

St Matthew's Bloxam C of E Primary School

"Let Your
Light Shine"

NEWSLETTER

Friday 5th September 2025 Issue 1

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Welcome back to school from Mrs Timson!

It's absolutely lovely to see everyone back, looking so smart and refreshed after the holidays! The children are all happy to be back, and, of course, our wonderful staff share in that enthusiasm!

As we embark on a brand new school year, I would like to remind everyone that school begins promptly at 8.50 am. Arriving after this time will result in a late code, so please do your best to be on time. It helps us start our day with a positive and energetic vibe!

We also want to draw your attention to our position on the Warwickshire watch list for school parking 'enhanced enforcement', so it's crucial that we all remain mindful of our parking during drop-off and collection times. Let's work together to keep our community safe and accessible.

I am particularly excited to get to know all of our new children and their families! We have a host of exciting events planned for this term, so please keep an eye on our Facebook page for the latest updates.

Additionally, our teachers are currently updating the class pages on our school website, which will be the main platform for communication, so do make sure to check them regularly.

Here's to a fantastic year ahead!



Diary Dates

Monday 8th September

Year 6 Swimming

Meet the class teacher –
3:30pm - 4:30pm

Wednesday 10th
September

PaFoS Coffee Morning in
the dining room –9am

Thursday 11th
September

Football After School Club

3:20pm – 4.20pm



We would like to say a huge thank you to Triton Showers in Nuneaton for selecting our school to receive a most generous donation of £250.

A special thank you to Chris Whitell who nominated SMB and presented Mrs Timson with the cheque this week.

The school has strong links with St Oswald's Church. Further details are available from www.smsso.org.uk

MEET THE CLASS TEACHER

On Monday 8th September, 3.30pm-4.30pm, parents and carers are very welcome to come back into school to meet the teachers and see the classroom environment and ask the teachers any questions about the new school year.

YEAR 6 PARENTS/CARERS

APPLYING FOR A SECONDARY SCHOOL PLACE

The application process is now open to submit your application for their secondary school place.

The deadline to apply for a secondary school place is **31 October 2025**

If you miss this deadline, you are much less likely to get offered a place at a preferred school because you will be allocated a place after everyone who applied on time.

This deadline applies to all families, even if your child is sitting the 11+ exam. You still need to submit an application for your chosen secondary schools.

Please visit <https://www.warwickshire.gov.uk/applying-secondary-school-place> for more guidance on how to submit your application by the 31st October deadline.

SCHOOL UNIFORM

Can we please ask that ALL uniform is named.

