



Narborough Newsletter for week ending 16TH OCTOBER 2026

The Nar Valley Federation of Church Academies

Executive Headteacher: Mrs Anne Neary
Web: www.narvalleyfederation.co.uk

Dear Parents and Carers,

Another week has flown by! This week, all classes have been exploring Spirituality, thinking about quiet spaces to reflect and ideas on how they could make the school a better place. The school council are also working hard to improve our school. Please read their letter below:

Dear parents,

We are hosting a bake sale and coffee afternoon on the 20th of October from 2:45 in the school hall.

We would be grateful if you could bring or bake any donations for this event and bring them in on the 19th of October or Morning of the 20th.

All money raised will go towards the PTFA which helps with things like school trips and other events at the school.

We will also be selling pre-loved school uniforms and if you have any donations please bring them in. We hope to see you all there.

Thanks

School Council

Congratulations to Mrs Saddington for receiving the Good Samaritan award this week. She was nominated for demonstrating respect as she is always respectful to others.

Upcoming Events

See Diary Dates for details.....

20th October - Fundraising afternoon tea, cake & preloved uniforms (see information adjacent)

22nd October - Cross Country at TNHA - Y3-6

22nd October - last day of term. We return on Monday 2nd November

Mon 2nd November - Parents evening 4.00pm-7pm Please see class teachers to book a slot

Wed 2nd November - Parents evening 3.30pm-5.30pm Please see class teachers to book a slot



Celebration Worship on a Friday: every Parent/Carer is welcome to our Celebration worship at 2.45pm each week whether your child is receiving a certificate or not - you are very welcome to come and be spiritually uplifted by the joy of our children's achievements and we'll always be delighted to see you!

Weekly attendance Award

Class	%
Hedgehogs	97.1%
Squirrels	90.4%
Foxes	96%
Otters	93.3%
Whole School	94.2%

Well done Hedgehogs, our winners this week! Also well done Foxes.



Reminders and Information.....

**Crazy hair day
Fri 6th Nov.
£1 donation**

After the incredible kindness and success of last year's Christmas appeal, we are thrilled to bring back our Christmas Hamper Raffle and Pre-Loved Jumper Sale!

To make this year just as successful, we are kindly asking for your support and donations:

- Christmas Hampers: We welcome food items, chocolates, festive treats, toiletries, bottles, or new/unused gift items.
- Jumper Sale: Christmas or winter jumpers for adults or children.

We know the sun is still shining and this may feel premature, but wanted to give as much notice as possible. Thank You.

Kids Flourish

In Person Workshops

Thursday 5th November
Introduction to Neurodiversity

Thursday 12th November
Behaviour

Thursday 19th November
Demand Avoidance (PDA)

Thursday 26th November
Parental Resilience

10.30am - 12.30pm

Pickeringham

**Tues
20th Oct**

We are holding a fundraising afternoon on the **20th October** from 2.45pm in the school hall to raise money for our upcoming school trips!

We would love for our school families to come along, enjoy some refreshments, and have a catch-up before the children finish, or once you have collected them.

How you can help:

Bake or Donate: We would be incredibly grateful for any donations of cakes, bakes, or biscuits that we can sell on the day.

Shop Pre-Loved: We will also be running a pre-loved uniform stall, so you can grab some essentials while supporting a great cause.

Donations for baked good to the office on the 19th or the morning of the 20th. (Please be allergy aware)

Military Families: Faraway Families Club

Military Club with Mrs Jary is every Thursday lunchtime. Come along, eat your lunch, bring a friend and chat! Our other service children at Castle Acre and Spornle meet online with us each week.

We're proud of our Service personnel and proud to support our service families. We have strong links with the RAF base and look forward to our involvement in events.

CEOP

Help with online safety:

The CEOP website, run by the National Crime Prevention agency, gives helpful advice about when and how to report your concern.

