

The Chancel

CHIRPER

#497



What's in this week's Chirper?

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Follow our socials



@Chancel Primary



@ChancelPrimarySchool
(NEW)



COMING SOON

Important Reminder

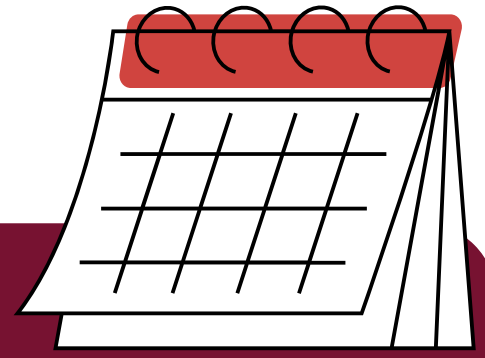
All forms should now have been returned to school. If any of the following are still outstanding, please ensure that they are returned ASAP.

These include:

- Collection Forms
- Walking Home Permission (Year 5 & 6)
- Photograph Permissions
- Data Collection Forms
- Medical Forms/Care Plans



Dates For Your Diary



SEPTEMBER

Monday 15th - Water Aid Assembly & KS2 workshops

W/C Monday 22nd - Recycling Week

Tuesday 23rd - International Sign Language Day

Tuesday 23rd - PTFA AGM (3.30pm)

Wednesday 24th - Flu immunisations Reception - Year 6

Friday 26th - Macmillan Coffee Morning

October

Black History Month

Wednesday 1st & Thursday 2nd - Ben Boden poet visit for National Poetry Day

Friday 10th - World Mental Health Day

Saturday 11th - Choir performing at St Augustine's

Wednesday 15th - Individual Photographs

Thursday 23th - Harvest Service at St Augustine's (10.00am)

Friday 24th - Inset Day - School Closed to pupils

Monday 27th - Friday 31st - Half Term



WHAT'S NEW?



Milk

We are pleased to let you know that children in Years 1–6 will once again have the opportunity to receive a daily carton of milk during the autumn term.

The scheme will run from Monday 29th September until Friday 19th December 2025. The total cost is £18.36, which should be paid via ParentPay no later than Monday 22nd September 2025.



This is a great way to ensure your child enjoys a healthy drink at school each day.

Photographs

We are excited to let you know that Photograph Day is coming up on Wednesday 15th October.

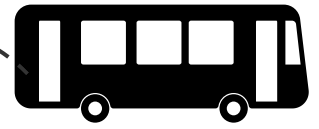
Throughout the school day, all children will have their individual photographs taken, as well as photographs with siblings who attend the school.

If you have children who are pre-nursery and would like them to be included in a sibling photograph, please contact the school office to register your interest.

After the photographs have been taken, proofs will be sent home so families can view them. Parents will then have the opportunity to purchase photos directly from Tempest Photography. Further details will be shared soon—watch this space!



Trips



Reception

Santa's Grotto at Amerton Farm



Reception class will be visiting Santa in his Grotto at Amerton Farm on Wednesday 10th December 2025.

Santa's elves will escort the children to visit Santa in his grotto and receive a special gift. The children will be given the opportunity to post a letter to Santa using the magical post box there. There will be a chance to see Santa's reindeer and many of the other farm animals during the visit and also experience a tractor and trailer ride. School have also arranged for the children to take a ride on the train. The cost of the trip is £30.00. Children will need to wear school uniform and have suitable footwear and waterproof coat. A packed lunch will be provided from school.

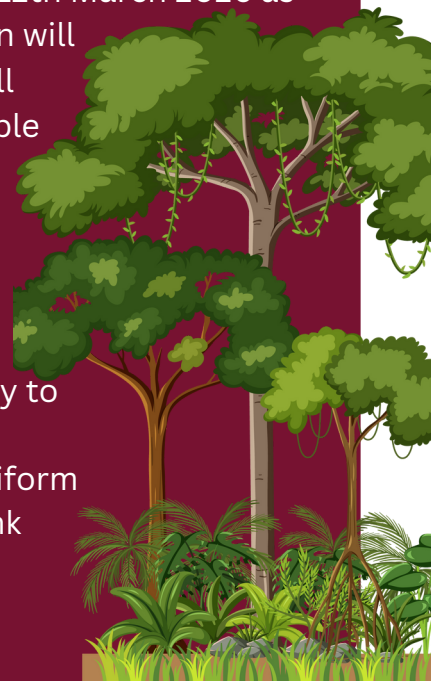
Year 3

Birmingham Botanical Gardens

Year 3 will be visiting the Birmingham Botanical Gardens on Thursday 12th March 2026 as part of their topic work on The Rainforest. During the visit, the children will have the opportunity to take part in a guided workshop where they will learn more about the different layers of the rainforest and the incredible plants and animals that live there. They will be able to explore the tropical glasshouses, discovering a wide variety of exotic plants first-hand, and see how the rainforest environment is recreated.

