

Long Melford Church of England Primary School and Nursery

Weekly Update – Friday 12th September 2025

Upcoming Dates for Week commencing 15th September

Monday 15th September	Anna and Choccy reading with children in Nursery and Fox Class Y4 Clarinet lessons (and Y5 "Play on") Band Academy Laser Tag Club
Tuesday 16th September	Y5 at Sudbury Gymnastics Club Dance Club
Wednesday 17th September	
Thursday 18th September	Y6 Swimming Art Club
Friday 19th September	Band Academy Club letters to be returned by today.

Weekly Attendance

to 12/9/25

Reception	97%
Year 1	97%
Year 2	99%
Year 3	99% 
Year 4	96%
Year 5	97%
Year 6	97%

**Year 3 had no late marks.*

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

This week's House Winners:

Earth

Our Christian Value is

Perseverance

Dinner Menu week commencing 15/9/25

	Core Menu	Allergen Free Menu
Monday	All Day Breakfast or Margherita Pizza or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta with Tomato Sauce	Bacon, Beans and Wedges or Mushroom, Beans and Wedges or Crispy Skin Jacket Potato
Tuesday	Picnic Style Sausage Roll Lunch or Picnic Style Veggie Sausage Roll Lunch or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta with Tomato Sauce	Garlic Chicken Rice Salad or Jacket Potato, Beans and Crudités or Crispy Skin Jacket Potato
Wednesday	Roast Pork or Vegetable and Stuffing Loaf or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta with Tomato Sauce	Roast Pork or Mushroom and Sweet Potato Sausages or Crispy Skin Jacket Potato
Thursday	Chicken Pasta Bake or Veggie Noodle Stir Fry or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta with Tomato Sauce	Tomato and Basil Chicken or Veggie Stir Fry or Crispy Skin Jacket Potato
Friday	Fish Fingers and Chips or Cheesy Bean Wrap and Chips or Jacket Potato with Cheese, Beans or Tuna Mayo or Hot Pasta and Tomato Sauce	BBQ Chicken or Veggie Bean Patty or Crispy Skin Jacket Potato





Congratulations to all our certificate winners!

Certificate Winners

Fox Class – Kanen, Sid and Hudson

Simmonds Class – Nathaniel, Bert and Tommy

Jemison Class – Archie and Matthew

Earhart Class – Carter and Bethany

Malala Class – Sean and Akira

Attenborough Class – Reuben, Elaina and Martha

Bowie Class – Lunar-Ray, Fern and Lily

Headteacher's Award – Noah U

Well Done Everyone!

Head and Deputy Head Boys and Girls

This week we announced our Head and Deputy Head Boys and Girls. Their awards were voted for by our Year 6 children. Their role is to represent the school at different times, for example at the Remembrance Service and to show visitors around our school. They are always excellent role models to all our other children within school.



Our Head Girl is Bea Meekings.

Our Deputy Head Girl is Hannah Smith.



Our Head Boy is Sebb McGeary.

Our Deputy Head Boy is Billy Deane.

Congratulations to all four of you! We are looking forward to working with you in your new roles!

House Captains

In Friday's assembly, we also announced our House Captains. Again, these posts were voted for by our Year 6 children.

Earth House



The Air House Captains are Olivia and Noah.

Water House



The Water House Captains are Aoife and Ralph.

Fire House



The Fire House Captains are Fern and Henry.

Air House



The Air House Captains are Emily and Yacob.

Congratulations to all our House Captains!
At the end of assembly, Olivia and Noah were pleased to be able to pick up the House Point Trophy as Earth House got the most house points all week.
Congratulations to everyone in Earth House!

Last year, Fire House won the House Point trophy most weeks. We are hoping that this year, we will see all our house captains lifting the trophy.

The house that wins the House Point trophy the most this term, will have a Non-Uniform day in December.



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

Arla's Awesome Achievements in the Horticultural Show!

Last weekend, Arla took part in the Annual Horticultural Show in Clare. She entered four classes, with amazing results!



First Place for her
Craft Pen Pot



First Place for her
Photo of a Tree



First Place for her



She also got second place for her Traybake!

Well done Arla, Dad says that he is Super Proud of you, and so are we!
Dad also said that the people at the Horticultural Show were really pleased that you had entered. Well done you! Your trophy and medal are very impressive!

Supporting Young People's Mental Health Parent/Carer Workshops Autumn Term 2025



These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60-75 minutes long. Scan the QR code to find out more and book a place on a workshop or visit <http://www.nsft.uk/workshops>.



Building Confidence and Managing Anxiety in Your Child - Part 1

For parents/carers of children or young people aged under 12. This is the first part of a two-part webinar and is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents/carers feel more confident in supporting their children and young people. (Please also book part 2).

Thursday 18th September 17:00 PM - [BOOK HERE](#)

Supporting your Child/Adolescent with Anxiety

For parents/carers of children and young people aged 12-18 This workshop describes what anxiety is, why we experience anxiety, how it affects the brain, the body and behaviour. It then explains how to support your child/adolescent if anxiety is becoming a problem.

Monday 22nd September 13:00 PM - [BOOK HERE](#)

Supporting your Child/Adolescent to Regulate their Emotions

For parents/carers of children and young people aged 5-18 This workshop introduces emotional dysregulation and explores what can impact on a child's ability to regulate their emotions. It goes on to provide the practical tools to support your child to develop self-regulation skills.

Tuesday 23rd September 12:00 PM - [BOOK HERE](#)

Building Confidence and Managing Anxiety in Your Child – Part 2

For parents/carers of children or young people aged under 12. This is the second part of a two-part webinar is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents/carers feel more confident in supporting their young people. (Please also book part 1).

