HOMEMADE
TOMATO SAUCE

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.

Swimming lessons: Year 3

For the next term, Year 3 will be visiting the Kingfisher Pool on Thursday mornings. Please make sure that your child has their swimming kit and a water bottle in school on a Thursday.

A letter was sent home before the holiday that had a slip about water confidence.



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**

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!

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

Joseph's Investiture into Beavers

Joseph has been attending Beavers since January and on the 27/03/2026 he was invested. He did amazingly well saying his promise and his family were very proud of him. The photo shows Joseph with his certificate along with his Beaver Leader. Well done Joseph, just like your family, we are very proud of you too!



An Awesome Dance Show for Layla and Margo!

At the beginning of the holidays, Layla and Margo took part in their first dance show with Pendril Dance. They danced in four dance shows across the weekend in front of hundreds of people each time. They were absolutely amazing!

We're so proud of you both as are both of your families. Well done girls! Fantastic achievement for both Layla and Margo!!

Tremendous Tumbling by Jasmine!

At the beginning of the Easter break, Jasmine took part in the Eastern Region English Tumbling qualifier. She competed in the level 5, 9-10 category against lots of other gymnasts.

She was placed a fantastic 2nd overall which qualifies her for the English Tumbling Championships at the end of May.

Jasmine, that really is tremendous tumbling! Well done for doing so well and good luck for the Tumbling Championship at the end of May. We will all be cheering you on!



Parking in Laurel Drive

There are no parking restrictions on Laurel Drive, however I am told that everyday residents are having problems getting out of their drives due to parents parking their cars. Please be careful that if you park opposite a drive, you leave enough space for the resident to pull out.

Please have consideration for the residents where ever you park around the school.



Thorpe Woodlands Activity Centre – March 2026

Year 6 Residential

During the last week of term, our Year 6 class and the year 6 children from Hartest, went off on residential to Thorpe Woodlands near Thetford.

They spent three days on team building activities, den building, canoeing, on the climbing walls, zip wires, biking and caving whilst staying at a complex in Thetford Forest. Evenings were spent playing games, collecting wood and sitting round a camp fire. It really was a trip where children challenged themselves, they supported each other and made great memories about their time at primary school.

The children were excellently behaved and joined in all the activities with great enthusiasm.

I visited the centre on the Tuesday to see how the children were getting on and was very impressed by the organisation of Thorpe Woodlands and how the children went from activity to activity with very little spare time!

A huge thank you to Mrs Cameron for all her organisation in running the trip and to Mrs Riddleston, Mrs Sandford and Mrs Strellis for giving up their time to go on the trip and for joining in the activities so enthusiastically!

There are a large number of photographs on our Secret Group Facebook page that people can look at.





Easter Egg Competition

Well done to everyone who entered the Easter Egg Competition this year - the egg designs were amazing!

Congratulations to our winners: Sophie T, Milo, Tara B, George C, Josh, Emma B, Jasmine C, Billy, Bella and Sean.

Thank you to Holy Trinity Church for donating the delicious prizes!

Below are some of our entries.