As part of the day, children will also enjoy walking through the beautiful gardens and having the chance to spot a range of unusual and interesting species. This will be a valuable and exciting opportunity to support their classroom learning with real-life experiences.

The cost of the trip is £29.00. Children will need to wear full school uniform with suitable footwear and a waterproof coat. A packed lunch and drink will be required, which children should bring with them from home.



Residentials



Year 5 - Laches Wood

We are excited to announce that Year 5 children will have the chance to take part in a residential visit to Laches Wood from **Wednesday 18th March to Friday 20th March 2026**. The trip will include a variety of fun and challenging activities, as well as all meals. Parents will need to arrange transport for their child to and from Laches Wood.

A deposit of £50.00 is required by **Thursday 23rd October 2025** to secure your child's place. The full payment of £167.00 must be made by **Monday 9th March 2026**. (Children who are entitled to Free School Meals will receive a subsidy; the school office will contact those families directly.)

If your child does not intend to go, please inform the school office by **23rd October 2025**. After this date, parents will be charged the full amount. We are looking forward to a memorable trip and hope as many Year 5 children as possible can join us.

Year 6 - Standon Bowers

We are delighted to announce that our Year 6 children will have the opportunity to take part in a residential visit to Standon Bowers from **Monday 9th March to Friday 13th March 2026**.

This exciting trip will include a wide range of activities and all meals. Transport will be provided by the school.

A deposit of £50.00 is required by **Thursday 23rd October 2025** to secure your child's place. Payments can be made via ParentPay, starting from as little as £5.00 upwards.

The full payment must be received by **Friday 27th February 2026**.

The total cost of the trip is £280.00 (subsidised for children eligible for Free School Meals).

If your child does not intend to go, please inform the school office by **23rd October 2025**.

This promises to be a fantastic experience for our Year 6 pupils, and we hope all children will be able to take part.



COMING SOON

ROBIN HOOD

THE PANTOMIME!



£5 per Child

(subsidised by our wonderful
PTFA)

PAYMENT VIA PARENTPAY

at the
RUGELEY ROSE

TUESDAY 2ND DECEMBER
RECEPTION, YEAR 1 & YEAR 2

THURSDAY 4TH DECEMBER
YEARS 3, 4, 5 & 6

Get ready for laughter, music and a magical panto fun for the whole school



Flu Immunisations

Our team are attending Chancel Primary on Wednesday 24th September 2025 to give the flu vaccine. We would like your consent to vaccinate your child. You can give this by filling in our online form (the link is below). This academic year the School Age Immunisation Service are vaccinating students from Reception to Year 11 and up to and including Year 13 in special schools. Any young person who has had a consent form submitted and is outside of these year groups will not be vaccinated, and the consent will be removed.

What the vaccine is for?

This vaccination is recommended to help protect your child against flu. Flu can be an unpleasant illness and can cause serious complications. Vaccinating your child will also help protect more vulnerable family and friends by preventing the spread of flu.

Most children are offered a nasal spray vaccine which is a quick and painless spray up the nose. Please answer the questions on the consent form as a small number of children cannot have the nasal spray because of medical conditions or treatments. They can be offered protection through a vaccine injection instead.

The nasal spray vaccine is the preferred vaccine. It contains a very small amount of gelatine from pigs (porcine gelatine) as an essential ingredient to keep it stable and able to work. For those who may not accept medicines or vaccines that contain porcine gelatine, a flu vaccine injection is available.

Even if your child had the vaccine last year, the type of flu can vary each winter, so it is recommended to have it again this year or they won't be protected.

Since the programme was introduced, most children offered the vaccine in schools have had the immunisation.