<https://www.thinkuknow.co.uk/parents/Get-help/Reporting-an-incident/>

Tell A Grown Up

See these links for further information, games and tips:

<https://www.thinkuknow.co.uk/16-17/>

<https://www.thinkuknow.co.uk/8-10/>

<https://www.thinkuknow.co.uk/parents/>

AWARDS

The Nar Valley Federation of Church Academies

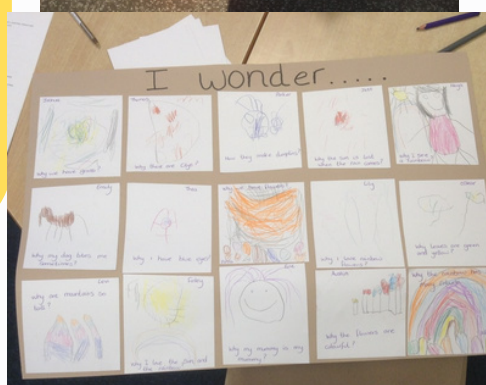
Hedgehogs Class	Award	Goes to...	For.....
	Reader of the week	Parker	Super blending using Fred talk
	Writer of the week	Thea	trying her very best and showing fantastic enthusiasm when writing words.
	Mathematician of the week	Harrison	creating fantastic repeating patterns using natural objects.
	Shining Light	Thomas	being super helpful and showing a fantastic attitude by always being willing to have a go.
	Reads at home	Well done to	Pippa for 25 reads

Our week in class

Hedgehogs:

Hedgehogs Class have enjoyed reading 'Leaf Man' and have made their own leaf paintings.

They have also enjoyed playing 'Simon Says' and completing their own obstacle courses.



AWARDS

The Nar Valley Federation of Church Academies

Squirrels Class	Award	Goes to...	For.....
	Reader of the week	Rocco	taking his time to read every word in his book in phonics and asking for help when he needs it.
	Writer of the week	Arabella	beautiful formation of her letters, taking feedback and fixing her work.
	Mathematician of the week	Macy	subtracting using a number line independently.
	Shining Light	Cody	having a positive attitude to all of his learning.
	Reads at home	25 reads	Sophia

Our week in class

Squirrels

Squirrels Class have enjoyed thinking about things they could do with their own hands to make the school a better place.

They have also enjoyed making labyrinths with chalk in RE which help us understand the eternal nature of God and being calm and spiritual.



AWARDS



Foxes Class

Award	Goes to...	For.....
Reader of the week	Joshua R	thinking carefully and using his retrieval finger to find answers in a text.
Writer of the week 	Skylar-Rose	understanding a character's thoughts and feelings and writing sentences to describe.
Mathematician of the week 	Kitt	being independent with his maths and looking at place value to order numbers.
Shining Light	Isla	taking on board feedback and developing her resilience with all areas of learning.
Tackling Tables	Well done to	...
Reads at home 	Well done to	25 Reads Raphael, Skylar Arthur & Joey

Our week in class

Foxes:

Foxes have enjoyed identifying features of diary entries in English.

They have also enjoyed planning their investigation in Science.

In PE, they have enjoyed improving their dribbling skills in football.



AWARDS

Award	Goes to...	For.....
Reader of the week	Reggie	identifying key words in the questions and writing precise and accurate answers
Writer of the week	Hughie	effectively researching, summarising and writing an effective text about The Battle of Britain.
Mathematician of the week	Pavitha	having a lightbulb moment when finding percentages of amounts.
Shining Light	Braydon	trying his hardest in lessons this week.
Tackling Tables	Well done to	none this week
Reads at home	Well done to	Chloe and Isla for achieving 25 reads at home

Otters Class

Our week in class Otters:

Otters Class have enjoyed their fitness, performing different exercises such as push-ups, sit-ups and star jumps.

They have also their RE, looking at different prayer mats and designing their own.



