



# SHOBNALL PRIMARY & NURSERY SCHOOL NEWSLETTER



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10<sup>th</sup> January 2025

*"What the new year brings to you will depend a great deal on what you bring to the new year."*

Dear Parents/Carers,



Happy New Year! I hope that you have all had a fantastic break and enjoyed the holiday! It has been great catching up with the children this week and finding out what they have all been up to! They have returned to school happy, relaxed and in a positive mindset, which has been the perfect way to begin our new term.

This week has been exceptionally cold and the UKHSA has extended its cold weather warning as low temperatures, snow and ice are expected to continue. Should we receive substantial snowfall, please note that the school will endeavour to remain open in the first instance and closing the school will only ever be chosen in the final instance. Please can I ask that you do not contact the school office asking if we are open,

as we will always use our main methods of communication in the event of such a decision. You will all receive a text message, and the school's social media accounts will also be used to state that this decision has been made. Please ensure that the school office has up-to-date contact details for you. We hope that we are not required to close but such a decision must take into consideration many factors, not just the amount of snow on the school grounds. For example, the safety of parents and families on their journey to



school, the staff and their journey to school (many of whom travel some considerable distances through remote areas) and, of course, the weather forecast, and Met Office advice all play a part.

We hope that you have all had a very positive start to 2025 and that you have a great weekend! As always, we look forward to seeing you again on Monday! Enjoy!

### School Instagram Page

We are excited to announce that the school now has an official Instagram page!

We encourage all parents to follow us for updates, events, and important information!

Please note that, in line with our commitment to maintaining a positive and respectful online community, parents are expected to adhere to the same code of conduct outlined in the [Social Media Code of Conduct for Parents](#), which is available on the school's website. We appreciate your co-operation in ensuring a safe and supportive environment both online and within our school community.

Keep an eye out for our first post, stories and subject highlights!



### Tub2Pub

Make sure your tubs don't go to waste! Bring your clean, empty plastic confectionery and cracker tubs to any Greene King pub between **1st January and 16th February 2025** to be recycled. All proceeds from the recycled plastic tubs will be donated to **Macmillan Cancer Support**.



Over the past five years, Tub2Pub has collected **26,253 kg of plastic**—that's around **230,000 tubs**—raising **£23,908** for our charity partner, Macmillan Cancer Support. You can find out more about Greene King's work with Macmillan [here](#).

Use the pub finder below to locate your nearest participating pub and join the effort!

Alternatively, we are happy for you to bring your tubs into school, and we will take them on your behalf.

[Tub2Pub | Greene King for Good](#)

### Royal Accolade for JTMAT CEO

We are delighted to tell you that our Chief Executive Officer, Mike Donoghue, has been appointed an Officer of the Most Excellent Order of the British Empire (OBE) in the New Year's Honours. Mike has been honoured for services to education in his capacity as CEO of the John Taylor Multi-Academy Trust. The award recognises Mike's exceptional leadership of the trust, which has shaped it into one of the most



successful in the Midlands, with influence that extends well across the region (and beyond).



In the trust's press release issued on New Year's Eve, Mike commented: "It is with an overwhelming sense of pride that I receive this great honour, but also with an equally profound debt of gratitude that I owe to all those who have supported me – both professionally and personally – in my endeavours that are recognised in this award. It is their enthusiasm and talent, together with their patience and kindness, that have been of immense and constant value. I have been truly fortunate to live and work alongside innumerable amazing individuals and within wonderful communities. This is the perfect opportunity to thank them all."

Mike's achievement is an accolade and badge of honour for the whole trust and on behalf of the whole community here at Shobnall, we pass on our sincerest congratulations!

## Punctuality

At Shobnall Primary & Nursery School, we monitor punctuality as well as attendance. The law treats some persistent lateness in the same way as irregular attendance and parents may be prosecuted by the Local Authority if late arrival is not resolved. The school gates open daily at 8:45am and close at 8.55am.

Poor punctuality can lead to your child...

- Feeling embarrassed in front of their friends
- Missing the beginning of vital lessons
- Missing important instructions for the rest of the school day



**From next week, if your child arrives late, it is the responsibility of the adult to report to the school office and sign the "Late Book", giving a reason for lateness. This is important so that the school office knows your child is in school and can mark your child in in the class register.**

Thank you for your support in ensuring that the children get to school on time every day! Remember, every school day counts!



