



St Paul's Primary School



'There is one body, and one Spirit, just as there is one hope to which God has called you.'

Ephesians 4: 4-5

Weekly Newsletter – Autumn Term 5th September 2025

Message from the Headteacher

Good afternoon and Happy New Academic Year!

We were so excited to welcome everyone back on Wednesday. Staff have worked so hard over the Summer holidays moving classrooms, tidying, cleaning and making new classrooms a safe and happy learning space for the children – school is looking incredible!

We begin with some exciting news this week that our school has now officially joined St Bartholomew's Trust in Wolverhampton. This won't change things on a day-to-day basis but it is exciting news moving forward and the fantastic opportunities it will bring for our staff, children and parents. This will also mean that we will have a new Governing Body and will be looking for parent governors. More news to follow in the coming weeks.

We have spent the week settling in to new routines, making new friends and building relationships with new teachers. We welcomed lots of new children to St Paul's as well as a new member to our team, Mrs Dryden who will be working across school supporting our learners.

This year we have lots of plans to continue to move forward positively, making sure we are giving our children the best opportunities – and this has already begun with us planning trips, events and most importantly our new Leadership Teams. We have spoken to the children about our different leadership roles this year and today, if they have chosen to, they have brought home an application form to apply for one of those posts. We are really excited about these new teams, and the impact they will have on the school, whilst equipping the children with important skills.

Next week we will be sending out lots of information for the term ahead. Homework expectations will be sent on Friday along with reading books and information around reading at St Paul's. You will also receive dates for the term – including workshops for ways in which you can help support at home and events coming up for the term including parent's evening.

We also have a new website currently being created which will be bigger and better than ever! We can't wait to launch it and continue to showcase what we do at St Paul's. Don't forget also to find us on Facebook and like and follow our posts – it really is appreciated.

I am already very confident this is going to be a great year – let's make it the best one yet!

We hope you have a lovely restful weekend after the excitement of the first week back.

Take care

Miss Gaskell and the St Paul's Team





Useful Information



The school gate open at **8:40am** gates close at **8:45am** – this is so that we are open for our statutory time of 32.5 hours.

Children have focussed learning time between 8:45 and 9:00 so it is really important that they are ready to learn.



PE Kit

Please can we remind everyone that PE Kits need to be worn for P.E and in Winter due to the colder temperatures outside, black joggers and a hoodie. This is part of the St Pauls PE Kit – information is always on our website.

[School Uniform | St Pauls CE \(C\) Primary School](#)

Reception/Year 1/Year 2

Your Kits need to be brought into school to be kept in the classroom

Year 3/4/5/6

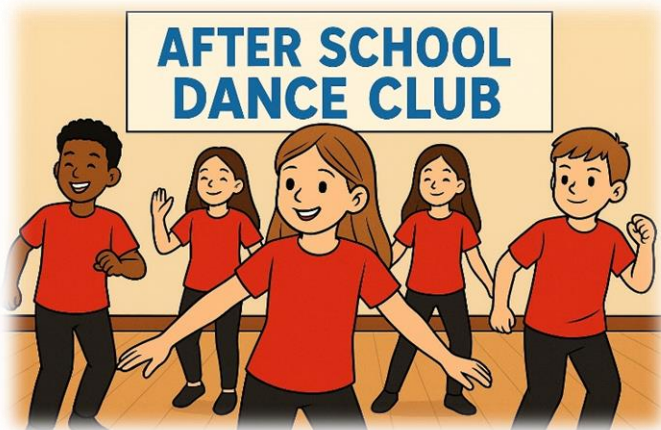
Children will come to school on a Wednesday in PE Kit



PALS Dance Club

The PALS Dance Club starts again on Tuesday 9th September ran by Miss Tierney. The Club finishes at 4:30pm.

We are so proud of the children who attend PALS and the way in which they represent the school doing something that they enjoy. I am very much looking forward to seeing their performances this year!



WELCOME BACK TO SCHOOL





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 15 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.



WakeUp
Wednesday

The
National
College



SAFEGUARDING CONCERNS

If you have any Safeguarding concerns, please contact Miss Gaskell (DSL)
01785 337436
Or
Staffordshire Safeguarding Board 0300 1118007

Keeping children safe is everyone's responsibility



For any information regarding children with Additional Needs for parents and carers, Staffordshire Connects is a website giving lots of different resources, web links and information regarding what our local area can offer.

This information is always on our school website but click below for the link to take you to the home page. From there you will find the Local Offer for parents and carers.



[Staffordshire Connects](#)

Local Offer for parents and carers



SEND Questions

If you have any questions about your child regarding Special Educational Needs, please contact Mrs Nevins-Stanford (SENDCo)
01785 337436