



Be our best selves

COUGHTON

C of E Primary School

Issue 15

Key dates



Monday 25 th May-Friday 29 th May	Half term
Monday 1 st June	INSET school closed to pupils
Friday 5 th June at 2.15pm	Grandparent Gardening Afternoon
Thursday 25 th June	Sports Day
Wednesday 1 st July – Friday 3 rd July	Year 6 Residential
Thursday 9 th July	PTA Summer Fair and BBQ
Friday 19 th July	School closes for summer holiday
Tuesday 1 st September and Wednesday 2 nd September	INSET DAYS School closed to pupils
Thursday 3 rd September	School Reopens to Pupils
Tuesday 22 nd September	Individual School Photographs
Friday 23 rd October	INSET Day – school closed to pupils
Monday 26 th October – Friday 30 th October	Half term
Friday 18 th December	School closes for Christmas holiday

Dear Families,

It has been a very busy few weeks with the children producing some amazing work across all curriculum areas. Well done to Year Six who demonstrated a brilliant attitude when completing their SATs assessments this week. We are extremely proud of you!

Please can we remind everyone that the agility area must not be used at the end of the school day once school hours have finished. As this is outside of school operating hours, the area is not covered by school insurance and children should not play on the equipment after collection time. We have recently seen an increase in the number of bumps that have happened at the end of the day and we are keen to avoid this from happening.

Also a reminder about uniform expectations. For PE kits, we request all children wear a white round-neck T-shirt, red shorts, black tracksuit top and bottoms. We would also like to remind you that girls need to wear shorts under dresses if they'd like to do gymnastics on the field at break and lunchtimes.

Thank you for your understanding and cooperation.

Summer term Christian value: Truthfulness

Team Points:

**Alne: 265
Avon: 220
Arrow: 187**

**Headteacher
Mr Alex Kolb**

**Coughton CE Primary
School
Coughton Lane
Coughton
B49 5HN
01789 762444**



Coughton CE Primary School

Important updates for Parents and Carers

Uniform

A reminder to name all clothing brought to school so that it can be easily returned to its owner. We are reminding children and allowing time at the end of the day for them to collect all of their things.

The PTA are selling items for £1 each or online via <https://coughton-school-pta.sumupstore.com/>

Holiday / Leave of Absence Requests

All holiday requests will be unauthorised unless the circumstances are deemed exceptional by the Head of School. Should you wish to request leave of absence for your child(ren) please collect a form from the office.

Term dates can be found here:

<https://www.coughtonschool.org/term-dates/>

INSET DAYS

25/26- School,Closed For Children

INSET DAYS 25/26

Monday 1st June 2026
Monday 20th July 2026

INSET DAYS 26/27

Tuesday 1st September 2026
Wednesday 2nd September 2026
Friday 23rd October 2027
Monday 4th January 2027
Monday 7th June 2027

Wraparound

We have a digital wraparound booking system. For details and to book a place please follow the link:

<https://coughton.childcare-online-booking.co.uk/>

Breakfast club from 7.30am,
after school club until 6pm
(Fridays until 5.30pm).



Inspiring Educational Excellence for Everyone

ARDENforest
C of E Multi Academy Trust

Postal address:
St Nicholas C of E Primary School,
St Faith's Road, Alcester, Warwickshire B49 6AG
Telephone 01789 713233
Email: info@ardenforestmat.org

CEO: Mr Adam Walsh
CFO: Mrs SophieCarthy
COO: Dr Amanda Dale

Dear Parents and Carers,

Thank you to everyone who took part in the Arden Forest C of E Multi Academy Trust Parent Experience Survey earlier this year. We were delighted that 609 parents and carers across our 10 schools contributed their views, helping us to better understand what is working well and where we can further strengthen our partnership with you.

Your responses highlighted positive relationships built on mutual trust and respect and strong confidence in our staff's ability to support and safeguard pupils. However, you also told us that there are areas where we can do more—particularly in improving how the MAT supports families and how we respond to concerns or questions relating to wellbeing.

One theme that emerged strongly across the survey was the need for timely, accessible and high-quality support for parents and carers, especially when children are experiencing emotional or wellbeing challenges. In response to this feedback, and as part of our ongoing commitment to support every child and every family, we are pleased to announce the launch of a new Parent and Caregiver Helpline through Howdens Insurance and Health Assured.

From today, all parents and carers across the MAT will have free, confidential access to a dedicated 24/7 helpline, designed to offer guidance, reassurance and expert advice whenever you need it. This service is available 365 days a year, including evenings, weekends and school holidays.

Trained counsellors are on hand to provide you with immediate advice on a wide range of concerns affecting children or young people, including:

- Anxiety and worries about school or friendships
- Social phobias or low confidence
- Depression or persistent sadness
- Eating disorders
- Risk-taking behaviours, including substance use
- Suicidal thoughts or self-harm
- ADHD or behavioural concerns

They support you as the caregiver, recognising the emotional challenges that can come with supporting a child. Counsellors can also advise on:

- How to speak to your child about difficult topics
- How to identify triggers or stressors affecting your child
- Sourcing counselling or medical support
- When to involve your GP
- Signposting to support available in school and beyond

Parents also have access to the free Wisdom, health and mental wellbeing app. The app is designed to help you track your wellness and support your mental health and resilience. All of the information you need is included in the attached flyer.

We wish all of our parents and carers across the MAT a very Merry Christmas and Happy New Year.

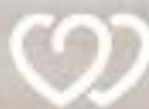
Mr Adam Walsh
CEO

Pupil Assistance Programme

Parent guide



h a



wisdom
wellbeing

Dedicated caregiver helpline

Dedicated 24/7, 365 support and guidance for caregivers who may be worried about the emotional wellbeing of a child or young person.

Caregivers can include:

- 🤝 Parents
- 🤝 Legal guardians
- 🤝 Teachers
- 🤝 Academic support staff

The helpline provides immediate support for the wellbeing of the caregiver themselves too, as supporting a young person can bring about many different challenges. Trained counsellors will be able to provide advice on many areas for caregivers who are supporting a child or young person through:

- 🤝 Generalised anxiety - Excessive worry about everyday matters
- 🤝 Social phobias - Severe feelings of self-consciousness and insecurity in social settings
- 🤝 Depression - Persistent feelings of sadness, anxiety, and/or emptiness
- 🤝 Eating disorders
- 🤝 Risk-taking behaviours, including substance use
- 🤝 Suicidal ideation
- 🤝 Self harm
- 🤝 Attention Deficit Hyperactivity Disorder

0800 012 1571

Call anytime of day

How do we support?

Our counsellors will listen to the caregiver's concerns and understand what steps have already been taken, before providing tailored support on what action, if any, is needed next.

- 📍 Advice on seeking GP intervention and support
- 📍 How to source suitable counselling support
- 📍 Signposting within schools
- 📍 How to have difficult conversations with a child or young person
- 📍 How to identify stressors or triggers for the child or young person, and recommend ways to remedy these

HA | Wisdom Wellbeing will work closely with the school upon implementation of the Caregiver helpline, to ensure all relevant signposting information is collated in the event this is required when providing support to a caller. If a caregiver discloses concerns around risk or safeguarding matters, appropriate advice will be given, and HA | Wisdom Wellbeing will document this accordingly.

0800 012 1571

Call anytime of day





Hello and welcome to Wisdom

Your guide to health and mental wellbeing

As a member of the Wisdom Wellbeing community, you have exclusive access to our revitalised app - helping you track your wellness, improve your mental health, and stay resilient during tough times.



Your health hub



Interactive mood tracker

You will receive regular prompts to track your mood. By tracking mood trends, Wisdom can help you identify patterns and areas for improvement in your wellbeing.



Four-week health plans

Wisdom will support you in your health goals, whether that be eating healthier, quitting smoking, sleeping better, or coping with pressure. Get started on your health plan and track your daily progress.



Mini health checks

How are you feeling today? Take a minute to check in with yourself by using the health checks to assess and support your health and mental wellbeing.



Breathing techniques

Our guided breathing exercises help you feel a sense of calm and relaxation to carry into the rest of your day.

Wellbeing connected



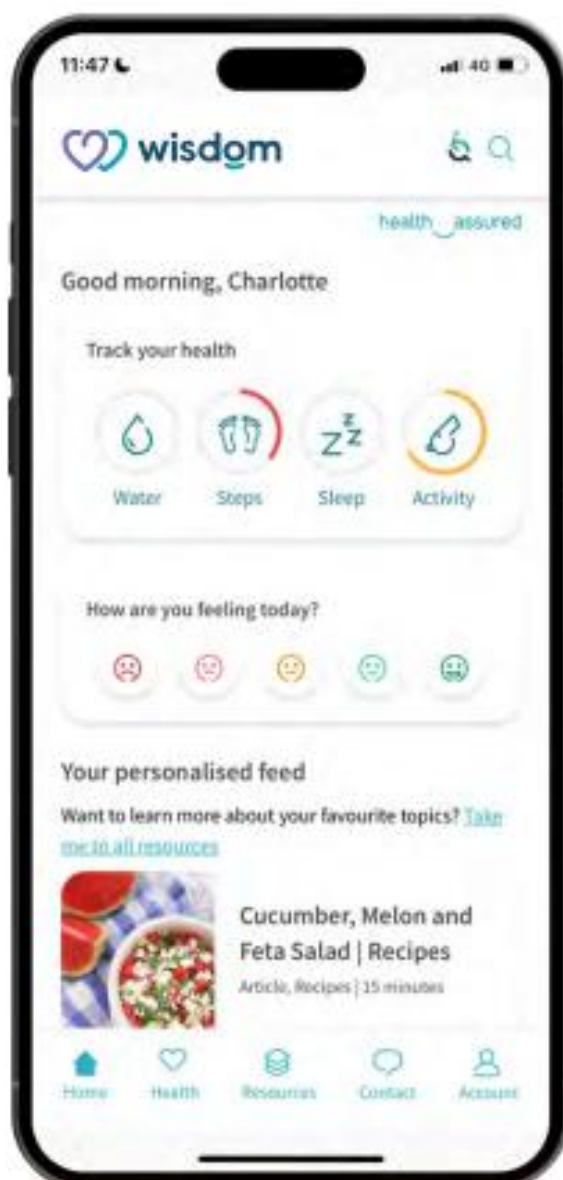
Personalisation

Wisdom allows you to personalise your homepage so you can access tailored resources and learning materials based on your interests.



Live chat

The Live Chat feature allows you to contact a dedicated wellbeing counsellor using live messaging and video calls. For further support, you can call our helpline - available 24/7, 365 days a year.



Download and register today



Unique code: MHA326571



A reminder to look after your maternal mental health

Maternal mental health difficulties can affect anyone during pregnancy or in the first year after birth.

Following Maternal Mental Health Awareness Week (4 - 10 May), Warwickshire County Council and partners are highlighting the importance of perinatal mental health.

<https://www.warwickshire.gov.uk/news/article/7616/looking-after-your-mental-health-this-maternal-mental-health-week>



Locally, there is a rise in the number of pupils adding their phone numbers to Whats App groups. I have attached details of parental controls for Whats App.

<https://www.internetmatters.org/parental-controls/social-media/whatsapp/>



Registration for the 11+ test is now open

If you would like your child to be considered for a Year 7 place at a Warwickshire grammar school in September 2027, then please register your child for the 11+ test by the deadline of 4pm on Monday 30 June.

The 11+ test is used to assess whether a child is eligible for a place at one of the county's grammar schools. The test is open to all children who will be starting secondary school in September 2027 (those currently in Year 5), and registration is now open.

The test itself will take place on 12 and 13 September 2025, and parents will receive their child's results in October, before the deadline to apply for a secondary school place (31 October).

<https://www.warwickshire.gov.uk/grammar-schools-11-test>



Family Lives parenting neurodivergent children course

Raising a neurodiverse child can be joyful, but also complex and overwhelming.

[Family Lives](#) designed this course to support you with compassionate, practical strategies that meet your and your child's unique needs.

In this online course, you will explore responsive and low demand parenting strategies, managing change and transitions, communication, distressed behaviours, sensory issues, carer burnout, looking after yourself and more.

This course is aimed at parents and carers of neurodivergent children, teens and young adults whether there is a diagnosis or not.

https://www.familylives.org.uk/how-we-can-help/online-parenting-courses/parenting-neurodivergent-children?fbclid=IwY2xjawQeXYtleHRuA2FlbQlxMABzcnRjBmFwcF9pZBAyMjIwMzIxNzg4MjAwODkyAAEeRRmYfyHPs1DgFA18NtGzTOfdjLK45qkXtWTqY2ZsqbcgHZQoCVliAIPil80_aem_ynLnU43a2nKNpl2aDpWvyVQ



WARWICKSHIRE
PARENT CARER VOICE

SEND reforms – We need your voice!

