DITCHINGHAM PRIMARY ACADEMY

2nd October 2026

Head of School

This week I would like to recognise and give thanks to volunteers. We have had parent volunteers painting some of our outdoor furniture, these things do not go unnoticed and is very much appreciated by all staff, thank you. If you would like to volunteer please consider helping the Ditchingham Friends Association to raise funds for your children.

Mrs. Adcock

Robins

This week in maths we have been looking at number bonds to 10 and 20, it would be great if you can continue practising these at home. In Geography we have been comparing the uses of a river in the UK to Zambia. In Re we learnt the story of the lost sheep and what this parable means to Christians.

PE Wednesdays & Thursdays

Barn Owls

This week in Barn Owls, we have been writing our wishing tales, based on The King of the Fishes. It has been wonderful to see your creative sides shine as you thought of amazing descriptions. As well as this, we have been painting landscapes inspired by the work of various artists, exploring their use of colour, pattern and texture. In maths, we have been ordering numbers in ascending and descending order. In science, we have been focusing on how a liquid changes into a solid.

It has been a lovely week. Well done, Barn Owls!

PE Tuesdays & Fridays

Golden Eagles

This week in Golden Eagles we have been writing our own quest stories! There are some really interesting settings and a lot of children have taken inspiration from our history WW2 unit of work. In maths we have been looking at negative numbers, with a focus on comparing and ordering them. We have used evaporation as a method of separating solids from a solution in science and in history we have looked at what happened in Britain during WW2.

PE Tuesdays & Wednesdays

Reminder

Reminder that morning and after school clubs must be booked in advance via Parentmail

Awards

Reading Wings
This week
Golden Eagles

Whole School Attendance
Year to date
97.58%

Lunchtime Stars
This week
Phoebe & Eadie

Attendance Award
This week
Golden Eagles

Maths Monster
This week
Robins

Other information

Consent Forms

Date	Trip	Link
06/10	Dental Screening	Paper Consent Form
15/10	Y6 Codebreaking	Paper Consent Form
03/11	Golden Eagles Flixton	Click here for consent form

Family Voice

Click here for this weeks Family voice Newsletter

Thank you

Thank you to Peter Bennison for providing, and creating this wonderful planting area for Robin Class. It looks fantastic!



Help us win £1,000 of LEGO® Education resources!

We're taking part in the LEGO® Education Token Collect Competition and need your help! From 26th September to 5th November, tokens will be printed in your local newspaper. The more tokens our school collects, the greater our chance of winning fantastic LEGO® Education resources worth up to £1,000.
Tokens will be printed in:

- **Eastern Daily Press,**
- **Norwich Evening News,**
- **Beccles and Bungay Journal**
- **Lowestoft Journal**
- **East Anglian Daily Times**

How you can help:

• Pick up a participating local newspaper during the promotion period
• Cut out and save the LEGO® Education tokens
• Gather as many as tokens as possible and bring them to us,or post them to

Ditchingham Primary Academy
Lego Education Tokens,
Eastern Daily Press / Evening News
Prospect House
Rouen Road
Norwich
NR1 1RE

Every token counts, so please ask family members, friends and neighbours to get involved too. Thank you for supporting us.



Reception 2027

Open morning on Thursday 17th November.

Click here to register your interest.

Is my child too ill for school?

Click here for resource

Important Dates

Red dates have been added/updated since previous newsletters

Date	Event
6 Oct 2026	Happy Smile dental screening - Consent forms have been sent home
12 Oct 2026	Robins Parent Share 2pm
14 Oct 2026	Golden Eagles Parent Share 9am
15 Oct 2026	Barn Owls Parent Share 9am
16 Oct 2026	**Reception pictures in BBJ**
20 Oct 2026	Harvest Festival, in school 9am (parents welcome)
21 Oct 2026	**DAFs Bake Sale**
22 Oct 2026	Last day of Autumn Term 1
2 Nov 2026	First day of Autumn Term 2
3 Nov 2026	Golden Eagles to Flixton Air Museum - Information has been sent home
6 Nov 2026	Flu Vaccination (info to follow)
30 Nov 2026	**Last day of Lego Tokens in BBJ**
30 Nov 2026	**DAFS Playground Competition Ends (new end date)**
9 Dec 2026	Reception & Y6 NCMP Screening (info to follow)
10 Dec 2026	**Christmas Jumper & Christmas Dinner Day**
18 Dec 2026	Last day of Autumn Term 2
5 Jan 2027	First day of Spring Term 1





