

October 2025

# NEWSLETTER



Nelson Academy

Nursery Road, Downham Market,  
Norfolk, PE38 9PF  
01366 383 824

office@nla.eastern-mat.co.uk  
www.nelsonacademy.co.uk

## Message From the Principal



Sarah Wilson - Principal

Dear Parents, Carers and Children,

Please can I take this opportunity to remind everyone that school opens at 8.30am and all children need to be in school by 8.45am so that their learning can start promptly after the register is taken. The gates on the field will be locked promptly at 8.45am each day and after this time children will need to enter school via the main school office. Being late into school means that children are missing vital parts of their learning.

**ATTENDANCE** - Having good school attendance (and prompt school attendance) is important for all the children so that they are having every opportunity to learn and engage with all aspects of school life. We have set ourselves the target of 97% attendance for this school year, and therefore we expect all the children to be in school for at least 97% (or more) of the time. We would love everyone to have 100% attendance, but we understand that children cannot help being ill sometimes.

**PARKING REMINDER** - Traffic Regulation Order - Restricted Parking - A reminder that a traffic regulation order is in place in Nursery Road and Wimbotsham Road. This is represented by the double yellow lines which have been marked out on the road. The parking restrictions are in place in these areas from 0800 to 0930hrs and 1400 to 1600hrs Mon to Fri. Please do not park in these areas during these times as you are likely to be fined for doing so. Please can all visitors to the school be mindful of where they park in the surrounding areas so that residents have easy access to their properties and are not impacted upon by noise from music, children's behaviour or lengthy parking outside their property. We would also ask all road users to be mindful of other road users and to always be polite and respectful.

**PARENT MEETINGS** - Will take place in person on 11<sup>th</sup> and 12<sup>th</sup> November. Appointments will be available to book via Pupil Asset. We really do hope that everyone will take this opportunity to see/speak to their child's class teacher to find out about how their child is doing in school and what their next steps are. If you cannot make either of these dates for any reason and would like to speak to your child's class teacher, please do contact them via Class Dojo and they will do their best to arrange an alternative meeting with you.

Thank you for your continued support.

Best wishes - Mrs Sarah Wilson (Principal)

Dates for your diary	Nelson Day	Flu Vaccinations	Parents Evening	Children In Need
	21/10/2025	04/11/2025	11/11/25 & 12/11/25	14/11/25



We're a proud member of the EMAT family



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SCHOOL MEMBER



Our school has a  
TEACHER Ambassador



# Aspens Lunches

School meals are provided every day by Aspens and are cooked on site by the kitchen team. Quality meals are served in line with the Government's nutrient and nutritional values. All meals need to be booked daily before 9am or can be booked weekly or termly. <https://select.aspens-services.com> Nelson Code is 236579

FOOD FESTIVAL LUNCHTIME					
WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN EVENT</b> Autumn Winter 2025/26 09/11/25, 16/11/25, 23/11/25, 30/11/25, 07/12/25, 14/12/25, 21/12/25, 28/12/25, 04/01/26, 11/01/26, 18/01/26	Cheese and Tomato Pizza Slice with Wedges	Meatball Marinara Pasta	Roast Chicken, Stuffing, Skin on Roasties and Gravy	Bangers, Mash and Gravy	Golden Fish Fingers or Salmon Fingers and Chips
<b>WIP-IT! MAGIC</b> Baked Sweetcorn Fritters with Wedges	Cheesy Pea Frittata with Pasta Salad	Roasted Vegetable Strudel, Skin on Roasties and Gravy	Veggie Bangers, Mash and Gravy	Cheesy Bean Wrap with Chips	
<b>RAINBOW ALLEY</b> Vegetable Sticks	Mixed Salad	Carrots and Cabbage	Mixed Greens	Peas	
<b>BIG TOPPINGS</b> Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo
<b>DESSERT TROLLEY</b> Butterfly Pastry Biscuits	Strawberry and Pineapple Jelly	Banana Bread and Custard	Apple Cinnamon Buns	Lemon Drizzle Cake	

After half term, there will be a price increase for paid school meals to £2.61 as well as a change of menu. These changes have been made by Aspens to support in the rising costs of products. The new menus can be found pictured here. Please remember to book your meals for November now.

## November Theme Day Menu

The week we return after half term, there will be a theme day for Fireworks Night. The menu for this day can be seen below.

