

# Newsletter – WC 1<sup>st</sup> September 2025

Inspiring success through learning, community and faith.

I can do all things through Christ who strengthens me

– Philippians 4:13



**A massive St John's well done to all our Silverdale Stars this week.**

## Reception

For being so brave in new school uniform, new shoes, new hairstyles and for being in the hall at lunch! And for coming into worship!

## Rest of Curlews

For a super start to the new year! Well done for settling so well

## Bitterns' class

For a super start to the new year! Well done for settling so well

## Harriers' class

For a super start to the new year! Well done for settling so well

## Meet the Teacher

Meet the teacher is on **Wednesday 17<sup>th</sup> September**. Miss Sanderson will be sharing the headlines of data, all the new initiatives we have put in place and sharing the school improvement plan for this year. There will be an opportunity for you to have input into the SDP. Class teachers will then be available to talk about routines for class for this academic year. The time slots are 17:00-17:20 with Miss Sanderson in hall, and then each teacher will hold an 17:20-17:40 and a 17:40-18:00 slot. This is so those of you with more than one child can attend all classes.

## Westmorland Show

Harriers' class are attending the Westmorland show on **Thursday 11<sup>th</sup> September**. Please ensure you have returned your permission slips to the school office.

## Fair Trade Fortnight

It's Fairtrade Fortnight, starting 22-September 5<sup>th</sup> October 2025

The theme for Fairtrade Fortnight 2025 this year is "Brew it Fair," which centres on supporting tea farmers facing the impacts of the climate crisis and rising costs by encouraging people to host tea parties, learn about ethical sourcing, and call for change in the tea industry.

The campaign aims to raise the voices of tea producers and build support for a fairer future, particularly by highlighting the challenges they face and promoting the Fairtrade Minimum Price and Fairtrade Premium.

**Our school council will be holding a tea party in school on Friday 26<sup>th</sup> September straight after the Harvest Service. All welcome.**

## Playground

Our new equipment is being installed on Monday 15<sup>th</sup> September 2025. Thankyou to Ivan and Steve for fitting the boards for the new climbing wall. Julie (along with the help of the children) will be designing a mural for us, so the holds can then be reinstalled.

## Secondary Open Evenings

**QES** for year 6 on 11<sup>th</sup> 17<sup>th</sup> September – click [here](#) to book  
**Dallam** for Year 5/6 18<sup>th</sup> 24<sup>th</sup> September – click [here](#) to book

## Lunches

**Week 2 WC 08.09.25**

## Friday Thought

For you make me glad by your deeds,  
O LORD; I sing for joy at the works of your hands. — [Psalm 92:4](#)

# Newsletter – WC 9th September 2025

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Welcome back to reading corner. We hope you have all had a lovely summer. Please see below some links to some brilliant return to school books that might inspire your child to read more:

<https://www.lovereading4kids.co.uk/blog/60brilliant-back-to-school-books-for-the-start-ofthe-new-term-6420>

## Harriers' Residential

### DATE CHANGE

This has come around very quickly! The Brathay Hall residential information evening will be on **FRIDAY 12<sup>TH</sup> September at 15:30.**

All welcome.

You will receive all the information you need for the 2 night stay, which is on 22nd-24th September.

## Enrichment Clubs

Clubs start this week; with a small staff, we work really hard to ensure there is something on offer for all children. We try and get at least one sport, one arts and one well being club for all year groups, although it has been quite difficult this half term. If you have a skill that you think could be used to run an enrichment club, please contact Mrs Taylor for a chat. We are keen to utilise the many skills of our school community. We would ensure you had some staff support to help the club run smoothly.

## Next Week...

09.09.25– Piano lessons start  
11.09.25 – Harriers' trip to Westmorland Show  
11.09.25 – 5:30 – QES Open evening  
12.09.25 – closing date ASC manager post/welfare post  
12.09.25 – Lancaster Guardian photo reception  
12.09.25 – Brathay Information evening 15:30  
CHECK THE SCHOOL [WEBSITE CALENDER](#) FOR FUTURE DIARY DATES

## Harvest

There will be a harvest service led by Curlews and Bitterns on Friday 26<sup>th</sup> September in church at 09:30

## McMillan Coffee morning

Lorraine Greenall is holding a coffee morning at Gibraltar farmhouse on Friday 26<sup>th</sup> September at 10am. All welcome!

## Accelerated Reader

We have been very busy over the summer scanning ALL of our books and labelling them for the launch of Accelerated reader. Your child will be assessed next week using the star reader tests. There will be more information about Accelerated Reader at the Meet the Teacher evening. In short, and as we begin go to 'sow the seeds', Accelerated Reader is a reading program that helps teachers support and monitor children's reading practice. Your child picks a book at their own level and reads it at their own pace. When finished, your child takes a short online quiz to measure how much of the book they understood.

## Passwords and Logins

Your child will be bringing home passwords and login details for all the online platforms we use in school. The most important one is their google login, as most work is posted on there, as are all the links to our online platforms. Please make sure your child has managed to login into Mathletics, TTRS, spelling shed and purple mash by the end of next week. If you have any problems, please contact class teacher.



# 10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

## 1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

## 2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

## 3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

## 4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

## 5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

## 6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

## 7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

## 8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

## 9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

## 10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.

### Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-going-back-to-school>