## Shobnall Stars – After School Club Closure, Monday 3 February 2025

It is with regret that **After School Club** will not be open on **Monday 3 February 2025**. This is due to staff having to attend essential training that cannot be rescheduled. We apologise for any inconvenience this may cause but the rest of the sessions run as normal.

## Nursery Places Still Available!

Please note that there are still a few places left in our nursery, so enquire if you or someone else you know within the community, would like a place in our outstanding school. Further information can be found on our school website [Admissions](#) page on how to apply for a place and we look forward to receiving your application.



## Reception Application Process

The application process for a reception place for September 2025 will close on **15 January 2025**. The easiest way for parents to apply is online. Further information can be found on [Staffordshire County Council Website](#).

The school office has a letter informing parents about the process, which we are happy to distribute to prospective families. If you would like a copy of this, please contact us.

## New Year, Sustainable Me

As we step into 2025, it is the perfect time to start new habits. Why not kick off the year on a positive note and challenge yourself to be more sustainable this year. Travel makes up 40% of Staffordshire's carbon emissions, so active travel is one of the best things you can do for the environment.



Why not challenge yourself this month to swap one journey a week from driving to walking, wheeling or cycling? You could also try and do 10,000 steps a day – this is also great for your physical and mental health!

[Share your favourite walking routes on this Facebook post!](#)



## Online Safety Tips

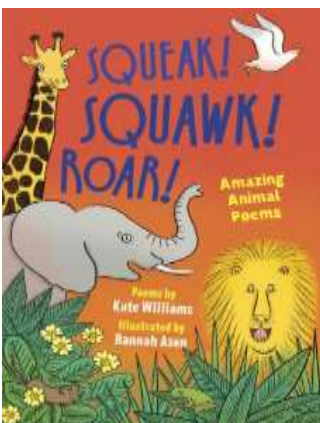
Returning to the usual routine after the holidays can be a stressful time for anyone and that includes those children and young people who are making their way back to school.

Difficulty readjusting to a structured schedule, worries about reuniting with classmates and teachers, and potential pressures around continuing their education cannot only impact children's academic performance, but have further negative effects on their emotional wellbeing.

Of course, there's plenty we can do as parents and educators to help make the transition back to education as easy as possible for the youngsters in our care and this week's free guide offers you expert advice on exactly that topic. Give it a read and equip yourself for helping children settle back into the school routine.

## FREE Uniform!

We continue to accept donations of old uniform via the box situated outside the school office for any parents who wish to donate. Please could we ask that these are cleaned and in good condition before placing in the box outside the school office. If you need any uniform, you will need to pop down to the **Family Hub** on Waterloo Street, DE14 2NJ. The Family Hub do not have the capacity to reply to emails but do have uniform on site all year round and are open Monday to Friday, 8.30am to 4.00pm.



## Reading Corner

This week's recommended read is for children aged 5+...

### Squeak! Squawk! Roar!

*Written by Kate Williams*

Come on a nature adventure, in over 50 poems about all kinds of animals, from the albatross to the wombat!

Find a coiling cobra, crosseros rhinoceros, the chimpantease and sharky-lurky. Watch lazy lion lounging in the long grass and discover endangered creatures like the baby polar bear and the song thrush.

## Attendance

Please read the [NHS 'Is my child too ill for school?' guidance](#) which has further information if you are unsure whether to send your child to school or not.

We are always happy to advise in line with this guidance, so if you are still in doubt, please contact the school office if your child develops any symptoms and we can discuss this further with you.



**Children can come to school with mild respiratory illnesses.** This includes general cold symptoms: a minor cough, runny nose, or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above.

Please note, we can only accept and administer **prescribed medicines** that are in-date, labelled, provided in the original container as dispensed by a pharmacist and include instructions for administration and dosage.

**If your child arrives late, it is the responsibility of the adult to report to the school office and sign the "Late Book", giving a reason for lateness. This is important so that the school office knows your child is in school and can mark your child in in the class register. The class registers in the classrooms close at 8.55am when lessons start.**

**When reporting an absence, please could we ask that parents contact the school office before 9.30am and state clearly reasons for absence.**

Let's keep working together to ensure attendance is as good as it can be! Remember, **every pupil, every day!** Thank you for your support. This week's Attendance Champions are **Year 3!** Here are the latest figures...

