

Long Melford Church of England Primary School and Nursery

Weekly Update – Friday 5th December 2025

Upcoming Dates for Week commencing 8th December

Monday 8th December	Choccy, our Therapy Dog is with Y5 10-11am New Nursery Stay and Play Band Academy Netball Club Colouring Club - CANCELLED Library Club
Tuesday 9th December	10-11am New Nursery Stay and Play Y4 Visit Sudbury Gymnastics Club 1.30pm Y1 and 2 Nativity Play Dance Club Lego Club Singing Club Building Club
Wednesday 10th December	Y 3-6 Football Club Band Academy 6pm Y1 and 2 Nativity Play
Thursday 11th December	Visiting Pantomime - Aladdin Y6 Swimming Art Club Myth, Monster and Magical Creature Club Choosing Club Y1 and Y2 Football Club Y6 Writer's Club
Friday 12th December	Girls' Football Club Band Academy

Weekly Attendance

to 5/12/25

Reception	89%
Year 1	79%
Year 2	*94%
Year 3	90%
Year 4	*94%
	★
Year 5	93%
Year 6	88%

Year 4 had fewer Late marks

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

Compassion

This week's House Winners:

Earth

Dinner Menu week commencing 8/12/25

	Core Menu	Allergen Free Menu
Monday	Cheese & Tomato Pizza or Vegetable Ratatouille or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta with Tomato Sauce	Cajun Beef & Corn Wedges or Sweet Potato Wedges with Sweet Chilli Veggies or Crispy Skin Jacket Potato with Veggie Bolognese or Baked Beans
Tuesday	Lasagne or Veggie Lasagne or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta with Tomato Sauce	Garlic Chicken Rice Salad or Vegetable Ratatouille or Crispy Skin Jacket Potato with Veggie Bolognese or Baked Beans
Wednesday	Roast Chicken or Carrot & Stuffing Pastry Plait or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta with Tomato Sauce	Roast Pork or Mushroom & Sweet Potato Sausages or Crispy Skin Jacket Potato with Veggie Bolognese or Baked Beans
Thursday	Chicken & Sweetcorn Pie or Root Vegetable & Bean Stew or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta with Tomato Sauce	Chicken & Veg Meatballs or Root Vegetable & Bean Stew or Crispy Skin Jacket Potato with Veggie Bolognese or Baked Beans
Friday	Fish Fingers & Chips or Vegetable Fingers & Chips or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta with Tomato Sauce	Southern Fried Chicken or Veggie Bean Patty or Crispy Skin Jacket Potato with Veggie Bolognese or Baked Beans

Certificate Winners

Fox Class – Hudson, Elsie and Amber

Simmonds Class – Thomas and Noah

Jemison Class – Olive, Mayah, Chloe and George

Earhart Class – Bertie and Luis

Malala Class – Ethan, Fred and Charlie

Attenborough Class – Elliot, Oliver and Logan

Bowie Class – Ralph, Jude and Sebb

Headteacher's Award - Zoe

Well done everyone!



Well done to everyone in Earth House!

Congratulations to all our certificate winners this week.



Year 1 and 2 Visit to Gainsborough House

A couple of weeks ago, Simmonds Class and Jemison Classes visited Gainsborough House in Sudbury. They had a lovely time and were complimented on their excellent behaviour.

In talking to children after their visit, my favourite comment was that the house wasn't a real house as there was not a bed in it and Gainsborough must have had a bed to sleep in!

A huge thank you to Mrs Aitken and Mrs Grant for organising the trip and to everyone who helped.

Illness

This week we have had a number of illnesses in school including Chickenpox, heavy colds and sickness. A number of staff as well as children have been affected.

Each year, the DfE and NHS send out the following information:

Is my child too ill for school?

It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell.

There are government guidelines for schools and nurseries about [health protection and managing specific infectious diseases at GOV.UK](#). These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that your child won't be in and give them the reason.

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.

What to do about other conditions

High temperature

If your child has a [high temperature](#), keep them off school until it goes away.

Feeling anxious or worried

It's normal for children to feel a little anxious sometimes. They may get a tummy ache or headache, or have problems eating or sleeping. Avoiding school can make a child's anxiety about going to school worse. It's good to talk about any worries they may have such as bullying, friendship problems, school work or sensory problems. You can also work with the school to find ways to help them.

