



### Parenting Tip: Try "MUMS it" and "DADS it"

As parents and carers, we're often asked questions at the busiest possible moments: "Can I go?" - "Can I have it?" - "Can my friend sleep over?" - "Can I stay up later?" Sometimes children continue asking because they hope for a quick answer which can often mean we haven't had time to properly think things through. This is where the phrases MUMS it and DADS it can really help!

#### What does it mean?

MUMS it = **M**ake **U**p **M**ind **S**lowly

DADS it = **D**eliberate **A**nd **D**ecide **S**lowly  
These simple phrases give adults permission to pause before responding. Instead of feeling pressured into giving an immediate answer, you can calmly say: "I'm going to MUMS this one" or "I need to DADS this decision." This gives you valuable thinking time and models calm decision-making for children.

#### Why is this helpful?

Taking time to think helps ensure that: decisions are fair and well thought through; boundaries remain consistent; children learn patience; adults feel calmer and more confident; responses are less likely to be influenced by badgering or pressure. A useful family rule can be: If you keep hassling for an answer, the answer automatically becomes no. Children quickly learn that respectful patience is far more effective than repeatedly asking. Waiting can feel difficult for children, especially when they are excited, disappointed, or anxious. By slowing things down, we help children practise: patience; emotional regulation; managing disappointment; respecting boundaries; understanding that adults need thinking time too.

Best wishes,

*Claire Cookson*

*Pupil & Parent Support Advisor*

[psa@alpington.norfolk.sch.uk](mailto:psa@alpington.norfolk.sch.uk)

## Friday 12<sup>th</sup> June 2026

### Our Awesome Ambassador!

This week, Leo P attended a special celebratory lunch at the Bishop's House Garden in Norwich having been selected as our Bishop of Norwich School Ambassador. Leo embodies our school vision of Enjoy, Achieve, Believe with his resilience, kindness and determination. Over the past year, he has shown remarkable strength of character and a commitment to helping others, raising almost £3,000 for charity through his participation in Run Norwich Junior. His compassion, generosity and positive attitude make him an excellent role model within our school community.

The event celebrated pupils from across the Diocese of Norwich who have made a significant contribution to their schools and communities. During the celebration, Bishop Graham presented Leo with a certificate in recognition of his achievements and the values he embodies. We are all incredibly proud of Leo.



### Birthdays

This week our Birthday wishes go to **Elliot, Ada W and Hector** – we hope you all had a very Happy Birthday!

### Stars of the Week

**Reception** – Matilda

**Year 1 / 2** – Henry

And also everyone who did their Phonics Test this week!

**Year 3 / 4** – Leo P

**Year 5 / 6** – Darcie & Emilia

### Thurton Achievements

Two of our budding Karate Kids took part in a grading last weekend: Cam and Archie both worked really hard, Cam achieved his red belt, and Archie, who double graded straight to an orange belt on his first grading, managed to achieve first place with the highest score of 79%. He was also awarded a Bo Staff. Well done to them both!





## Dates for your Diary

### New Dates in Red

Mon 22/06/26	Hockey Festival, Langley (selected Yr 3/4)
Wed 24/06/26	Choir Visit to Norfolk Show (full details TBC)
Mon 29/06/26	Tag Rugby, Langley (selected Yr 5/6 – full details TBC)
Wed 01/07/26 – Fri 03/07/26	Yr 5/6 Cambridge Residential
Wed 08/07/26	Sports' Day (AM) & Family Picnic (12noon)
	Summer Concert, 6pm (Lauren Talford Musicians & School Choir)
Thu 09/07/26	Yr 2 Hautbois Day Trip
Sat 11/06/26	PTA Summer Fete (12-3pm – see poster)
Thu 16/07/26	End of Year Church Service (St Ethelbert's Church, 2pm)
	Yr 6 Leavers' Awards Celebration (after school)
Fri 17/07/26	END OF TERM
Thu 03/09/26	Children Return to School

## Reminders

All instalments for both the **Cambridge** and **How Hill Residentials** should now have been paid. Please could any outstanding balances be settled as soon as possible by logging into your School Money (Teachers2Parents) account.

Consents for the **Year 5/6 Athletics** should be submitted by Monday 15<sup>th</sup> June, and for the **Year 3/4 Hockey Tournament**, by Thursday 18<sup>th</sup> June.

## Week Commencing Monday 15<sup>th</sup> June 2026

	In School	After School
<b>Mon</b>	<ul style="list-style-type: none"> <li>PE</li> </ul>	<ul style="list-style-type: none"> <li>Gymnastics (GRP B)</li> </ul>
<b>Tue</b>	<ul style="list-style-type: none"> <li>Lauren Talford Music Lessons</li> </ul>	<ul style="list-style-type: none"> <li>KS1 Archery (GRP B)</li> </ul>
<b>Wed</b>	<ul style="list-style-type: none"> <li>Yr 3/4 How Hill Residential</li> <li>Cluster Athletics, UEA Sportspark (selected Yr 5/6)</li> </ul>	<ul style="list-style-type: none"> <li>Aem Hai Karate Club</li> <li>KS1 Gardening (GRP B)</li> </ul>
<b>Thu</b>	<ul style="list-style-type: none"> <li>UEA Athletics (selected Yr 5/6)</li> <li>Yr 3/4 How Hill Residential</li> <li>Bandwagon Music Lessons</li> </ul>	<ul style="list-style-type: none"> <li>KS2 Dodgeball</li> </ul>
<b>Fri</b>	<ul style="list-style-type: none"> <li>Yr 3/4 How Hill Residential</li> <li>PE</li> <li>Forest School (Rec)</li> </ul>	<ul style="list-style-type: none"> <li>KS1 Football (GRP B)</li> <li>KS2 Forest School (GRP B)</li> </ul>

## PTA Points

- Next week we'll be selling squares and this time you can win a Father's Day hamper, kindly donated by Spoon Cake in Loddon. Squares are £1 and will be sold on the gate at pick up and drop off from Monday. The draw will be made next Friday... good luck!

### Summer Fete: Saturday 11th July, 12-3pm

- Sponsorship needed!** We are desperately looking for a local business (or a few local businesses clubbing together) to sponsor our fete. If you run your own business, or think you can help, please speak to the PTA as soon as possible.
- As you know, we've started to sell tickets for the Grand Draw! We've got some fantastic prizes up for grabs and need your help to sell as many tickets as possible. We've been handing out tickets via reps all week, if you would like more books, please let your rep know. Equally, please hand back any tickets you don't want so we can resell them prior to or on the day.
- Please leave any donations for the children's tombola and bottle stall at the school office - all gratefully received!
- Please start collecting bits and bobs for your Lucky Jars which will be collected on the non-uniform day on 25th June. More details to follow shortly.





**2026**  
**BERGH APTON**  
**FETE**

2.00 pm  
**SATURDAY 20<sup>TH</sup> JUNE**  
**AT THE MANOR**  
**NR15 1BL**

*by kind permission of Kip & Alison Bertram*

**FREE CAR PARK**  
**AND ADMISSION**

*AND A CHANCE TO SPEND  
TIME IN THE BEAUTIFUL  
MANOR GARDEN*

*All in the best tradition of the English Village Fete*  
**MUSIC, STRAWBERRY & CREAM TEAS, PIMMS, CAKES,**  
**PERFUMERY, BOWLING FOR A HAMPER, WHITE ELEPHANT,**  
**RAFFLE, ICE CREAM, SMASH THE CROCKS, TOMBOLA, GAMES**  
**And a whole lot more**