Reception	87.7%	Target
Year 1	90.0%	97%
Year 2	90.7%	
Year 3	97.2%	Overall (to date)
Year 4	95.0%	
Year 5	94.5%	
Year 6	95.0%	
Overall	92.8%	96.3%

## Head Teacher's Awards

Reception	Zaynab A	Ethan B
Year 1	Fatima A	Jenson H
Year 2	Alfie T	Savannah N
Year 3	Isla G	Mohammad-Y
Year 4	Mariam A	Mason E
Year 5	Zaef R	Fatima S
Year 6	Daisy S	Euan W

## Lunchtime Star Awards

Reception	Dawoud A
Year 1	Harriet O
Year 2	Hassan A
Year 3	Angel M
Year 4	Sophia W
Year 5	Oliver M
Year 6	Faryal S

## Team Points

Team Points	Claymills	Rosliston	Sinai	Trent
Points (Week Ending 10.01.25)	45	50	24	70
Position	3 <sup>rd</sup> – 2 points	2 <sup>nd</sup> – 3 points	4 <sup>th</sup> – 1 point	1 <sup>st</sup> – 4 points
Running Total	2	3	1	4

## Hot Lunch Options 13.01.25 – 17.01.25

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main dish	Margherita pizza with baked potato wedges	 Italian pasta bolognese	Roast turkey with potato of the day & gravy	Chicken goujons With sweet pepper sauce and rice	Crispy battered fish & chunky chips
Vegetarian Main dish	Vegetarian burger with chunky chips	Vegetarian Pasta bolognaise	 Quorn™ fillet with roast potatoes & gravy	Vegan goujons With sweet pepper sauce and rice.	Cheese & bean bake with chunky chips
Accompaniments	Peas & baked beans Salad bar	Peas & sweetcorn Salad bar	Broccoli & cauliflower Salad bar	Sweetcorn & carrots Salad bar	Peas & baked beans Salad bar
Desserts	 Fresh fruit & whip	Lemon biscuit	Chocolate sponge	 Fruit sponge & custard	Ice cream
Fresh fruit or yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



**KEY**

-  5 OF YOUR 5 A DAY
-  MEAT FREE MONDAY
-  CHEF'S CHOICE
-  PLANT-BASED (VEGAN)



**\*Allergens and Intolerances\***  
 All of our food is carefully hand chosen and prepared on site only. We have an allergen friendly space, to please ensure you have a clearly labelled menu of food allergens, and safe ways to eat using the restaurant. Our venues are used for multi-purpose activities so we cannot guarantee the above plates are completely free from allergen ingredients or traces of these.

# SHOBNALL SHOWCASE!

Let's have a sneaky peek as to what has been going on in our classrooms this week...

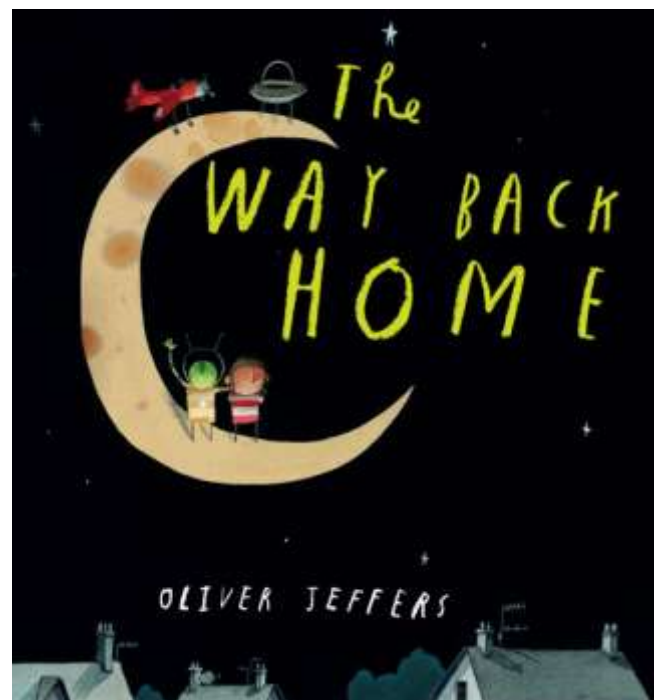
## Nursery

Our adventures in Nursery this week...