**FOOD FESTIVAL**

# SPARKLE SPECTACULAR

**5th November**

Bonfire Banger Hot Dogs  
with Sweet Potato Wedges  
and Rainbow Slaw

Or

Quorn Bonfire Banger Hot Dogs  
with Sweet Potato Wedges  
and Rainbow Slaw

And

Toffee Apple Sponge & Custard

FOOD FESTIVAL LUNCHTIME					
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN EVENT</b> Autumn Winter 2025/26 16/11/25, 23/11/25, 30/11/25, 07/12/25, 14/12/25, 21/12/25, 28/12/25, 04/01/26, 11/01/26, 18/01/26	Macaroni Cheese	Creamy Chicken & Sweetcorn Pasta	Roast Gammon, Skin on Roasties and Gravy	Whole Grain Pasta Bolognese	Golden Fish Fingers and Chips
<b>WIP-IT! MAGIC</b> Green Veg & Butter Bean Pie with Wedges	Veggie Whole Grain Pasta Bolognese	Cheddar & Broccoli Custless Quiche	Vegetable Bean Chilli with Rice	BBQ Veggie Wrap with Chips	
<b>RAINBOW ALLEY</b> Sweetcorn	Broccoli	Carrots and Peas	Mixed Greens	Baked Beans	
<b>BIG TOPPINGS</b> Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo
<b>DESSERT TROLLEY</b> Skortbread	Orange and Peach Jelly	Apple Tea Cake and Custard	Ice'd Vanilla Sponge Cake	Carrot Cake	

FOOD FESTIVAL LUNCHTIME					
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN EVENT</b> Autumn Winter 2025/26 17/11/25, 24/11/25, 01/12/25, 08/12/25, 15/12/25, 22/12/25, 29/12/25	Cheese and Tomato Pizza Slice with Wedges	Lasagne	Roast Chicken, Stuffing, Skin on Roasties and Gravy	Chicken & Sweetcorn Pie with Mash	Golden Fish Fingers & Chips
<b>WIP-IT! MAGIC</b> Vegetable Ratatouille with Rice	Vegetable Lasagne	Carrot & Stuffing Puff Pastry Plat, Skin on Roasties with Gravy	Root Vegetable and Bean Skew with Mash	Vegetable Fingers with Chips	
<b>RAINBOW ALLEY</b> Vegetable Sticks	Sweetcorn	Roasted Roots	Peas	Baked Beans	
<b>BIG TOPPINGS</b> Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo
<b>DESSERT TROLLEY</b> Sweet Potato Chocolate Brownies	Jelly	Eve's Apple Pudding & Custard	Flagjack	Vanilla Cookies	

There will also be a new and updated Allergen menu. If you would like a copy, please email [office@nla.eastern-mat.co.uk](mailto:office@nla.eastern-mat.co.uk)

## Flu Immunisations.

The vaccination team will be in school on Tuesday 4<sup>th</sup> November. Please complete the link attached to give your consent for your child to have the nasal spray immunisation.

<https://eastanglia.schoolvaccination.uk/flu/2025/Norfolk>

If you **do not** wish your child to be vaccinated, please **submit a decline** via the same link to avoid further contact from their team.



## Pupil News

### 🏆 Club Championships 2025 🏆

Ellie was awarded with:

1 gold - 100m Back

4 silver - 100free, 50fly, 50back & 100fly

3 bronze - 50breast, 100breast & 50free

12 & under certificates - 10th in 200free, 14th in 200back & 28th in the entire club for her 400free.

Trophy - 100m Backstroke!

Ellie has also qualified for 10 county times for Norfolk Counties 2026.

A huge well done Ellie!



## October Attendance

W/E 3<sup>rd</sup>: Anning & Cleopatra  
98%

W/E 10<sup>th</sup> Rosen 99%

W/E 17<sup>th</sup> Boudicca 100%



Please remember to log your child's absence via phone or the student absence form on the website each morning before 8:45am. Our aim is to ensure all children achieve 97% attendance as a minimum.

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SCHOOL  
MEMBER



## National School Breakfast Programme.



We are delighted to offer a FREE Breakfast provision in school for our children.

The National School Breakfast Programme is funded by the Department for Education and run by Family Action to support schools in England to provide children with a healthy breakfast at the start of the school day.

Family Action is committed to supporting child development, and believe a healthy school breakfast, without barrier or stigma, can set up children to succeed and give them the very best chance to learn.

Bagels are offered to every child as they start school each day, or can instead choose an option of fruit.

### Upcoming Curriculum Showcase Dates

Class	Autumn Term Date	Time
Reception	19/11/2025	TBC
R / Year 1	19/11/2025	2-3pm
Year 1	04/12/2025	2-3pm
Year 2	23/10/2025	9-9:30am

Class	Autumn Term Date	Time
Year 3	21/10/2025	9-9:30am
Yr4 (Cromwell)	TBC	TBC
Year 6	17/10/2025	9-10am
Rosen	12/12/2025	2pm

### Form Completion Request

Please could we ask you take the time to complete the below if you haven't already. These will only take 2 minutes to complete and will help to ensure our records remain up to date.

[Acceptable Use of ICT Form](#)



[Media Consent Form](#)



### FON Needs You!



If you are able to volunteer an hour or two at the events held in school, want to help us think of creative new ways to raise funds for the children at Nelson or want to be more involved with how funds raised are spent, then join us! Volunteer forms can be obtained from the office. It's a great way to give back to the school, to make new friends and you can be involved as much or as little as you like!



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