

Beechwood Newsletter



Welcome back to all our wonderful families! We hope you had a truly fantastic summer holiday, filled with laughter, rest, and cherished moments spent together. Whether you travelled far or enjoyed the simple pleasures of home, we trust that the break brought joy and connection to you and your children. As we step into the new academic year, we embrace this moment as a fresh start—a chance for all students to grow, learn, and shine.

Attendance

As we move forward into the term, we sincerely hope to maintain this fantastic momentum. Our school-wide attendance target is 95%, and reaching this goal requires a consistent, collective effort from everyone in our community. Regular attendance is vital—not only for academic progress, but also for building confidence, friendships, and a strong sense of belonging.

Last week, our attendance champions were Class 6, who led the way with outstanding attendance, and Class 5 had the best punctuality. The competition was tight, with many other classes just a whisker away from claiming the top spot. We want to take a moment to celebrate and commend all our pupils for their fantastic efforts—your presence matters, and it makes a difference every single day.

During our recent assembly, we proudly congratulated the Golden medallists' group, who achieved a remarkable 100% attendance at the end of the 2024–2025 academic year. Their dedication and consistency have earned them the title of Attendance Ambassadors, and they will now serve as role models for their peers across the school. We hope their example inspires many more children to follow in their footsteps and prioritise being present, engaged, and ready to learn.

We also want to extend our heartfelt thanks to all parents and carers for your continued support. Your role in ensuring daily school attendance is

vital, and we recognise the effort it takes to maintain routines and respond to challenges.



As a gentle reminder, it is a legal responsibility for parents to ensure their children attend school regularly. Of course, we understand that there are times when absence is unavoidable due to genuine reasons. In such cases, we kindly ask that you communicate with us promptly. You can reach the school via email, voicemail, face-to-face conversations with staff, or by leaving a message on the school answering machine. Clear and timely communication, together with the supporting evidence help us maintain accurate records and ensures that every child's attendance is properly accounted for.

We look forward to sharing more updates and celebrating attendance successes in the upcoming newsletters.

Here's to a brilliant year ahead at Beechwood Primary—where every day counts, and every child shines.

Trips, Visits and Experiences

Doris Storey House Visit

A group of year six children were invited by the construction company Wates to visit the brand-new apartment block that they helped to name. In year four, the children were asked to research

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a significant individual from East Leeds to name a new block of apartments in Seacroft. The children chose Doris Storey, an ordinary lady from East Leeds who achieved extraordinary things. Doris swam in the Empire Games and won two gold medals. She stood up for her beliefs when she refused to stand for Hitler in Berlin in 1936. The children felt that Doris Storey should be honoured and ensure her story did not become hidden from history. During the event, the children were shown around the apartments and learned all about how they were designed and built sustainably. They had the opportunity to see a mural designed and painted on the wall inside the building by a local artist. Each child was also gifted a goody bag from Waters including swimming goggles and a gold medal! They impressed the staff with their knowledge of Doris and sustainability. Well done year six!

Please follow [this link](#) to the Council's press release.



Year 4 Ancient Greek workshop

Year 4 took part in an amazing Ancient Greek workshop. We looked at how life was in that era and considered the inequality between men and

women. We played some Ancient Greek games and designed our own vases. We finished the day considering how the hoplites (soldiers) prepared for battle and looked at some of the weapons they used.



Pupil Voice

We have been holding our School Council Elections over the last week and talking about the role of a school council member in class. The children who were interested were asked to prepare a brief presentation, saying why they would like to be a class representative. During class time, elections then took place where everyone had the opportunity to vote. The children have been excited to take part in this! Each class representative will be announced next week. This is really important role as the children will collect the views of their class and share these at weekly after school meetings.

Home School Diaries

Your child has been given a new home school diary as they start in their new class. These are fantastic to help support your child's learning at home with a range of different resources specific to your child's year group. It also has key information about what your child will be learning each term, ideas for home learning and login details. Please remember to record when your child reads each week and send them into school daily.

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Mental Health and Wellbeing

This week's mental health and wellbeing focus is about how to support your child going back to school. We know that returning to school after the summer holidays can be both exciting and daunting for children. Please see the link below for information to help parents and carers. See below for more information

Kooth.com

Kooth.com is a free, safe and confidential website that offers mental health and emotional wellbeing support for children and young people. It provides a space where children aged 10 and over can talk to friendly counsellors, read helpful articles, take part in online forums and track their feelings with useful tools. Available 24/7, Kooth is a great way for young people to get support when they need it.

<https://www.kooth.com/>

Safeguarding

We now have a new safeguarding section on our website. Please check [here](#) regularly for updates. If you are worried about any safeguarding situation or about your child being harmed, then you should contact Miss Roberts (Designated safeguarding lead), Mrs Giles or Mrs Ticala (Deputy designated safeguarding leads) to share your concerns.

NSPCC Contact Information

At our school, keeping children safe is our top priority. If you or your child ever need support, advice or someone to talk to, the NSPCC is always there to help. You can visit their website at www.nspcc.org.uk for helpful resources or call their free helpline on **0808 800 5000**. Just a reminder – these contact details can also be found in your child's Home School Diary for easy access at any time.



Free School Meals

All children in Reception, Year 1 & Year 2 are entitled to free school meals, Children in years 3-year 6 may be entitled to free school meals if you as their parent receive any of the following:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit

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- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

If you think your child may be eligible for free school meals, please follow the link to apply [here online](#) or if you would prefer a paper copy of the application form please visit the school office.



School App

Please remember to download the school App so that you don't miss any communication.
<https://www.theschool.app/>



Nursery Places

We have a small number of 3-year-old nursery places available for both 15-hour and 30-hour places. Please contact the school office for more information and share this with family and friends.

Key Dates

Parent Meetings:

Year 1	Monday 15th Sept 2:30pm
Year 2	Thursday 18th Sept 2:45pm
Year 3	Wednesday 10th Sept 9am
Year 4	Thursday 11th Sept 9am
Year 5	Thursday 18th Sept 9am
Year 6	Wednesday 17th Sept 9am

Other dates:

Thursday 18th September	Year 5 Leeds Grand Theatre Trip- Northern Ballet
Thursday 18th September 11.30am	Reception Class 2 eat lunch with your child (more information to follow)
Friday 19th September 11.30pm	Reception Class 1 eat lunch with your child (more information to follow)

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 18 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