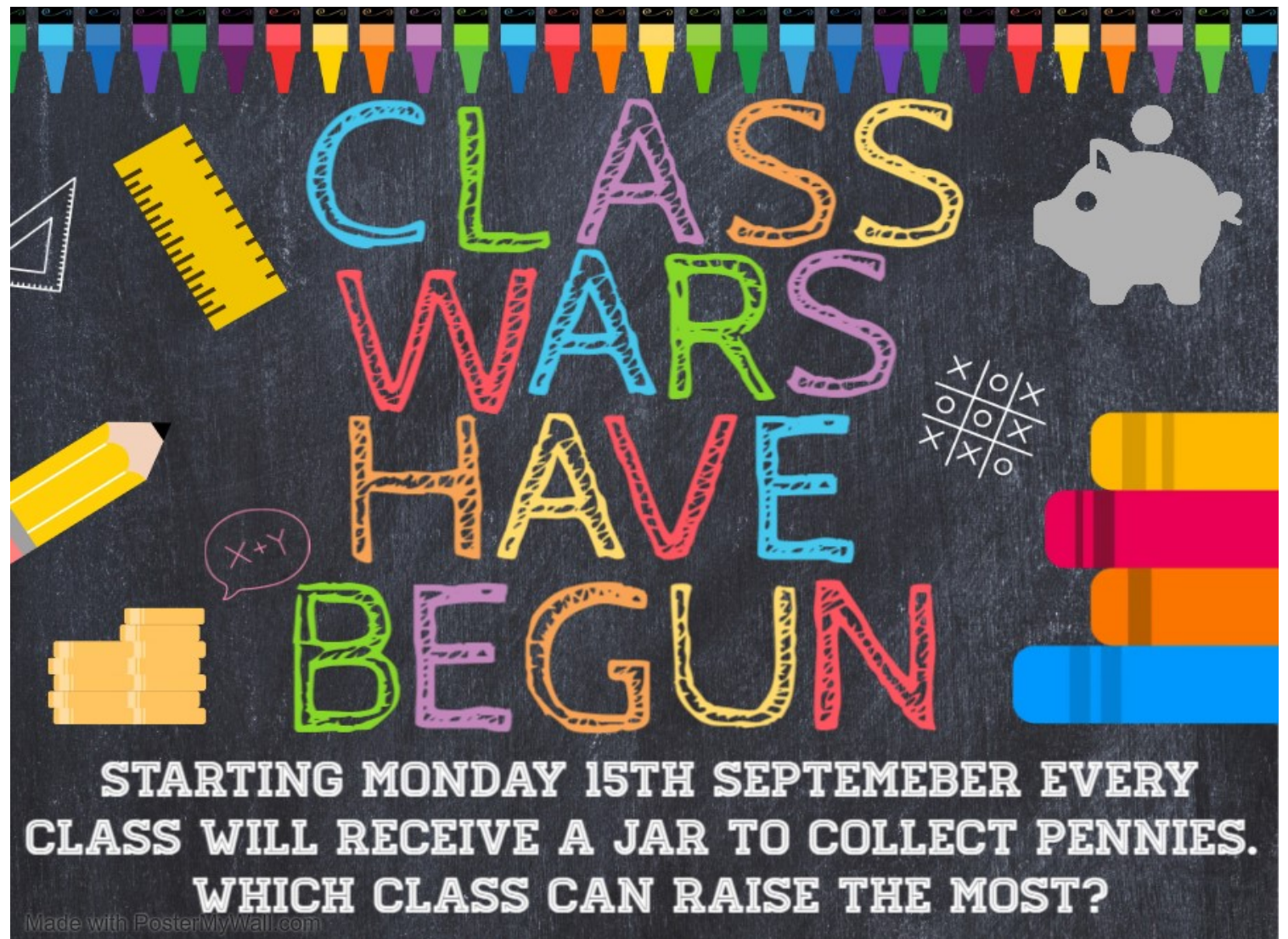
Can we ask that pupils arrive at school suitably dressed for the weather conditions.

Please ensure your child has a jumper/cardigan and a coat when the weather is cold and wet.

This week's Family Information Service Newsletter - Tuesday 2nd September 2025

The Family Information Service (FIS) provides free, impartial advice on a variety of services and useful information. They produce a weekly newsletter. Please use link below to access the newsletter.

<https://mailchi.mp/warwickshire/family-information-service-newsletter-1219204-96fqcdqqps-8830245?e=04fcebfd0>





PAFOS ARE HOSTING

AUTUMN CRAFT FAIR & TABLE TOP SALE

11th October 2025

WITH FOOD AND REFRESHMENTS

12:00 - 3:00PM

If you would like a table please
get intouch with Laura or email
secretary-pafos@live.co.uk

**IF YOUR CHILD IS
FEELING UNDER
THE WEATHER,**

**IT CAN BE HARD
TO KNOW IF YOU
SHOULD SEND
THEM TO SCHOOL
OR NOT.**



**UNLESS THEY HAVE A
TEMPERATURE OF
38 DEGREES OR ABOVE,
THEY'RE USUALLY
GOOD TO GO.**



**SEARCH NHS SCHOOL
ILLNESS GUIDANCE.**

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**



HM Government





Mental Health in Schools Team

Tips For Wellness



Going back to school

Going back to school can be stressful, so check in with your young person and keep the conversation open about how they're feeling. Help them find and keep a good routine (regular wake-up, meal and bedtime schedules) and try to keep these on the weekend to help them adjust quickly to the school day rhythm. Remember to celebrate small wins, offer praise and try to stay patient if your child struggles with the new routine.

