



Castle Acre Newsletter for week ending 16th October 2026

The Nar Valley Federation of Church Academies

Executive Headteacher: Mrs Anne Neary
Web: www.narvalleyfederation.co.uk

Dear Parents/Carers,

Autumn has definitely arrived, along with the dark mornings which are definitely a struggle! So a big well done to our children who are still skipping through the gate with a smile on their faces and a cheery good morning. That is definitely the way to get the best out of your Head of School!

Thank you to all who attended our Harvest Festival and donated food to church. It was lovely to see so many of you there and our children lead the service with confidence and joy, managing a dodgy microphone with complete professionalism.

We were really pleased to welcome back Simon Sixsmith to film some of our children in conversation to demonstrate the English language to children in the Netherlands.

Just 4 days to go before the Half Term holidays when we can hibernate for a week. Please remember that the children break up on Thursday.

Many thanks for your ongoing support.

Emma Spaul, Head of School

Upcoming Events

See Diary Dates for details.....

Royal British Legion Poppy Appeal items for sale at the end of day all this week.

Monday 19th October - Open Day from 9.45 - 2.45pm by appointment with the school office for Parents/Carers of children due to start school from September 2027.

Thursday 22nd October - Y4/5/6 Cross Country at TNHA.

Friday 23rd October - School Closed for Inset Day, followed by Half term Break. School re-opens on Monday 2nd November.

Tuesday 3rd November - 3.30 to 7pm Parents/Carers' Consultations.

Thursday 5th November - 3.30 to 5.30pm Parents/Carers' Consultations

Friday 13th November - Children in Need Day

Attendance Awards w/e 16/10/26

Class	%
Rowan	92.38
Whitebeam	94.88
Oak	96.88

The winners of the Attendance Award this week are Oak Class, well done! Please do better next week Rowan and Whitebeam.



Ted the Bear will be joining Oak Class this week!

Reminders and Information.....



Celebration Worship on a Friday; every Parent/Carer is welcome to our Celebration worship at 2.45pm each week whether your child is receiving a certificate or not - you are very welcome to come and be spiritually uplifted by the joy of our children's achievements and we'll always be delighted to see you!



Royal British Legion Poppy Appeal poppies and other items will be available at the end of day on the school gate all this week and after half term. Any donation for a paper poppy but minimum of 50p for the other items, such as wristbands, keyrings and ribbons, thank you for your support!

Help with online safety::

The CEOP website, run by the National Crime Prevention agency, gives helpful advice about when and how to report your concern.
<https://www.thinkuknow.co.uk/parents/Get-help/Reporting-an-incident/>

See these links for further information, games and tips:
https://www.thinkuknow.co.uk/4_7/
https://www.thinkuknow.co.uk/8_10/
<https://www.thinkuknow.co.uk/parents/>

Open days!

Everyday 20th October 2026 09.45am to 2.45pm

Monday 23rd October 2026 09.45am to 2.45pm

Thursday 26th October 2026 09.45am to 2.45pm

Come and join us in our happy environment, have a look around, join in and chat to children and staff. Please telephone to book your visiting slot.

www.narvalley.dorset.sch

Military Families.....

Military Club with Mrs Jary is every Thursday lunchtime at Narborough. Eat your lunch, bring a friend and chat! Each week we meet online with our other service children at Castle Acre and Sporre.

We're proud of our Service personnel and proud to support our service families. We have strong links with the RAF base and look forward to our involvement in events.



AWARDS



The Nar Valley Federation of Church Academies

Award

Goes to...

For.....

Reader of the week

Reggie

fabulous 'Fred Talk' during our phonics lessons.

Writer of the week

Albie

working so hard on pencil grip and letter formation.

Mathematician of the week

Wilbur

working independently during Maths and demonstrating great recall of number bonds to ten.

Shining Light

Ronnie
Keegan

coming into school so happily every Friday and wonderful communication with adults.
being so brave during our recent Harvest Festival.

Reads at Home

Sissy
Esca
Reggie
Amelie
Hollie
Albie
Freya

10
10
25
25
25
25
25

Our week in Class

Wow! We thought the children were so courageous and sang beautifully during the Harvest Festival.

This week, the Year 1 children have been planning their leaf character story. I was so impressed by the detail and effort!

