



Weekly Newsletter: 1st May 2026

Dear Parents/Carers,

This week, we have returned to a full school as we welcomed back our intrepid Penguin explorers from North Norfolk. As much as I love going on a residential trip, I also love hearing all of the stories and watching the slightly sleepy, but very smiley, children leave school dragging their luggage – which is not as well packed as it was on the outward journey! Attached to this week's newsletter Parentmail is this year's edition of the Penguin Press, which includes all of the tales of adventure from the Year 5 residential.

This week, it has been brought to my attention that we are the 3rd ranked school in Suffolk for parents who have signed up to the [Smartphone Free Childhood](#) initiative. As we approach the summer and the children are preparing to move in the older part of our school or onto high school, I know that there is often talk about 'getting a phone' either for a birthday or as a present because they are entering a new year group. On the website, there are some really good recommendations for [alternatives to smartphones](#), which still allow the children to communicate without all of the apps, and some [great resources for parents](#) to use to talk to their children about responsible phone use.

I hope that, if you are facing that decision about whether now is the time for your child to have that much longed for phone that the resources will help.

I hope that you have a fantastic (long) weekend!

Kind regards
Jonathan Gray
Headteacher

House Points

Willow	Cedar	Oak	Lime
84	135	99	78

Summer Term Dates

- Y6 'Breakfast Week': w/c Monday 11th May
- Y6 trip to High Lodge: Friday 15th May
- Y3 Ancient Greek Day: Wednesday 20th May
- PSD Football League vs Great Waldingfield: Thursday 21st May
- Half term: w/c Monday 25th May to Friday May
- Children return to school: Monday 1st June
- PSD Football League vs Glemsford: Thursday 11th June
- Y6 Residential to Thorpe Woodlands: Monday 22nd June to Wednesday 24th June
- Y1 visit to Hollow Trees Farm: Friday 26th June
- **Sports Day: Wednesday 1st July**
- FOAS Summer Event: Friday 3rd July
- Y6 RSC Performance at the Mercury Theatre: Thursday 9th July
- Y3 visit to Dawes Hall: Tuesday 14th July
- Last day of the year: Friday 17th July

More dates to be added as the term goes on. Details about events and trips to be shared nearer the time.



Stars of the Week!



Class	Strive	Support	Succeed
Caterpillars	Kai	Blake	Maeva
Leopards	Felix	Eden	Kaiya
Pandas	Rory S and Abel (nominated by Miss P)	Olivia	Percy
Llamas	James M	James B, Phoenix and Rupert	Harvey
Orcas	Zara	Alice	Isabella-Rose
Penguins	Oscar K	Lily-May	Freddie W
Wolves	Finlay	Frankie	Mya

Class News

Caterpillars

This week, we have enjoyed sharing the story No-Bot. We have explored the characters and the setting in the story before writing our own adventures for No-Bot. The children have drawn some fantastic pictures of No-bot at the park and at the beach, and have also written a super sentence to go with their picture. We have also challenged the children this week to use a describing word in their writing. In Phonics, we have revisited the digraphs, ur, ow, oi and the trigraph ear. Our Maths focus has been 'How many now?', the children have used a variety of Maths resources to tell first, then and now number stories. They have also enjoyed singing numbers rhymes to support their knowledge of adding and taking away. In our Creative Area, the children have been extremely busy, painting, building and crafting their own robots. We have also spent lots of time outside in the sunshine and the children have particularly enjoyed working in our new Small World Area.

Leopards

This week, we sequenced and wrote the story of 'Cinderella'. In Maths, we started our multiplication unit by learning to count in 2s, 5s and 10s. We then went on to recognise and add

equal groups. In PE, we developed our jumping skills and started to learn to skip using a skipping rope. This was a little tricky to start with but we were resilient and didn't give up. We will continue to develop this skill as part of our remaining PE lessons this half term. In Art, we explored control and pressure to create different types of lines and, in RE, we learnt about the Jewish Creation Story. Alongside our learning we have been considering the size of a problem and our reactions to the problems we encounter. We have also discussed 'The Learning Pit' and how we can tackle challenges positively. We will continue to revisit these discussions and topics throughout the remainder of Year 1. Next week, we will turn our attention to the fairy tale 'Snow White and the Seven Dwarfs'. In Maths, we will learn to use arrays to multiply and, in Art, we will practise drawing different lines using music as a stimulus. Our Phonics continues to focus on applying the skills we have learnt.

