

# NEWSLETTER

## A WELCOME MESSAGE

Welcome back to a new school year!

We hope all our families had a wonderful summer break and are feeling refreshed for the exciting term ahead. It has been lovely to see our children return with such enthusiasm and smiling faces. We look forward to a year filled with learning and memorable experiences for everyone in our school community.

We are also excited to be welcoming our new starters to the school following their home visits this week. We have thoroughly enjoyed meeting them and their families and look forward to seeing them begin their school journey with us.

Matt Johnson  
Headteacher



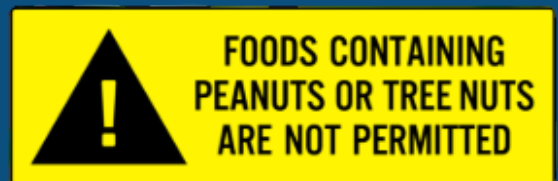
## UPCOMING EVENTS

Next week  
September

8<sup>th</sup> - **Parent Drop In (NOT YEAR R)** A chance to meet your child's teacher.

9<sup>th</sup> - **Reading in Class - 8.35 - 8.55** your weekly opportunity to read in class with your child.

## IMPORTANT ALLERGY INFORMATION



Due to a child joining our school with a Peanut & Tree Nut allergy, we will no longer be able to have **pine nuts** or any food containing them (e.g. **pesto**) on the school site.

Whilst pine nuts are the edible seeds from the cones of pine trees, people with tree nut allergies can react to the proteins inside causing an allergic response.

- Tree nut allergy affects around 2% of children and 0.5% of adults in the UK. In tree nut allergy, the immune system reacts to proteins in the nut.

We appreciate your support with this matter.

## QUOTE OF THE WEEK



"A new school year means new beginnings, new adventures and new challenges."

**Denise Witmer**

# ADVANCE NOTICE

**Friday 18<sup>th</sup> September** - Year 6 NCMP



**Friday 25<sup>th</sup> September** - Yellow Photographers - (Yr1 - Yr6)

**Tuesday 3<sup>rd</sup> November** - Yellow Photographers - (Yr R, siblings & absentees.

**Monday 16<sup>th</sup> November** - Flu vaccination (Whole school) Further information to follow.

## NEW ENTRANTS 2027

You can now book a visit to our school via our website or using the form below:

<https://forms.cloud.microsoft/e/U2UUy1Leic>

We look forward to welcoming you to visit our wonderful school community.



## GOLDEN CHILD



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

**KS1 and KS2** have all been recognised as **someone who takes a positive approach to school.**

| Year | Class       | Golden Child |
|------|-------------|--------------|
| 1    | Adeola      | Leo          |
|      | Field       |              |
|      | Gravett     | Ronnie       |
| 2    | Nightingale | Sienna       |
|      | Pankhurst   | Sofia-Mae    |
|      | Seacole     | Dove         |
| 3    | Fender      | Liam         |
|      | Hill        | Andreas      |
|      | Styles      | Hudson       |
| 4    | Atkinson    | Mihayla      |
|      | Elba        | Phoebe       |
|      | Watson      | Lola         |
| 5    | Banksy      | Adam         |
|      | Blake       |              |
|      | Hockney     | Sebastian    |
| 6    | Brownlee    | Aylo         |
|      | Hamilton    | Jessica      |
|      | Russo       | Bella        |



# NOTICES



## REMINDER: PHONES, SMART WATCHES & SMART GLASSES



To help minimise distractions and support a safe learning environment, mobile phones should not be brought into school unless absolutely necessary.

If a child needs a phone for travel arrangements in years 5 & 6, it must be handed to the class teacher at the start of the day and collected at home time.

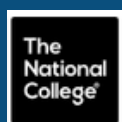
Please note that smart watches and smart glasses are not permitted in school at any time, as these devices can access the internet, send messages, take photographs, and record audio, which creates a safeguarding risk. We appreciate your support in helping us maintain a focused and secure environment for all pupils.

## KEEPING OUR CHILDREN SAFE ONLINE

Welcome to this week's online safety guide for parents. As always, we will be sending this week's guide as a separate pdf and the picture below is also a link to the website. (You will need to create an account to access the guides on the website)

This week's guide explains all about 'Essential Online Safety'

Please take the time to read through all the tips that will help to ensure that your children are safe online.



