

10/10/25

What a brilliant week it's been here at school! We've had a packed schedule full of exciting activities that have brought learning to life and created some wonderful memories for our pupils.

Our orienteering sessions were a huge success, giving children the chance to explore, problem-solve, and work as a team in the great outdoors. The much-anticipated Pizza Trip was a delicious adventure, and our Reward Trip to Blaise Castle was a fantastic way to celebrate the hard work and positive behaviour we've seen across the school.

We're also thrilled to announce the launch of a brand-new **Chess Club for Year 6!** Chess is not only a fun and strategic game, but it also offers real benefits for children with **Social, Emotional and Mental Health (SEMH) needs**—helping to build focus, patience, and confidence in a calm, structured environment.

Looking ahead, we're excited for the next couple of weeks, with more enriching opportunities and celebrations on the horizon. Thank you, as always, for your continued support in making our school such a vibrant and caring community.

Warm Wishes,

Mr Byrne

Head Teacher

As we come to the end of another busy week, I want to take a moment to extend a heartfelt thank you to all of you for your continued support, encouragement, and partnership. Whether it's helping with homework, attending meetings, or simply being there for your child, your efforts make a real difference—and we see and appreciate every bit of it.

We know that raising children in today's world comes with its own unique challenges, especially when it comes to navigating the online world. If you would be interested in receiving some **online safety training**, either as a refresher or to build confidence in supporting your child's digital life, please don't hesitate to get in touch. We're happy to arrange sessions based on interest and availability.

Thank you once again for being such a vital part of our school community. We're proud to work alongside you in supporting your children to thrive.

Have a lovely weekend,

Mr Marsh

Assistant Headteacher



Our Mission

We **N**avigate **S**uccess **T**ogether with **A**mbition and **R**elevance

Mr Lawrence's Engagement Page



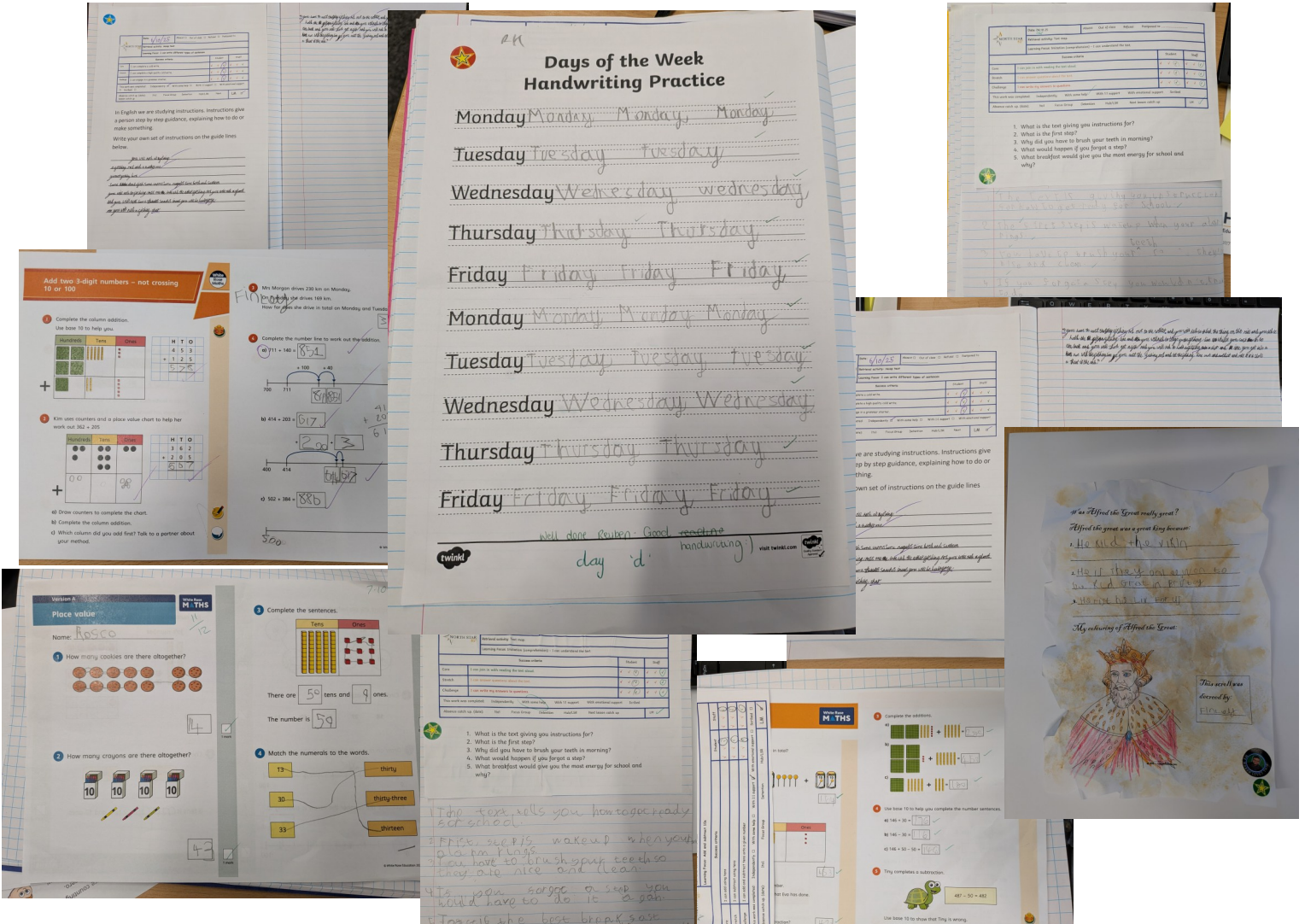
This week the engagement team have been really busy this week developing a new intervention space where small groups of children can come and take part in Lego Therapy, Social and communication skills/ games as well as having a nice space for the children to talk about any worries or big emotions they are feeling. We had our first few interventions this week that were really successful and the team are looking forward to continuing these next week.