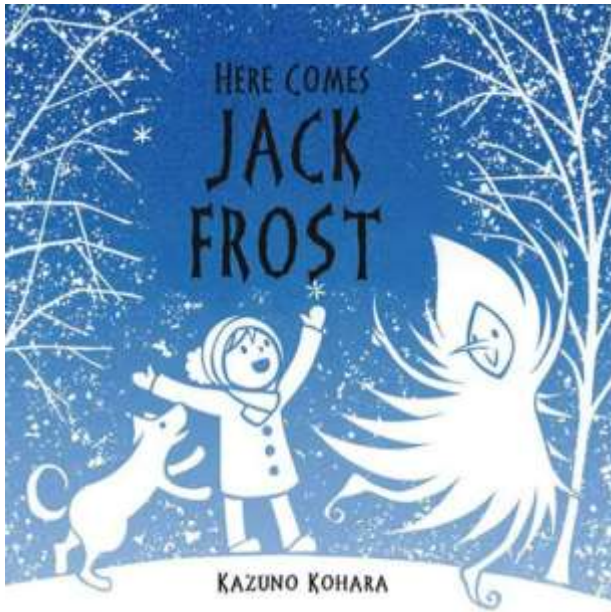
We have had a fantastic first week back in Nursery! It has been wonderful hearing all about the children's Christmas fun and they have all had something to share and lots of questions to ask.

We have started our new book 'The Way Back Home' and there has been some fantastic story telling going on. The children have also completed a range of space-based activities based on our story and the children have been sharing their fun facts about space and aliens! They have really enjoyed their science experiment of making their own craters. All the children were able to point at the craters on the moon and identify the craters on their pebbles that they made. We are so impressed with the hard work that they put into their learning each day.

The children have also enjoyed taking part in 'Drawing Club' and have made some wonderful pictures of a moon and a rocket.



Well done Nursery, you are all superstars!



## Reception

Our adventures in Reception this week...

We have had a wonderful break and arrived back to school enthusiastically ready to share our holiday adventures.

The weather was a perfect reflection of our exploration of winter. We discussed the changes in the weather and made comparisons with autumn. The creative patch was busy as we created our own representations of winter using a variety of materials.

Drawing Club was open this week and after sharing the story, 'Jack Frost,' by Kazuno Kohara we used our imaginations to create our own characters and added various codes to unlock the magic...

*"If you write sh Jack Frost starts to do the wakey shaky!"*  
(Ethan)

*"All of the spiders crawl over his spikes."* (Lakshmi)

*"If you find zero a rainbow comes and melts all the snow."* (Lakshmi)

*"Well, my secret code that is my name makes Jack Frost skate all over the place and he can't even stop."*  
(Jaheem)

During PE we listened, we took our time and waited patiently as we practiced some gymnastics by following instructions to complete some exciting obstacle courses.

Kindness has been an important focus of our week, and we have thought carefully about what we have done to be kind to others. We also shared different ways we could be kind. We enjoyed sharing, "Have you filled your bucket today?" by Carol McCloud.

## Year 1

What a wonderful first week back for Year 1! We began our new writing unit based on instructional writing. The children are really excited to be able to make their own musical instrument at the end of our unit of writing. In maths, we are learning to count forwards and backward to 20. The children really impressed Miss Barker and Miss Walton with how they used the text book to present their work as well as copying the date and objective. In Geography, we recapped our understanding of the United Kingdom labelling the four countries and capital cities. In RE, we have been learning what it means to be a good friend.

On Wednesday afternoon, we had some Burton firefighters come and visit us to discuss road safety. We learnt the best ways to travel along the pavements when using our bikes



and scooters as well as how to cross the road. The children were all measured in order to understand if they still needed a car seat when travelling in the car and the children were so shocked to find out that they all need to still be in one. We also got to see all the equipment that the firefighters have to use when people are trapped inside a car. After all of that, we also got to sit inside the engine. It was a great afternoon, and we send the biggest thank you to Burton Fire Brigade. Well done for a great week Year 1 - keep it up!

## Year 2

Happy New Year from Year 2! We have hit the ground running after the Christmas break and the children are already thoroughly enjoying their learning. In maths, we've started exploring shapes, and the children are having a great time identifying and learning about their properties.