## PE & GAMES DAYS

Please see below your child's PE days:

|        | Indoor    | Outdoor  |
|--------|-----------|----------|
| Year 1 | Friday    | Tuesday  |
| Year 2 | Thursday  | Monday   |
| Year 3 | Tuesday   | Thursday |
| Year 4 | Friday    | Monday   |
| Year 5 | Wednesday | Friday   |
| Year 6 | Thursday  | Tuesday  |

### EYES

Hendra - Monday

Donaldson & Gray - Tuesday

## PTA EVENTS 2026-7



Check here over the next few weeks as we announce all the exciting activities that our fantastic PTA will be planning and supporting over this next academic year!

In the meantime:

**Please come and join us!**

If you are interested in joining or supporting our fantastic PTA, please let us know using the button below and completing the short form:



We'd appreciate as much or as little help as you can offer.



# PASTORAL TIP OF THE WEEK



## Tip no. 1 - Creating new routines for the new school year

Starting a new school year can be exciting, but it can also bring nerves and disruption to family routines. A few simple strategies can help children feel more confident, organised, and ready to learn.

### 1. Create a consistent morning routine

Keep mornings predictable by:

- Laying out clothes the night before
- Packing school bags in advance
- Preparing lunches ahead of time where possible
- Using a simple checklist for younger children



### 2. Prioritise sleep

Children learn and cope better when they're well rested. Establish a calming bedtime routine by

- Limiting screens before bed
- Reading together
- Keeping bedtimes consistent, even on weekends

### 3. Talk about feelings

A new class, teacher, or school can bring worries. Encourage children to share how they're feeling and listen without immediately trying to solve every problem. Reassurance and understanding often go a long way.

### 4. Stay positive

Children often pick up on adults' emotions. Talk positively about learning, making friends, and new opportunities. A confident outlook can help ease anxiety.

### 5. Encourage independence

Help children take responsibility for age-appropriate tasks such as:

- Packing their own school bag
- Checking homework requirements
- Looking after school equipment

### 6. Make time for connection

The start of term can feel busy. Try to set aside time each day to chat about school, share a meal together, or enjoy a simple family activity.

### 7. Be patient with the adjustment period

Even confident children can take a few weeks to settle into new routines. Expect some tiredness, emotional ups and downs, or forgetfulness as they adjust.

### 8. Let us know if your child needs our help

If your child is still struggling to settle after a few weeks, let us know so that we can give them some additional support in school.



# NEW BIKE AND SCOOTER RACKS



We are sure that you have noticed, that during the holiday we installed brand-new bike and scooter storage. We are absolutely delighted that so many of our pupils actively scoot and cycle to school. Active travel is a fantastic, healthy way to start the day. To support our young riders, we want to ensure their equipment stays completely safe while also keeping our shared footpaths clear and accessible for everyone.

To make sure every child has the correct space for their bikes and scooters, please help your child select the right rack for their equipment:

- Scooters go in the scooter racks. These look the same as the original scooter racks that we had before. Please slide the front wheel into the narrow slots.
- Bikes go in the bicycle racks- located in the section with the tree. Please park these in the wider wheel slots.
- Keep paths clear. Avoid locking scooters to bike racks, as this takes up valuable space.
- Label everything. Please clearly mark helmets, bikes, and scooters with your child's name.
- Bring a lock. Remember to secure all equipment every morning.

Thank you for helping us keep our new storage safe and organised so that everyone can enjoy their ride to school!

## OTHER NOTICES



**8 weeks for £50.00**

**Copnor Primary School Football After School Club**

**Information:**

- School Years 1-2
- 3:15pm – 4:15pm
- Thursday 3<sup>rd</sup> September to 22<sup>nd</sup> October

**Registration**

Book via our website or give us a call!

02392 728899 | [pompeyitc.co.uk](http://pompeyitc.co.uk)



**Primary School Parent Hub**

Open to Parent/Carers of children and young people with additional needs attending any infant/junior or primary school across Portsmouth.

