St Mary's Church of England Primary School and Nursery, Hadleigh

Friday 19th September 2025

Upcoming Dates – Autumn term

Thursday 25th September	Meet the Teacher – 5.30pm
Tuesday 30th September	Happy Days Photography – Individual and siblings
Thursday 2nd - Tuesday 7th October	Travelling book fair – 3.15pm in hall. No cash taken, phone needed to scan barcode and pay
Thursday 18th October	**Hadleigh High Open Evening to Year 6 pupils and families**
Monday 20th – Wednesday 22nd October	Year 6 Thorpe Woodlands Residential
Friday 24th October	PD Day – school closed to pupils
Monday 27th – Friday 31st October	Half term holidays
Friday 31st October	Closing dates for Secondary School applications (Year 7)
Wb 3rd November	Learning conferences *Information to follow*
Monday 10th November	Kindness Week
Friday 14th November	Children In Need
Wb 8th December	EYFS and KS1 Nativity
Thursday 11th December	Christmas Jumper and Christmas lunch day
Friday 19th December	Last day of term

Weekly Attendance

to 12/9/25

Rec/Year 1	94%
Year 2	94%
Year 3 / 4	95%
Year 5	92%
Year 6	82%

If your child is ill, please ring the school and leave a message **even if your child is in Nursery**. Thank you.

Our Christian Value is

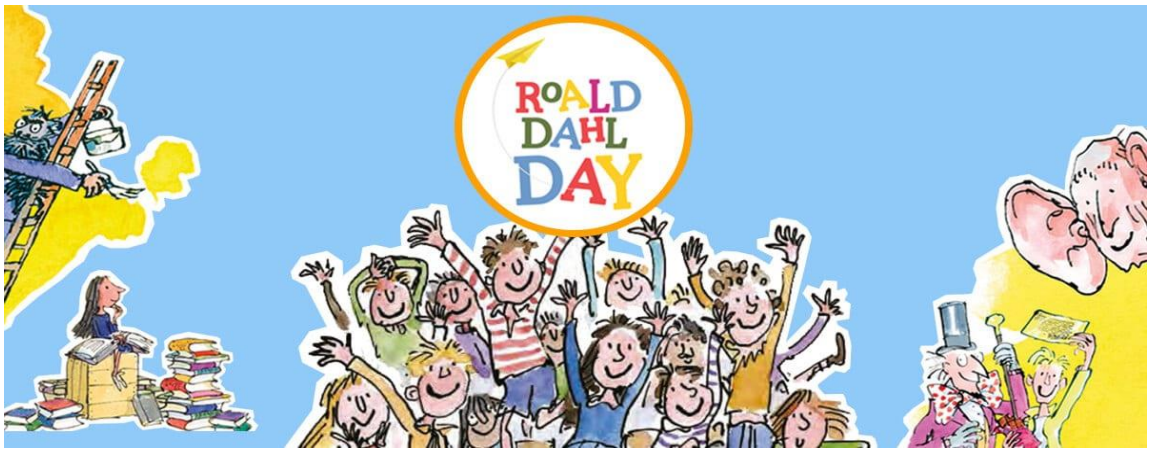
Perseverance

Class Reward Winners:

Year 5 and Year 2!

Happy September!

What a busy start it has been to the start of the school year. It has been a pleasure getting to know the children and spend some time with the children either in class sharing in their learning or teaching them for the first time. As well as getting to know the children, I would like to invite you to speak to me if you have any queries about the year ahead. My door is always open – if you wish to talk to me about our school please contact the school office. Thank you to those parents who have already done so – it is really appreciated.



A big thank you to all of you for supporting Roald Dahl day last week! The children had a wonderful time dressing up, playing games, creating Roald Dahl inspired art work. Here are some of the photos from our assembly where we watched a scene from The Twits and had a whole school fashion show.

Even the teachers got involved! More pictures of the day will be put on Facebook over the next couple of days.







