

NEWSLETTER

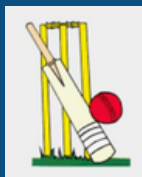
A WELCOME MESSAGE

Welcome to our new look newsletter! We have decided to add a little more colour and organisation to our weekly updates. We hope you like the changes!

It has been a fantastic first full week back at school. The children have settled in really well to their new routines and are already developing great relationships within their new class and with staff in their year group. The exciting, extra educational opportunities for your children have already begun with Year 3 visiting Butser Ancient Farm to kickstart their learning for their new topic. In addition, Year 1 have taken part in some cricket coaching and Year 6 have sampled Dodgeball too. To top the week, we have also received our amazing Ofsted report!

We think that the children will all be ready for their weekend!

Matt Johnson
Headteacher



QUOTE OF THE WEEK

"Pupils are clear that they are all equal and that their school is a place that they can be themselves."

Copnor Primary School Ofsted
Report - July 2025

UPCOMING EVENTS

Next week:

15th - Year 4 - Tile Barn Residential (all week)

KS2 Karate Demonstration Assembly

16th - Year 1 Cricket Session 2

17th - Reading in Class - 8.35 - 8.55 - Your weekly opportunity to read in class with your child.

18th - Years R - 2 - Flu Immunisations



WEEKLY HIGHLIGHTS

YEAR 3 - BUTSER ANCIENT FARM TRIP



Year 3 enjoyed an exciting trip to Butser Ancient Farm as part of their Stone Age topic. The children had a fantastic time exploring what life was like in the Stone Age. They took part in hands-on activities, learned about ancient tools and homes, and experienced history in a fun and engaging way. It was a memorable day full of learning, discovery, and adventure for everyone involved!



ATTENDANCE

	Mary Rose	Victory	Alliance	Warrior
KS1	96.10%	94.74%	95.16%	92.41%
KS2	94.69%	98.73%	96.00%	96.54%

Congratulations to **Mary Rose** in **KS1** & **Victory** in **KS2**, the winners of the Attendance Cups this week.

YELLOW PHOTOS

The school photographers will be in school on the following dates:

Friday 26th September - Individual photos taken of Years 1 - 6

Tuesday 14th October - Year R, siblings and any children absent in September

Friday 5th June - Class photos



GOLDEN CHILD



I am delighted to share the names of this week's Golden Children:

Year Group	Class	Golden Child
1	Adeola	Anvit
	Field	Rebekah
	Gravett	Ethan
2	Nightingale	Amy
	Austen	Tallulah
	Seacole	Jessica
3	Adele	Harry
	Sheeran	Madie
	Styles	Zara
4	Thompson	Archie
	Rickman	Arthur
	Elba	Orla
5	Banksy	Boe-Marie
	Hockney	Eliza
	Lowry	Darcie
6	Holmes	Temi
	Hamilton	Everly
	Brownlee	Harrison

KS1 and **KS2** have all been recognised as **someone who spreads kindness with their actions.**

LOCAL OPPORTUNITIES



TOTS AND TODDLERS

SIGN UP!

JOIN US EVERY MONDAY

9:30am
St. Alban's Church
Copnor Rd
Portsmouth
PO3 5AL

NEVER TOO YOUNG
TO CHANGE
THE WORLD

To book on:
Head to our website harbourchurchuk.org/tots

Harbour Church would like to invite you to attend one of their Tots and Toddlers sessions that take place every Monday at St Albans Church.

Please book online:

harbourchurchuk.org/tots

Bookings are now open for the Half Term Holiday Club run by Active8 Minds.

You can book online at the address below:

<https://active8minds.co.uk/>



Active8 Minds®
Sport & childcare specialists

HALF TERM HOLIDAY CLUB

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KEEPING OUR CHILDREN SAFE ONLINE

Continuing our sharing of the informative posters from #WAKEUP WEDNESDAY, National Online Safety. Please take the time to read through all the tips that will help to ensure that your children are safe online.



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

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 at least a few days 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 as easy as 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.



#WakeUp
Wednesday

The
National
College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>



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