

WELCOME BACK!

It has been a very positive start to the term with everyone excited to be back - well, almost!

Although it's been a long summer, the staff have been working hard to make the schools look fabulous. I'm sure you will agree when you come in.

Children have settled into learning well and are pleased to be with friends and teachers.

Mrs Manders and her team got the project ***Dangerous Dinosaurs!*** off to a flying start with a visit from Pete the Dinosaur and his scary friends. There's been lots of explorative investigations in class and we've only been back one week.

The Year 3 children who have moved from Marshchapel appear so settled and grown up - we know it's going to be a great year in Barn Owls!

Grainthorpe pupils have been experimenting with the colour wheel (Barn Owls) and learning road safety with the Bikeability Team (Kestrels).





FENLAND FEDERATION

SEPTEMBER 2025 NEWSLETTER



DIARY DATES 2025

Tuesday 23rd September 3.45pm at Marshchapel Parent Teacher and Friend Association Meeting. We hope you can join us for a PTFA meeting to discuss the coming year of fun events.

Friday 26th September

Macmillan Breakfast Morning Coffee Morning

GRAINTHORPE We are having a breakfast morning to raise money for Macmillan Cancer Support. From 08:30 we will be serving bacon butties and sausage sandwiches. If you plan to join us, please let teachers know on Class Dojo, and we will ensure we have plenty of food!



MARSHCHAPEL will host a traditional Macmillan coffee morning from 10:30. Cake donations will be gratefully received on Thursday or Friday of that week.

Wednesday 1st October Lincolnshire Day. Please come to school dressed in the colours of the Lincolnshire flag. We will have Lincolnshire-themed assemblies in school.



Monday 6th October Parent/Teacher Settling In Meetings at Marshchapel - appointments to follow

Tuesday 7th October Parent/Teacher Settling In Meetings at Grainthorpe - appointments to follow

Harvest Celebrations - details to be confirmed

Thursday 23rd October - Last Day of Term 1

Monday 3rd November - Term 2 Starts

Sunday 9th November - Remembrance Sunday

Friday 14th November - Children in Need Day. Break the Rules Day. More details to follow.

Christmas dates will be available soon.

Friday 19th December - Last Day of Term 2.

Tuesday 6th January - Term 3 Starts

If you are planning a holiday, please check the school dates so you book during a holiday period.

2025-26

Term 1	Thursday 4th September to Thursday 23rd October
Term 2	Monday 3rd November to Friday 19th December
Term 3	Tuesday 6th January to Friday 13th February
Term 4	Monday 23rd February to Thursday 2nd April
Term 5	Tuesday 21st April to Friday 22nd May
Term 6	Monday 1st June to Wednesday 22nd July



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

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.

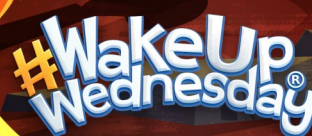
10 BE THE MODEL THEY NEED



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 Halcyon 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.



The National College

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SAFEGUARDING IN OUR COMMUNITY

If you have any safeguarding concerns to do with children please let us know. Our Federation has a designated safeguarding lead professional (DSL), Mrs Turner and deputy DSLs, Mrs Manders and Mrs Clifford.

Please telephone school on 01472 869075 (M) or 01472 869035 (G).

If you have a safeguarding issue to discuss, you can contact Lincolnshire Children's Services directly on 01522 782111.

ATTENDANCE

The Department for Education (DfE) has produced a document called "Working Together to Improve School Attendance," which applied from August 2024. As you will be aware, there is a lot of pressure on schools from the government to improve attendance. Excellent attendance is crucial for academic achievement, future opportunities, well-being and friendship.

The DfE states that it does not consider a need or a desire for a holiday or other absence for the purpose of leisure or recreation to be an exceptional circumstance.

Schools have clear guidance on when penalty notices should be issued. Given this guidance, we would like to emphasise the importance of excellent attendance. We want to build strong relationships with you and understand any barriers to attendance. If you are struggling, please let us know and we will help.

STAY AND PLAY



Every Wednesday from 9am, you are invited to join Mrs Wells at Stay and Play for 90 minutes of good company, chat and coffee! It's a great time to socialise with parents of pre-school children in a relaxed and friendly space.

Refreshments and activities are provided and they won't cost you a penny! Do come and join in the fun.