



FEBRUARY 6TH 2026

Tunstead Primary Newpage

Strong Foundations: Bright Futures

SCHOOL MESSAGE

Dear parents,

Despite a wet and rather gloomy wintery week, our school has continued to be a bright and cheerful place. The children have brought smiles, laughter and happiness into school every day, lifting everyone's spirits and showing great resilience and positivity. It has been lovely to see their enthusiasm for learning, friendships and school life shine through, whatever the weather.

As we head towards half term, we'd like to remind families of a few upcoming events. The Valentine's Disco is planned for next Wednesday 11th and promises to be a fun-filled evening for the children. Box Fitness Club will be back in the hall next Friday at 8.20am, offering a great energetic start to the day. Games Club will also be running on Thursday after school as usual.

We are aware that many families can struggle with sleep routines for their children. Not getting enough sleep can have a big impact on both physical and mental health, and can make everyday life feel much harder for the whole family. There is helpful advice available through **Just One Norfolk – Bedtime Routines**, and the Nansa Sleep Service also runs a Sleep Helpline every Monday during term time from 10am–3pm. They can offer guidance and answer questions on **01603 728673**.

Again we would like to thank families for their patience while we continue to cover a small number of staff absences.

Have a great weekend!

DATES FOR THE DIARY

February

11th Valentine's Disco
12th Sycamore & Conifer Amazona trip

13th Last day of term
23rd Back to school

March

5th World Book Day
7th Friends Jumble sale
17th Cluster Rugby event
24th Easter Fayre
27th Last day of term

Could any outstanding payments please be made for the sycamore and conifer Amazona Zoo trip on the 12th. Many thanks



Class News and Attendance

SYCAMORE

90.7%

We studied Goldsworthy's art and then had a go at making our own symmetrical art using natural artefacts. Please send in photos of any you make at home!



CONIFER

99.0%

This week we have been looking at length in maths converting between mm, cm and m. If you have time at home it would be useful to practice this skill.



BIRCH

94.1%

In Birch class we have now finished our artwork inspired by Victorian architecture. It looks great displayed on one of the corridor display boards.



Celebrating Success

Headteacher's Award

Dottie for her curiosity to play all games available in games club and to get on so nicely with all children in the club.



Class Gold Book Award Winner

Sycamore— **Rowan** for great progress with his phonics and reading long words correctly!

Conifer - **Eva-Rose** for gold book for creative innovation in her writing.

Birch - **Max** for making a huge effort to improve his handwriting.

House Points

1st	Poppy 234
2nd	Honeysuckle 168
3rd	Bluebell 123
4th	Buttercup 110



Tunstead Friends



Friends are excited to host the valentine disco next week, Wednesday 11th February, so please make sure your child has a place and pay £3 cash in advance in a named envelope, with any dietary requirements. See poster for more details. Reception children's parents must attend.

Our next event is a jumble sale on Saturday 7th March. If you are having a spring clean, we are looking for good quality clothing and bric and brac. If anyone is available to help set up the afternoon before, or on the day, let one of the friends know. It's a fun way of helping and find out what being one of the friends is all about. Donations can be brought to school anytime from now onwards.



Friends of Tunstead
primary need your help to
stock our jumble sale
**Clothing, toys
and bric a brac**
donations
needed



**We need good quality
clothes, toys and bric a
brac please**

Forest School

This week at forest school.....

We have been learning how to safely use a saw and hammer this week in Forest School. Remembering the special blood bubble that keeps us safe.

Some children made birds and animals from wood.

We talked about different types of nests and had a go at building them.



Bedtime Routines



Not getting enough sleep has big effects on the whole family. It affects physical and mental health. When you and your child are sleep deprived everything can feel harder.

The advice that is given to all families to help with sleep problems is a good place to start.

Bedtime Routines

- Start at the same time each night
- Have quiet, screen free playtime
- Bath
- Snack, drink and story time
- Try and keep the wake up time the same – even after a bad night.

If your child does not settle – go to them and reassure them that you are nearby and leave the room as soon as they are calm again. You might have to repeat this many times but will build their confidence that you are there when they need you.

Keep to it even if you don't think it is making a difference – routines take time.

Supporting Bedtime Routines

- Talk to your child about what is going to happen – some children understand this better if you have pictures of the different stages of bedtime.
- Make the bedroom a calming place to be. Don't use it as a place for 'time outs'. Bedrooms should be a place your child likes to be.
- Try a clock that changes colour to show when it is night time or morning. This works well for children and young people who cannot tell the time yet, or those that need a visual reminder.