



Together we build

February 2026							
WK	Mo	Tu	We	Th	Fr	Sa	Su
5							1
6	2	3	4	5	6	7	8
7	9	10	11	12	13	14	15
8	16	17	18	19	20	21	22
9	23	24	25	26	27	28	

March 2026							
WK	Mo	Tu	We	Th	Fr	Sa	Su
9							1
10	2	3	4	5	6	7	8
11	9	10	11	12	13	14	15
12	16	17	18	19	20	21	22
13	23	24	25	26	27	28	29
14	30	31					

Key

Pupils at School
Weekends
Teacher Training Days
Bank Holidays
Holiday

Don't forget to bring your refillable water bottle.



Weekly Newsletter

Spring Term 1

Issue 201

6th February 2026

Next week is Children's Mental Health Week, a topic that is very important to us.

We will be discussing the five ways to wellbeing throughout the week and how students can incorporate this into their daily routines at home and School.

Five ways to Wellbeing



We have a Mental Health First Aider on site, Gary, who is available for students to speak to if they have any mental health or wellbeing concerns.

Safeguarding Information



Trusting Your Parental Instinct

Trusting Your Instincts as a Parent

As a parent, you know your child better than anyone else. You notice the small shifts — a change in mood, a shorter temper, a loss of enthusiasm, or a quietness that wasn't there before. Often, these changes don't come with a clear explanation, and it's easy to tell yourself it's "just a phase". But those early feelings of concern are worth paying attention to.

Children don't always have the words — or the confidence — to explain what's bothering them. Sometimes they stay quiet because they don't want to worry adults, get anyone into trouble, or make a situation feel bigger than it already does. Checking in early doesn't mean assuming something is wrong; it simply shows your child that you're available, listening, and on their side.

How can it be a risk?

Reaching out for support is not about overreacting or getting things "wrong". Whether that support comes from a conversation at home or a chat with school, acting early can prevent small worries from becoming bigger ones. In our school we see parents as partners, and sharing a concern — even if you're unsure — helps everyone support your child more effectively.

Helpful tips:

- Trust your instincts — you don't need proof to start a conversation
- Choose a calm moment to check in, rather than raising concerns during conflict
- Listen more than you talk; you don't need to fix everything straight away
- Let your child know they won't get into trouble for being honest
- If a worry lingers, consider speaking to your child's teacher or the school's safeguarding team
- Remember: asking for help is a sign of care, not failure

Parents can report online concerns to **CEOP**, speak to the school's safeguarding team, or access guidance from **NSPCC**, **ThinkUKnow**, and **Childline**.



<https://www.ceop.police.uk/Safety-Centre/>



<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/report/>



<https://saferinternet.org.uk/resource/thinkuknow->

<https://www.childline.org.uk/>