



Weekly Newsletter: 26th June 2026

Dear Parents and Carers,



There is no way that I could start this week's newsletter without mentioning the hot topic (literally!). Although I haven't been at school this week due to the Year 6 residential and meetings, I would like to thank the children for being so sensible at lunchtimes and playtimes, following the shade rules carefully, and for continuing to work hard in some very warm conditions.

I would also like to thank the staff for making the ongoing appropriate adjustments to keep the classrooms as cool and ventilated as possible to ensure that learning has still taken place.

As I mentioned, this week the Wolves have been off on their adventures to [Thorpe Woodlands](#). The children and staff had a wonderful few days in the forest (thankfully under the shade of the trees) tackling activities which challenged them. As always it was wonderful to see the children shine away from the classroom and, for some of them, overcome a fear which they might have had. I think a definite highlight was having a cheeky dip in the river on Tuesday afternoon to cool off – although we



didn't appreciate the very long queue for the showers afterwards! As always, I am thankful to the staff (Mrs Clow, Miss P and Miss Flye) for giving up their evenings and family commitments to enable the trip to happen.



Next Wednesday, we have [Sports Day](#) (my favourite day of the year). The forecast is suggesting that it should be a little cooler so hopefully it will go ahead as planned. In the event of the forecast changing then a decision will be made to cancel by 1pm on Tuesday. As is our tradition, the children will be taking part in a series of different events in the morning to earn points for their house. From 12pm, you are invited to join the children for a [picnic on the field](#) before we begin the afternoon races at approximately 1:15pm. As always,

I encourage you to wear your child's house colours and be prepared to cheer loudly. Let's see if another team can break Cedar's hold on the Sam Parsons Sports Day cup this year.

I hope that you have a fantastic weekend.

Kind regards

Jonathan Gray
Headteacher

House Points

Willow	Cedar	Oak	Lime
221	263	276	203

FOAS Colour Run: Friday 3rd July

Next Friday, after school, FOAS will be holding a Colour Run on the school field. This year, there is a £2.50 entry fee (payable on Parentmail). All children who have entered will be given a wristband to wear before the event.

FOAS will have a small number of wristbands available on the day (cash only) for late entries but to make sure the event runs smoothly, please use the Parentmail option.

All children who are taking part should come into school on Friday wearing their

Colour Run clothes (white t-shirt, old shorts and trainers which can get messy!). Last year, this was a fantastic fundraising event so we hope that this year is as successful.



Summer Term Dates

- Y4 visit to West Stow: Monday 29th June
- Sports Day: Wednesday 1st July (Parents invited from 12pm for a picnic on the field before the afternoon races, starting at 1:15pm)
- FOAS Colour Run: 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	Aiden	Zach A	Leo
Leopards	Mollie	Kaiya	Tilly
Pandas	Tillyanna	Phoebe	Harishva
Llamas	Kira	Patrick & Harvey	Addy
Orcas	Albie	Travis	Phoebe
Penguins	Nyla	Freddie T	Rosie
Wolves	All of the Wolves		

Class News

Caterpillars

WOW! What a week, the Caterpillars have survived the heat and have been fantastic at listening to and following instructions to help us all stay cool. We have been a bit more structured this week, enjoying working in our fruit groups at a variety of activities, including Lego challenges, mindfulness colouring and junk modelling. Our story this week has been 'Somebody Crunched Colin', thankfully this was about a crisp packet, not our class caterpillar. During our Drawing Club sessions, the children looked closely at the characters in the story and have written some fantastic sentences about where Colin ended up. In Phonics, we have continued to revise the phase 3 phonemes, reading and writing simple captions and sentences. The children have been working really hard on using their phonic knowledge to support their independent writing. Great work Caterpillars.

Leopards

It has been a rather hot and busy week in Leopard Class. Everyone has been excited to visit the farm. We will provide more details about our trip in next week's news. This week, in English, we started the week by writing comparative sentences. We then created and described an opposite pair of superheroes. In Maths, our focus has been on money. We learnt to recognise coins and notes before moving on to count coins. We enjoyed pretending to buy items from the shop. In Science, we learnt about the function of the basic parts of a plant and, in Geography, we learnt about England and its key characteristics. Our PSHE lesson this week focussed on 'then and now'. We considered what we could do as a baby and what we can do now. We discussed how as we grow we learn different skills and are able to do more things for ourselves. Next week, we will write a recount of our school trip. In Maths, we will learn about time and, in Geography, we will turn our attention to the country of Scotland. In Phonics, we will continue to learn sounds.

Pandas

This week in Year 2, we have strived to adapt to the pressures of the heatwave, supported each other with personal space and cooling, calm activities and we have successfully navigated our way through our learning with smiles and perseverance. The Pandas have excelled themselves this week and should be very proud of all they have achieved. In English, we are finishing our non-fiction unit writing information texts about animals which adapt. We have organised facts into the relevant text boxes and included pictures and captions for reference. In Maths, we have continued our work on pictograms and we created our own as well as interpreting them and answering questions. In Geography, we learnt about the Maasai tribe and their culture, before creating an African inspired necklace incorporating tribal patterns and beads. In Computing, we continued our coding unit and added extra characters and buttons using what we have learnt over the last few weeks. In RE, we used role play to act out the story of 'The Prodigal Son', using freeze frames to capture the key moments and parts of the story which we believed had an underlying meaning.

Llamas

Despite the hot weather, it's been a successful week in Llama Class. In English, we have moved onto our new book 'The Shaman's Apprentice', which we have used to practise our oracy skills and also build on our knowledge of fronted adverbials. In Maths, we have been consolidating our column methods for adding and subtracting measurements - we've also challenged ourselves with worded problems. In PE, we have practised our relay racing and, in Geography, we learnt more about the animals and plants that can be found in the rainforest. We used books and the laptops to research a chosen animal/plant and created a fact file about them. In PSHE, we discussed the difference between a surprise and a secret, how unsafe secrets can make us feel and what we can do if someone asks us to keep an unsafe secret. **As a reminder**, our next PSHE lesson will be covering the topic of puberty, including scientific terms for private parts of the body, how our bodies change during puberty, periods, and where a baby grows during pregnancy. Have a fantastic weekend Year 3, enjoy the sunshine.

Orcas

Despite it being a tad on the warm side, we have had a wonderful week of learning in Orca Class. In History, we began our first lessons on the Anglo-Saxons in preparation for our trip next week. We learnt where they came from, why they invaded and settled in Britain, and the significance of Sutton Hoo. We couldn't quite believe how one of the greatest archaeological finds ever is so close to us! To link with this, we finished our poetry unit in English by writing some superb summer poems and raps about ourselves, using rhythm and rhyme effectively. We then began learning about the story of 'Beowulf' by watching and reading the first part of the tale. We compared the characters of Beowulf and Grendel using powerful adjectives before drawing our own interpretations of them. In Maths, we have been using mirrors to perfect our knowledge of symmetry this week, including symmetry of shapes and patterns - this was a good excuse to do some lovely colouring! In PSHE this week, we learnt about the changes that boys' and girls' bodies go through during puberty. In PE, we made the most of the cooler morning temperatures and enjoyed more rounders and diamond cricket. Everyone has made significant improvements in these sports, and we are looking forward to challenging Year 3 to a rounders match soon! Finally, in Computing, we created storyboards in preparation for producing more detailed animations next week. Well done for working hard this week, Year 4, as always!

Penguins

Phew - what a scorcher! In Science, we completed our hot assessment to finish our topic about the human timeline. In order to prepare for this, we took part in a class quiz about adolescence and puberty, used information texts to answer comprehension questions about human aging and compared the gestation periods of humans and a range of other animals, presenting our findings in the form of a line graph. In English, we enjoyed looking closely at the character of Gollum from JRR Tolkien's Middle Earth and then drawing our own versions of "Mirkwood" following a guided visualisation. In Maths, we went all in on reflection symmetry, answering questions using co-ordinates before enjoying using Wolf Class's micro mirrors to check our working. In PE, we enjoyed a bonus yoga session with Coach Dan, as well as a full game of rounders on Monday, before the heat descended. In Music with Mrs Fisher, we played along to 'A Bright Sunny Day' with improving accuracy on the glockenspiels and, in French, we found out how to write sentences about Ancient Rome. Mainly, our time with Mrs Fisher and the DT crew was all about beginning to sew together our textile creations. A huge well done to all the Penguins for adapting to some challenging conditions this week.

Wolves

Year 6 have been busy on their residential and hope to share news with you next week.



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

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/>