Pandas

This week in Year 2, we have been enjoying stories of 'George and the Dragon' in English- focusing on ordering the sequence of events, comparing different re-tellings, and justifying our choices when deciding our favourite version. In Maths, we are persevering with fractions. We learnt that $\frac{1}{2}$ is equivalent to $\frac{2}{4}$, which we then showed through different representations. We also discussed unit and non-unit fractions and sorted fractions into a Carroll diagram. In P.E., we practised our aim with a racket and ball, using the tennis rackets to practise aiming the ball at a target on the floor and in the air. We then put these skills into practice with our first rounders game! In R.E., this week we have been creating our own Torah and mantle. First we learnt all about the Torah and the celebration of Simchat Torah, then we all wrote a question on a piece of fabric which will then be sewn together to create the Torah cover. We then worked in threes to write a line from the Torah, which we then illustrated and assembled together to make a scroll. Next week, we will create the ark to place the Torah into. Also this week, we concluded our Geography topic 'What a Wonderful World' by plotting the continents and oceans of the world; whilst in Computing, we have been using Purple Mash to create different artwork including pointillism and Mondrian style lines. Finally, we enjoyed another brilliant gardening session with Mrs Fisher and Hev on Tuesday, where despite the showers, we dug, planted and helped improve the garden space for the bees.

Llamas

What a busy week we've had in Year 3! In English, we have learnt about Greek mythological creatures which inspired us to create our own creature! We've used our drawings to write a character description of our creature and learn about using paragraphs. We are using expanded noun phrases, similes and adverbials to describe our creature's appearance, personality and special skills. In Maths, we have expanded on our fractions knowledge by learning how to find fractions of amounts, including non-unit fraction amounts. In PE, we learnt a new Greek dance called a Zorba - it was quite tricky to keep up with the footwork when the music sped up! In History, we learnt about the city states of Athens and Sparta, discussed the similarities and differences between them, before deciding whether we'd like to live in Athens or Sparta. In PSHE, we learnt about how different parts of our body have to work as a team to perform all their functions. We've had some really tricky topics this week, Llamas, but you have been fantastic throughout the whole week - well done!

Orcas

It has been a more typical week in Orca Class, although still full of fun lessons, of course! In English this week, we have been learning how to use fronted adverbials and adverbs to add more detail to our writing. We also researched the AD 79 eruption of Mount Vesuvius, which we will be using as the focus for our newspaper reports next week. In Maths, we have tackled some tricky concepts, working on area and perimeter. We found calculating the answers for squares and rectangles fairly straightforward, but missing number questions proved more challenging! In Geography, we explored what settlements might look like in the future and designed our own "future-proof" towns. We also studied OS map symbols and created our own to represent different facilities in Sudbury, such as the library, the Kingfisher Leisure Centre and even a certain golden-arched company! In PSHE, we discussed how to keep ourselves clean and healthy, including the importance of regular hygiene as we grow older. We then designed a hotel

focused on keeping people healthy and happy. Different hotels included spas, buffets, athletics tracks and more! In PE this week, we practised rallies in tennis using the nets and also enjoyed some mini Quidditch games on the field. Well done for working hard this week, Year 4. Don't forget to compete on TTRS over the weekend!

Penguins

We're back! Please take a look at the Penguin Press for details of our wonderful residential trip last week! This week we started on our new History topic: The Islamic Golden Age - Baghdad in 900CE. This involved completing our cold assessment, finding out about the geography of Baghdad, writing about their scientific and medical innovations, drawing blueprints for historical houses in Baghdad and finally using circles to create Islamic artwork. In English, we continued our persuasive writing unit by analysing and repurposing adverts and got back to our guided reading by answering challenging comprehension questions about solar panels. In Maths, we revised converting between metric units and then tried to extend these skills to imperial measures (very tricky!). In PE, we improved our batting in cricket using the tees and, for tennis, we extended our forehand rallies over the nets. In French with Mrs Fisher, we spoke in longer sentences about clothes and, in Music, we studied modern orchestral music. In PSHE with Mrs Fisher, we discussed careers and, in RE, we enjoyed making some delightful artwork based on our learning about Moses and the burning bush.

Wolves

We began the week with Mrs Fielder and the second instalment of our Computing unit. This time, we used Purple Mash to design and make a variety of different vehicles using patterns we had created. It was certainly easier than last week! In Maths, we interpreted and drew line graphs and, in French, we learn about festivals. With Mrs Clow, we tackled algebra problems which involved using the inverse operation (working backwards) as well as revising prime numbers, square numbers, multiples and factors, and continuing work on our arithmetic skills. We also had the opportunity to become 'teachers' for an hour and mark a paper that was full of errors! In English, we carried on with developing our inference skills and worked in small groups to find answers to more challenging questions. We also focused on context clues to aid us in our understanding of tricky vocabulary. In Art with Miss P, we completed the next part of our memory box by finishing our 3D relief sculptures and collages about our favourite word. We were treated to a javelin lesson with Mr Gray on Wednesday afternoon and enjoyed the challenge of trying to beat our own personal record. Finally, with Mrs Fisher, we discussed what risks we take in daily life and, in RE, we listened to the story of Moses and made our own 10 commandments.



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

Community News and Events



Mastering the Basics of Cooking

Using slow cookers and Air Fryers

6 WEEK COURSE

STARTING WEDNESDAY 6TH JUNE 1-4PM

Call 01787 880619 or click the link in the bio to book your space!



FREE COURSE





Suffolk Parent Carer Forum



SAVE THE DATE

SOUTH SUFFOLK OPEN EVENT

An opportunity to meet professionals and find out about services, voluntary and support groups.

Hadleigh

United Reformed Church

Wednesday 13th May 2026

10AM – 1PM

More information to follow nearer the time

01473 760933 info@suffolkpcf.co.uk www.suffolkpcf.co.uk

[FACEBOOK.COM/SUFFOLKPCF](https://www.facebook.com/suffolkpcf)

Join us for

Thorpe Woodlands Family Fun Day

£20pp

for a morning or afternoon of unlimited activities!

please feel free to bring a picnic or there is a cafe located at Forest Holidays

- *Archery
- *High Ropes
- *Rock Climbing
- *Caving

- *Zip Wire
- *Canoe Hire
- *TreeTrekking



scan me to book!

(please select the date then click "family adventure day")

29.05.26

Thorpe Woodlands
Adventure Centre
Sturmer, Thetford
IP24 2HX

9:30am – 12:30pm

OR

1:30pm – 4:30pm

Flatford Nature Day

Tuesday 26th May 2026

Visit Flatford for our May half-term Nature Day

Join in for free, nature-themed activities and crafts including:

- Pond dipping
- Bug hunting
- Tree trails
- Making nature's colour palette
- Using a solar telescope

...and much more!



→ Drop in activities 11am – 4pm



Enjoy the outdoors around Flatford for the day. There will be something for all the family!

River Stour Trust boat trips are free for children under 14 when accompanied by £5.00 fare paying adult. There is a charge of £5.00 for use of the National Trust car park for non-members. Call Field Studies Council Flatford Mill on 01236 297130 for more details.



FAMILY PARK COOKING

AGES 8-14 YEARS

25th May – 29th May
Subject to availability
08:30-16:30

FREE

Parents and children take part in an amazing family day out with a wide range of activities including an outdoor cooking master class where you will cook a delicious lunch together. This Half term recipe will be perfect pizza pocket.

*Free for those eligible for free school meals or meet Suffolk Country Council eligibility criteria
abbeycroft.org.uk/HAF



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](#).



Child and Adolescent Mental Health Parent Workshops

Free virtual workshops:

- Anxiety
- Emetophobia
- Tourette's Symptoms/Tics
- Obsessive Compulsive Disorder (OCD)

Access here: <https://nsft.uk/Workshops>




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>



Sudbury & District Citizens Advice

is here to help.

We give free, up-to-date advice to everyone. You don't need to be a British Citizen. If you need help with benefits, work, money worries, rising energy costs, housing or anything else please get in touch.



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