

The Chancel

CHIRPER

#540



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Follow our socials



@Chancel Primary



@ChancelPrimarySchool
(NEW)



COMING SOON

IMPORTANT REMINDER

If you would like to order copies of your child's photograph, please visit www.tempest-orders.co.uk and make sure all payments are made directly to Tempest Photography – not to Chancel School – within 14 days of receiving your proofs.





Upcoming Events at Chancel Primary School

Learn • Grow • Achieve • Together

Important
dates for your
diary!

OCTOBER

Wednesday 14th

Tempest – Individual & Sibling Photos

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

Wednesday 14th

Nursery and Reception Open Evening @5pm

All prospective parents whose children are due to start in Nursery or Reception in September 2027 are invited to visit school to meet staff and take a tour of Chancel.

Friday 16th

Flu Immunisations

The NHS team are in to administer the Flu immunisations for pupils in Reception to Year 6. You should have received a link to sign your child up.

Monday 19th

Y5 Derby Open Centre

Year 5 will be visiting the Derby Open Centre as part of their Religious Education Curriculum.

Tuesday 20th October

EYFS Halloween Stay and Play

Parents/carers of pupils in EYFS are invited to join their child at a stay and play. Ducklings 9.30- 10.15am; Puffins 9.15 – 10.00am; and Reception is 9.15 – 10.15am.

Wednesday 21st

Harvest Service

Parents/carers of pupils in Reception, KS1 and KS2 are invited to 'The Harvest Service' which will be held at St. Augustine's Church at 10am.

Thursday 22nd

Inset Day (school closed to pupils)

Friday 23rd

Inset Day (school closed to pupils)



NOVEMBER

Tuesday 3rd

Reception Open Morning @10-11am

All prospective parents/carers whose children are due to start in Reception in September 2027 are invited to visit school to meet staff and take a tour of Chancel.

Friday 13th

Children In Need

Pupils will be invited to wear one item of spotty clothing on this day and participate in a variety of sporting events, for a donation of £2 (payable via Parentpay).

Friday 13th

Progress Reports Issued

Your child will receive their Progress Report via Class Dojo.

Saturday 14th

EYFS Open Morning 10am-12pm

All prospective parents/carers whose children are due to start in Nursery or Reception in September 2027 are invited to visit school to meet staff and take a tour of Chancel.

Monday 16th

Book Parents' Evening Appointments

Parents/carers can start to book Parents' Evening Appointments by contacting the school office.

Monday 16th

Anti-Bullying Week

Pupils will participate in a wide range of activities in school in support of Anti Bullying Week.

Monday 23rd

Parents Evening 3.40 – 5.30pm

Tuesday 24th

Parents' Evening 3.40 – 5.30pm

Monday 23rd

Christmas Raffle Tickets Go On Sale

We will start selling Raffle Tickets at £1 per ticket (payable via Parentpay). There will be a vast array of wonderful prizes to win.



DECEMBER

Thursday 3rd

Christmas Jumper Day (Hamper Donation)

Pupils are invited to wear a Christmas Jumper on this day and donate an item for our Christmas Hampers.

Thursday 3rd

Pantomime (Cinderella)

KS2 will watch the panto in the morning; whilst Reception and KS1 will attend the afternoon performance.

Tuesday 8th December

Christmas Production

Parents/carers of pupils in Nursery Puffins, Reception and Year 1 are invited to watch the Christmas Production. There will be two performances at 10am and 2.30pm.

Tuesday 8th

KS2 Movie Munch

Pupils in Key Stage 2 will be invited to stay after school from 3.30pm – 5.30pm to watch a movie. They will be served hotdogs, chips, cake and a drink for £5 (payable via Parentpay).

Wednesday 9th

Reception Trip to Amerton Farm

Pupils in Reception will visit Amerton Farm to meet Santa and take a ride on the train. Payable via Parentpay.

Wednesday 9th

Y2 Christmas Extravaganza @2.30pm

Parents/carers of pupils in Year 2 are invited to join the class for a Christmas Extravaganza.