APRIL TO OCTOBER 2026

NOURISH

SPRING INTO SUMMER MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 13 April 4 May 1 June 22 June 13 July 31 August 21 September 12 October	Beef Bolognaise Pasta **1** Cheese & Onion Swirl **1,7 V** Jackets with a Choice of Toppings **7,8,9** Baked Wedges Seasonal Vegetables Ice Cream **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Macaroni Cheese **1,7 V** Chick Pea & Spinach Biryani **VG** Jackets with a Choice of Toppings **7,8,9** Peas & Carrots Toffee Tart **1,7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Roast Chicken & Gravy Vegetable Sausage **1 VG** Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes Cabbage Swede Fruit Jelly **VG** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Chicken Korma Herby Tomato Pasta **1 VG** Jackets with a Choice of Toppings **7,8,9** Rice Green Beans Carrots Chocolate Orange Cake **1 VG** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Fish Fingers **1,8** Cheese & Tomato Filled Tortilla Wrap Stack **1,7 V** Jackets with a Choice of Toppings **7,8,9** Chips Peas Baked Beans Lemon Drizzle Biscuit **1,6 VG** Yoghurt **3,7** Fruit Pots **VG**
WEEK TWO 20 April 11 May 8 June 29 June 20 July 7 September 28 September 19 October	Cheesy Pasta **1,7 V** Vegetable Burger in a Bun **1,5,6 VG** Jackets with a Choice of Toppings **7,8,9** Baked Wedges, Carrots Peas Honey Cake **1** & Custard **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Beef Noodles **1** Tomato & Sweetcorn Pasta **1 VG** Jackets with a Choice of Toppings **7,8,9** Rice Seasonal Vegetables Summer Trifle **1,7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Roast Gammon & Gravy Meatfree Meatballs & Gravy **6 VG** Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes Broccoli Carrots Cornflake Cookie **1,7,16** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Chicken Fajita **1** Tomato Spaghetti **1 VG** Jackets with a Choice of Toppings **7,8,9** Rice Tomato Salsa Green Beans Carrot & Orange Cake **1 VG** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Salmon Fish Cake **1,8** Margherita Pizza **1,3,7 V** Jackets with a Choice of Toppings **7,8,9** Chips Peas Baked Beans Oaty Biscuit **1,15 VG** Yoghurt **3,7** Fruit Pots **VG**
WEEK THREE 27 April 18 May 15 June 6 July 14 September 5 October	Mild Chilli Beef Tomato & Herb Penne Pasta **1 VG** Jackets with a Choice of Toppings **7,8,9** Rice Peas & Carrots Jam Roly Poly **1,6 VG** & Custard **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Sausage **1,3,6** Vegetable Sausage **1 VG** Jackets with a Choice of Toppings **7,8,9** Mashed Potatoes Baked Beans Ice Cream **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Roast Chicken & Gravy Samosa Puff **1 VG** Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes Seasonal Vegetables Fruit Jelly **VG** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Margherita Pizza **1,3,7 V** Loaded Cajun Bean Wedges **VG** Jackets with a Choice of Toppings **7,8,9** Rainbow Pasta **1** Sweetcorn Sultana Cake **1 VG** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Fish Fingers **1,8** Cheese & Bean Parcel **1,7 V** Jackets with a Choice of Toppings **7,8,9** Chips, Peas Baked Beans Caramel Cookie **1,7 V** Yoghurt **3,7**, Fruit Pots **VG**

1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg
10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten VG Vegan V Vegetarian

Selection of Salads **9**, Homemade Bread **1,3**. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

AVAILABLE DAILY

Community









Useful Information

Calendar	Click Here
Telephone Number	01986 893 277
E-mail address	office.ditchingham@kingfisher.dneat.org
Term Dates 2026-2027	Click Here
Support Resources	Click Here

Is my child too ill for school?

UK Government NHS

Does your child have a high temperature (38°C or more)?

YES Keep them off school until it goes away.

NO Follow the guidance below.

Your child can usually go to school with a mild cough or cold if they are otherwise well. If you do keep your child at home, it's important to phone the school or nursery on the first day and give them the reason.

Should go in

A cough, cold or sore throat

Fine with slight cough or common cold symptoms, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature.

Threadworms

Speak to your pharmacist, who can recommend a treatment.

Should go in (let the school know)

Cold sores

Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

Conjunctivitis

Fine unless they are feeling very unwell. Seek advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

Head lice & nits

You can treat head lice and nits without seeing a GP.

Hand, foot & mouth disease

If they seem well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

Slapped cheek syndrome

Once the rash appears, they're no longer infectious. Let the school or teacher know if you think your child has slapped cheek syndrome.

Seek treatment before returning to school

Impetigo

They'll need treatment from a pharmacist or GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.

Ringworm

See your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.

Scarlet fever

They'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.

Chickenpox

Keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.

Keep them off (at first)

Ear infection

If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

Measles

They'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily. Keep your child off school for at least 4 days from when the rash first appears. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

Vomiting & diarrhoea

Stay away from school until they have not been sick or had diarrhoea due to illness for at least 2 days (48 hours).

Feeling worried or anxious: It's normal for any of us to feel worried sometimes. We may get a tummy ache or headache, or have problems eating or sleeping. Avoiding school can sometimes make a child's worries about going to school worse. If your child is struggling, please speak to school as soon as possible to explore available help. If your child is still struggling and it's affecting their everyday life, you should contact GP or school nurse.

To find out more, search www.NHS.uk for the specific illness or infection, or 'Is my child too ill for school?'