**Come along for a coffee and a chat with PPV team. The ND & MHST teams will also be on hand to answer questions or hear your views**

this session we will be making

**NOW & NEXT**

boards for you to take away and use at home

**JOIN US!**

**Thursday September 10th, 2026 | 9.30am until 11.00am**

Havelock Community Centre,  
Fawcett Rd, Southsea.  
PO4 0LQ

[ppvadmin@hportsmouth.org.uk](mailto:ppvadmin@hportsmouth.org.uk)





## Courses and Seminars for Royal Navy and Royal Marines Families

Sept – Dec 2026



 **ROYAL NAVY & ROYAL MARINES CHARITY** 

**Solid Foundations: Strengthening Families**

For all Royal Navy and Royal Marines families in the UK and abroad

Does your child have ADHD or ADHD traits?  
Are they aged between 3 and 11 years?

**FREE online course:**  
**Parenting Children with ADHD**

On Tuesdays from  
**6<sup>th</sup> Oct to 1<sup>st</sup> Dec 2026**  
7-9 pm

**On Zoom**  
Attend from anywhere!  
8 weeks, term-time only

**Learn about:**

- Understanding ADHD
- Boosting self-esteem
- Meeting emotional needs
- Managing behaviour
- Tips for school and the wider family

**Book a place by emailing [info@sfrust.org.uk](mailto:info@sfrust.org.uk)**

 **ROYAL NAVY & ROYAL MARINES CHARITY**  **Southampton Family Trust**  
Building relationships

**FREE**  
FOR ROYAL NAVY & ROYAL MARINES FAMILIES

**SUPPORTING NAVY FAMILIES**

**FREE CHILD-PARENT RELATIONSHIP (C-P-R) TRAINING**

THERAPEUTIC PARENTING SUPPORT THAT MAKES A DIFFERENCE

PARENTING CAN BE DIFFICULT...

- 1 Do you find yourself getting frustrated with your child more often than laughing with them?
- 2 Do you find yourself saying the same things over and over – with no result?
- 3 Do you want to strengthen your relationship with your child?
- 4 Do you feel you have lost touch with your child and don't feel as close as you'd like?
- 5 Do you feel like you have lost control of your role as a parent?

If you answered 'YES' to any of these questions, C-P-R Training can help.

**IN JUST 10 WEEKS, YOU WILL LEARN HOW TO:**

- 1 Understand your child's emotional needs
- 2 Develop your child's self-control and self-esteem
- 3 Set effective limits on inappropriate behaviour
- 4 Communicate more effectively with your child
- 5 Feel more in control as a parent

**Give your child what they need most: the best version of YOU.**

C-P-R Training is a FREE 10-session therapeutic parenting skills group for parents of children aged 3-12 years.

**WHEN:** TUESDAYS  
**TIME:** 7.30AM - 9.00AM  
**DATES:** 6 OCTOBER - 10 DECEMBER 2026  
**VENUE:** TO BE CONFIRMED

**SIGN UP NOW!**  
Sponsors and Sponsors

Watch the video to find out more!  
[www.sfrust.org.uk](https://www.sfrust.org.uk)

For more information, email [info@sfrust.org.uk](mailto:info@sfrust.org.uk)

 **ROYAL NAVY & ROYAL MARINES CHARITY**  [www.sfrust.org.uk](http://www.sfrust.org.uk)

**Parenting a child who struggles with big emotions and outbursts?**

Has your child got ADHD or autism (diagnosed or suspected)?

**FREE online course for parents**

You're not alone. Join our supportive parenting course to learn practical strategies, share experiences with others who understand and build confidence in managing challenging behaviours at home.

**Four weekly sessions on**  
**Tuesdays, 7.30 - 9.00 pm**  
**From 13<sup>th</sup> Oct to 10<sup>th</sup> Nov 2026**

**Book a place by emailing [info@sfrust.org.uk](mailto:info@sfrust.org.uk)**

 **Funded by the Royal Navy and Royal Marines Charity**

 **ROYAL NAVY & ROYAL MARINES CHARITY**  **Southampton Family Trust**  
Building stronger families

**FREE ONLINE SUPPORT FOR COUPLES**  
WHERE ONE OR BOTH PEOPLE ARE NEURODIVERGENT (diagnosed or suspected)

A supportive course for couples who want to understand each other better, reduce conflict and build connection.