St Mary's Church of England Primary School and Nursery, Hadleigh









IMPORTANT NEWS

Year 6 residential – on Thursday, Mrs Pope held a information meeting about the residential. If you were unable to attend and require further information, please contact the office.

'Meet the Teacher' evening

Thursday 25th September

5.30pm

Dear Parents/Carers,

You are invited to a 'Meet the Teacher' evening on **Thursday 25th September at 5.30pm**. The purpose of the event is to meet both myself and your child's teacher(s) and have the opportunity to ask any questions you have about the year ahead.

The evening will **start at 5.30pm in the school hall** with a short presentation by the school leadership team. Aspens (the school catering service) will also be present for any questions you may have – they will also share samples of the menu for you to try.

After the short presentation, you will be invited to go to meet your child's teacher in their classroom. This is an opportunity for you to find out about what your child will be learning this term as well as asking any questions you may have.

Unfortunately, Mrs Dunham (Year 5 teacher) will not be available on the evening, however Mr Vale-Smith will be available in the Year 5 classroom to answer any questions you may have. We will arrange a 'Meet the Teacher' session with Mrs Dunham before half term for those of you wishing to speak to her.

Children are welcome to attend the evening if you wish, however this session is primarily for parents/carers.

We look forward to seeing you next Thursday.

Changes to the start of the school day – starting Monday

Starting Monday, we will be starting the school day differently. Instead of children making their own way into school or lining up at their classroom door, we will be doing the following:

- The bell will ring at 8.50am
- Children will line up in their classes on the school playground quietly (Year 2, 3/4, 5 and 6). Nursery, Reception and Year 1 children will go into their classrooms as normal.
- Teachers will meet their class on the school playground and bring them into class

The reason for this is:

- To ensure that children are settled and ready for school
- To improve behaviour
- To give parents/carers the opportunity to pass a quick message to the class teacher - improving communication

Please make sure that your child is at school for 8.50am. If you need to talk to the class teacher for a longer time, please arrange a meeting through the school office.

Out of School Achievements

If your child achieves something outside school, we would like to celebrate it! Please send the information and a picture to the school office – **admin@stmaryshad.co.uk**

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Supporting Young People's Mental Health

Parent/Carer Workshops Autumn Term 2025



These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60-75 minutes long. Scan the QR code to find out more and book a place on a workshop or visit http://www.nsft.uk/workshops.

Building Confidence and Managing Anxiety in Your Child - Part 1

For parents/carers of children or young people aged under 12. This is the first part of a two-part webinar and is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents/carers feel more confident in supporting their children and young people. **(Please also book part 2).**

Thursday 18th September 17:00 PM - BOOK HERE

Supporting your Child/Adolescent with Anxiety

For parents/carers of children and young people aged 12-18 This workshop describes what anxiety is, why we experience anxiety, how it affects the brain, the body and behaviour. It then explains how to support your child/adolescent if anxiety is becoming a problem.

Monday 22nd September 13:00 PM - BOOK HERE

Supporting your Child/Adolescent to Regulate their Emotions

For parents/carers of children and young people aged 5-18 This workshop introduces emotional dysregulation and explores what can impact on a child's ability to regulate their emotions. It goes on to provide the practical tools to support your child to develop self-regulation skills.

Tuesday 23rd September 12:00 PM – BOOK HERE

Building Confidence and Managing Anxiety in Your Child – Part 2

For parents/carers of children or young people aged under 12. This is the second part of a two-part webinar is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents/carers feel more confident in supporting their young people. **(Please also book part 1).**

Thursday 25 September 17:00 PM – BOOK HERE

Supporting your Child with Emotion Based School Avoidance (ESBA)

For parents/carers of children and young person aged 11-16. This workshop focuses on supporting parents/carers to help their child to attend or get back to school. It aims to help parents/carers to develop an understanding of school avoidance and provides the tools that can be used to help your child feel confident in re-engaging with school.