What have we been up to?



The Gold Book



This week's winner of the Gold Book is Reuben Hibbs! We were extremely impressed with your handwriting and presentation! It was lovely to see the pride you had taken in your presentation. Well done!

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Primary

Boys

- ◇ Black tailored trousers
- ◇ White school or plain polo shirt (with collar)
- ◇ Navy school jumper with logo
- ◇ Black, plain, sensible shoes
- ◇ Hijab – Navy Blue or Black



Girls

- ◇ Black school skirt
- ◇ Sensible black tights to be worn with school skirt
- ◇ Black tailored trousers
- ◇ White school or plain polo shirt (with collar)
- ◇ Navy jumper
- ◇ Black, plain, sensible shoes (open-toed or backless sandals are not appropriate)
- ◇ For safety reasons, high heels are not acceptable

Free school Meals/Pupil premium: Your child could be entitled to receive free school meals as well as pupil premium funding for the school. Please read this important letter for more information about how to claim. You can apply to see if you are eligible for Free School Meals here: [Apply for free school meals - GOV.UK](#)

If you are not entitled to free school meals a hot meal can be purchased for £2.90. Payments can be made over the phone or by sending in cash or cheque, payable to North Star Academy Trust and via Arbor app. Payments for meals are needed in advance.

Our new supplier Aspens will be taking over the catering in our school In term 2. We will keep you updated with any menu changes in due course.

A message from the office;

In the event your child is ill please contact the school office on **01173772175**. Choosing option 2 to report the absence.

If you need to update any information we hold for your child such as contact numbers or address changes you are now able to do this via the Arbor app. If you have yet to log in please visit <https://login.arbor.sc> and click **Forgot your password?** to finish setting up your account.

Year 6 Parents – Secondary School Applications

If your child was born between 1 Sept 2014 and 31 Aug 2015, they are due to start Year 7 in Sept 2026. Applications open from 12 Sept 2025 and must be submitted by 31 Oct 2025.

☐ Apply via your local council:

☐ Bristol: bristol.gov.uk/school-admissions

☐ North Somerset: n-somerset.gov.uk/school-admissions

☐ South Glos: southglos.gov.uk/school-admission [Apply for...ty Council] [School adm...y - GOV.UK]

Late applications may miss out on preferred schools. Apply early!

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10 Top Tips for Parents and Educators

DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



#WakeUpWednesday

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