

# Christ Church CofE Primary School



Friday 5<sup>th</sup> September  
2025



The return to school after summer can be a whirlwind of emotions – a mixture of excitement, nerves, and everything in between. The guide on the next page shares ten practical tips to support children during this transition. From re-establishing routines to encouraging conversations about feelings, this guide is designed to reduce stress and build a sense of calm.

Check out our 10 top tips to support your child going back to school these strategies can help to ensure a smooth transition. From planning ahead and refreshing social connections to creating calm mornings and supporting healthy sleep habits, this guide is packed with useful advice to make the back-to-school journey more positive for the whole family.

## KEY DATES

**Thursday 11<sup>th</sup> September** – Don't forget your school backpack as children are invited to have them blessed church during our service assembly.

**Friday 19<sup>th</sup> September** – Wear Yellow, for a donation. This is to raise money for the Bright charity which supports the NHS provide better facilities and resources for patients across the local authority.

**Wednesday 24<sup>th</sup> September 3pm/ 3.30pm**– Meet the Teacher (2 sessions in each class, please attend 1.

**Thursday 2<sup>nd</sup> October 9.15am All Parents Welcome**– Harvest Festival

**Wednesday 8<sup>th</sup> October**– Whole school Disco. Nursery and Reception during the school day, Year 1-6 end of school until 4.15pm

**Wednesday 22<sup>nd</sup> October** – School closed for INSET

**Week commencing 24<sup>th</sup> November**– Parents Evenings

### Christmas Productions

**Each year group will have 2 performances starting at 9.30 and 1.45pm. 2 tickets per child will be provided for your selected performance later in the term**

**EYFS– Tuesday 9<sup>th</sup> December**

**Year 1/2 – Friday 12<sup>th</sup> December**

**Year 3/ 4 – Wednesday 10<sup>th</sup> December**

**Year 5/6 Thursday 11<sup>th</sup> December**

### Christmas Parties

**Parties will take place during school time. Your child is welcome to bring a change of clothes for them to wear during their party which will take place after lunch. Further details will be provided nearer the time.**

**EYFS– Tuesday 16<sup>th</sup> December**

**Year 1/2 – Monday 15<sup>th</sup> December**

**Year 3/ 4 – Thursday 18<sup>th</sup> December**

**Year 5/6 Wednesday 17<sup>th</sup> December**

– WELCOME –  
**BACK TO SCHOOL**





# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN GOING BACK TO SCHOOL

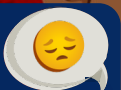
Returning to school after the summer holidays can be both exciting and daunting for children of all ages. Different routines, classes, schools, and academic pressures can cause anxiety or uncertainty. Parents play a vital role in easing this transition. This guide will help you support your child emotionally, mentally, and practically as they return to school.

### 1 RE-ESTABLISH ROUTINES



Gradually shift back to school-time routines a week or two before term starts. Regular bedtimes, wake-up times, and mealtimes can help children feel more secure and reduce the shock of change when school begins. Having a routine creates predictability and stability, helping to reduce anxiety while improving sleep and concentration.

### 2 TALK ABOUT FEELINGS



Encourage open conversations with children about their feelings. Ask them how they feel about returning to school, such as what they're looking forward to and anything they might be feeling unsure or worried about. Validating their emotions can help reduce anxiety and show them it's okay to talk about their emotional wellbeing.

### 3 SUPPORT WITH SLEEP



Children need adequate sleep for concentration, brain function, memory, and emotional regulation. Establish a wind-down routine without screens at least an hour before bed, and encourage relaxing activities like reading or listening to calming music.

### 4 LOOK OUT FOR SIGNS



Some children hide their anxiety. Watch for changes in their behaviour, such as withdrawal, stomach aches, and irritability. If worries persist, speak with their teacher or the pastoral team early to ensure your child receives support.

### 5 REFRESH SOCIAL CONNECTIONS



Help children reconnect with school friends by arranging playdates or video chats in the week before school starts. Familiar faces and social interactions help the transition and provide emotional comfort on that first day back.

### 6 CREATE A CALM MORNING



Mornings set the tone for the day. Plan ahead with a consistent morning routine that allows time for breakfast, getting dressed, and talking calmly about the day. Avoid last-minute rushing to reduce stress for everyone.

