



'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 12th September 2025

Message from the Headteacher

Good afternoon,

What a mixed week of weather! Luckily the children have managed to get out most days...but wet play is always a struggle! We do love the sunshine at St Pauls.

This week began with Worship focusing on the importance of praying for others. The children have written some beautiful prayers, focussing on the 5-finger prayer to think about all of the important people in our lives.

We have completed the very important job of voting for our new leadership roles – these will be announced on Monday. We are very much looking forward to working with the children this year on some important topics and events.

This week you will see the addition of some information regarding clubs, future dates and any news from the local area that may help and inform, as well as the return of the class pages. Our teachers work so hard to take the time to produce the weekly information to keep you up-to-date on what's happening each week in your child's class. On Monday, the curriculum newsletters and information will be sent out to you now that baseline testing has been done and new curriculum has been set.

We hope you all have a lovely weekend.

Take care

Miss Gaskell and the St Paul's Team

Class	%
Reception/Year 1	97.9
Year 2	100
Year 3/4	98.7
Year 5/6	96.8



Being in school every day is so important to ensure children have the best chance possible of achieving well and reaching their potential.

This term our target as a school is 96%. To help children to achieve this we will be inviting parents into school to speak with Miss Gaskell to look at ways in which we can support to raise the attendance of your child. We will be launching attendance awards and leading assemblies with the children so that they understand the importance of being in school every day and on time.



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

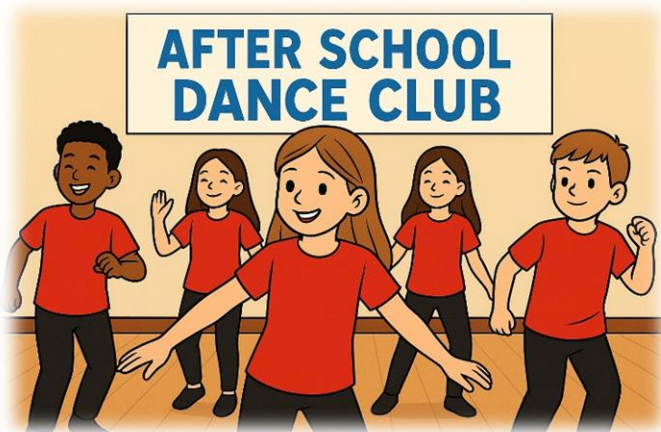
Children will come to school on a Wednesday in PE Kit



PALS Dance Club

PALS Dance is every Tuesday until 4:30pm. The session was such a huge success with lots of new dancers for this year!

I know that performances have already been booked and we are looking forward to our annual 'spooky' dance in October.





What an amazing first full week we have had in our new classroom altogether!

The children have settled into our new routine wonderfully and over the week we have been focussing and practising very hard on our classroom expectations. The children have loved exploring the provision set out in the classroom and they working and playing together across the year groups, which has been so lovely to see.

In Phonics this week, Year 1 have been working through a review of their phonemes and words that they learnt last year. This consistent practise of word reading is really important and any practise at home will further support your child as well. In Reception this week, we have learnt our first phonemes! The children have remembered these sounds really well and have enjoyed taking part in different activities including sound hunts around the room and sorting activities to further consolidate their learning.



In Year 1 Maths this week, the children have been working on sorting objects into groups as well counting objects from a larger group as well. The children have been working very hard this week on using their oracy skills to explain how they sorted their groups.

Throughout the week, we have also been learning 'All About Me'. As a class, we have had discussions around our families and who is in our homes. This

linked beautifully to our RE unit this term 'What Makes People Special?'. The children shared the special things that they do with their families which was lovely to hear. The children then used natural objects to recreate a family portrait. As well as families, we have also been learning about our emotions. The children were very confident to show me facial expressions of emotions and explain why they feel certain emotions as well.



The children had the opportunity to take part in activities linked to the wider curriculum as well. One activity asked the children to 'match the material to the texture' activity, where they had to feel each material and identify and find the texture to match it. The class also became Historians when they were asked to use the magnifying glasses to explore new and old toys. They then had to sort the toys into old and new. The children were intrigued by some of the older style of toys!

It has been a great week in Reception and Year 1 and I am so proud of what the children have achieved this week! Well done everyone and have a restful weekend!

Miss Goddard



Wow – welcome back to school! Year 2 have had an amazing first full week back, and it has been so lovely getting to know each other and settling back into our routines.

In writing, we have been exploring an animation called *Marshmallow*. We have focused on verbs and nouns, learning how to create sentences using both. The children did a



fantastic job turning verbs from “-ing” words to “-ed” words, although we did have to keep an eye out for those tricky irregular verbs!



In maths, we started our place value topic. We were introduced to the place value chart and enjoyed some brilliant hands-on lessons using base ten blocks to show tens and ones. The children confidently identified the different values and placed them correctly on the chart



— a great start to our maths learning this term!

Our new history topic is *What Life Was Like for Children in the Past*. We began by looking at our own lives — school, toys, food, transport, and clothes — and have prepared some excellent questions ready for next week, when we will become interviewers to find out what life was like 20, 40, and even 60 years ago.



In RE, we explored what parables are. We learned the important story of *The Lost Son* and discussed its message about not being greedy and showing our school's rainbow values — respect, friendship, and love.

This week in PHSE, we set ourselves goals for the new academic year. We thought carefully about which goals are most important to us and shared our ideas with each other.



In computing, we looked at what “IT” stands for and identified technology all around us — we discovered that many of us are big fans of Alexa!

The children have settled in beautifully and have been wonderful role models for each other. I am so excited to see what the autumn term will bring for Year 2.

Have a lovely weekend!

Miss Boulter





We've had a fantastic start to the year in Class 3–4! The children have settled beautifully into their new routines, warmly welcoming new classmates and modelling our school values—especially Friendship and Love. There's been great excitement around school leadership roles, with many children applying to become Digital Leaders, Eco Warriors, or Science Ambassadors and many other. We even held a classroom vote, giving pupils a real-life experience of democracy in action.



In Maths, we've started our new unit on Place Value. Year 3 have been exploring 3-digit numbers, while Year 4 have moved on to 4-digit numbers, identifying the value of each digit. Both year groups have also been using number lines up to 100 and 1000 to estimate and find missing numbers with growing confidence.



In English, we've been inspired by the animation *Origins*, which tells the story of a lonely robot's journey of transformation. Using this as a stimulus, the children have practised grammar skills such as expanded noun phrases,

commas in lists, prepositions, and progressive verb forms—bringing their writing to life with creativity.

Our new Science topic, Sound, got off to a buzzing start with a hands-on investigation. Using rice on cling film stretched over a bowl, the children observed how vibrations from a baking tray created movement—discovering that bigger vibrations (from heavier objects) produce louder sounds. It was a brilliant way to explore how sound is made.

In Geography, we revisited compass directions through fun, interactive games. The children practised using North, South, East, and West to navigate and describe locations, building their confidence with key geographical skills.

We also held our first Classroom Worship, where the children created their own 5-Finger Prayers—each finger representing someone important in their lives. It was a thoughtful and

personal way to reflect on gratitude and compassion.

As part of our whole-school values work, the children created self-portraits to celebrate what makes them unique.

These will soon be proudly displayed in our corridors—do come and have a look!

Finally, I'm excited to welcome children to my weekly Science Club on Thursdays—I can't wait to explore even more scientific wonders together.

— Miss Campbell





We've had a wonderful first week of lessons in Year 5/6, and the children have settled brilliantly into their routines.

In English, we've been sharpening our grammar skills by writing about the short animation *The Present*. The children have been practising using apostrophes, speech marks, subordinating and main clauses – and it's been great to see them working these into their writing. In reading, we've started *Wonder* by R.J. Palacio, focusing on retrieving information and exploring new vocabulary from the first chapter.



In maths, Year 6 have been completing some baseline SATs assessments to see where we are starting from this year, while Year 5 have been diving into place value and number. We've used number lines, place value charts, Gattegno charts, counters and part-whole models to partition and work confidently with numbers up to 1,000,000.



Our wider curriculum has been just as exciting:

Geography – we explored the causes and effects of the UK's physical and human geography.

History – we examined some fascinating WWII artefacts and used our chronological skills to place them on a timeline.



Science – we created planet fact files, ordering them and questioning why some are hotter or colder than others.

RE – we thought about the different qualities that make a god.

PE – with Mr Farmer, the children enjoyed tennis and gymnastics.

Computing – we continued our e-safety work, discussing cyberbullying and how to prevent it.

Art – we looked at Vincent van Gogh and compared his post-impressionist style with Monet's impressionism.

PSHE – we explored the idea of growth mindsets and how they can help us with our learning.

It's been a packed week, and the children have risen to the challenge with enthusiasm – we're already excited for what's to come next week! Miss Wetton





Reception – Adelaide
 Year 1 - Courtney
 Year 2 - Joseph
 Year 3 - Scarlett
 Year 4 – Archie
 Year 5 - Eva
 Year 6 - April



Reception - Albert
 Year 1 - Adam
 Year 2 – Lottie
 Year 3 – Aminah
 Year 4 – Orla
 Year 5 – Aous
 Year 6 – Logan





Autumn Term Clubs

Tuesday



Y1/2/3 Football with Mr Farmer

Y3/4/5/6 Art with Miss Wetton

Y1-6 Dance with PALS



Wednesday



Y4/5/6 Football with Mr Farmer

Y1/2 Well-being with Miss Goddard



Thursday



Y3/4/5/6 Science with Miss Campbell

Y1/2 Geography with Miss Boulter

Friday



Y3/4/5/6 Chess with Mr Farmer

Autumn Term 1 Calendar Dates

We are just awaiting confirmation of when the Church is available for Harvest and some training dates – Parent dates for the half term will come out next week





Kids Club Sessions

For children 8yrs & under

All children are welcome...even if you are not registered with us!

Enjoy a check up in a child-friendly, fun & relaxed environment with lots of fun facts and oral hygiene advice.

For more details and to book an appointment for your child, please call 01785 252536 or email staffordreception@riverdalehealthcare.com

Stafford.
DENTAL SURGERY



St Paul's Messy Church is Rescue Ready this year!!



Every 2nd Sunday of the Month

Our next Messy Church is 14th September!



10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Haleydon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.

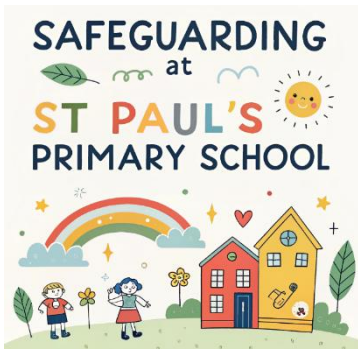


#WakeUpWednesday

The National College



IMPORTANT



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



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.



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

Local Offer for parents and carers

