

Message from Mrs Walford:

Dear Parents and Carers,

Welcome back! I am delighted to let you know that the children have settled brilliantly into the new term. It is wonderful being back in school after my maternity leave and see the enthusiasm and positive attitude the children have consistently shown. I have been particularly impressed with the excellent behaviour across the school - well done everyone! I am incredibly excited for the year ahead and hope all your wonderful children are too. Thank you for ensuring the children are dressed so smartly in full uniforms and being fully prepared for their first week. We look forward to a great year ahead!

Here is my little Archie - now nearly 9 months old!



Term: Autumn 1

Date: 12/09/2025

Update number: 1

Reminder

- Please click on the link to meet our staff for the year ahead:
<https://www.highfieldceprimaryschool.co.uk/page/?title=Our+Staff&pid=24>
- School shoes: Please ensure all children are wearing black school shoes with a black sole. From next week we will be carrying out full uniform checks.
- Reading diaries: These should be brought into school every day. Pupils are also expected to read at home at least five times per week to support their learning and progress.
- Please refer to our communication flow chart if you need to contact a member of staff:
<https://www.highfieldceprimaryschool.co.uk/attachments/download.asp?file=1219&type=pdf>

Upcoming dates for this half term:

Wednesday 17th September - Surfers against Sewage talk - KS2

Thursday 18th September - KS1 Maths parent Workshop

Monday 22nd September - Avon Tyrell week for year 6

Monday 22nd September - Bikeability week for year 5

Thursday 25th September - Year R parents phonics workshop

Thursday 25th September - Church - harvest festival

Friday 26th September - Year 3/4 Stone Age day

Monday 29th September - Visiting author Banji Alexander in school

Thursday 2nd October - Table tennis competition at Cantell

Friday 3rd October - Cross country league starts (weekly on a Friday at the Sports Centre)

Tuesday 7th October - Spirit of the wild at the juniors

Tuesday 7th October - Parent Forum - 4pm - 5pm online

Monday 13th October - Year 5/6 rivers trip TBC

Wednesday 15th October - School photos being taken

Monday 27th - Friday 31st October - Half term

Please note, dates may be added/ changed as the term progresses - please keep checking Parent Mail for full information on the above events.

Weekly bulletin board:

allthingsautismtd@gmail.com
01895 649211
https://allthingsautismtd.com

Workshops for parents / carers (and practitioners) - Autumn term 2025

All things visual strategies Supporting autistic children / those with communication difficulties with visual strategies - why use visuals, which visuals to use and how to use them? Thursday 23rd October 2025 10 - 11.30am Online - via Zoom £36 plus VAT per person	Pathological Demand Avoidance (PDA) Understanding PDA and practical strategies to support Monday 10th November 2025 9.30 - 11.30am Online - via Zoom £44 plus VAT per person
All things communication and play: Supporting autistic children with communication and play skills - laughing and learning together Tuesday 4th November 2025 9.30am - 12 Online via Zoom £51 plus VAT per person	Autism and Girls Exploring differences and diagnosis - Understanding how autism impacts on girls and strategies and ideas to support them Thursday 13th November 2025 10 - 11.30am Online via Zoom £36 plus VAT per person
All things behaviour - supporting positive behaviours for autistic children Tuesday 7th October 2025 9.30am - 12 Online via Zoom £51 plus VAT per person	All things sensory processing - a workshop exploring the sensory needs of autistic children and practical strategies to support their needs Wednesday 26th November 2025 9.30am - 12 Online via Zoom £51 plus VAT per person

All Things Toileting Exploring the challenges around toilet training for autistic children and practical strategies to support them Friday 17th October 2025 10 - 11.30am Online via Zoom £36 plus VAT per person	Gestalt Language Processing How to support early language skills for young children including Gestalt learners Tuesday 18th November 2025 10 - 11.30am Online via Zoom £36 plus VAT per person
All Things Mealtimes Looking at the challenges around food and eating for autistic children and practical strategies to support them Tuesday 4th December 2025 10 - 11.30am Online via Zoom £36 plus VAT per person	ADHD Understanding ADHD in young children and practical ideas to support them Tuesday 25th November 2025 10-11.30am Online via Zoom £36 plus VAT per person
Supporting children with Bereavement and Loss Looking at the impact of bereavement and loss on young children and strategies to support them Thursday 2nd October 2025 10 - 11.30am Online via Zoom £36 plus VAT per person	Promoting positive mental health in young children Examining causes of mental health difficulties, learning about anxiety and trauma Tuesday 11th November 2025 9.30 am - 12 Online via Zoom £51 plus VAT per person

Contact Jaci Smith or Nikki Duhig at allthingsautismtd@gmail.com or 01895 649211 to book your place/s

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over half of young people report feeling regularly overwhelmed - with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

- SPOT THE SUBTLE SIGNS**
Look out for changes in mood, behaviour, energy levels, sleep patterns, concentration, and appetite. These can be early indicators of stress. Encourage children to talk about how they are feeling and provide a safe space for them to express their concerns.
- KEEP CONVERSATIONS FLOWING**
Create a safe space for children to talk about their feelings. Use open-ended questions to encourage them to share their thoughts and feelings. Listen actively and show empathy.
- MAKE MOVEMENT PART OF THE DAY**
Physical activity can help to reduce stress and improve mood. Encourage children to engage in regular physical activity, such as walking, running, or playing sports. This can be done indoors or outdoors, depending on the weather.
- SUPPORT HEALTHY SLEEP PATTERNS**
Poor sleep can exacerbate stress and affect a child's ability to manage stress. Establish a consistent bedtime routine and ensure the child has a comfortable sleeping environment. Encourage them to get enough sleep each night.
- PRACTISE MINDFULNESS**
Mindfulness can help children to focus on the present moment and reduce stress. Encourage them to practice mindfulness techniques, such as deep breathing, meditation, or yoga. This can be done individually or as a group activity.
- SET DIGITAL BOUNDARIES**
Excessive screen time can be a source of stress and distraction. Set clear boundaries for screen use, such as limiting screen time to specific times of the day or limiting the amount of time spent on social media. Encourage children to engage in other activities, such as reading or playing with toys.
- NURTURE SOCIAL CONNECTIONS**
Social support is a key factor in managing stress. Encourage children to spend time with friends and family. Encourage them to join clubs or groups where they can meet other children with similar interests.
- PROGRESS OVER PERFECTION**
Encourage children to focus on making progress rather than achieving perfection. Celebrate their achievements, no matter how small. Encourage them to set realistic goals and to be kind to themselves when they make mistakes.
- TEACH EVERYDAY PROBLEM-SOLVING**
Encourage children to develop problem-solving skills by teaching them how to identify a problem, think of solutions, and choose the best one. Encourage them to apply these skills to everyday situations, such as dealing with a difficult task or a conflict with a friend.
- BE THE MODEL THEY NEED**
Children learn by example. Encourage them to see you managing stress in healthy ways. Share your own experiences of stress and how you have managed it. Encourage them to talk to you about their own stress and how they are managing it.

Meet Our Expert
@wakeup_wednesday | @the_national_college | @wakeup_wednesday | @wakeup_wednesday

Bitterne Park School
2025
OPEN EVENING
THURSDAY 18TH SEPTEMBER
16:30 - 19:00

Bitterne Park School, (Dorset Road, Southampton SO9 8JL)

Year 5 and 6
Open Evening
Wednesday 17th September, 5-7pm

We invite you to join us for a tour of our facilities, where you can meet our staff and students, and have the opportunity to hear from our Academy Principal.

Oliver Academy Group

Oliver Academy Group, 1000 Road, Southampton SO15 8PH
T: 023 804 8881 E: info@oliveracademygroup.co.uk W: www.oliveracademygroup.co.uk

Year 6 Activities Morning
Saturday 27th September
8.45am - 12pm

For Year 6 pupils who would like to meet some of our teachers and try fun activities at The Gregg School. Choose your favourite combination of activities when you book.

Visit our Open Evening
Thursday 9th October
4.30pm-7pm

Headteacher's welcome • Meet the teachers • Explore the buildings and grounds • Refreshments • Classroom activities

www.thegreggschool.org/open-events

Free Parent/Carer Workshop

We are offering a free workshop for parents and carers to give an introduction to the impact of domestic abuse on children in their early years. Followed by an overview of our Early Years course and how to refer.