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Safeguarding

This week we are focusing on guidance from the NHS on whether or not babies should have screen time. For children under 2, the guidance is:

"Avoid all digital devices. The only acceptable use is interactive video chatting with family. Avoid background TV"

Alternatives to a screen for your baby or toddler:

- Face-to-face play: Engaging in classic games like peek-a-boo, making funny faces, and dancing together. [1]
- Vocal engagement: Singing nursery rhymes, telling stories, and having back-and-forth "conversations" even before your baby can speak words.
- Traditional toys: Utilizing blocks, books, and puzzles, which stimulate active problem-solving much better than digital apps

Healthy mind, healthy body

This week's tips come from the teachers at Sporle!

- Miss Slegg says she goes for a walk with a friend or her dog
- Mr West says he plays sports and has time outside doing fun activities
- Mrs Spaul says she aims to go to bed at the same time each night
- Miss Behan says she has screen free time every day
- Mrs Neary says she is practising breathing deeply when outside and last thing at night
- Miss Willgress says go out and enjoy nature, read a book or listen to a podcast.

Message from the Executive Headteacher....

This week, we are wanting to focus on packed lunches and ensuring that our children are set up to succeed in their school day, by eating a healthy meal. Below is the 'Eat Well Plate' that shows what proportion of the plate or lunchbox should be which group food.

It is really important that children don't have fizzy drinks, and also don't have chocolate bars - this gives children a huge sugar boost and then a hugesugar crash, which leads to not being able to concentrate. Please continue to ensure no nuts or nutproducts come into school.

Thanks for your support to help your children learn well.



Carbohydrates keeps us feeling full for longer. Try using a mixture to keep it interesting.

- Sliced bread, rolls, ciabatta, pitta bread, bagels, baguette, wraps, chapattis or crackers
- Wholemeal or granary breads
- Wholemeal pasta, brown/mixed rice, couscous or potato as a salad base.

Protein helps bodies grow, keep healthy and repair themselves. Try using:

- Eggs - as a filling or hard boiled
- Fish - such as tuna or salmon
- Chicken - as a filling or as drumsticks
- Lean meats
- Beans and pulses - such as hummus or kidney beans. Fruit & Veg

Aim to include 2 items of fruit and vegetables in each lunchbox. Try using:

- Fresh fruit cut into bite sized, easy to eat pieces. Such as melon, apple or orange segments.
- Tinned fruit in juice. Put it into a small pot, but avoid fruit in syrup.
- Raw vegetables chopped and ready to eat. Such as cucumber, cherry tomatoes, pepper, carrots or celery.

Dairy products are a good source of energy and protein. They contain lots of vitamins and minerals, including calcium, that children need to build healthy bones and teeth. Try including:

- Mini cheese portion
- Grated cheese
- Low fat cheese spread as a filling or dip
- Low fat custard or rice pudding
- Low fat yogurt or fromage frais.

There are lots of different options for children who have allergies or intolerance to dairy foods. Fibre is found in cereals, fruit and vegetables. Fibre is needed for a healthy gut. It is not digested in the body and as it passes through the digestive system, it soaks up water and makes stools (poo) softer.

Try to choose high fibre foods in a lunch box, for example:

- Wholemeal roll / bread / pitta bread instead of white.
- Salad vegetables such as carrot and pepper sticks, fresh or dried fruit.

Narborough Parent/Teacher/Friend Association (PTFA)

If you have any fundraising ideas or would like to join our PTFA, please contact Mrs Hamilton, Miss Maskell, or speak with the office, Thank you.



Prayer for the Week

Dear God,

Please look after people in need without homes, meals, fresh water and clean clothes, and if they are in Heaven please look after them there.

Amen

By Jasper



Thank you as always for your support and partnership,

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Miss Christina Maskell
Narborough C of E Primary Academy

A Neary

Executive Headteacher
Nar Valley Federation of Church Academies
Castle Acre, Narborough and Sporle C of E Primary Academy