Thursday 10th

Y1 & Y2 Trip to Conkers

Pupils in Year 1 and 2 will visit Conkers to experience their Winter Wonderland (payable via Parentpay).

Friday 11th

Christmas Fair

The school Christmas Fair will be held after school at 3.30pm. There will be lots of activities and the raffle will be drawn.

Tuesday 15th

Nursery & KS1 Tea With Santa

Pupils in Puffins, Reception, Year 1 and 2 are invited to join us after school, 3.30 – 4.45pm, to meet Santa. They will be served fishfingers, chips, cake and a drink for £5 (payable via Parentpay).

Wednesday 16th

Christmas Dinner Day

Pupils will be able to order a Christmas Dinner on this day.

Friday 18th

Carol Concert

Parents/carers of pupils in Reception, KS1 and KS2 are invited to 'The Carol Concert' which will be held at St. Augustine's Church at 10am.



A busy and exciting term ahead!



**WHAT'S
NEW?**

Harvest

We warmly invite parents and carers to join us for our Harvest Service at St Augustine's Church on Wednesday 21st October at 10:00am.

Our Year 5 pupils have been working hard to prepare the service, and children from Reception to Year 6 will be performing harvest songs.

Please wrap up warm! We have been informed that the church heating is currently broken, so please wear warm clothing. Children will be allowed to keep their coats on during the service. From Monday 19th October, we will be collecting non-perishable donations for Rugeley Foodbank, which is particularly in need of tinned meat and fish, canned potatoes and vegetables, instant mashed potato, canned fruit, rice pudding, long-life puddings and toilet rolls.

Donations can be sent in with children or dropped off at the School Office. Any contributions would be greatly appreciated and will help support local families in need.

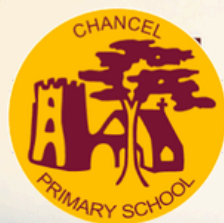
Thank you for your support. We look forward to celebrating Harvest together!

Photographs

All children have now had their individual and sibling photographs taken, and the proofs have been sent home. If you would like to order copies, please visit www.tempest-orders.co.uk and make sure all payments are made directly to Tempest Photography – not to Chancel School – within 14 days of receiving your proofs.

If your child was absent on the day the photographs were taken, don't worry! The photographer will be returning to school on 23rd November to take any remaining photos. Thank you for your cooperation!





**Chancel
Primary School**
where every child belongs and thrives

This Year's Pantomime

Cinderella

at the Rugeley Rose Theatre



Thursday 3rd December 2026



KS2 @ 10am

Rec/KS1 @ 1pm



Children will be escorted to and
from the theatre by staff.



With grateful thanks to the PTFA
for subsidising this event, the PTFA
are paying **£3** per child, so the cost
to parents is just **£5** per child.



Now on Parentpay



Read for Chancel!

Take part in our

Ready, Steady... Read!

from 23rd to 30th November

Prizes to be won for most sponsorship
and most time spent reading across

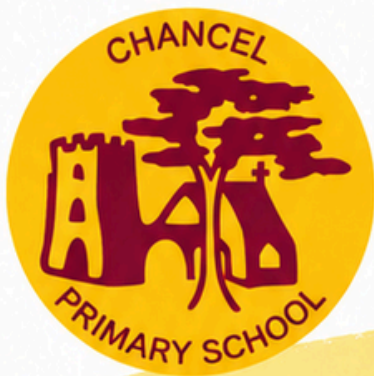
KS1 and KS2!

Get sponsored, get reading,
and see what you
can achieve



More information will be
given after half term.





*Where every child
belongs and thrives*

Phonics Meeting for Early Years Parents

If you have a child in Ducklings, Puffins or Reception and would like to know how to support their early reading and spelling acquisition, please attend either of our meetings.



Meeting taking place on

Tuesday 10th November



At 9:15am and 6pm

Read Write Inc.
Phonics



Height and Weight Checks

On Tuesday 20th October, children in Reception and Year 6 will take part in the National Child Measurement Programme (NCMP).

As part of the programme, trained health professionals will measure children's height and weight in a private and sensitive way. Children will remain fully clothed, apart from their coats and shoes.

The programme helps build a picture of how children are growing across England and helps health services plan support for children and families. Parents will receive their child's individual results directly following the check. Individual results are not shared with school staff or other pupils.

Further information has been sent directly to families in Reception and Year 6, including details about the programme, how information is used and how to opt out if you do not wish your child to take part.

If you have any questions or concerns, please refer to the information in the letter or contact the school office.



Elmore Park

Following our article last week, we have now received a link to a petition set up by Josh Newbury MP regarding the future of Pets Corner at Elmore Park.

Cannock Chase District Council has confirmed that the possible closure of Pets Corner is under active consideration, with a decision expected to be made by the Council's Cabinet in the coming months.

Josh Newbury MP has launched a petition calling on Councillor John Parkes, Cabinet Member at Cannock Chase District Council, to rule out the closure of Pets Corner.

If you and your family enjoy visiting Elmore Park and would like to show your support for keeping Pets Corner open, you can sign the petition here:



Petition: No to closure of Pets Corner at Elmore Park

Add your name For many years, residents of Rugeley and visitors to the town have enjoyed the aviary at Elmore Park known as Pets Corner. Following rumours that Pets Corner was being considered for closure, Josh wrote to Cannock Chase...

Josh Newbury MP for Cannock Chase



Christmas Fair

We are delighted to announce that this year's Chancel Christmas Fair will take place on Friday 11th December from 3.30pm!

The fair will take place throughout the school hall and classrooms, with lots of festive fun for everyone to enjoy. There will be hot chocolate and mince pies available to buy, as well as a selection of Christmas crafts made by our children.

Would you like a stall?

We are also inviting parents, carers and local businesses to have a stall at our Christmas Fair. Stalls will cost £10, and parents are welcome to share a stall with someone else if they wish.

Places will be limited, so if you would like to have a stall, please let us know as soon as possible to avoid disappointment.

We can't wait to see everyone and get into the Christmas spirit together!



Secondary School Places 2027

A reminder to all parents and carers of children currently in Year 6 that the deadline for applying for a secondary school place for September 2027 is fast approaching.

The closing date is Saturday 31st October 2026.

Parents and carers must apply for a secondary school place through their home local authority. Please remember that children are not automatically allocated a secondary school place, even if they live in a school's catchment area, attend a feeder school or have a sibling at the school.

Staffordshire County Council recommends that parents name up to three school preferences and include their catchment school where appropriate.

If you have not yet submitted your application, please make sure you do so before the deadline. Late applications may affect the outcome of your application.

For full information and to apply online, please visit:

Staffordshire County Council – Applying for Secondary or High School Places

National Offer Day is Monday 1st March 2027, when parents will be notified of their allocated school place.



Big Bounce!

October Tour 2026

BIG BOUNCE

Huge Indoor Inflatable Play Event

SAVE **20%**

USE CODE **BOO20** AT CHECKOUT

VALID UNTIL 22-10-26

IDEAL FOR 4-13 YEAR OLDS

FUN - RACE - SLIDE - JUMP - PLAY - BOUNCE

Unlimited Play on a Arena Full of Supervised Inflatables & Interactive Games

#Pumpkin Ride & #Friendly Ghost Hunt

Obstacle Course - Mega Slide - Nerf Guns

Halloween Bouncy Globe - Under 5's Inflatables

Bouncy Bat Cave - Total Wipeout Duck & Jump Sweeper

Leap of Faith - Spooky Soundtrack - Media Wall

Big Bounce Champion Challenges - Sticker Time!

BOOK NOW!

www.BigBounceEvents.co.uk

SCAN ME TO BOOK

We Support **OVER £19,000** TEENAGE CANCER TRUST RAISED SO FAR

Bounce over to our Facebook pages! Ticket giveaways - Discount Codes

October Tour 2026

BIG BOUNCE

Huge Indoor Inflatable Play Event

IDEAL FOR 4-13 YEAR OLDS

SUNDAY 11th OCT - CREWE
Sir William Stanier School

SUNDAY 18th OCT - WOLVES
Our lady & St Chad Academy Sports Centre - WV10 8BL

TUESDAY 20th OCT - COALVILLE
Castle Rock High School

SATURDAY 24th OCT - BURTON
Shobnall Leisure Complex

SUNDAY 25th OCT - STAFFORD
Stafford Manor High School

MONDAY 26th OCT - SOLIHULL
North Solihull Sports Centre

TUESDAY 27th OCT - BLOXWICH
Bloxwich Active Living Centre

WED 28th OCT - STOURBRIDGE
Crystal Leisure Centre

THURSDAY 29th OCT - CANNOCK
Cannock Chase High School

FRIDAY 30th OCT - WALSALL
Oak Park Active Living Centre

SATURDAY 31st OCT - BIDDULPH
MyActive Biddulph Leisure Centre

Reception Admissions



School Admissions and Transport Service
2, Staffordshire Place
Stafford
ST16 2DH
Telephone: 0300 111 8007
Email: admissions@staffordshire.gov.uk

October 2026

Dear Parent/Carer

IMPORTANT INFORMATION - ADMISSION INTO RECEPTION CLASS SEPTEMBER 2027

Applications open on 01 November 2026. The national closing date is 15 January 2027.

Please visit www.staffordshire.gov.uk/admissions or scan the QR Code for more information.



The online system will ask for a UID number – please click 'No UID', this will allow you to continue with your application.

What you need to know:

- If others share parental responsibility for your child but live at a different address, please ensure you agree on school preferences before applying.
- All the information you need about the admissions process in Staffordshire is available on our website.
- Please read the reverse of this letter carefully before submitting your application online via the website.
- No priority for children in the school nursery and no guarantee that a place will be allocated in the reception class.
- Use our online search and compare tool to explore Staffordshire schools.
- Check if your child qualifies for **free home-to-school travel assistance** at www.staffordshire.gov.uk/schooltransport.

When applying:

- List all the schools you would like your child to attend – including those located outside Staffordshire.
- Check each school's **admission arrangements** to understand how your application will be considered.
- Some schools may require **additional information** or a **supplementary form**.

If you do not make an application, your child may be disadvantaged in the school admissions process, even if you have an older child attending your preferred school or live in the catchment area.

Kind regards
Staffordshire School Admissions and Transport Service



Important points to remember

- Apply online by 15 January 2027** to ensure your application is considered.
- Visit www.staffordshire.gov.uk/admissions and read all the guidance carefully.
- You must apply**, even if your preferred school already has an older sibling attending, or your child is in the school nursery, or it is your local school.
- List more than one school preference.** Only listing one does not give you an advantage and could result in your child being placed at a school far from home.
- All applications are processed **at the same time**. There is no priority for first preferences or early submissions.
- Rank schools in **your true order of preference**, not based on where you think your child is most likely to be accepted.
- If your child qualifies for more than one school listed on your application, the one **ranked highest** on your application will be offered.
- Be realistic. It's strongly recommended to include your **catchment area school** (if applicable) as one of your preferences.
- Understand each school's **admission arrangements** to know how your application will be prioritised.
- Some schools may require **additional documents or supplementary forms** (e.g. baptismal certificates).
- It is **your responsibility** to provide these – the Local Authority will not obtain these on your behalf.
- Consider **how your child will travel to school**.
- Most children are **not entitled** to free travel assistance. Check eligibility at www.staffordshire.gov.uk/schooltransport.
- You will receive your child's school offer on **16 April 2027**. Offers will not be released before this date.



Primary School **Reception** Application Process



The application process for a Reception place for **September 2027** will open on **1 November 2026**.



The easiest way for parents to apply is online via:

www.staffordshire.gov.uk/admissions



The closing date for applications is **15 January 2027**.



Please make sure you submit your application before the deadline.





**Nursery and Reception
invite you to a...**

SPOOKTACULAR

**Halloween
Stay and Play
20TH OCTOBER**

**DUCKLINGS
9:30 – 10:15AM**

**PUFFINS AND RECEPTION
9:15 – 10:15AM**

**Come along to our
classrooms for some
Halloween fun!**



Years 1 & 2 Conkers Winter Wonderland



We are delighted to announce that our Years 1 and 2 children will be visiting Conkers Winter Wonderland on Thursday 10th December 2026 for a magical festive adventure!

The children will begin by following the Reindeer Trail, before hopping aboard Santa's Conkerchoo Train and making their way to Waterside.

From there, the friendly elves at the Amphitheatre kiosk will be waiting to sprinkle some Christmas magic as the children follow the trail towards Santa's Grotto, where they will have the exciting opportunity to meet Santa!

Children should come to school in school uniform and will need a suitable warm coat and sensible footwear. A packed lunch will be provided by school. The cost of the trip is £22.95 per pupil, which is now available to pay via ParentPay.

Year 5 Derby Open Centre

Our Year 5 children will visit the Open Centre in Derby on Monday 19th October 2026 to take part in the Derby Faith Trail, which has been rearranged from July.

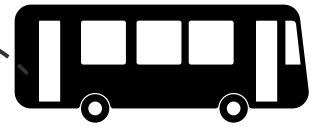
The children will visit a Hindu Temple, Mosque and Sikh Gurdwara, giving them the opportunity to learn about different faiths and places of worship.

Children should wear school uniform and trousers and bring a suitable head covering, such as a plain hat or scarf. They will also need to bring a packed lunch. As food tasting is part of the visit, please let us know about any allergies.

Children should arrive at school by 8.30am, ready for the coach to leave at approximately 8.45am. They will return by the end of the school day.

A huge thank you to our PTFA, who have kindly offered to cover the cost of the coach. ❤️





Reception Amerton Farm

Our Reception children will be visiting Amerton Farm on Wednesday 9th December 2026 for a magical Christmas adventure!

The children will be escorted by Santa's elves to Santa's Grotto, where they will receive a special gift. They will also have the chance to see Santa's reindeer and other farm animals, as well as enjoying a ride on the farm's train.

The visit will take place during school hours. Children should wear school uniform, suitable footwear and a waterproof coat. A packed lunch will be provided by school.

The cost of the visit is £28.00 per child, payable via ParentPay.

We are sure the children will have a wonderful festive day!



**More trips to be
announced soon...**





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 17th March to Friday 19th March 2027**. 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 **Monday 19th October 2026** to secure your child's place. The full payment must be made by **Monday 8th March 2027**. (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 **19th October 2026**. 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 8th March to Friday 12th March 2027**.

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 **Monday 19th October 2026** 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 **Monday 1st March 2027**.

If your child does not intend to go, please inform the school office by **19th October 2026**.

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





AWARDS



Stars



Warriors



Reception

Alexander & Bonnie

Laylah

Year 1

Tristan & Georgie

Albert P

Year 2

Chloe & Carter

Ted

Year 3

Oriah & Max

Theodore

Year 4

Lilly-Belle & Nancy

Hallie

Year 5

Scarlett J & Emily

Thea

Year 6

Whole Class

Whole Class

Arrive On Time At Ten To Nine
Make Every Minute Count



1st

Kingfishers

2nd

Toucans

3rd

Chaffinches

4th

Owls

5th

Eagles

6th

Kestrels

7th

Robins

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

256

Trent

234

Augustine

219

Wolseley

278





Recommended Reads - EYFS & KS1

Nursery



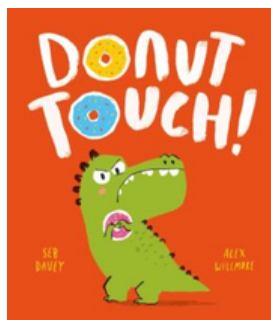
Blue Monster by Petr Horáček

This is a read-aloud book that demands that the reader find a voice for the Blue Monster and a voice that conveys something of the character's charm, even though he eats anyone who won't play with him!

The illustrations capture each character's feelings, and seeing Blue Monster's body language change as he becomes more and more embarrassed and guilty is a joy! The approach to solving friendship problems is clear and simple, and one that could easily be used with a class of children.

This book is so simple and enjoyable. The illustrations are beautiful, and the story holds a powerful message that is given gently and humorously.

Reception



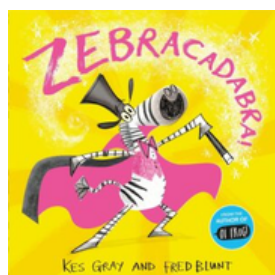
Donut Touch by Seb Davey

Mikey the T. rex loves donuts, but he doesn't like sharing. When Mikey's delicious donuts start to disappear one by one, he thinks that the reader is taking them, but he is too busy worrying about his donut dilemma to see what's right behind him. Will Mikey ever learn to share?

A laugh-out-loud, interactive story in which readers must try to turn the pages without touching the donuts and upsetting the dinosaur.

Winner of the 2022 Nottingham Children's Book Award.

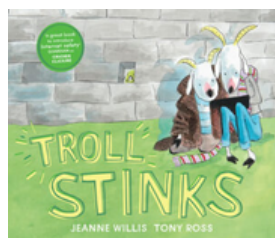
Year 1



Zebacadabra! by Kes Gray

Zebacadabra is the master of magic. He is so clever, he can transform his animal friends with just one word – "ZEBRACADABRA!" Pink flamingos turn into black-and-white stripy flamingos, Green alligators turn into black-and-white stripy alligators and colourful parrots turn into – you guessed it – black-and-white stripy parrots! But he is the best magician in the world, so turning them back to themselves will be no trouble at all. Or he would be, if only he knew how!

Year 2



Troll Stinks by Jeanne Willis

Billy Goat and his best friend Cyril are messing about with the farmer's mobile phone, taking selfies and playing games... until they discover the number for a troll. Grandpa Gruff says all trolls are bad, so Billy and Cyril decide to get their own back by sending mean messages. After all, trolls really do stink! Don't they?



Recommended Reads - KS2

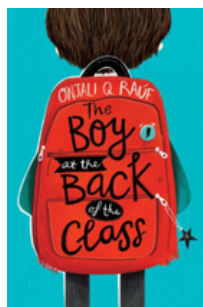
Year 3



The Apple Tree Animal Agency by Katya Balen

When Mattie wishes on a shooting star for a puppy, she knows her wish is hopeless. Her dad just doesn't believe Mattie is responsible enough to look after a puppy. She finds the next best thing when she and her friend Zoë start helping the new vet and animal rescuer, Dr Polly. Mattie still may not have a pet of her own, but she has amazing adventures rescuing a runaway ferret, trying to stop a greedy goat from eating everything in the garden and looking after an adorable puppy with a hurt paw. But as the animal rescue gets more and more crowded, Mattie, Zoë and the vet's son, Casper, realize that they need to do something more. Can they help the animals find their forever homes?

Year 4



The Boy At The Back Of The Class by Onjali Q. Rauf

Ahmet is a refugee, and is given a previously empty seat at the back of the class when he starts a new school. He is befriended by the narrator of the story. Through the story, we learn about Ahmet's background and the ups and downs of integrating into a new school. Kindness and friendship triumph, and the story develops empathy and encourages human connection.

Year 5



My Name Is Sunshine Simpson by G.M. Linton

This is an uplifting story about self-belief, heritage and community. Sunshine feels utterly ordinary, especially when a special school assembly challenges everyone to showcase what makes them unique. Surrounded by vibrant family members, particularly her effervescent Grandad, Sunshine struggles to find her own special talent. As everyday stresses mount, Sunshine grapples with a growing sense of inadequacy. The story follows her journey to follow Grandad's advice to seek her own adventures, stand proud and shine.

Year 6



The Boy With Big Decisions by Helen Rutter

Fred can't make a decision about anything – his parents always tell him what to do, from what to eat every day to which secondary school to choose. That's how Fred has found himself a pupil at the high-pressure, strict Gains School, when he'd much rather be going to Browtree, with its brilliant art department and kind teachers.

As Fred waits for the bus to his new school, he sees the bus for Browtree pull up – and a wild, thrilling, thought strikes him. Should he jump on this bus and pretend he's a new student at Browtree? Will he be brave enough to follow a different path for once?





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 Atkinson- 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.

childline

ONLINE, ON THE PHONE, ANYTIME

CONTACTING CHILDLINE

You can talk to us about anything. No problem is too big or too small. Call us on 0800 1111 or chat to us online.

You can also [speak to Childline in Welsh](#).



SPEAKING TO CHILDLINE

Childline is open 24 hours a day and 7 days a week, so you can speak to us any time.

Our counsellors are here to listen and support you with anything you'd like to talk about. You can call us for free on 0800 1111 or speak online using the 1-2-1 chats. If you're deaf, you can also use BSL via an interpreter.

You can also send us a message after signing up for a private Childline account. We'll answer your message within a day.



10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



#WakeUpWednesday

The National College

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SEND & inclusion

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.



The poster features a group of children and adults holding bows and arrows, standing in front of a target. The background is a mix of green foliage and a blue sky. The text 'Capita' and 'entrust Inspiring Futures' is visible in the top right corner. The main title 'OUTDOOR ADVENTURE DAYS' is in large, bold, white letters with a black outline. Below it, 'AUTUMN 2026' is in a yellow box. A paragraph describes the activities. A list of four benefits is shown with tree icons. A 'LUNCH INCLUDED' box is present. A 'BOOK NOW!' section includes a QR code and booking information. At the bottom, there are illustrations of children in various activities, a yellow chick with the number 20, and a house icon.

Capita entrust
Inspiring Futures

OUTDOOR ADVENTURE DAYS

AUTUMN 2026

Join us this autumn for action-packed outdoor adventure days filled with fun, friendship, and exciting activities. Young people will enjoy exploring the outdoors, building confidence, and making the most of the season in a safe and engaging environment.

- THRILLING ACTIVITIES
- FAMILIAR GROUNDS
- CONVENIENT SCHEDULE
- AFFORDABLE FUN

LUNCH INCLUDED

BOOK NOW!
Based at our Standon Bowers and Laches Wood outdoor centres. Scan the QR to book your place.
WE ALSO ACCEPT HAF BOOKINGS THROUGH EEQU. SCAN THE QR CODE TO FIND OUT MORE

SEN INCLUSIVE

20



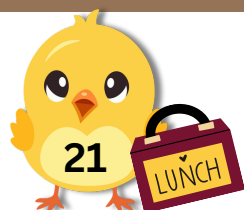
Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option	Spaghetti bolognaise with peas, sweetcorn and garlic bread	Hot Dog with wedges and mini corn	Roast chicken served with roast potatoes, fresh seasonal vegetabes and gravy	Chicken curry with rice, naan and sweetcorn	Fish Fingers and chips served with baked beans or peas
Vegetarian Option	Mac and cheese pasta served with peas, sweetcorn garlic bread	Vegetarian hot dog with wedges and mini corn	Quorn roast served with roast potatoes, fresh seasonal vegetabes and gravy	Vegetarian curry with rice, naan and sweetcorn	Cheese and bean wrap served with chips and beans or peas
Pudding	Toffee Shortbread	Chocolate shortbread and mint custard	Fruit cheesecake	Apple sponge	Crispy cookie

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.



Wangari Maathai

Wangari Maathai was an inspiring woman from Kenya, Africa, who cared deeply about people, nature, and the planet. She noticed that many trees were being cut down, which harmed the land and made life harder for local communities.

To help, she started the Green Belt Movement, encouraging people — especially

women — to plant trees and look after the environment. Over the years, her movement has helped plant millions of trees across Africa!

Wangari's hard work and determination earned her the Nobel Peace Prize, and her message still inspires people today: even small actions, like planting a tree, can make a big difference in caring for our world.



Meet The Teaching Team



Mrs Allerton



Miss Jones



Mrs Wakelam



Mr Leese



Miss Miller



Mr Wincup



Mrs Watson



Mr Newton



Mrs Gamble



CONTACT US



Developing the citizens of tomorrow through the best education of today

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