Activities to Support Your Young Person's First Weeks of School

The transition back to school is a great time to use activities that boost your young person's confidence, reduce anxiety, and build strong routines. Here are some ideas to try during those first few weeks:

1. Morning Check-In Ritual:

Start each school day with a simple ritual—like a hug, a positive affirmation, or a quick chat about what they're looking forward to. This helps set a calm, positive tone.

2. After-School Decompression Time:

Plan 20–30 minutes of quiet time after school for your young person to unwind. Reading, drawing, or light play can help them process the day and relax before homework or chores.

3. Homework Kickoff Activity:

Create a fun "homework kickoff" routine like a special snack, background music, or a 5-minute movement break before starting homework. It helps shift their mindset into focus mode.

4. Organisational Games:

Turn organising school supplies or packing the backpack into a quick game or challenge—who can find and pack items the fastest? Making organisation fun encourages responsibility.

5. Weekend Family Planning Session:

Spend time on the weekend planning the upcoming week together. Discuss after-school activities, school projects, and family events. This builds anticipation and helps your young people feel involved.

6. Gratitude or Highlight Jar:

Keep a jar where your child can drop notes about something good that happened at school each day. Review them together weekly to focus on positives and build resilience.

Tips for
going
back to
school



Webinar about the
transition to
secondary school



In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the



Mental Health in Schools Team Tips For Wellness



Being Brave

We can show bravery in lots of different ways, such as recognising that we feel a certain way (e.g., sad, anxious), asking someone for help when we need it and trying new things, even if we feel scared!

Feeling scared is often a sign that we are doing something challenging and it is completely normal to feel this way. Even though it can feel uncomfortable, being brave and facing these difficulties can also help us to learn and grow (both physically and emotionally). This can mean we need to step outside our comfort zone at times to be able to overcome challenges, but it is important to remember that being brave does not mean we have to cope alone.

Our Tips for Being Brave:

1. **Set yourself a goal to try something new.** Create a plan to break your goal down into smaller, more achievable steps! This can help your goal to feel less overwhelming.
2. **Take chances and make mistakes!** Sometimes it is helpful to fail, so you can practise being brave. Try something you have been wanting to try and take that chance to move out of your comfort zone. You might even find that it wasn't as bad as you thought it would be.
3. Practise **positive self-talk** to help develop your bravery. Repeat these sentences to yourself or out loud - 'I can do hard things'; 'I try my best'; 'I can enjoy challenge'. You might want to write positive statements on post-it notes and stick them around your mirror so you can remind yourself of them every day!
4. **Ask for help** when you need it from someone you trust. Taking the step to talk to someone is one of the bravest things you can do!
5. **Strike a power pose!** Standing up tall with your feet apart, your head held high and with your hands on your hips can help make you feel more confident and ready to take on a challenge. What pose makes you feel more confident?



Follow the QR code for activities to support the theme 'being brave'!

