

Long Melford Church of England Primary School and Nursery

Weekly Update – Friday 19th September 2025

Upcoming Dates for Week commencing 22nd September

Monday 22nd September	Anna and Choccy Reading with Children Y4 Clarinet Lessons (and Y5 "Play On") Netball Club Colouring Club Library Club Band Academy Laser Tag Club – Prestige Sports
Tuesday 23rd September	Y5 visit Sudbury Gymnastics Club 2.15pm Y1 and Y2 Meet the Teacher Dance Club Lego Club Singing Club Building Club
Wednesday 24th September	2.15pm Y5 Meet the Teacher Y3 and Y4 Football Club
Thursday 25th September	Year 6 Swimming 2.15pm Y3 and Y4 Meet the Teacher Y1 and Y2 Football Club Y5 and Y6 Football Club Art Club Choosing Club Myth, Monster and Magical Creatures Club Y6 Writers' Club
Friday 26th September	Reception-Y6 Flu Immunisations Band Academy Girls' Football Club

Weekly Attendance

to 19/9/25

Reception	95%
Year 1	93%
Year 2	98%
Year 3	98% 
Year 4	96%
Year 5	92%
Year 6	96%

Year 3 had no Late marks so they win!

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

Perseverance

This week's House Winners:

Fire

Dinner Menu week commencing 22/9/25

	Core Menu	Allergen Free Menu
Monday	Beef Bolognese Pasta or Veggie Bolognese Pasta or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta with Tomato Sauce	Beef Bolognese or Veggie Bolognese or Crispy Skin Jacket Potato
Tuesday	BBQ Chicken Wraps or BBQ Veggie Wrap or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta with Tomato Sauce	BBQ Chicken or BBQ Beans or Crispy Skin Jacket Potato
Wednesday	Roast Gammon or Sweet Potato Filo Pie or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta with Tomato Sauce	Roast Gammon or Mushroom and Sweet Potato Sausages or Crispy Skin Jacket Potato
Thursday	Sausage and Mash or Veggie Sausage and Mash or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta with Tomato Sauce	Meatballs or Jacket Potato and Beans and Crudites or Crispy Skin Jacket Potato
Friday	Fish and Chips or Cheese and Onion Burger and Chips or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta and Tomato Sauce	Sweet Chilli Chicken or Veggie Bean Patty or Crispy Skin Jacket Potato

This week's Certificate Winners

Fox Class – Olivia, Stevie and Arthur

Simmonds Class – Ace and Dylan

Jemison Class - Jaxon, Nora and Aria

Earhart Class – Oisin and Noah M-W

Malala Class – Phoebe, Lochlann S and Jasmine

Attenborough Class – Charlie and Wilfred

Bowie Class – Otto and Aoife

Headteacher's Award – Iris G

Christian Values Certificate for Responsibility

– Esmae S, Oscar B and Ruby

Well done everyone!

Well done to all our certificate winners and to everyone in Fire for winning the House Point Trophy this week.

Hopefully we can manage to get a photograph of Henry and Fern this week!



The Daily Mile Challenge

This week, the children started running the Daily Mile Challenge where they had to see how many laps of the playground they could 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!



PICK UP A STICK

GIVE HOCKEY A TRY



Inclusive hockey sessions run by qualified
BSEHC coaches at Nowton Park Astro

 DATE & TIME

Tuesday evenings
4:00 pm – 6:00 pm

 LOCATION

Nowton Park Astro
IP29 5LU

 AGE

Open to all boys and girls
aged 7 – 15

 COST

£30 – 6 sessions (prebooked)
£6 – pay as you go



Sticks, equipment & competition prizes provided



WANT TO LEARN MORE?

For more information scan the QR code
or email burylarkshockey@gmail.com



Attendance

Attending school every day can help children to achieve their full potential. Research suggests that being in school regularly reduces stress and anxiety and boosts confidence. Therefore, our aim is for all children to be in school every day. We recognise that this isn't always possible, but we ask parents to help us to do everything we can together to ensure children attend school.

This year, the Government are once again instructing local authorities to look closely at, and monitor, children's attendance.

The Government's expectation is that children should be at school for at least 90% of the school year. If children's attendance falls below 90%, a child is in a group called 'Persistently Absent'. If the child's attendance does not improve, the local authority may decide to take action which can include home visits or fines. Suffolk Education Welfare Officers visit schools regularly to monitor attendance.

When you are trying to get your child into school we will always support you whenever we can. If your child is unwell, we can give prescribed medicine if you have completed a permission form. We can also monitor your child and send them home if they are unwell. I have a well-being team who will work with you and your child to support them in coming into school.

During the next few days, I will be sending out letters to the children in the Persistently Absent Group. If you do not get a letter, your child's attendance is above 90%.

If you are concerned about your child's attendance and would like to discuss it with me, please contact the School Office and make an appointment to see me.



🌟 Join us at the FLuMPS AGM! 🌟

We warmly invite all parents and guardians of children at Long Melford Primary School to our Annual General Meeting.

Wednesday 15th October
9am - 10.30am

- Come along to:
- ✓ Hear about the amazing work FLuMPS has done this year
 - ✓ Share your ideas for future events and fundraising
 - ✓ Find out how you can get involved to support our school

☕🍰 FREE tea, coffee & cakes will be served!