Warwickshire Parent Carer Voice want to hear your thoughts on the proposed SEND reforms:

- What do you think about the proposals?
- Do you have any questions or concerns?
- Is there anything you feel should be included in the consultation response?

Your feedback is really important and will help shape their response.

Join one of our online sessions:

- [Wednesday 29 April - 1pm](#)
- [Thursday 7 May - 7.30pm](#)

Understanding your relationships

<https://togetherness.co.uk/pathway-library/understanding-your-relationships/>

Managing parent anxiety

Physical and emotional health

<https://togetherness.co.uk/managing-parent-anxiety/>



New service planned to support children and young people's mental health

A new mental health and emotional wellbeing service for children and young people from Warwickshire County Council will be available from 1 August 2026.

The new service will support children and young people aged 0 to 18 years or up to 25 years old with an Education, Health and Care Plan (EHCP). In addition to direct support, the service will also work with families, carers, schools, and professionals who play an important role in children's lives, ensuring they have the knowledge, skills and confidence to recognise early signs of mental health needs and respond effectively.

<https://www.warwickshire.gov.uk/news/article/7550/new-service-planned-to-support-children-and-young-people-s-mental-health>



<https://mailchi.mp/warwickshire/send-april26-8832729?e=7a95476d4b>



Have your say – Autism and ADHD survey deadline extended

Warwickshire Parent Carer Voice has extended the deadline for their Autism and ADHD survey.

If you have an autistic child or young person, a child or young person with ADHD, if you are waiting for an assessment, or feel your child should be referred, we encourage you to take part.

The survey takes around 10 minutes to complete and is an important opportunity to share your experiences and views.

The survey will now close on Friday 1 May.

https://docs.google.com/forms/d/e/1FAIpQLSd7A_ApMbDNsbTa0SAV_GEtgLXISU3p3TP2QOYLmV8fXeroTA/viewform



Webinars for parents - Witherslack Group

The [Witherslack Group](#) is offering webinars for parents of children with SEND.

The webinars cover topics such as:

- [Afterschool Burnout & Shutdown: Strategies To Support Your Child](#)
- [ADHD & Autism Sleep Challenges: Practical Help For Tired Parents](#)
- [Understanding & Supporting SEN In The Early Years.](#)

ADHD & Autism Sleep Challenges: Practical Help For Tired Parents

Join us for our free webinar.

<https://www.witherslackgroup.co.uk/advice-and-support/events/webinar-adhd-autism-sleep-challenges-practical-help-for-tired-parents/>

Understanding & Supporting SEN In The Early Years

Join us for our free webinar.

<https://www.witherslackgroup.co.uk/advice-and-support/events/webinar-understanding-supporting-sen-in-the-early-years/>



Growing up in the online world: a national consultation

Parents, guardians, and young people across the UK are being urged to shape the country's next steps on children's digital wellbeing, as the UK government opens the world's most ambitious consultation on social media.

The consultation will gather insights from the public on how to keep children safe online across social media, AI chatbots and gaming platforms.

<https://www.gov.uk/government/news/landmark-consultation-seeks-views-on-major-measures-to-protect-children-on-social-media-gaming-platforms-and-ai-chatbots>

Grandparents, we need your help!!!



As part of our Geography Field work Week, Grandparents are warmly welcomed to our gardening session on Friday 5th June, 2pm - 3pm. We need your expertise to help the children pot up and plant a selection of flowers and vegetables.

Refreshments will be served by our amazing PTA and chairs will be provided. Bring your own gardening gloves and a sun hat.

Families, we need your help!!!

The school is looking to further develop gardening at school and for the children to experience growing vegetables in school. To help us make this happen, we are asking for donations of:

- good condition raised beds,
- lining and compost
- flowers and vegetables.



Last year, we were lucky to receive donations from *Waitrose, Hillers and Morris Mica* so if you have any connections that would help, we would be entirely grateful!

If you are able to help, please contact Mrs Stephens at school. Any help would be much appreciated.

Geography Fieldwork Week - from Tuesday 2nd June

During Geography Fieldwork week, each class will take part in an investigative task within the local community/school grounds and may need their forest school style clothes. Your child's class teacher will inform you nearer to the time if this is the case. The children will also explore Sustainability throughout the week with a special assembly on World Environment Day.

We thank you all for your continued support.