Reception children have been writing codes and exploring the book Pumpkin Soup. We even had some pumpkins in our tuff tray to explore!

Our RE afternoon was wonderful, it was lovely listening to the children describe what they were thankful for.



AWARDS

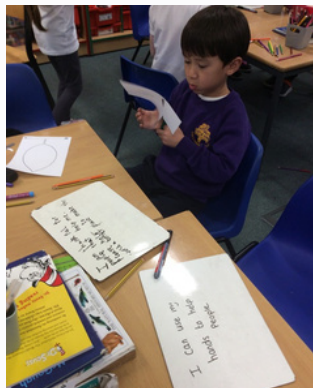
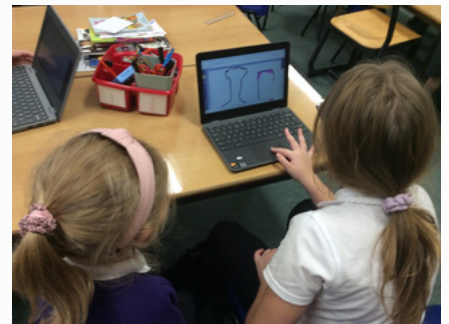
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Whitebeam Class

Award	Goes to...	For.....
Reader of the week	Mila	for taking time when reading and answering comprehension questions
Writer of the week	Charlotte	for her super work and gaining the most points on Spellingframe this week
Mathematician of the week	Jaxon	for using different manipulatives well during maths lessons
Shining Light	Eliza Archie S	for demonstrating all of our school values especially courage for the part she took in the Harvest Festival Service for always demonstrating our school values especially responsibility for his own learning
Tackling Tables		
Reads at home	Noel & Tobias Ave, Charlotte & Amelia	10 reads 25 reads

Our week in Class

Well another busy week in Whitebeam. The week got off to a great start with their retelling of the Parable of the Sower during our Harvest Service and I loved watching children putting their own actions to the songs! In ICT, the children compared creating art in real life to creating it on a device. They were then able to explore a new drawing program with a partner on the chromebooks. In PSHE we looked at the importance of keeping our teeth clean and the children had many thoughtful ideas during our RE afternoon on Thursday.

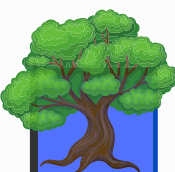




AWARDS



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Oak Class

Award	Goes to...	For.....
Reader of the week	Rowan	His clearly explained and thoughtful reading answers during reading test walkthroughs
Writer of the week	Darcy C.	Her ambitious vocabulary in her writing.
Mathematician of the week	Hazel	Solving more and more questions in each Maths Lesson.
Shining Light	Molly Oscar Isla P	Being a respectful, ambitious and resilient role model for the whole school Making sensible choices and being respectful with his friends. Working quickly and efficiently in all lessons.
Reads at home	Stan Rowan Isla B Ivy	10 reads - Blue Star 10 reads - Blue Star 10 reads - Blue Star and 25 reads - Red Star 25 reads - Red Star
Tackling Tables	Toby Isla B Logan Ivy Lola Rowan	Green - yellow superstar Green - multiplication mini test Blue - multiples and superstar Blue - purple subtraction missing numbers Green - multiples Green - mixed mini test

Our week in Class

Oak Class have had another brilliant week! In Maths, we have been looking at factors and multiples. We have created factor bugs, working systematically to find our factor pairs. Today, we have played with 2D shapes and mirrors to explore lines of symmetry.

In English, we have been planning our Instructional Guide to operating Sir Ironsoul, the clockwork knight from our class text. The children have been using some excellent formal vocabulary and thinking about the best way to structure and present their work. We begin our writing today and will continue into next week,

In the afternoons, we have played the glockenspiels along to Living on a Prayer, we've used Google Maps to explore capital cities of European countries and we have created PowerPoints in computing.



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Safeguarding.....