If your child is still struggling and it's affecting their everyday life, it might be good to talk to your GP or school nurse.

Coughs and colds

It's fine to send your child to school with slight [cough](#) or [common cold](#) symptoms, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature.

But if they have a high temperature, keep them off school until the temperature has gone.

Encourage your child to throw away any used tissues and to wash their hands regularly.

Chickenpox

If your child has [chickenpox](#), keep them off school until all the spots have crusted over.

This is usually about 5 days after the spots first appeared.

Cold sores

There's no need to keep your child off school if they have a [cold sore](#).

Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

Conjunctivitis

You don't need to keep your child away from school if they have [conjunctivitis](#), unless they are feeling very unwell.

Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

COVID-19

If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to school. Your child should try to stay at home and avoid contact with other people if they have [symptoms of COVID-19](#) and they either:

have a high temperature

do not feel well enough to go to school or do their normal activities

What to do if your child has tested positive

Your child is no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. But if your child has tested positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days after the day they took the test.

Ear infection

If your child has an [ear infection](#) and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

Hand, foot and mouth disease

If your child has [hand, foot and mouth disease](#) but seems well enough to go to school, there's no need to keep them off.

Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

Head lice and nits

There's no need to keep your child off school if they have head lice.

You can treat [head lice and nits](#) without seeing a GP.

Impetigo

If your child has [impetigo](#), they'll need treatment from a pharmacist or GP, often with antibiotics.

Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment.

Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.

Measles

If your child has [measles](#), they'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily.

Keep your child off school for at least 4 days from when the rash first appears.

They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

Ringworm

If your child has [ringworm](#), see your pharmacist unless it's on their scalp, in which case you should see a GP.

It's fine for your child to go to school once they have started treatment.

Scarlet fever

If your child has [scarlet fever](#), they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks.

Your child can go back to school 24 hours after starting antibiotics.

Slapped cheek syndrome (fifth disease)

You don't need to keep your child off school if they have [slapped cheek syndrome](#) because, once the rash appears, they're no longer infectious.

But let the school or teacher know if you think your child has slapped cheek syndrome.

Sore throat

You can still send your child to school if they have a [sore throat](#). But if they also have a high temperature, they should stay at home until it goes away.

A sore throat and a high temperature can be symptoms of [tonsillitis](#).

Threadworms

You don't need to keep your child off school if they have [threadworms](#).

Speak to your pharmacist, who can recommend a treatment.

Vomiting and diarrhoea

Children with [diarrhoea or vomiting](#) should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

Letters sent out this week:

Year 6 – Letter about a new Year 6 Club that will run after Christmas. This club is invitation only.

If you did not receive one of these letters (and you should have done), please contact the School Office.

Congratulations Mrs Graham!

Mrs Graham has successfully completed her Level 3 Forest School training this term.

This has involved a number of days outside in the cold and rain!

Well done Mrs Graham, we are proud of you!

Good luck to Mrs Aitken who will do her Level 3 training next term.



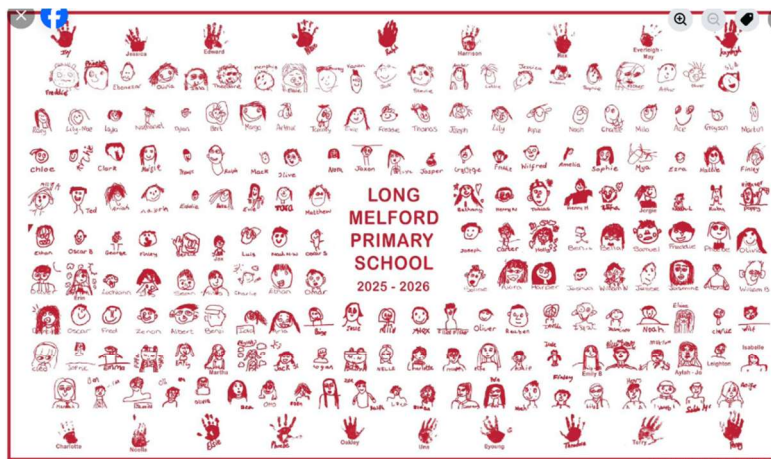
A festive poster for an art club. The background is white with colorful paint splatters and brushes. At the top, the text 'Phillippa Gunn Art' is written in a large, black, cursive font. Below it, 'Children's Christmas Art Club' is in a bold, black, sans-serif font. The dates 'Monday 22nd and Tuesday 23rd December' and the time '10am to 3pm' are in a smaller, black, sans-serif font. The location 'Newton Green Village Hall' and the age range 'Ages 5 to 12 year old' are also in a black, sans-serif font. The price '£30' is in a large, black, sans-serif font. Below the price, the text 'For full details and to book' is in a black, sans-serif font, followed by the website 'www.phillippagunnart.co.uk' in a black, sans-serif font. The poster is decorated with two Christmas trees on the sides, one on the left and one on the right, both with green foliage, red and yellow ornaments, and candy canes. A hand holding a paintbrush is visible on the right side, painting a star. The bottom of the poster features a photograph of children holding up their Christmas cards.