Thursday 25 September 17:00 PM - [BOOK HERE](#)

Supporting your Child with Emotion Based School Avoidance (ESBA)

For parents/carers of children and young person aged 11-16. This workshop focuses on supporting parents/carers to help their child to attend or get back to school. It aims to help parents/carers to develop an understanding of school avoidance and provides the tools that can be used to help your child feel confident in re-engaging with school.

Tuesday 21st October 12:00 PM – [BOOK HERE](#)

Parenting and Anxious Adolescent – Part 1

For parents/carers of children and adolescents who are aged 12 and above. This is the first part of a two-part webinar is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents and carers feel more confident in supporting their young people with anxiety. (Please also book Part 2).

Thursday 13th November 17:00 PM - [BOOK HERE](#)

Supporting Your Child/Adolescent with Anxiety

For parents/carers of children and young people aged 12-18 This workshop describes what anxiety is, why we experience anxiety, how it affects the brain, the body and behaviour. It then explains how to support your child/adolescent if anxiety is becoming a problem.

Monday 17th November 13:00 PM - [BOOK HERE](#)

Supporting Your Child/Young Person with Sleep (0-11 years)

For parents/carers of primary aged children and young people. Difficulties with sleep are common in children. Sleep difficulties are not only frustrating, but they can impact on our mood and everyday life. This workshop will cover important topics such as why we need sleep, why younger children may struggle with this, and what you can do to try and support your child to have a better night's sleep.

Tuesday 18th November 13:00 PM - [BOOK HERE](#)

Parenting and Anxious Adolescent – Part 2

This workshop is for parents and carers of children and adolescents aged 12 and above, who have attended or viewed a recording of the Psychology in Schools Team anxiety workshop "Supporting our Young People with Anxiety" and attended the "Parenting the Anxious Adolescent – Part 1. This is the second part of a two-part webinar is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents and carers feel more confident in supporting their young people. (Please also book Part 1).

Thursday 20th November 17:00 PM - [BOOK HERE](#)

Understanding and Supporting Behaviour

Children and teenagers may show behaviours that are difficult for the adults around them, for example: aggression, risk-taking behaviours, impulsivity, testing boundaries and inattention. This workshop explores how to understand behaviour and how parents/carers can support their child with these behaviours which may stem from distress.

Tuesday 9th December 12:00 PM - [BOOK HERE](#)

Childhood Neurodivergence Workshop Programme

Parent/Carer Workshops Autumn Term 2025

Neurodiversity means that across the population there is variation in people's brains. Having people in society who see the world differently and have unique skills is an important part of life to be celebrated. The term "neurodivergent" refers to people whose brains work differently to the typical cultural standards. Neurodivergence includes conditions that people are born with including autism, ADHD, learning disability and learning disorders.

This programme of free virtual workshops supports families in Suffolk. The workshops explore nurturing the unique strengths of neurodivergent children and young people and provide advice on how to support them with the challenges they face. The workshops are live on Zoom and are 90 minutes long. Recordings of the workshops and resource packs are sent after the live event to everyone who has registered.

Understanding and Supporting Behaviour

When distressed, neurodivergent children and young people may show behaviours that are difficult for the adults around them. This workshop explores how to understand behaviour and how parents/carers can support their neurodivergent child with behaviours of distress.

Wednesday 24th September – 13:00 [Book Here](#)

What you need to know as a Parent/Carer

What is neurodivergence? What is autism, ADHD and learning disability? Does my child need a diagnosis to get support? This introductory workshop will answer these questions and introduce where parents/carers can find advice and guidance for supporting their neurodivergent children.

Monday 20th October – 13:00 [Book Here](#)

Supporting your Child's Education

For parents/carers of school aged children and young people. Many parents have reported the struggles their children are facing in education. This workshop will provide advice and guidance on how parents/carers can navigate some of the challenges they will likely be facing.

Thursday 20th November – 12:00 [Book Here](#)

Supporting Your Child with Anxiety

This workshop explores why neurodivergent children and young people may develop difficulties with anxiety and how parents/carers can best support them. We will look at how this may present in neurodivergent children and young people and offer practical advice and valuable strategies and tips to support your child or young person in this area.

Thursday 11th December – 12:00 [Book Here](#)

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. To access upcoming workshops, prerecorded workshops and resources in our Childhood Neurodivergence series, scan this QR code or click on the link below:

[Childhood Neurodivergence parent/carers workshops - Suffolk Local Offer](#)





Elizabeth School of Dance

New classes in Long Melford & Great Cornard

Want to start a new hobby and make new friends? Gain confidence and take part in performances? Join our dance classes for ages 1 to 100!

For more information and to book your first free class email: info@elizabethschoolofdance.com

Ballet Tap Contemporary Acro Modern Parent & Toddler SENd Lyrical

UTD Examinations Summer camps Performances



TICKETS AVAILABLE NOW!

AMAZING LEGO DISPLAYS

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IPSWICH BRICK FESTIVAL

20TH SEPT 2025

INSPIRE

MORE LEGO THAN YOU CAN DREAM OF

Prestige Sport After School Club

Dear Parents and Carers,

We are delighted to introduce *Prestige Sports Development*, a dedicated and experienced provider of high-quality sports and activity clubs for children. Our mission is to inspire young people through engaging, energetic, and inclusive sessions that promote physical activity, teamwork, and fun. Once again, we will be working with Long Melford to offer

Laser Tag Club – Mondays (3:15pm – 4:15pm)

This action-packed club gives children the chance to experience the excitement of laser tag in a safe and structured environment. With a focus on teamwork, strategy, and active play, it's sure to be a hit!

Please follow the link below for more information and to book a place for your child.

Please note, there is a charge for this club.

<https://www.prestigesportsdevelopment.com/make-a-booking>