For further information see: www.nhs.uk/child-flu

[MPFT Vaccination Information Videos \(HPV, Flu, Booster\) - YouTube](#)

How to respond

It's important to let us know whether you do or do not want your child to have the vaccination. It will take less than 5 minutes to respond using the link below. You need to respond by **10AM on the 22/09/2025**

<https://forms.mpft.nhs.uk/?session=6258&code=SS124168-25>

When using this link you should not be asked for a code however, there have been cases where parents have been asked to provide a code to consent for their child's flu vaccination. If this occurs, then please select your child's school and use the code **SS124168-25**

If your child becomes wheezy, has a bad attack of asthma, or has started oral steroids for their asthma after you return this form, please contact the School Age Immunisation Service on 0300 124 0366.

If you cannot use the online form, you can respond over the phone using the contact details below.

By responding, you're agreeing to your data being processed as set out in our privacy notice:

<https://www.mpft.nhs.uk/about-us/privacy-notice>

Contact the local health team

Speak to a member of the local health team by calling 0300 124 0366 Monday to Friday between 8.30am and 12.30pm, or email school.immunisation@mpft.nhs.uk

Yours Sincerely

School Age Immunisation Service

<https://www.mpft.nhs.uk/services/school-age-immunisation>



Uniform Reminder

We would like to take this opportunity to remind families about our school uniform expectations. Wearing the correct uniform helps promote a sense of pride, belonging, and equality across the school community. Please ensure that your child returns to school in full uniform, which includes:

Burgundy sweatshirt, cardigan or jumper (available with school logo)

Gold or burgundy polo shirt (available with school logo)

Grey trousers/shorts/culottes

Grey skirt (length appropriate for school i.e. knee length)/ pinafore

Black, grey or burgundy socks or tights

Safe, practical black shoes (not trainers)

PE Kit & School Sports

Yellow/Gold T-Shirt (available with logo)

Plain black shorts/skorts or tracksuit bottoms

Trainers

Burgundy Hoody/zip-up (available with logo)



Please also ensure that all items are clearly labelled with your child's name.

School bags (Reception-Year 5):

Burgundy bag, with separate water bottle storage

Chancel ruck-sack is currently under consideration

Year 6 pupils ONLY are permitted to bring their own bags to aid transition to high school.

Jewellery is limited to one wristwatch and small stud earrings which must be removed for PE (including swimming).

Make-up, nail varnish, artificial nails and artificial tattoos are not accepted. These should be removed before returning to school after the weekend/ holidays.

Children's hair must be worn in an appropriate style with no colouring, extreme styling or designs: Mohicans, lines/ patterns, or shaven heads are not permitted. Hair accessories should be limited to simple headbands and bobbles, not tiaras, 'ears', etc.

We appreciate your support in helping us maintain high standards and ensuring a smooth start to the new term. If you are experiencing difficulties obtaining uniform items, please don't hesitate to contact us—we are here to help.

We look forward to seeing all pupils looking smart and ready for the year ahead!



Free Uniform

At Chancel, we know how quickly children grow – and how expensive uniform can be to replace. To help support our families, we are pleased to let you know that we now have a rail of good-quality, second-hand uniform available in the school lobby.

Parents and carers are very welcome to help themselves to anything they need from the rail. If you are looking for a particular item or size that isn't on display, please speak to the school office, as we have additional uniform stored away and may be able to find just what you need.



We also happily accept donations of clean, good-condition uniform. If your child has outgrown any items, please bring them to the school office so that other families can make use of them.

This is one of the ways we want to support our Chancel community, making sure every child has what they need to feel comfortable and confident in school.

We are delighted to invite all parents and carers to our PTFA Annual General Meeting (AGM), which will be held in school on:



Tuesday 23rd September 2025 at 3.30pm

The PTFA plays an important role in supporting our school community. Each year they help to organise and fund a variety of exciting events and activities such as the Sponsored Bounce, school discos, Movie Munch evenings, and Tea with Santa—all of which the children absolutely love! These events not only create special memories but also raise valuable funds to support our school.

The AGM is a great opportunity to hear more about the PTFA's work, share your own ideas for the year ahead, and discover how you can get involved.

To make it easier for everyone to attend, a crèche will be available during the meeting.

We would love to see as many of you as possible there—your support helps make our school an even better place for the children!



Clubs - Autumn Term 2025

Day	Club	Times/Dates	Run By
Monday	Multi-Sports (Years 1-3) Paid	3.30 – 4.30pm Starts Monday 8th September 2025 (see link below)	Progressive Sports
Tuesday	Football Club Free	3.30 – 4.30pm Starts Tuesday 9th September 2025	Mr Leese
Wednesday	KS2 Choir Free	3.30 – 4.30pm Starts Wednesday 17th September 2025	Mrs Harris
Thursday	Multi-Sports (Years 4-6) Paid	3.30 – 4.30pm Starts Thursday 11th September 2025 (see link below)	Progressive Sports
Friday	Netball Club Free Invite only – waiting list in operation	3.30 – 4.30pm Starts Friday 12th September 2025	Mrs Watson and Miss Jones



Progressive Sports Clubs

Please find below, the links for the Autumn Term 1 after school clubs. Please book soon to avoid missing out. Clubs to start week commencing 8th September and run for 7 weeks. Multi-Sports Club will take place in the school hall. Children can be collected from the school office once the club has finished.

KS1 Multi-Sports w/ Mr Littler 3:30-4:30pm

<https://enrolmy.com/progressive-sports-staffordshire/book-now/151-Chancel-After-School-Club--Autumn-1--Multi-Sports-KS1>

KS2 Multi-Sports w/ Mrs Sheridan 3:30-4:30pm

<https://enrolmy.com/progressive-sports-staffordshire/book-now/152-Chancel-After-School-Club--Autumn-1--Summer-Multi-Sports-KS2->

Charges apply (£5 per session) Starting week commencing 8th September (7 weeks)

Who are Progressive Sports?



Strengthening Communication

Before the summer break, governors asked parents to complete an annual survey. One theme that came through from a number of responses was that communication between school and parents could be clearer. This may reflect different experiences, but it may also be due to families not being fully aware of the different communication channels available.

We want to ensure that everyone knows where to look for information and how best to get in touch with us. Here's a reminder of the ways we communicate:

Weekly Newsletter (The Chirper) – Our main source of information. This includes key dates and important updates. It is posted on our school Facebook page, the school website, and Class Dojo **every Friday**.



Class Dojo – Updated regularly by class teachers with reminders and updates (e.g. class trips, PE days, spelling reminders). Increasingly, letters and documents are sent via Class Dojo to help us move towards becoming paperless. Please note: teachers are unable to reply to private messages via Class Dojo. Any urgent messages must go through the school office.

Text Messages – Used for information specific to your child, such as reminders to pay invoices or notices about cancelled clubs.

School Website – A useful resource with details about our curriculum, policies, governors, and other key information.

<https://www.chancelprimary.co.uk/>

Phone or Email – Parents are always welcome to contact the school office directly with any queries or concerns:

☎ 01889 228710 ✉ office@chancel.staffs.sch.uk

Face-to-Face Contact - Each morning, there is always a teacher or teaching assistant on the playground or gate duty who will be happy to pass on any messages. At the end of the day, teachers and TAs dismiss each class and are available for quick conversations if needed.

We are committed to ensuring that communication between home and school is as clear and effective as possible. We hope this overview helps families know where to find the information they need and how to contact us should they have any questions.

*****Please note that we are no longer using the school app.**



Attendance



Why Attendance Matters

Good attendance is one of the most important factors in helping children achieve their full potential at school. Every day of learning counts – lessons build on each other, and when children miss time, it can be hard to catch up. Coming to school regularly also helps children make strong friendships, develop good routines, and feel part of the school community. Research shows that children who attend school every day do better not only in their learning but also in their confidence and wellbeing. Even a few days missed can add up quickly. For example, missing one day each fortnight equals nearly a whole month of lost learning over the year.

Our School Expectation

We expect all pupils to aim for at least 96% attendance. Of course, sometimes children may be unwell and need to stay at home. If this happens, please contact the school office as soon as possible on the first day of absence to let us know and every day thereafter for the entire duration of the absence.

Penalty Notices

The law requires parents to make sure their children attend school regularly. If a child has too many unauthorised absences (including holidays during term time without permission), parents may receive a penalty notice from the Local Authority.

Working Together

By working in partnership, we can make sure your child gets the very best start in life. Good attendance sets the foundation for success, both now and in the future.

Chancel's Attendance Policy States:



To support and promote good attendance at Chancel:

Parents Will

- Telephone the school office, preferably before 8am, on EACH day of absence.
- Leave a message with: child's name, reason for absence, your name and telephone number.
- Inform the office/class teacher of any planned medical absences in advance.
- Try to make all medical appointments (doctors, dentist and hospital) out of school time. Obviously, this may not always be possible so, in such cases, try to secure an appointment around the legal registration periods i.e. after 9.30am (for morning registration) and after 2.00pm (for afternoon registration).
- Put all requests for leave in writing and submit this to the school office in advance. Leave of absence during term time is not a parental right. The Headteacher will make a decision whether to authorise the absence.
- Encourage your child to take responsibility for being on time for school.
- Encourage your child to come to school even if s/he is feeling slightly unwell.



Thursday 11th September

What are the Settlements of the UK or
Counties of England?

Settlement - a place where people live.

Staffordshire - The county we live in.

My county is in the west midlands.



WOW
WORK!

Isabella - Year 3

Marnie - Year 1

Tuesday 9th September

R

LO: To sequence a story.



Little Red Riding Hood met a wolf



wot big toes yuhave

The woodcutter hith him on the head





AWARDS



Stars



Warriors



Reception

Jesse & Persephone

Ava

Year 1

Marnie & Aldo

Oakley

Year 2

Louis & Oriah

Maddison

Year 3

Darcey-May & Olivia-Rae

Ethan

Year 4

Louis & Sylvie

Rosie

Year 5

Jacob & Emma

Lucianna

Year 6

Jessica & Lawson

Wyatt

Arrive On Time At Ten To Nine
Make Every Minute Count



1st

Eagles

2nd

Owls

3rd

Kestrels

4th

Kingfishers

5th

Toucans

6th

Robins

7th

Chaffinches

190

School days in each academic year

0 days absence

100% attendance

184

Days of education

6 days absence

97% attendance

181

Days of education

9 days absence

95% attendance

171

Days of education

19 days absence

90% attendance

152

Days of education

38 days absence

80% attendance

Shugborough

WINNER

173

Trent

171

Augustine

161

Wolseley

166





Recommended Reads - EYFS & KS1

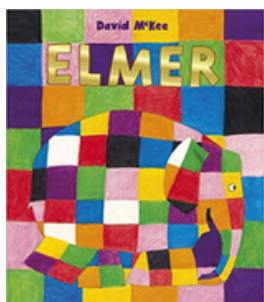
Nursery



Lost and Found by Oliver Jeffers

There once was a boy... and one day a penguin arrives on his doorstep. The boy decides the penguin must be lost and tries to return him. But no one seems to be missing a penguin. So the boy decides to take the penguin home himself, and they set out in his row boat on a journey to the South Pole. But when they get there, the boy discovers that maybe home wasn't what the penguin was looking for after all...

Reception



Elmer by David McKee

Making his first appearance in 1968, Elmer the Patchwork Elephant has been entertaining young readers for decades and remains one of the most iconic and well-known children's book characters of all time.

The Elmer stories feature a bright and multicoloured main character who inspires readers to embrace inclusivity, connect with friends and find joy in celebrating difference.

Year 1



The Dinosaur Next Door by David Litchfield

A beautifully illustrated picture book asking the question: what if your quiet neighbour was secretly a dinosaur? Liz is sure that her next-door neighbour has a secret. He's got a very long neck, clumpy feet and a strange taste for green leaves... he's a dinosaur! Unfortunately, she's not the only one who's noticed. When Mr Wilson is taken away by scientists, Liz realises that everyone is free to live the life they wish and she must help save her friend.

Year 2



Don't Trust Fish! by Neil Sharpson and Dan Santat

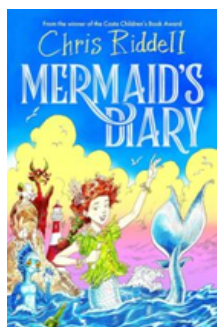
Have you ever noticed that fish spend all of their time under water? What are they plotting down there? And did you know that a group of fish is called a 'school'? Exactly what are they learning in these 'schools'? We must find answers. But one thing's for sure. Whatever you do: Don't. Trust. Fish. Laugh along as you learn lots of fishy facts from a very suspicious narrator, who believes that there's something more than a bit fishy about fish... Prepare to laugh, learn, and maybe even look at your pet goldfish a little differently. With deadpan humour from celebrated Irish author and playwright Neil Sharpson that will be loved by children and grown-ups alike.





Recommended Reads - KS2

Year 3



Mermaid's Diary by Chris Riddell

Meet shy mermaid Atalanta Scrimshaw. She lives in the quiet backwater of Sleepy Cove, collects messages in bottles, rides seahorses and enjoys the hobby of 'walking' on the beach and visiting friends.