Phillippa Gunn Art
Children's Christmas Art Club
Monday 22nd and Tuesday 23rd December
10am to 3pm
Newton Green Village Hall
Ages 5 to 12 year old
£30
For full details and to book
* www.phillippagunnart.co.uk

Fox Class Letters to Santa

Fox Class have had a very exciting week, they have been writing their letters to Santa. Last week, we walked to the post office to post them all the way to the North Pole. It was a rather wet and soggy walk but hot chocolate helped when we got back! Keep a look out 📧 for replies from Santa 🎅!





🔔 Don't forget to order your school tea towels in time for Christmas!

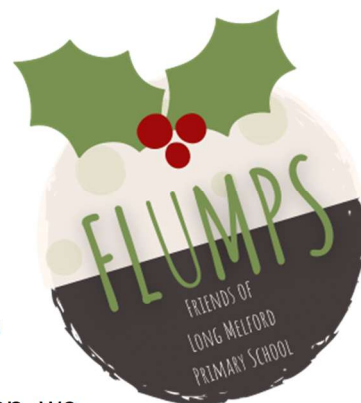
⬇️ How to order:

- Complete the slip sent home this week and bring back to the school office with exact cash

OR

- Order via the school app (go to store and select / checkout as usual)

FLuMPS are keeping stock of Tea Towels at the school office so if you see Mrs Brown with cash, you should be able to get your tea towel straight away. If you pay through the app, we will try and send the tea-towel home the same day. 🥰



The Tea Towels will also be on sale at the Productions, Nativity and Carol Service (while stocks last).



Christmas Tree



Decoration Competition!

Get creative and make your own handmade Christmas decoration to hang on our school Christmas Tree! Bring your festive creation to the School Office by Wednesday 17th December!

Let your imagination sparkle – baubles, stars, reindeer, or something totally unique!

There are prizes for each class!

We cannot wait to see your creativity!

Every person who enters will get 1 time credit for Children's University.





Some ideas
for creating
Christmas
tree
decorations.



Christmas Dates - UPDATED

Tuesday 9th December – Year 1 and 2 Christmas Production 1.30pm

Wednesday 10th December – Year 1 and 2 Christmas Production 6.00pm

Thursday 11th December – Aladdin

A visiting Theatre Company will present their pantomime, Aladdin, to our children.

Monday 15th December – Y4 Clarinet Concert 11am

Malala Class will present their Christmas Concert to showcase what they have learnt during their Clarinet lessons. Parents and grandparents are welcome to attend. The concert will last 30 minutes.

Tuesday 16th December – Fox Class Nativity 9.30am

Wednesday 17th December – Nursery Christmas Assembly 9.30am

Wednesday 17th December – School Christmas Dinner

Wednesday 17th December – Christmas Jumper Day

Attenborough Class will be collecting donations for Home Start in return for wearing Christmas Jumpers. If you do not have a Christmas Jumper, or your child does not want to wear one, they can wear a party top.

Christmas Jumper day means school uniform from waist down!

Thursday 18th December – Year 6 Carol Singing at Melford Court

Bowie Class will be leading Carol Singing at Melford Court during the morning.

Thursday 18th December – Band Academy's Christmas Concert with Mr Potter 2.15pm

The children in Band Academy will be showcasing what they have been doing during their Band Academy sessions. Parents and grandparents are welcome to attend.

Friday 19th December – School Carol Service at Holy Trinity Church 1.45pm

Parents, grandparents and siblings are welcome to join us at Holy Trinity Church for our Carol Service.

If parents attend the service, they can take their child(ren) home from Church at the end of the service.

Friday 19th December – Break up for Christmas!