In English, we are diving into the topic '*In the UK*', which connects beautifully with the geography work we did last term. The children are excited to learn more about their country and explore its different regions.



This week, Year 2 also had a fun and engaging music lesson, which was a big hit! Additionally, we were fortunate to have some special visitors from Staffordshire Fire Services, who gave an informative and exciting talk. This linked perfectly with our upcoming class assembly, which the children are working hard on and can't wait to present to you in a few weeks' time. We are so proud of their dedication and enthusiasm, and we're looking forward to showcasing their hard work!



## Year 3

This week, Year 3 have been busy with exciting learning across the curriculum! In English, the children planned and drafted persuasive texts about Skara Brae, showcasing their growing writing skills. In maths, they tackled multiplying larger two-digit numbers by one-digit numbers, building their confidence with this tricky concept. During DT lessons, the class explored the Arts and Crafts Movement as inspiration for designing a cushion, while also practicing their cross-stitch and applique techniques. In science, they began an engaging new unit on forces, sparking curiosity about the world around them. Finally, the children have started reading *Charlotte's Web* during their reading sessions, delving into this timeless classic with great enthusiasm. Well done, Year 3!

## Year 4

We have had a fantastic first week back in year 4! In maths, the children have been applying their multiplication facts to multiply a 2-digit number by a 1-digit number. In English, we have been identifying the features of an information text about teeth in preparation for creating our own information text to provide children with information with how to keep our teeth clean! In science, we have been exploring the different states of matter, and the children have loved learning about the particle structure of each state! Finally, in history, we have started learning about the Anglo-Saxons and the Vikings and the children have LOVED this! We have been exploring the Anglo-Saxon kingdoms and their tough law and punishment rules. A wonderful first week back Year 4, well done!



## Year 5

Year 5 have kicked off 2025 with enthusiasm and energy! In English, they began a new unit on persuasive writing, exploring the key features of effective leaflets and learning how to use prefixes and suffixes to modify root words. In Maths, the focus has been on multiplication and division, where the children practiced using the area model and the expanded column method to solve challenging problems, including 4-digit by 2-digit calculations.



Music brought creativity to the classroom as the children learned Bob Marley's *Three Little Birds* and explored its rhythm and lyrics. Meanwhile, in PSHE, the students shared their aspirations by writing about their dream jobs, with ideas ranging from marine biologists and archaeologists to police officers and tilers.

Well done, Year 5—what a fantastic start to the year!



## Year 6

What a great first week back for year 6. In maths we began our topic on ratio and proportion. We looked at this by comparing different parts within a whole and identifying the ratio from given amounts. We then used this knowledge of ratio to investigate scale drawings. In English we started our new topic on poetry where we looked at the model text called 'A River Speaks'. This poem uses lots of figurative language to describe the journey of the river from source to sea. We also started our new topic in history, The Victorians, where we looked at key events during that time period. In science, we began our unit of evolution and inheritance where we looked at how offspring vary and are not identical to their parents. We finished the week with some learning around test technique skills as part of our SATs revision.

## Diary Dates 2024-2025

Event	Date/Time
Year 2 Class Assembly	Thursday 23 <sup>rd</sup> January 2025, 9.00am
Year 6 Laches Wood	Monday 27 <sup>th</sup> January to Friday 31 <sup>st</sup> January 2025
School Closes for Half-Term	Friday 14 <sup>th</sup> February 2025
<b>INSET Day</b>	Monday 24 <sup>th</sup> February 2025
School Reopens for Pupils	Tuesday 25 <sup>th</sup> February 2025
Young Voices 2025	Thursday 27 <sup>th</sup> February 2025
School Closes for Easter	Friday 11 <sup>th</sup> April 2025, 2.00pm
School Reopens for Pupils	Monday 28 <sup>th</sup> April 2025
May Day Bank Holiday – School Closed	Monday 5 <sup>th</sup> May 2025
Key Stage 2 SATs Week	Monday 12 <sup>th</sup> May 2025 to Friday 16 <sup>th</sup> May 2025
School Closes for Half-Term	Friday 23 <sup>rd</sup> May 2025
School Reopens for Pupils	Monday 2 <sup>nd</sup> June 2025
Reception Class Assembly	Thursday 5 <sup>th</sup> June 2025, 9.00am
Year 1 Class Assembly	Thursday 19 <sup>th</sup> June 2025, 9.00am
Year 4 Class Assembly	Thursday 26 <sup>th</sup> June 2025, 9.00am
Year 5 Class Assembly	Thursday 3 <sup>rd</sup> July 2025, 9.00am
<b>JTMAT INSET Day</b>	Friday 4 <sup>th</sup> July 2025
School Closes for Summer	Friday 18 <sup>th</sup> July 2025, 2.00pm
<b>INSET Day</b>	Monday 21 <sup>st</sup> July 2025