Tuesday 21st October 12:00 PM – BOOK HERE

Parenting and Anxious Adolescent – Part 1

For parents/carers of children and adolescents who are aged 12 and above. This is the first part of a two-part webinar is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents and carers feel more confident in supporting their young people with anxiety. **(Please also book Part 2).**

Thursday 13th November 17:00 PM - BOOK HERE

Supporting Your Child/Adolescent with Anxiety

For parents/carers of children and young people aged 12-18 This workshop describes what anxiety is, why we experience anxiety, how it affects the brain, the body and behaviour. It then explains how to support your child/adolescent if anxiety is becoming a problem.

Monday 17th November 13:00 PM - BOOK HERE

Supporting Your Child/Young Person with Sleep (0-11 years)

For parents/carers of primary aged children and young people. Difficulties with sleep are common in children. Sleep difficulties are not only frustrating, but they can impact on our mood and everyday life. This workshop will cover important topics such as why we need sleep, why younger children may struggle with this, and what you can do to try and support your child to have a better night's sleep.

Tuesday 18th November 13:00 PM - BOOK HERE

Parenting and Anxious Adolescent – Part 2

This workshop is for parents and carers of children and adolescents aged 12 and above, who have attended or viewed a recording of the Psychology in Schools Team anxiety workshop "Supporting our Young People with Anxiety" and attended the "Parenting the Anxious Adolescent – Part 1. This is the second part of a two-part webinar is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents and carers feel more confident in supporting their young people. **(Please also book Part 1).**

Thursday 20th November 17:00 PM - BOOK HERE

Understanding and Supporting Behaviour

Children and teenagers may show behaviours that are difficult for the adults around them, for example: aggression, risk-taking behaviours, impulsivity, testing boundaries and inattention. This workshop explores how to understand behaviour and how parents/carers can support their child with these behaviours which may stem from distress.

Tuesday 9th December 12:00 PM - BOOK HERE

Childhood Neurodivergence Workshop Programme

Parent/Carer Workshops Autumn Term 2025

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Neurodiversity means that across the population there is variation in people's brains. Having people in society who see the world differently and have unique skills is an important part of life to be celebrated. The term "neurodivergent" refers to people whose brains work differently to the typical cultural standards. Neurodivergence includes conditions that people are born with including autism, ADHD, learning disability and learning disorders.

This programme of free virtual workshops supports families in Suffolk. The workshops explore nurturing the unique strengths of neurodivergent children and young people and provide advice on how to support them with the challenges they face. The workshops are live on Zoom and are 90 minutes long. Recordings of the workshops and resource packs are sent after the live event to everyone who has registered.

Understanding and Supporting Behaviour

When distressed, neurodivergent children and young people may show behaviours that are difficult for the adults around them. This workshop explores how to understand behaviour and how parents/carers can support their neurodivergent child with behaviours of distress.

Wednesday 24th September – 13:00 Book Here

What you need to know as a Parent/Carer

What is neurodivergence? What is autism, ADHD and learning disability? Does my child need a diagnosis to get support? This introductory workshop will answer these questions and introduce where parents/carers can find advice and guidance for supporting their neurodivergent children.

Monday 20th October – 13:00 Book Here

Supporting your Child's Education

For parents/carers of school aged children and young people. Many parents have reported the struggles their children are facing in education. This workshop will provide advice and guidance on how parents/carers can navigate some of the challenges they will likely be facing.

Thursday 20th November – 12:00 Book Here

Supporting Your Child with Anxiety

This workshop explores why neurodivergent children and young people may develop difficulties with anxiety and how parents/carers can best support them. We will look at how this may present in neurodivergent children and young people and offer practical advice and valuable strategies and tips to support your child or young person in this area.

Thursday 11th December – 12:00 Book Here

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. To access upcoming workshops, prerecorded workshops and resources in our Childhood Neurodivergence series, scan this QR code or click on the link below:

Childhood Neurodivergence parent/carer workshops - Suffolk Local Offer

St Mary's Church of England Primary School and Nursery, Hadleigh