This week we are focusing on guidance from the NHS on whether or not babies should have screen time. For children under 2, the guidance is:

"Avoid all digital devices. The only acceptable use is interactive video chatting with family. Avoid background TV"

Alternatives to a screen for your baby or toddler:

- Face-to-face play: Engaging in classic games like peek-a-boo, making funny faces, and dancing together. [1]
- Vocal engagement: Singing nursery rhymes, telling stories, and having back-and-forth "conversations" even before your baby can speak words.
- Traditional toys: Utilizing blocks, books, and puzzles, which stimulate active problem-solving much better than digital apps

Healthy mind, healthy body

This week's tips come from the teachers at Sporle!

- Miss Slegg says she goes for a walk with a friend or her dog
- Mr West says he plays sports and has time outside doing fun activities
- Mrs Spaul says she aims to go to bed at the same time each night
- Miss Behan says she has screen free time every day
- Mrs Neary says she is practising breathing deeply when outside and last thing at night
- Miss Willgress says go out and enjoy nature, read a book or listen to a podcast.

Message from the Executive Headteacher....

This week, we are wanting to focus on packed lunches and ensuring that our children are set up to succeed in their school day, by eating a healthy meal. Below is the 'Eat Well Plate' that shows what proportion of the plate or lunchbox should be which group food.

It is really important that children don't have fizzy drinks, and also don't have chocolate bars - this gives children a huge sugar boost and then a huge sugar crash, which leads to not being able to concentrate. Please continue to ensure no nuts or nut products come into school.

Thanks for your support to help your children learn well.



Carbohydrates keeps us feeling full for longer. Try using a mixture to keep it interesting.

- Sliced bread, rolls, ciabatta, pitta bread, bagels, baguette, wraps, chapattis or crackers
- Wholemeal or granary breads
- Wholemeal pasta, brown/mixed rice, couscous or potato as a salad base.

Protein helps bodies grow, keep healthy and repair themselves. Try using:

- Eggs - as a filling or hard boiled
- Fish - such as tuna or salmon
- Chicken - as a filling or as drumsticks
- Lean meats
- Beans and pulses - such as hummus or kidney beans. Fruit & Veg

Aim to include 2 items of fruit and vegetables in each lunchbox. Try using:

- Fresh fruit cut into bite sized, easy to eat pieces. Such as melon, apple or orange segments.
- Tinned fruit in juice. Put it into a small pot, but avoid fruit in syrup.
- Raw vegetables chopped and ready to eat. Such as cucumber, cherry tomatoes, pepper, carrots or celery.

Dairy products are a good source of energy and protein. They contain lots of vitamins and minerals, including calcium, that children need to build healthy bones and teeth. Try including:

- Mini cheese portion
- Grated cheese
- Low fat cheese spread as a filling or dip
- Low fat custard or rice pudding
- Low fat yogurt or fromage frais.

There are lots of different options for children who have allergies or intolerance to dairy foods. Fibre is found in cereals, fruit and vegetables. Fibre is needed for a healthy gut. It is not digested in the body and as it passes through the digestive system, it soaks up water and makes stools (poo) softer.

Try to choose high fibre foods in a lunch box, for example:

- Wholemeal roll / bread / pitta bread instead of white.
- Salad vegetables such as carrot and pepper sticks, fresh or dried fruit.

Friends of Castle Acre School (FOCAS).....

The Friends invite you to come to their Autumn Quiz fundraiser, Save the Date: evening of Friday 13th November.

Here is the link to our latest Friends' Newsletter:
<https://canva.link/2yf4u6z00scvwo>

Libby Firth, Chair of Friends, Tel: 07825 229345

Prayer for the Week.....

Dear Lord,

Thank you for our hands to help plants. Thank you for our mouths to eat things like sushi.

Amen

By: Indy D

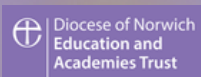
Thank you as always for your support and partnership,



Head of School
Castle Acre C of E Primary Academy



Executive Headteacher
Nar Valley Federation of Church Academies
Castle Acre, Narborough and Sporle C of E Primary Academy



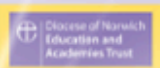
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Healthy Body, Healthy Mind





Healthy Body Healthy Mind 😊

 Healthy Body 	 Healthy Mind 
To have a healthy body you could exercise and workout regularly. 	Reading helps with your spelling as well as your mind. 
 Eating fruit and veges are another form of having a healthy body.	 Education is also a good thing for your mind.
Sweets are very unhealthy because they are full of sugar. 	Video games aren't very good for your mind. 