Life is perfect, until Atalanta learns of plans by developers Bristle & Splinter to transform Sleepy Cove into a luxury, seaside golf resort. Realising that this plan will destroy her home, she enlists the help of her friends, old and new, to try to stop it...

Year 4



Race to Imagination Island by Mel Taylor-Bessent

This is an adrenaline-filled rollercoaster ride of a story!

The story begins with a bang and the race is on to find sixteen 'lightstreams' hidden across the globe. When the lightstreams have been discovered, the finders transported to Imagination Island. There, we encounter larger-than-life characters with traits, strengths and weaknesses, who work with, and sometimes against, each other to save the island for generations to come.

Year 5



Ghostlines by Katya Balen

An atmospheric and beautifully worded story by Katya Balen, which transports the reader to feel at one with nature.

Ghostlines is set on the island of Ayrie, where Tilda is at her happiest. She thrives in nature, loves exploring and breathes in every moment of the wilderness. Living in a small and tight-knit community, Tilda is intrigued when a new boy, Albie, arrives. Tilda spends all of her efforts showing him the hidden treasures of the island, but to no avail, as he misses living life in the city.

Despite his reluctance to be friendly, they explore a nearby haunted island and strike an unexpected friendship.

Year 6



The Ice Children by M.G. Leonard

Found early one December morning in the rose garden of the local park, Finn is frozen solid and statue-like on a plinth with a mysterious rhyme carved into its base. Rushing to be by his side, his sister Bianca and their parents are at a loss to understand what has happened and, most importantly, how to rescue Finn from his icy imprisonment. As more children are found frozen, Bianca realises that there is something that links them: a mysterious, silver, shiny book. Bianca has to race against time and has to trust her instincts when all around her are dismissing her theories.





Safeguarding



Our most important role at Chancel is keeping the children safe and protecting them from potential harm. Safeguarding the children is everyone's responsibility and is best achieved through working in partnership as a school community.

The safeguarding staff at Chancel are:

- *Mrs Palmer - Designated Safeguarding Lead (DSL)*
- *Mrs Watson and Mr Newton- Deputy Designated Safeguarding Leads (DDSLs)*
- *Mr Sparkes- Safeguarding Governor*
-

If you are worried about a child's well-being or believe they may be at risk of harm, you should report this concern to school, either by personal visit, email or telephone. You can also contact:

- *Staffordshire Families Integrated Front Door (SFIFD) - 0300 111 8007*
- *Staffordshire Police - 101 or 999*

If you are contacted by staff about a safeguarding concern, please do not be offended. We are sure you would rather we take every precaution to ensure the children's safety. We are also here to support you, should you have any concerns or difficulties.

Concerned about a Child or Young Person

Safeguarding all children from harm is everyone's business.

Most children enjoy generally safe and happy childhood experiences

within their own family but unfortunately for some, this is not the case. During difficult family times everyone has a responsibility to protect children from future harm; good child care begins even before a child is born.



What is abuse and neglect?

Abuse and neglect are forms of ill-treatment of a child. Somebody may abuse or neglect a child by inflicting harm, or by not taking action to protect a child from harm. Children may be harmed at home, by people living near their home (in their community) or by an adult who is responsible for caring for them in any place away from home such as school, nursery, college, sports and leisure centres, after-school clubs, youth clubs, which is why it is really important to work together to keep children safe. Sometimes children are abused by a stranger they have met over the internet. They may also be abused by another child or children.

What should I do if I think a child is at risk of significant harm?

**Call Staffordshire Families
Integrated Front Door (SFIFD)
0300 111 8007**

**EDS (out of hours)
Tel No. 0345 604 2886
Or email:**

eds.team.manager@staffordshire.gov.uk

**9.00am - 5.00pm Monday to
Thursday 8.30am - 4.30pm Friday**

**Non-emergency - call Staffordshire Police
on 101**



10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% 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.

1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday®

The National College®





**Any questions or concerns regarding Special Educational Needs or Disabilities?
Please speak to our SENDCo, Miss Miller, or drop-in to see Mrs Palmer on Friday mornings
between 9.15-9.45am.**

SENDIASS

Staffordshire Family Partnership

Information Leaflets
Volunteer

EHC Assessments

Young People

Behaviour & Exclusions

Staffordshire Umbrella Network

SEND IASS - Staffordshire Family Partnership



Check out our latest news

Welcome to Staffordshire SENDIASS Family Partnership

We are Staffordshire's Special Educational Needs and Disabilities Information, Advice and Support Service and provide free, impartial, confidential advice and support around Education, Health and Social Care.