Where: Microsoft Teams
Meeting ID: 393 047 429 730 0
Passcode: f0ghh6p8
Date: Tuesday 12th August 2025
Time: 10-11am

CELEBRATING 40 YEARS

Yellow Door is committed to providing accessible events whether they are in person or online. Please could you let the organiser know in advance of the session your specific requirements and we will do our best to accommodate your needs, some examples may be requesting a disabled parking space, audio visual adjustments, dietary requirements, but not limited to these.

THE MOUNTBATTEN SCHOOL

CCX/JHL
2 September 2025

Dear Parents/Carers

The Mountbatten School Open Mornings 2025

We are pleased to invite Year 6 pupils of non-feeder schools, along with their parents/carers to our Open Morning at The Mountbatten School. Your school's allocated day is **Tuesday, 23 September 2025**.

As space is limited, we kindly ask that you register via our website for this event. If you are unable to attend on the 23rd, you will also be able to select an alternative date when registering.

The morning will begin promptly at 9.15am with a brief introduction from our Interim Headteacher, Mr Chris Cox, in the Main Hall. This will be followed by a guided tour of the school led by our students.

After the tour, you will have the opportunity to speak with a senior member of staff, as well as representatives from our Admissions, Medical, SEND and Transport teams, over light refreshments. The event is expected to conclude at approximately 11.00am.

We look forward to welcoming you and your child to The Mountbatten School.

Yours sincerely
Chris Cox
Mr Chris Cox
Interim Headteacher

Whitenap Lane, Romsey, Hampshire SO51 5SY
T: 01794 502 502 E: info@mountbatten.school
W: www.mountbatten.school Company No. 075601375

Founder Patron: 1st Earl Mountbatten of Burma CEO: Heather McIlroy Interim Headteacher: Chris Cox Patron: The Lady Alexandra Knatchbull

Infant Department updates and celebrations



Ash celebrations:



Sofia B has been so kind and caring to others. This week, she helped a friend with their work and cheered them on, showing what a thoughtful and supportive friend she is.

Sienna has settled into Ash Class so beautifully. She has shown peace, courage and respect every single day and is already such a wonderful part of our class.

Maple celebrations:

Harry has been an incredible help to Maple this week, being kind and helpful at all times. He has been doing extra tidying and general jobs, even before being asked! Wow, keep it up Harry, you are a very responsible person and we thank you.

Kassim it has been tricky saying goodbye in the mornings but your effort and enthusiasm once in class is tremendous. We have enjoyed seeing your literacy this week and have been blown away with your maths. Keep it up as we love having you in our class!



Beech celebrations:



Aryan has been such a star this week! He has come back with a huge smile on his face and has been a wonder to have in the class. He has been helping his friends, playing beautifully with others and has been so independent in all of his learning. Well done Aryan!

Seher has shown us that she is more than ready for year1 this week and has really impressed us all with her amazing attitude to learning! She has been working really hard in all her new lessons and has been so resilient and independent with it too! Well done Seher!

Important information for Infant parents:

WOW day- Monday 15th September

On Monday the children are invited to come to school dressed as their favourite character from a Traditional Tale. This means stories such as Little Red Riding Hood, Jack and the Beanstalk, The Three Little Pigs or Goldilocks and the Three Bears.

This is all to launch our exciting focus text this half term 'Inside the Villains'

As always, please do keep an eye on the school calendar for upcoming events linked to your child's year group. We have some exciting workshop dates coming up soon and would love for parents to be involved where possible. The children in KS1 have logins for Doodle Maths and Oxford Owl and these are fantastic tools to support their progress, so please encourage your child to log in at home too.

Phonics and weekly spellings

Children in KS1, will now get spellings based on the book they are reading in their new phonics groups. This means, the children will be getting spellings that may be different to the other children in their class. Spellings will be handed out and tested every Friday as normal. If you lose your child's spellings, please talk to your child's teacher as they will be able to give you the correct set.

What's been happening in the department this week:

It has been wonderful to welcome everyone back to school and into their new classes! All the teachers have been so impressed with how brilliantly the children have settled back into routines and it has been wonderful getting to know them all!