Being safe while gaming online video

<https://www.knowsleyclcs.org.uk/wp-content/uploads/2026/04/Online-Gaming.mp4>

https://player.vimeo.com/video/1184041329?badge=0&autoplay=0&player_id=0&app_id=58479

In partnership with Knowsley CLCs, all parent/carers are invited to an:

Online Safety Information Session

This session is delivered virtually so can be watched from anywhere!
We will share the link with you privately.

Guide to Social Media & Livestreaming - this will include latest trends and emerging threats and will focus on developing your understanding of social media and livestreaming, the associated risks and steps we can take to support our children.

**WEDNESDAY
6TH MAY
2026
4PM - 4.45PM**



Knowsley
City Learning Centres

2025/2026 Leave of absence

Leave of Absence taken in the academic year 2024-25

The law relating to Penalty Notices is due to change with effect from 1 September 2024. Therefore Penalty Notices issued for Leave of Absences taken after this date will be issued in accordance with the updated legislation.

- Penalty Notices are issued to each parent of each absent child, (for example 2 children and 2 parents, means each parent will receive 2 invoices – 4 in total).
 - First Leave of Absence offence: The Penalty Notice amount of £160 to be paid within 28 days, this is reduced to £80 each child if paid within 21 days.
 - Second Leave of Absence offence within a 3 year period (from the date of issue of the first penalty notice): The amount of £160 paid within 28 days. No reduced amount,
- Payment plans will not be offered and/or payments received outside of the 28 day period will not be accepted. Where a penalty notice expires unpaid the matter will be referred to Warwickshire County Council's Legal Services to consider criminal prosecution.
- Third Leave of Absence offence within a 3 year period (from the date of issue of the first penalty notice) A penalty notices will be not be issued and the matter will be referred to Warwickshire County Council's Legal Services to consider instigating criminal prosecution proceedings under S444 of Education Act 1996.

Your child's progress academically as well as socially is our shared priority.

Warwickshire Attendance Service

LEAVE OF ABSENCE DURING TERM TIME UPDATED INFORMATION FOR PARENTS

The Supreme Court has clarified the law on unauthorised leave, including holidays, during term time (Platt v Isle of Wright 2017). The Supreme Court has made clear that attending school 'regularly' means that the children must attend school on every day that they are required to do so. As such, the parents of any child who is absent from school without authorisation for any length of time are likely to be considered as committing an offence under s444 of the Education Act 1996.

The law states a leave of absence may only be granted by a school if an application is made in advance and if it considers there are exceptional circumstances relating to the application.

Schools must judge each application individually considering the specific facts and circumstances and relevant background context behind each request.

A leave of absence is granted entirely at the school's discretion. Generally, a need or desire for a holiday or other absence for the purpose of leisure and recreation would not constitute an exceptional circumstance.

Where a leave of absence is granted, the school will determine the number of days a pupil can be absent from school.

When making an application for Leave of Absence parents are advised to give sufficient information and time to allow the

Head teacher the opportunity to consider all the exceptional circumstances and to notify parents of their decision. The school may also request further information on the application and supporting documentation where appropriate.

It is advised that if the resident parent has not received notification or a response regarding the leave of absence application, it is the parents' responsibility to ascertain if the leave is authorised prior to the start of the leave.

The school can only consider Leave of Absence requests which are made by the 'resident' parent ie the parent with whom the child normally resides.

Where applications for leave of absence are made in advance and refused, the child is expected to be in school on the dates set out in the application. If the child is absent during that period, it will be recorded as an unauthorised absence. Where a leave of absence is requested, but additional days taken either prior to or after the request may be considered as part of the leave of absence.

Leave of Absences which are not made in advance cannot be authorised in line with legislation. This will result in the absence being recorded as 'unauthorised'.

All matters of unauthorised absence relating to a Leave of Absence will be referred to the Warwickshire Attendance Service, part of Warwickshire County Council. Penalty Notices are issued in accordance with Warwickshire County Council's Code of Conduct for Penalty Notices and in the first instance, as an alternative to prosecution proceedings.

Leave of Absence taken in the academic year 2024-25

The law relating to Penalty Notices changed with effect from 19 August 2024. Therefore, Penalty Notices issued for Leave of Absence taken from September 2024 will be issued in accordance with the updated legislation.

Penalty Notices are issued to each parent of each absent child, (for example 2 children and 2 parents, means each parent will receive 2 invoices – 4 in total).

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 - **Your child's progress academically as well as socially is our shared priority.**