Our team supports Parents and Carers of Children and Young People with SEND (0-25) and also Children and Young People with SEND.

The Team

Our Administration team: Lucy and Suzanne

SEND Family Partnership Officers: Anne, Emma, Heather, Kim, Mick, Sally, Tracey

Manager: Kim

We publish regular news items by email, Facebook and Twitter and updates for what's on with our SUN (Staffordshire Umbrella Network) events across the county. Please do support these events so that we can continue to develop to suit your topics of interest.

We hope you find the site helpful, but we welcome your feedback. Please contact us with any suggestions or ideas so we can continually improve our service to you.



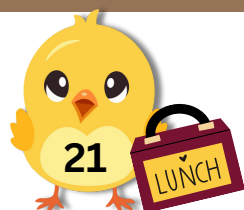
Menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option	Bolognaise pasta with garlic bread, peas and sweetcorn	Gammon and sweetcorn pizza, served with sliced potatoes and salad/vegetables	Roast chicken served with roast potatoes, fresh seasonal vegetables and gravy	All Day Breakfast	Cheese and bean wrap served with chips and beans or peas
Vegetarian Option	Cheese and tomato pasta with garlic bread, peas and sweetcorn	Margherita pizza served with sliced potatoes and salad or vegetables	Quorn roast served with roast potatoes, fresh vegetables and gravy	Vegetable Breakfast	Cheese and bean wrap served with chips and beans or peas
Pudding	Chocolate shortbread	Jam and coconut sponge with custard	Fruit cheesecake	Flapjack and fruit	Crispy cookie and magic milkshake

Available Daily

Jacket Potato with fillings: tuna, cheese or baked beans. Sandwich or bap with fillings: ham, tuna or cheese
Fresh bread, salad, fruit, milk & yoghurt



Positive Global Citizen

What is a positive global citizen?

A positive global citizen is someone who actively contributes to making the world a better, more equitable, and sustainable place, recognising their role within the global community. This means being aware of global issues, respecting cultural differences, and taking responsible actions that benefit people and the planet.

Key qualities of a positive global citizen:

- **Awareness:** Understands global issues like poverty, climate change, human rights, and inequality.
- **Empathy and Respect:** Appreciates diverse cultures, beliefs, and perspectives.
- **Responsibility:** Recognises how personal choices (e.g., consumption, travel, communication) impact others globally.
- **Action-Oriented:** Engages in activities that support positive change—volunteering, ethical consumerism, advocacy, or education.
- **Collaboration:** Works with others, across borders and cultures, to solve shared problems.
- **Sustainability-Minded:** Supports practices and policies that protect the environment and promote long-term well-being for all.

Examples of positive global citizenship:

- Donating to or volunteering with organisations addressing global issues.
- Reducing carbon footprint and supporting sustainable brands.
- Speaking out against injustice or discrimination.
- Learning about and celebrating cultures different from your own.



Hugh Jackman

TIME magazine named Global Citizen Hugh Jackman as one of this year's "Most Influential People" — and we couldn't agree more. In addition to being a celebrated actor, Jackman is proud champion for change and an outspoken advocate for equality and the elimination of poverty. He's also worked with Global Citizen for years, often appearing on the GC Festival stage to help to end extreme poverty around the world.

On September 4th 2025, Global Citizen revealed that Hugh Jackman will return as a host for this year's festival, set to take place on September 27th in Central Park, New York City. Jackman will be joined by an impressive lineup of co-hosts, including Adam Lambert, Bill Nye, Liza Koshy, and Danai Gurira. This annual event is renowned for its commitment to addressing global challenges such as poverty, climate change, and inequality.

Jackman's career has always been a blend of high-profile roles and meaningful initiatives. His return to the Global Citizen Festival as a host demonstrates his commitment to using his fame for a greater purpose.



Meet The Teaching Team



Mrs Allerton



Miss Jones



Mrs Wakelam



Miss Miller



Mr Newton



Mr Wincup



Mr Leese



Mrs Watson



Mrs Gamble



CONTACT US



Developing the citizens of tomorrow through the best education of today

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