FLuMPS is a friendly team, raising vital funds to enrich our children's learning. Whether you can spare a little time or a lot, your support makes a big difference.

FLUMPS AGM

Watch this space – I have asked Aspens, our School Dinner provider if they will come and talk to parents about school meals and let them taste some of the options that the children have.

Prestige Sport After School Club

Last Monday, Prestige Sport cancelled the Laser Tag Club as only four people had signed up. As of now, I have not had confirmation that the club will go ahead on Monday.

We have suggested an alternative club such a go-carts which I saw being used at Hartest last week. As soon as we have some information, we will let you know.

GREAT CORNARD JUNIOR PARKRUN



JOIN THE JUNIOR PARKRUN FAMILY

WALK, JOG, RUN, VOLUNTEER

or simply come and watch - it's up to you!

FAMILY-FRIENDLY 2K EVENTS

Every Sunday morning

FOR 4-14 YEAR OLDS

Adults can join in with the kids too!

EVERYONE WELCOME

Walk, jog, run, hop, skip or jump - it's up to you!

FREE & EASY TO TAKE PART

No special kit needed - wear whatever you like

HAVE FUN BEING ACTIVE

Share high fives and big smiles!

MAKE FRIENDS

Meet lots of new people

LEARN NEW SKILLS

Kids can volunteer in lots of roles

FEEL HAPPY AND PROUD

Try your best and celebrate your achievements

*"We all do it together as a family. The volunteers are really nice,
it's fun and you can walk if you want to!"*



Register at [parkrun.com](https://www.parkrun.com)

and head down to your local junior parkrun event!

WHEN: Every Sunday at 9:00 am (*come rain or shine*)

WHERE: Great Cornard Sports Centre, Head Lane, Great Cornard, Suffolk, CO10 0JU



@greatcornardjuniorparkrun



@Greatcornardjuniors

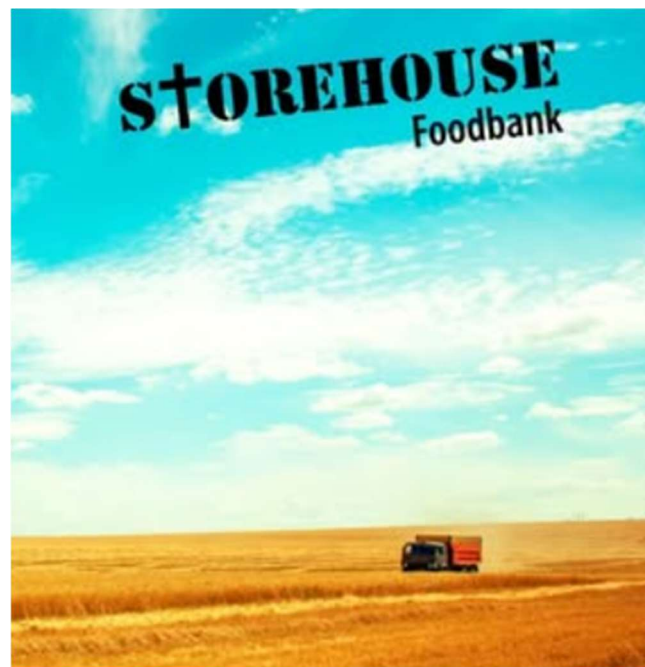
Harvest Festival

This year, we will hold our Harvest Festival Service at school. Unfortunately, this means that we will be unable to invite our parents and grandparents due to lack of space.

Our Harvest Festival will be led by Rev'd Lawson and Pam Tonks.

Once again, this year we will collect food to give to the Storehouse Foodbank in Sudbury. They have sent us the following lists of things that they are collecting.

If you are able to donate something from the list, we will be very grateful. Any donations can be put in the hall from Monday 22nd September to Friday 3rd October.



STOREHOUSE Foodbank

FEED A CHILD THIS WEEK

UHT Milk
Cereal
3 Meals: Hot Dogs, Meatballs, Ravioli,
Macaroni Cheese,
Rice or Potatoes or Pasta
Soup
Baked Beans or Spaghetti and Sausages
Tuna
Rice Pudding, Custard, Fruit
Snack Bars

EXTRAS:

Squash / Hot Chocolate
Crisps
Jam
Peanut Butter
Choc Spread

Baby Wipes
Shampoo
Conditioner
Soap

DONATION POINTS

Sainsbury's, Tesco and Waitrose

(Please visit our website for further information:
www.stourvalleyvineyard.org/storehouse)

STOREHOUSE Foodbank

FEED AN ADULT THIS WEEK

UHT Milk
Cereal
Tea / Coffee
3 Meals:
• Pasta Sauce, curry, chilli,
• Minced Beef, Stewed Steak,
• Fray Bentos pie, Chicken in White Sauce
Rice or Potatoes
Pasta
Soup
Tuna
2 Veg: Peas, Carrots, Sweetcorn, Tomatoes
Rice Pudding, Custard, Fruit
Biscuits

EXTRAS:

Toilet Roll
Deodorant
Shower Gel
Shampoo
Conditioner
Toothpaste

Bleach
Anti Bac Spray
Washing Up Liquid

FOOD BANK

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