YearR have had a fabulous start to the school year and it has been brilliant to see that they have been getting on so well in Oak and Willow! Well done everyone!

Junior Department updates and celebrations



Important information for Junior parents:

As always, please do keep an eye on the school calendar for upcoming events linked to your child's year group. We have some exciting workshop dates coming up soon and would love for parents to be involved where possible. The children have also been working hard in school using our learning apps such as Doodle and TTRS—these are fantastic tools to support their progress, so please encourage your child to log in at home too. For our Year 5 and 6 children, there are some very exciting opportunities on the horizon, including their residential trip and Bikeability sessions—wonderful experiences we know they will gain so much from!

What's been happening in the department this week:

Year 5/6: What a fantastic week it has been in school! The children have truly impressed us with the way they have come into school each day ready to learn, support one another, and immerse themselves in their new lessons with such enthusiasm. From exploring the fascinating workings of the circulatory system, to investigating rivers, and even trying out different sports in French, it has been a joy to see their curiosity and energy shine through. We are so proud of the positive start they have made to these new topics and the way they continue to encourage and inspire each other in their learning.

Year 3/4: It has been so lovely to see all the children back in school! They have come back with brilliant attitudes - ready to learn and be the respectful, kind and caring children they are! We have really appreciated how sensible and calm they have been when we have been setting up the new routines in our classes. It has been wonderful to see all the year 4s stepping up to support and guide the year 3s. The children have been fantastically engaged in the topics we have begun and we are really looking forward to the year ahead!



Africa celebrations:
Didi has had a brilliant start to Year 3. He has been embodying all of our school values, but particularly courage, as he navigates life not only in a new year group but a new school as well. He has been trying his best in his learning, he has been listening beautifully and he has followed our golden goals brilliantly. Well done, Didi!
Chimbuchi (Stephanie) has really shown this week that she understands our school values. She is always polite and respectful and has really impressed me with how engaged she is in her learning. She presents her work beautifully and takes real pride in doing everything to the best of her ability! Amazing start, Stephanie!



Europe celebrations:

Emily S for embodying our school value of courage. Emily has had a brilliant start to year 4 where she has been so courageous in her learning. She has been challenging herself in every lesson to work hard and to complete her learning and has kept going even when she has found the work challenging. Emily has also shown that she is such a kind member of our class. Well done Emily!

Billie W for embodying our school value of peace. Billie has had a fantastic start to year 3 where she has shown a fantastic and positive attitude to her learning. She has been challenging herself in every lesson, working hard to complete her learning and get on to challenges. Everyday she has arrived with a fantastic smile on her face and is so kind to everyone. Well done Billie!

Australasia celebrations:

Henry W has really impressed me this week with how he has embodied the school value of courage! He has tried super hard to have a resilient attitude and I have been really proud of how quickly he has already grown his confidence in himself.

Millie has been a true superstar and I know all the adults who have worked with her have been very impressed! She has really thrown her all into having a positive attitude in the classroom. Keep being amazing Millie!



North America celebrations:

Mikolaj - For a brilliant start to the year! He has shown he is READY to learn, is showing amazing RESPECT to others and has been an absolute delight to teach! KEEP IT UP!

Fay - For being such a wonderful member of the class. She is so considerate and helpful to others, as well as demonstrating how READY she is to learn! What a SUPERSTAR!



Asia celebrations:

Well done **Izzy** for a fantastic start to year 5! I have been so impressed with her confidence, enthusiasm and resilience to engage so well with each lesson. She's been putting her hand up a lot to answer questions and shown so much readiness to learn! Well done **Pelumi** for a wonderful start to year 6! He has been a role model to others within the class with his focus, dedication to do his best and kindness shown to all those around the school! It has been fantastic to see!

South America celebrations:

Thomas H: for a fantastic start to the year in terms of effort and focus. Thomas has joined in so much in all our lessons this term, answering questions on a whole range of topics - well done Thomas!

Elijah O-C has had a brilliant first week in the upper juniors. He has shown the school value of Peace with his friendly demeanour, calm behaviour in class and great focus in all lessons, including trying really hard with his writing in Literacy.