**YOU'LL EXPLORE**

- Understanding stress, burnout, and neurodivergence, and how this affects relationships
- Improving communication and resolving conflict
- Building trust and emotional connection
- Creating a stronger, more resilient relationship together

**JOIN FROM HOME**  
You can join from the comfort and privacy of your own home.

**FACILITATOR FOCUS MODE**  
You will attend anonymously. Only the facilitators can see and hear you.

**NO PRESSURE TO SPEAK**  
You will attend anonymously. Only the facilitators can see and hear you.

**PRIVATE BREAKOUT ROOMS**  
Exercises are completed privately with your partner.

**COURSE DATES**  
12 October 2026  
19 October 2026  
2 November 2026  
9 November 2026  
Monday • 7.30-9.00 pm

**PLUS 2 OPTIONAL SESSIONS**  
on topics of the group's choice

**BOOK YOUR PLACE**  
by emailing [info@sfrust.org.uk](mailto:info@sfrust.org.uk) [www.sfrust.org.uk](http://www.sfrust.org.uk)

 **ROYAL NAVY & ROYAL MARINES CHARITY**  [www.sfrust.org.uk](http://www.sfrust.org.uk)

**FREE ONLINE SEMINAR**

**Understanding Demand Avoidance in Neurodivergent Children (diagnosed or suspected)**

Does your child seem to argue about everything, refuse everyday requests, become distressed when asked to do something, or react in ways which seem completely out of proportion? This seminar will help you understand what may be driving these behaviours and how to respond in ways that help.

**Thursday 24<sup>th</sup> September 2026**  
**7.30-9.00 pm**

**Book a place by emailing [info@sfrust.org.uk](mailto:info@sfrust.org.uk)**

 **Part of the Strengthening Families programme for all Royal Navy and Royal Marines families in the UK and abroad**

 **ROYAL NAVY & ROYAL MARINES CHARITY**  [www.sfrust.org.uk](http://www.sfrust.org.uk)

**FREE ONLINE SEMINAR**

**An Introduction to Parenting Children with ADHD**

Insights and strategies for families of children who have or might have ADHD

**Thursday 1<sup>st</sup> October 2026**  
**7.30-9.00 pm**

**Book a place by emailing [info@sfrust.org.uk](mailto:info@sfrust.org.uk)**

 **Part of the Strengthening Families programme for all Royal Navy and Royal Marines families in the UK and abroad**

There are other courses that we have not advertised above but can be found by clicking on the link below:

To book a place, or for further information, email  
[info@sfrust.org.uk](mailto:info@sfrust.org.uk)



Miltoncross  
Academy

# OPEN EVENING



**DISCOVER YOUR POTENTIAL.  
SHAPE YOUR FUTURE.**

**TUESDAY 22 SEPT 2026 | 5PM - 7PM**

HEADTEACHER'S ADDRESS 🕒 5:30PM & 6:30PM

**MEET THE TEAM. EXPLORE OUR FACILITIES.  
LEARN ABOUT OUR COMMUNITY.**

MILTON ROAD, PORTSMOUTH, PO3 6RB

## MILTONCROSS ACADEMY OPEN EVENING

Parents and carers of children in Years 5 and 6 are invited to attend the Miltoncross Academy Open Evening.

This is a great opportunity to explore the school, meet staff and students, and find out more about the curriculum, facilities, and wider opportunities available.

If you are beginning to think about secondary school choices, we would encourage you to attend and see what Miltoncross Academy has to offer.

For further details, please visit the school's website or register your interest using the QR Code below.

### EVENT HIGHLIGHTS

**WE'RE LOOKING FORWARD TO WELCOMING  
YOU TO OUR SCHOOL COMMUNITY**



#### SPOTLIGHT: OUR MX EXPRESS PROGRAMME



Learn more about our MX Express programme:

- Tailored Curriculum
- High Achievement Focus
- MX Ambassadors Programme
- Academic Enrichment Activities
- Dual Language Study

#### WHAT TO EXPECT:

- Tours and Demonstrations
- Hands-on Activities
- Admissions Support
- Reading at MX
- Tour Passport and Prize

Scan the  
QR Code to  
register your  
interest in our  
event!



## #WeAreMiltoncross

02392 738 022 [office@miltoncross-tkat.org](mailto:office@miltoncross-tkat.org)

[www.miltoncross-tkat.org](http://www.miltoncross-tkat.org) Follow us on: