



Friday 24th April 2026



Did you know that something as simple as **singing or humming** can help you and your child feel calmer and more settled? It's true - and there's science behind it!

Inside our bodies is something called the vagus nerve. This nerve plays an important role in helping us relax, slow our breathing, and feel safe. When the vagus nerve is gently stimulated, it sends signals to the brain that everything is okay, helping to reduce the feelings of stress and anxiety.

One easy way to activate this calming system is through **singing and humming**. When we hum or sing:

- Our vocal cords vibrate, which gently stimulates the vagus nerve
- Breathing naturally slows down
- Our body shifts into a more relaxed state

You might notice that children often hum to themselves when they're concentrating or feeling content - this is their body's natural way of self-soothing.

You could try this at home, such as singing together during car journeys, while walking to school, or at bedtime. Plus, using familiar songs is a great way to help children and ourselves to feel more grounded and relaxed.

Best wishes to you all,
Claire Cookson
(Pupil & Parent Support Advisor)
psa@alpington.norfolk.sch.uk

Week Commencing Monday 27th April 2026

	In School	After School
Monday	• PE	• KS2 Gymnastics (GRP A)
Tuesday	• Lauren Talford Music Lessons	• KS1 Archery (GRP A)
Wednesday	• Cluster Multiskills Festival (Yr 1 & 2)	• Aem Hai Karate Club • KS1 Gardening (GRP A)
Thursday	• Yr 3/4 Swimming Lessons • Bandwagon Music Lessons	• KS2 Dodgeball
Friday	• PE • Forest School (Year 1)	• KS1 Football (GRP A) • KS2 Forest School (GRP A)

Stars of the Week

Reception – Heather

Year 1 / 2 – Arthur & Elliot

Year 3 / 4 – Nancy

Year 5 / 6 – Emilia, Harry & Mya



Thurton Achievements

Skye took part in her first Jui Jitsu competition earlier this month for her team, Allstars BJJ. She won two matches, placing second in both categories and winning two silver medals for her team – well done Skye!



Birthdays

This week our Birthday wishes go to **Sonny, Henry R and Grace**. We hope you all had a very Happy Birthday!

Reminders

Please could all consents for the **Yr 1 & 2 Multiskills Festival next Wednesday** be submitted as soon as possible.

Dates for Your Diary

CORRECTION – the PTA Summer Fete is on Saturday 11th July, not 19th July as stated in last week's Newsletter!

Wednesday	29/04/26	Yr 1 & 2 Multiskills Festival
Friday	01/05/26	How Hill Residential Instalment 3 due
Thursday	07/05/26	Cambridge Residential Instalment 3 due
Friday	08/05/26	PTA Meeting (2.15pm)
Week of Monday	11/05/26	SATs Week SATs Breakfasts
Monday	11/05/26	Cluster Football Tournament (Yr 3/4) NO AFTER SCHOOL CARE (Staff Training)
Tuesday	19/05/26	Road Safety Sessions (Rec / Yr 2 / Yr 4)
Thursday - Friday	21/05/26 - 22/05/26	Yr 5 Bikeability (Level 2)
Monday - Friday	25/05/26 - 29/05/26	Half Term