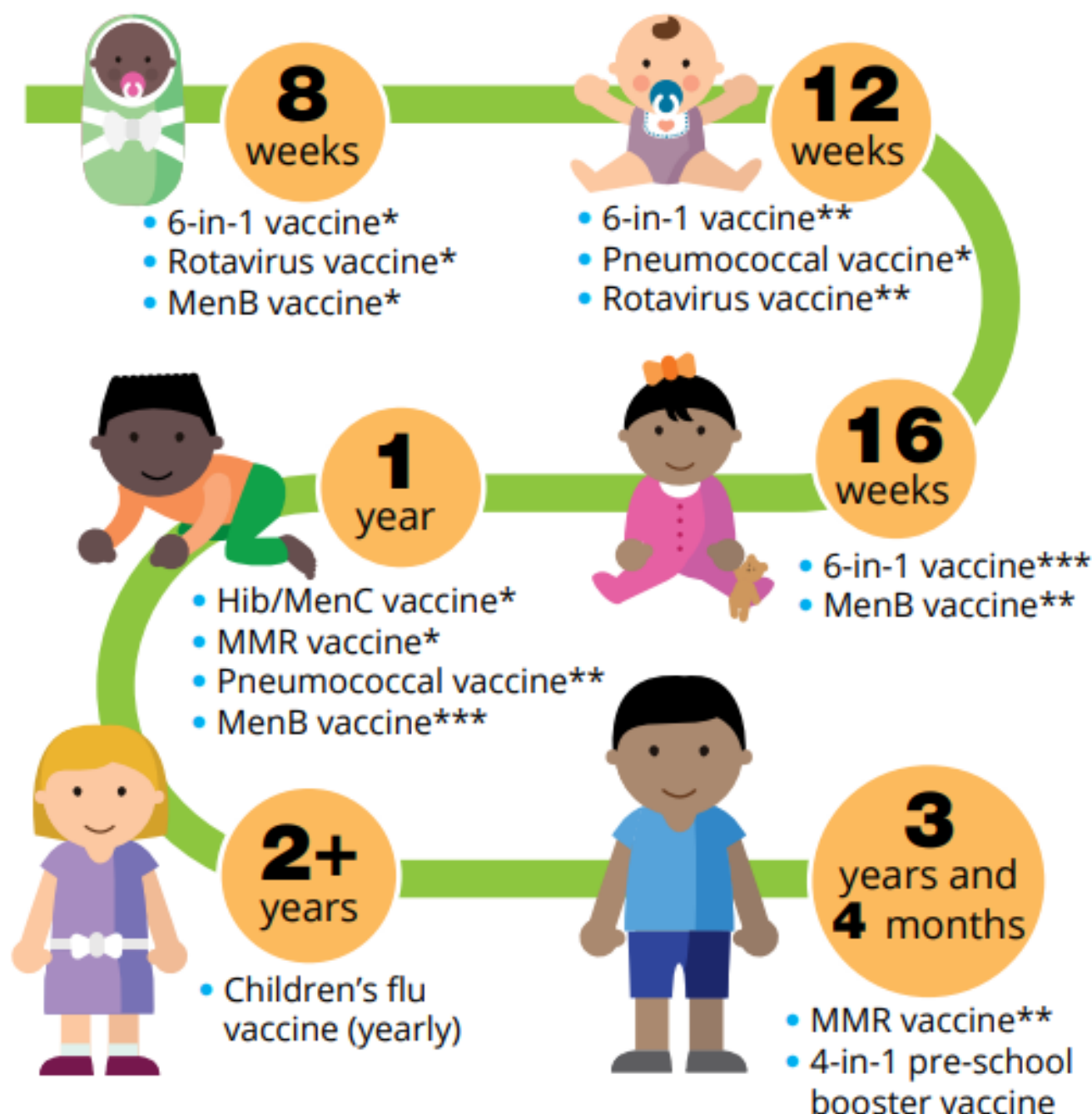
In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.





Your child's vaccine schedule



* first dose, **second dose, *** third dose

6-in-1 protects against diphtheria, tetanus, whooping cough, polio, Hib and hepatitis B

4-in-1 protects against diphtheria, tetanus, whooping cough and polio

**Follow your child's vaccine schedule
to protect them against illnesses**

**Stick this
timeline up as a
useful reminder**

School Attendance

Every day counts...



Good attendance helps with...



Academic Achievement

Regular attendance helps children keep up with the curriculum and perform better academically.



Social Skills

Attending school regularly helps children develop friendships, social skills and learning how to interact with others.



Routine & Responsibility

Good attendance teaches the importance of commitment, routine, and responsibility, which are all valuable life skills.



Focus & Engagement

Children who attend school regularly are more likely to stay engaged in their learning and develop a positive attitude towards education.



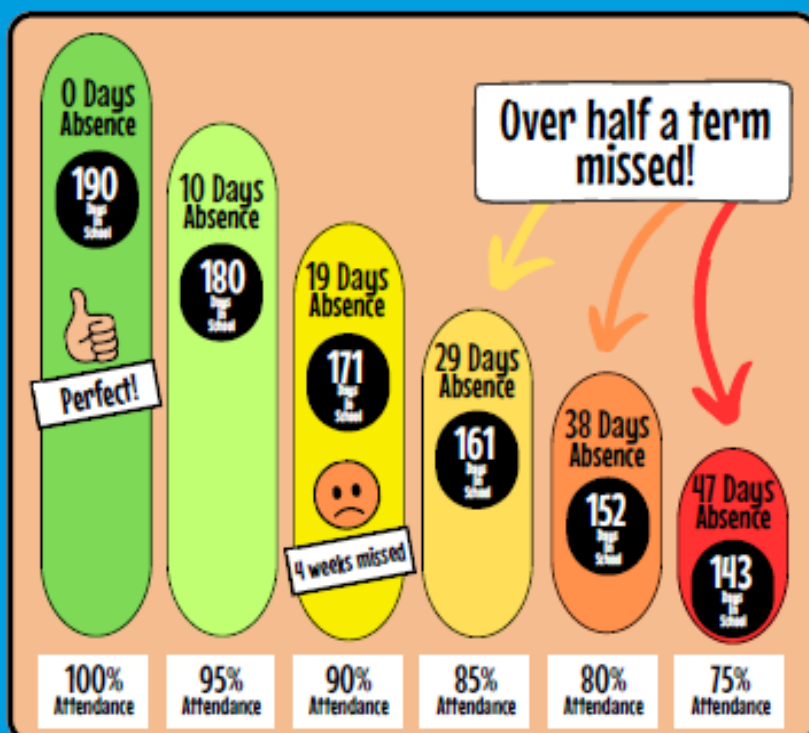
Building Confidence

Regular attendance can boost a child's self-esteem and confidence, as they see their progress and achievements over time.



Enhanced Learning Opportunities

School provides not just academic instruction, but also extra-curricular activities and enrichment opportunities.



Having 90% over 5 school years, is half a school year's work missed!

Did you know there are...

- 365 Days in a Year
- 190 School Days
- 175 Non School Days

Silly School Education



Eat Well, move *More*



Swap sugary drinks for water or milk.



Check portion sizes and give children smaller plates.



Make exercise fun with active games.



Walk, cycle or scoot for short journeys.



Warwickshire
County Council

For help to stay healthy go to:
www.warwickshire.gov.uk/eatwellmovemore

Age Restrictions for Social Media Platforms

13

is the minimum age for account holders on these social media sites and apps.



X (formerly Twitter)



Facebook



Instagram



Pinterest



Messenger



TikTok



Discord



Snapchat



Twitch



Yubo



Reddit



YouTube



BeReal



WhatsApp



Disclaimer: This resource/information is not intended to encourage social media use and we cannot accept any responsibility for pupils that sign up to social media sites after using this resource/information. Please note that age restrictions for social media platforms may vary depending on the laws and regulations in your location.

BISCUITS

Drinks

**PaFoS
Tuck Shop
THURSDAYS
after school
in the
conservatory**

All items are priced

2 for 50p

50p

£1

Cash and card machine
available

Sweets

Crisps



- Childhood illnesses like measles and whooping cough are rising
- These illnesses can make children very sick, leading to hospital stays or lifelong problems
- If your child is not vaccinated, they are not protected
- It's important that vaccines are given on time for the best protection. Some need booster doses later too
- Check your child's red book or speak to your GP practice to see if they have missed any
- You can still catch up on most missed vaccines
- All the childhood vaccinations are free. As children grow up, they will be offered more vaccine appointments, right up until they are teenagers. Some vaccines are offered at school
- Vaccinations offered by the NHS are thoroughly tested to assess how safe and effective they are. All medicines can cause side effects, but vaccines are among the very safest.
- Research from around the world shows that immunisation is the safest way to protect our children's health

Are your child's vaccines up to date?
Book now at their GP practice