

Beechwood Newsletter



Welcome back to school! We hope you enjoyed the Christmas break. The children have made a great start to the Spring term even with the weather conditions we have been experiencing. Thank you for your support.

Attendance

The end of the Autumn Term was a fantastic opportunity to celebrate the remarkable efforts of our students in maintaining excellent attendance. We proudly celebrated 80 children who achieved perfect attendance (100%), and 156 children who demonstrated excellent attendance (above 95%). To recognise their hard work and commitment, these students were rewarded with delicious Cadbury chocolate selection boxes and certificates. Additionally, we celebrated those who showed the most improvement in their attendance.

Also, special congratulations go to Class 10, Class 7, and Class 13 for their outstanding attendance throughout the term. You can find more information about this on the school website. Keep up the fantastic work, everyone!

Trips, Visits and Experiences

Y4 Sam the Sound Man workshop

Year 4 welcomed Sam 'The sound man' into school to help us learn about our new science topic – sound! We had a fantastic morning with him and learnt how sound is created, how it travels, all about pitch, tone and volume. It was a very interactive morning, and everyone got involved.



Year 1 Puppet Workshop

This week, Year 1 enjoyed an amazing workshop about 'Jack and the Beanstalk'! They watched a brilliant puppet show and participated in drama activities to learn about the key events in the story. Afterwards, they returned to class and created their own puppets to explore the characters further. The workshop was a hit, and the children happily took their puppets home.



Selection Boxes

On the last day of term, we had a lovely surprise from DLP Services. They came to school and donated 500 Cadbury selection boxes for every child to enjoy as part of their social values initiative. We would like to send a huge thank you to the company for their generous donation.



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Glurbs Language App

To further support your child learning French in KS2, we recommend you download the language learning app, Glurbs. It has been created by the company whose resources we use as part of our French teaching. This is a fun, interactive way for your child to complement their French learning in school.



Reception 2025 Applications

Reminder the deadline to apply for a Reception school place is *Wednesday 15th January 2025*.

Please follow this [link](#) to apply for a reception school place. If you need any support, please contact the school office/nursery team.

Mental Health and Wellbeing

This week's wellbeing focus is on supporting children to return to routine. The school holidays provide us with a chance to slow down and relax but it can be difficult for children to adjust again to normal school day routines. The guide has lots of practical tips for parents and carers to ease the transition and reduce stress. Please see below for information to help support you.

Safeguarding

If you are worried about any safeguarding situation or about your child being harmed, then you should contact Miss Roberts (Designated safeguarding lead) or Mrs Giles (Deputy designated safeguarding lead) to share your concerns.

Key Dates

29th January — Cross Country PE trip

Stay & Play

Class 1 *16th January 2025 2:15pm*

Class 2 *23rd January 2025 2:15pm*

Class 1 *30th January 2025 2:15pm*

Class 2 *6th February 2025 2:15pm*

School App

Please remember to download the school App so that you don't miss any communication.

<https://www.theschool.app/>



10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine a week before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education easier possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



The National College®

Source: See full reference list on guide page at:

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