



Weekly Newsletter: 13th February 2026

Dear Parents/Carers,

Well, it is safe to say that when I arrived at school on Monday morning I wasn't expecting that, 48 hours later, I would have had to close the school! [Thank you](#) for your understanding regarding the school closure on Wednesday and Thursday. It really was the last option available, and not one which myself and the Local Authority took lightly.

On Monday, our Orcas headed to [Colchester Castle](#) for their rearranged visit following the castle's own domestic problems the week before. I know the children had a fantastic time and Mrs. Garrod was really impressed with the children's knowledge and inquisitive approach throughout the day (as well as their impeccable behaviour!). Find out more about their day further down the newsletter.



Today, it has been lovely to get back to normal (which I am sure you will agree with!) as the children returned for a day of celebrating being '[Unique and Wonderfully Me](#)' at the end of Children's Mental Health Week. Thank you to everyone who made a donation for the Kernos Centre, I know that they will really appreciate all of the money that we have raised.



We also had a special visitor today – Matt with his big green tractor. Matt visited as part of a Suffolk Agricultural Association '[Tractors in Schools](#)' initiative. The children loved looking around the tractor (as I did too) and learning about the different jobs that Matt does on the farm. It was particularly special as Matt works on the fields between Acton, Lavenham and Great Waldingfield.

Tonight, the talk will change from welly boots to sparkles as the children dance the night away at the [FOAS Palentine's Disco](#). As always, thank you to Nicola, Lisa and the team for all of the work that goes on behind the scenes to make these events happy. A special thank

you should be given to Cook Sarah for doing a double shift today to make sure there is enough pizza to go around!

It is a slightly shorter newsletter today, with no class news or stars, due to the reduced school week.

Once again, thank you for your support this week. Having spent the last two days in school without the children, I can safely say it is a much better place when filled with 200 happy, smiling faces

I hope that you have a fantastic half-term!

Kind regards
Jonathan Gray
Headteacher

House Points

Willow	Cedar	Oak	Lime
121	117	122	143

Colchester Castle visit

We were relieved when we found out we could get on the coach and go on our trip. After we got off, we were drenched by the rain! When we went into the ancient castle, we found a 50ft well that took a 10p coin 2 seconds to fall to the bottom of! After, we went into the vaults — which are the foundations of a Roman temple — where we were taught about the Romans and Celts. Later on, we saw some Roman coffins. Next, we split into 4 groups and we saw a chariot racing game which we all played. We saw and touched chainmail and a burnt bread roll from the time Boudicca burnt Colchester down. We went into the deep, dark prisons and watched projected people in the cells, where Zara got the creeps and ran away! We had a yummy lunch and found a mythical creatures exhibition. We had a lovely day!

P.S. In the prisons, Lula dropped her clipboard and everyone got the creeps and ran away!

By Lula & Zara



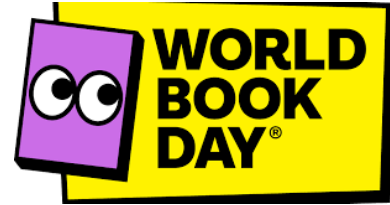
Yay!!! We finally got on the Felix bus to go to Colchester! When we got to the castle, we went to see a well. Did you know that it went 20 metres down and a 10p coin would take 2 seconds to reach the bottom? Then we went down 20 steps into the vaults. We got to see Roman swords and loads more. Did you know that the foundations of the castle were an old Roman temple? Then we split into teams and saw loads of cool things. After lunch, we went into the prisons where the witch trials were held. Zara got scared and ran away screaming. Then we did a Celtic role

play and we built a Roman villa. Finally, we went back outside to take a group picture, and then we went back to school.

By Ruby

World Book Day

On Thursday 5th March, we will be celebrating World Book Day. As is tradition, we are inviting the children to come into school dressed as their favourite book character and will be having lots of book-themed fun.



Today, your child will come home with a paper plate. 2026 is the National Year of Reading and the theme for this year's World Book Day is 'GO ALL IN'. So, we would like you to 'GO ALL IN' on reading, and over half term, get creative by [decorating your paper plate as a book character](#). These will need to be brought into school before [Tuesday 3rd March](#). Our School Council will judge the entries and there will be a prize for the best plate in each class. Good Luck!



Suffolk Parent Carer Forum

The Suffolk Parent Carer Forum are holding a virtual Sleep Workshop for Parents and Carers on Tuesday 3rd March (10:30 – 11:15am) on Teams. Email info@suffolkpcf.co.uk register your interest.

Suffolk Parent Carer Forum
Invites parents and carers to our

Sleep Workshop for Parents and Carers
Kindly provided by Unique Neuro Wellness Ltd.

Tuesday 3rd March 10:30 – 11:15
This is a virtual meeting hosted on Microsoft Teams and requires registration. If you would like to participate and share feedback, please email info@suffolkpcf.co.uk to register your interest

Working towards a brighter future for Suffolk's children and young people
[suffolkpcf.co.uk](https://www.suffolkpcf.co.uk) 01473 760933 info@suffolkpcf.co.uk

to

School Meal Prices

We have been informed by Caterlink, our catering company, that school meal prices will be increasing after half-term. From Monday 23rd February, a school meal will cost £2.85.

Caterlink have given the following reasons for the rise in price:

- Increases in Employer National Insurance Contributions
- National Living Wage uplift
- Food inflation over the past two years

Spring Term Dates

- FOAS Parentines Disco: Friday 13th February
- Half-term: Monday 16th February to Friday 20th February
- Children return to school: Monday 23rd February
- World Book Day: Thursday 5th March
- FOAS Easter Bake Off: Friday 20th March
- Easter Holidays: Monday 30th March to Friday 10th April

Details about events and trips to be shared nearer the time.



[@actonprimary](https://www.instagram.com/actonprimary)

Community Events



LONG MELFORD YOUTH FC
UNDER 6s

🕒 Training: Saturdays, 9:00am – 10:00am
📍 Location: Long Melford Football Club
📅 First session: **Saturday 21st February 2026**



All abilities welcome –
come along and
give it a try!

For more information,
please message Ash on:

 **07930 829808**

to be added to the WhatsApp group.

Cornard Dynamos Girls are RECRUITING!



🏆 WHAT WE OFFER 🏆

- FA Qualified coaches
- Fun, confidence building training
- Match day opportunities
- Friendly team atmosphere
- Building new friendships

🏆 AVAILABLE AGE GROUPS 🏆

- U8 – Year 3
- U11 – Year 6
- U12 – Year 7
- U14 – Year 9

Contact: Lisa MacDonald, Girls Coach 07938 512849

Support and Advice

School's Early Help Webpage

A range of websites and sources of advice on Emotional Wellbeing, Health, Sleep and Parenting Support can be found [here](#).

Free NHS Virtual workshops – Supporting Young People's Mental Health

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 minutes long.

To book onto a workshop visit nsft.uk/workshops or scan the QR code



There are also a number of NHS podcasts and webinars available on YouTube, these can be accessed anytime via <https://www.youtube.com/@NSFT>



Click the image or visit <https://www.sudburycab.org.uk/>