### 7 FOCUS ON POSITIVES



Talk about the fun and interesting parts of school – seeing friends, favourite subjects, or exciting activities. One simple but powerful change parents can make is swapping “How’s your day been?” for “What’s been good about your day?” This invites more of a positive, open response. Focusing on positives can help shift children’s anxious thoughts and reframe school as a safe and engaging place.

### 8 VISIT OR VISUALISE SCHOOL



If possible, encourage visits to the school grounds before the first day, especially if it’s a new school. Walking the route or even looking at photos of classrooms and teachers can make the environment feel familiar. The school website is always a great go-to place for this. This is particularly helpful for younger children or those with additional needs.

### 9 PLAN AHEAD TOGETHER



Involve children in preparing for school – buying supplies, packing their bag, or choosing lunch options. This gives them a sense of control and builds excitement. Use checklists or calendars to prepare together, helping reduce last-minute stress.

### 10 STAY POSITIVE AND PRESENT



Children pick up on your outlook. Stay calm, positive, and present, especially during drop-offs. Avoid lingering goodbyes, and let them know you’ll be there at pick-up. A consistent, reassuring presence builds their confidence and resilience.

## Meet Our Expert

This guide was created by Jo Morton-Brown, an Emotional Health Practitioner with nearly 15 years’ experience supporting children and young people’s mental health. She produces uplifting YouTube content for pupils and trains adults to better support young people’s wellbeing, with a mission to help every child feel valued and understand their emotions.



#WakeUpWednesday®

The National College®

# After school Clubs

## Autumn Term 1



### Monday

**Netball-with Mrs Bell  
Years 5/6**

School netball team selected from club-competition Dec



### Tuesday

**Football-with Access Coaching  
Years 4/5/6**

School Football team selected from club-Fixtures Oct/Nov

### Thursday

**Hockey-with Mrs Wake  
Years 5/6**



### Friday

**Dodgeball-with Mrs Smith  
Years 2/3**



**All clubs after school until 4:15pm**

**Sign your child up via Arbor  
From Monday 8<sup>th</sup> Sept**



At Christ Church school, we use the free Marvellous Me app to share important information and celebrate your child's achievements. To make sure you don't miss out, please download the app and ask your child's teacher for your unique joining code. This will give you access to all our updates and messages throughout the year.



## Why you should use MarvellousMe

- ★ MarvellousMe helps you to talk more easily with your child about school and practise topics together.
- ★ MarvellousMe helps you to celebrate your child's good work and reinforce the positive behaviours and values that teachers are encouraging and praising in class.
- ★ Your child will be happier, more confident and motivated, and do better when they know that you are connected with their teacher and receiving positive updates.

'At the age of 7, parental influence on learning is 6 times that of the school.'

Professor Charles Desforbes,  
'The Impact of Parental Involvement, Parental Support and Family Education on Pupil Achievements and Adjustment.'

'Parent engagement is one of the most effective ways of improving test scores, boosting character development and confidence, and helping children become more powerful learners. The more parents and children have good conversations about their school day, the better pupils achieve.'

Bill Lucas, Professor of Learning at the University of Winchester and co-author of 'Educating Ruby.'



## Getting Started

Your child's teacher will give you a unique MarvellousMe parent join code. You need this to use the app. It's best to download the MarvellousMe parent app from the **Apple** or the **GooglePlay** store.

- 1 Download the MarvellousMe parent app.
- 2 Enter your 6-digit parent join code.
- 3 Tap 'Sign up'.
- 4 Enter your name, email and make up a password.
- 5 Tap 'Sign up'.
- 6 Log in.

If you don't have a smartphone or tablet, you can sign up and log in via [www.marvellousme.com](http://www.marvellousme.com). Please use Chrome as your Internet browser.

The app is very easy to use. Just tap on the icons to find your way around. There's a walk-through video and Help Centre at [www.marvellousme.com](http://www.marvellousme.com), if you need any help.

## Tips for parents



'Activities' tell you what your child is learning, 'Badges' tell you why the teacher has praised your child and 'Messages' keep you up to date. Think of them as conversation starters to everyday questions like: 'What did you learn at school today?' 'Were you good?' 'Have you got any messages?'



Use your new insight wisely and prompt conversations with your child at different times, such as when travelling, over dinner or at quiet times together. It's natural for children to want to unwind and play after school.



Show the MarvellousMe app to your child. It will help them to reflect on their learning and feel proud of the teacher's positive comments.



'Hi5' the teacher every time they send you an update, so they know you are engaged.

Add another child to your app by tapping 'Add Child' and entering their join code.

Share you app with family and friends by giving them the same parent join code that you used, or inviting them in 'Settings'. They will then be able to enjoy the instant updates as well.

You did very well today!

Let's practise...



# 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®

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# Snack better this September!

**Snack  
tember**

**EXPLORE** BETTER SNACKING...

**TRY** NEW SNACKS...

**MAKE** YOUR OWN SNACKS!



Inspiring healthier, more sustainable snacking  
for children and young people. Find out more:  
[www.nutrition.org.uk/snack-tember-2025](http://www.nutrition.org.uk/snack-tember-2025)

Better snacking. One bite at a time.

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 **British  
Nutrition  
Foundation**



# Why healthier snacking matters

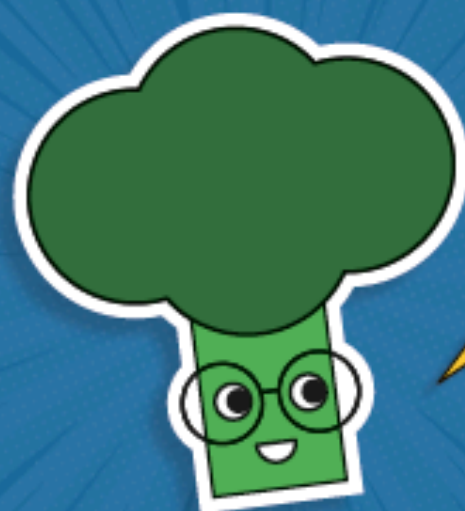
**Snack  
tember**

## A GUIDE FOR PARENTS AND CARERS OF SCHOOL-AGED CHILDREN

Snacking is a big part of children's daily routine, but many popular snack choices are high in saturated fat, salt and sugars, and low in important nutrients like fibre and vitamins and minerals.

Over time, eating too many of these types of snacks can lead to health issues like too much weight gain and dental problems.

Snacking isn't necessarily bad, it's just about choosing the right snacks.



### HEALTHY SNACKS CAN:

- Provide important nutrients to support children's growth and development.
- Be an opportunity to have a drink to stay hydrated (water or milk are best).
- Help children feel less hungry so they don't overeat at mealtimes.

**Better snacking. One bite at a time.**

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## TRY these healthy snack ideas!

### ON-THE-GO:

- Fresh fruit (e.g. apple, banana).
- A slice of malt loaf.
- Two or three wholemeal crackers with a 30g portion of reduced-fat cheese.

### AT HOME:

- Vegetable sticks (e.g. pepper, carrot) with hummus or a reduced-fat dip.
- Half a wholemeal bagel with reduced-fat soft cheese, cucumber and tomato.
- A rice cake with peanut butter and banana.



### ENCOURAGE OLDER CHILDREN

to prepare their own simple snacks:

- Wholegrain breakfast cereal with milk.
- Wholemeal toast or crumpets with reduced-fat spread.
- Pizza toast (cheese and vegetables, such as tomato, pepper and sweetcorn, on toast).

### CELEBRATE SNACK-TEMBER

by trying out these tasty snack recipes!

- Paprika tortilla chips and spring onion dip
- Beany dip and crunchy veg
- Homemade popcorn
- Fruit and oat bites
- Pizza muffins



Take a look at these recipes!  
[www.nutrition.org.uk/snack-tember-2025](http://www.nutrition.org.uk/snack-tember-2025)





# Free Parent Webinar

## County lines in Northumbria

4 dates in  
September

Join our free, live webinar to learn about how children are being groomed in Northumbria, how to spot the signs of exploitation, and how to get help if you are worried about a child.

**Register your place**



**“i feel confident now  
to speak to my child  
about grooming.”**