## Spring Term Diary Dates

Event	Date/Time
Year 2 Class Assembly	Thursday 23 <sup>rd</sup> January 2025, 9.00am
Year 6 Laches Wood	Monday 27 <sup>th</sup> January to Friday 31 <sup>st</sup> January 2025
<b>Shobnall Stars – After School Club <u>ONLY</u> Closed for Staff Training</b>	Monday 3 <sup>rd</sup> February 2025
Mental Health Support Team (MHST) Introduction to Worry Parent Workshop	Tuesday 4 <sup>th</sup> February 2025, 3.30pm
NSPCC Number Day	Friday 7 <sup>th</sup> February 2025
PFA Valentine Disco	Friday 7 <sup>th</sup> February 2025: - KS1, 3.45pm – 5.00pm - KS2, 5.15pm – 6.30pm
Parents' Evening	Monday 10 <sup>th</sup> February 2025, 4.00pm – 7.00pm
Safer Internet Day	Tuesday 11 <sup>th</sup> February 2025
Parents' Evening	Wednesday 12 <sup>th</sup> February 2025, 4.00pm – 7.00pm
School Closes for Half-Term	Friday 14 <sup>th</sup> February 2025
<b>INSET Day</b>	Monday 24 <sup>th</sup> February 2025
School Reopens for Pupils	Tuesday 25 <sup>th</sup> February 2025
Young Voices 2025	Thursday 27 <sup>th</sup> February 2025
World Book Day	Thursday 6 <sup>th</sup> March 2025
Comic Relief	Friday 21 <sup>st</sup> March 2025
Year 5 Hampton Court Palace	Thursday 27 <sup>th</sup> March 2025
Eid al-Fitr	Sunday 30 <sup>th</sup> March 2025/Monday 31 <sup>st</sup> March 2025
Mother's Day Lunches – Reception	Tuesday 1 <sup>st</sup> April 2025
Mother's Day Lunches – Year 1	Wednesday 2 <sup>nd</sup> April 2025
Key Stage 2 SATs Meeting for Parents	Wednesday 2 <sup>nd</sup> April 2025, 3.30pm, Year 6 Classroom
Mother's Day Lunches – Year 2	Thursday 3 <sup>rd</sup> April 2025
Mother's Day Lunches – Year 3	Friday 4 <sup>th</sup> April 2025
PFA Easter Bingo	Friday 4 <sup>th</sup> April 2025, 5.00pm
Mother's Day Lunches – Year 4	Monday 7 <sup>th</sup> April 2025
Mother's Day Lunches – Year 5	Tuesday 8 <sup>th</sup> April 2025
Mother's Day Lunches – Year 6	Wednesday 9 <sup>th</sup> April 2025
School Closes for Easter	Friday 11 <sup>th</sup> April 2025, 2.00pm



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# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

### 1 START SMALL AND EARLY

Begin reintroducing elements of the school routine a week before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.



### WEEKLY PLANNER

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Task 1	=====	=====	=====	=====	=====	=====	=====
Task 2	=====	=====	=====	=====	=====	=====	=====
Task 3	=====	=====	=====	=====	=====	=====	=====
Task 4	=====	=====	=====	=====	=====	=====	=====
Task 5	=====	=====	=====	=====	=====	=====	=====

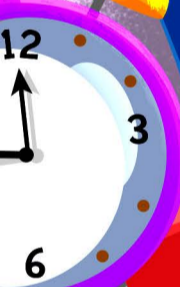
### 2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.



### 3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.



### 4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.



### 5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.



### 6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.



### 7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.



### 8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.



### 9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.



### 10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education easier possible for them. Patience can go a long way to setting a positive tone for the new school year.



### Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: