



Be our best selves

COUGHTON

C of E Primary School

Issue 1

Key dates

Tuesday 22 nd September	Individual School Photographs
Thursday 1 st October	PTA AGM school hall
October	Black History Month
Tuesday 6 th October	Parents evening 5-7pm
Wednesday 7 th October	Parents evening 4-6pm
Monday 19 th October	Heights & Weights – Year R & Yr 6
Friday 23 rd October	INSET Day – school closed to pupils
Monday 26 th October – Friday 30 th October	Half term
Friday 13 th November	BBC Children in Need
16 th -20 th November	Anti-Bullying Week
Friday 18 th December	School closes for Christmas holiday
Monday 4 th January	INSET Day – School closed to pupils
Tuesday 5 th January	School re-opens for Spring Term
Monday 15 th February – Friday 19 th February	Half term
Thursday 25 th March	School closes for Easter



Dear Families,

It has been a fantastic first few weeks. It has been a pleasure to see the children return so positively and settle quickly into school routines.

I would like to take the opportunity to welcome all of our new families, I hope that your children thrive at Coughton and we are delighted that you are a part of our community.

It was great to see lots of you at the 'Meet The Teacher' meetings last week. This provided a good opportunity to see what is in store for the children this year and how you can support at home. The slides from these should now have been shared with you via SeeSaw/Teams.

I have attached some key dates for the year (page 6) with this issue so that you can add to your calendars and plan ahead. Some dates are still to be confirmed but I wanted to share the dates that we have with as much notice as possible.

This week we welcome the school councillors into their positions. They will form a critical part of the school parliament.

A reminder that during pick up and drop off times please keep your children and younger siblings with you at all times. The lane is sometimes used as a cut through with people driving through at speed. Please do not allow children to climb the tree by the school gates and also please do not let children to run across the school gates as traffic may be entering/exiting school property.

Autumn term Christian value: Respect

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

Team Points:

Alne: 354

Avon: 297

Arrow: 287

Headteacher

Mr Alex Kolb

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 £2 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

26/27- School,Closed For Children

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).



Coughton CE Primary PTA AGM

*Help us raise funds for the school
and organise fun events!*

Please join us on

**Thursday 1 October
at 7pm**

email:
committee@coughtonpta.co.uk



**Coughton CE
Primary School**

Together,
we learn,
we grow,
we belong
♡

Parents and Carers are warmly invited to our

SEND

Coffee Morning



Meet the
SENDCo and
SEND Governor



Share ideas
about inclusion



Help shape
our school's
inclusive ethos



**Thursday 24th
September**
10.00 – 11.00am

Reminder

During pick up time please keep your children and younger siblings with you. Please refrain from climbing the trees on the edge of the school grounds and running on Coughton Lane. The lane is sometimes used as a cut through with people driving through at speed.



OPEN MORNING & EVENING

TUESDAY 29TH SEPTEMBER

Coughton welcomes you to visit our school.

Come and meet our friendly team, explore our learning spaces and discover a nurturing place to learn and grow.



OPEN MORNING
9.30-11.30AM



OPEN EVENING
5PM-7PM



We look forward to seeing you there!



Coughton Lane, Coughton
Warwickshire, B49 5HN



01789 762444



admin3021@welearn365.com

Dates

Dates in advance for the year ahead. For some dates more information will be shared closer to the time but sending out so that you have them in your diaries.

Friday 13th November	BBC Children in need
16th - 20th November	Anti-Bullying week –
Friday 13th November	Children in need –
Wednesday 25th Nov – French Experience morning KS2	
Thursday 4th March 2027	World Book Day
26th & 27th January 2027	Second parents evening- in person, school hall
Friday 5th Feb	TT rockstars day/numbers day – Friday 5th Feb – dress as a rock star
Thursday 22nd October	Horrible Histories Day – artefact study
Monday 7th to 11th June	Geography Fieldwork Week–invite grandparents into class to work with children around school grounds
	Tuesday 8th – Maple pm
	Thursday 10th – Ash am
	Thursday 10th – Acer & Oak pm
	Friday 11th – Willow am / Cedar & Birch pm
Thursday 8th July	Sports Day – morning – start at 9am
Thursday 15th July	Back up sports day – morning 9am
Wednesday 14th July	French Experience morning KS2
Thursday 15th July	Farmers market – starting earlier on 4-6pm

HARVEST FESTIVAL

Harvest Festival services will take place at St Peter's Church, Coughton on Tuesday 13th October.

9.30am Maple, Birch and Ash service

10.30am Acer, Cedar, Willow, Oak service

For the services we ask that children arrive at school in their school uniform. Those classes who have PE/forest school on Tuesdays should wear uniform to school and bring sports kit in a separate bag to change in to. This is to ensure that we are smartly represented within our church community. It is for this event only and will return to wearing sports/forest school kit to school the following week. Parents, carers and family members are welcome to join us for the services in church. We just ask that if you have a child at the first service, that you depart the church shortly afterwards so that we have enough space for the parents of KS2 pupils in the church for the second service. Parents with siblings in both key stages are welcome to stay with us for the morning.

Parking will be in the main car park. There is to be no parking on the verges or outside of the Church and the Court.

We are once again working with Arden Foodbank to support our local community. If you are able to donate any of the items listed below we would be most grateful. These go directly to families in need. If you are able to donate any produce please send to school from Monday 5th October and it will be taken to our local distribution centre.

Harvest is special festival for us at Coughton as it celebrates our farming and church communities.



Harvest appeal

Help support Arden Foodbank this Harvest

Donate food

Donate an item or two from our shopping list, ensuring we can provide food for people facing hardship in your community.

Donate money

Help to cover the costs of storing and distributing food, as well as developing sustainable projects.

Arden Foodbank

Providing emergency food and support to people in Alcester, Studley and our surrounding communities

Shopping list

- Tinned meat
- Tinned veg/fruit
- Tinned tomatoes
- Cooking sauces
- Coffee/Tea
- Milk (UHT or powdered)
- Cereals
- Tinned pudding
- Jam
- Instant mashed potato



OCTOBER HALF TERM SPORTS SESSIONS

ACTIVE
KIDS
HAPPIER
HOLIDAYS!

**CZSPORTS MULTI-SPORTS
HOLIDAY CLUB**
Henley Primary School
Ages 4 - 13
Childcare & Tax-Free Childcare
vouchers accepted

**CZSPORTS MULTI-SPORTS
HOLIDAY CLUB**
Lapworth School
Ages 4 - 13
Childcare & Tax-Free Childcare
vouchers accepted

**HENLEY-IN-ARDEN
TENNIS CLUB**
Tennis & Junior Padel
Coaching Sessions
2-hour tennis-specific coaching
sessions for ages 4 - 16,
as well as Junior Padel Coaching
sessions.

Bookings for padel via the
Playtomic app or contact Neil directly.
PLAYTOMIC

★ **SPACES ARE LIMITED,**
so we recommend booking early
to secure your child's place
this October half term.

MULTI-SPORTS HOLIDAY CLUB

Looking for an active, fun-filled October half term for your child?
Our holiday clubs offer a fantastic mix of activities, including:



Football



Tennis



Dodgeball



Parachute
games



Nerf Wars
(Henley Late
Club only)

...and much more!



EXTENDED HOURS AT HENLEY

Extended hours are available until 5:30pm on Tuesday, Wednesday and Thursday.

Neil - 07912 664426

neil@czsports.co.uk

www.czsports.co.uk

We'd love to see you there for another **brilliant CZSPORTS October half term!**

**BOOK NOW AND GET
HALF TERM SORTED!**

MORE THAN JUST A HOLIDAY

Protect your child from flu

The School Immunisation
Team need your correct
contact details

Have your email address or mobile
phone number changed within the
last year? If so, please get in touch
with your team:

Coventry schools:

bewise.immunise@covwarkpt.nhs.uk

02476 961422

North Warwickshire schools:

NorthImms@covwarkpt.nhs.uk

02476 321550

South Warwickshire schools:

SouthImms@covwarkpt.nhs.uk

01926 353899



FREE FUN
for the
WHOLE FAMILY



FREE!



**WE ARE A COMMUNITY VOLUNTEER
LED KIDS ACTIVITY GROUP.**
No age restrictions. No booking.
Teens can volunteer for experience.

EVERYONE
FINISHES
WITH A
STICKER!

TEENS:
VOLUNTEER
FOR GREAT
EXPERIENCE!



EVERY SATURDAY:

9:30AM



RUN • JOG • WALK • VOLUNTEER



NO AGE RESTRICTIONS. | NO BOOKING.



FUN, FRIENDLY, INCLUSIVE & FREE FOR ALL THE FAMILY!



JUBILEE FIELDS, ALCESTER, B49 6AG

Who is eligible for benefits-based free school meals

From the start of the 2026 to 2027 academic year, we are expanding FSM eligibility to all children from households in receipt of Universal Credit regardless of household earnings. Free school meals are available to pupils in receipt of, or whose parents are in receipt of, one or more of the following benefits:

- Universal Credit
- support under Part VI of the Immigration and Asylum Act 1999

A pupil is only eligible to receive a free school meal where both:

- a claim for this support has been made
- their eligibility has been verified by the school where they are enrolled or by the local authority

Households may also be entitled to a meal if they:

- are in receipt of income-related Employment and Support Allowance
- receive the guarantee element of Pension Credit
- meet criteria set out in separate guidance for [families with no recourse to public funds](#)

<https://www.warwickshire.gov.uk/education-learning/apply-free-school-meals/3>



<https://youtu.be/iZihcr6DVW0?si=IJPtcalgBaoObcy5>



Year Six enjoyed
Bellboating in Stratford-
Upon-Avon



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 Sophie Carthy
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

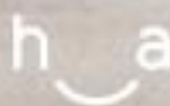
Parents also have access to the free Wisdom, health and mental wellbeing app. The app is designed to help you track your wellness and support your mental health and resilience. All of the information you need is included in the attached flyer.

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



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



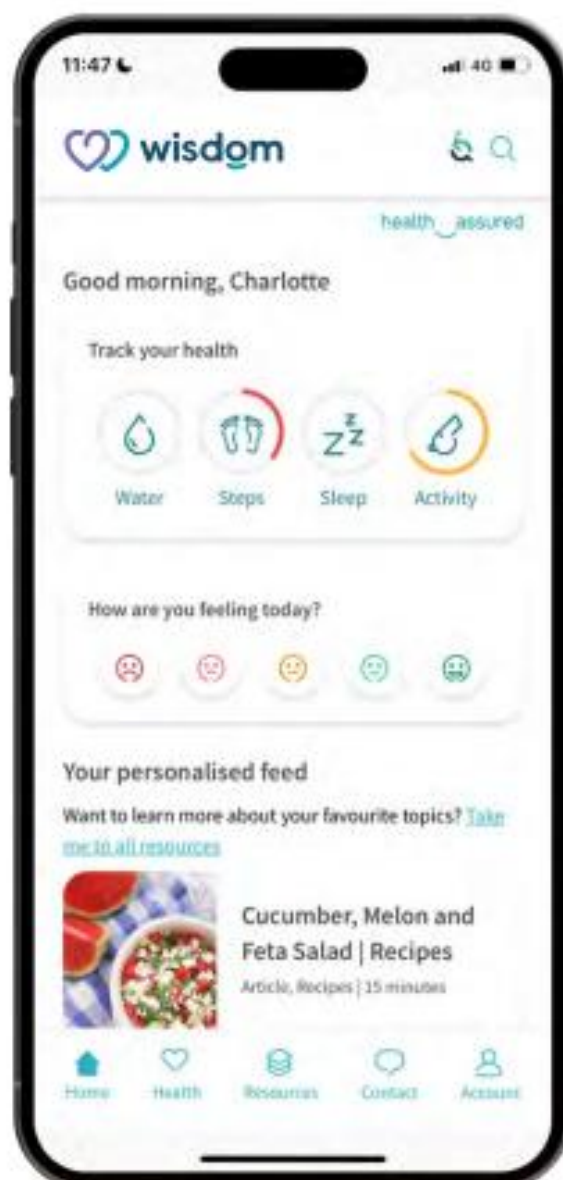
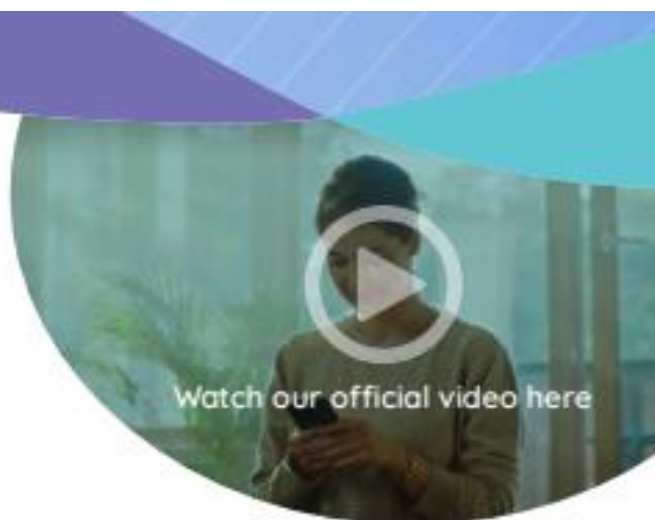
Personalisation

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



Mental health support for young people in Warwickshire

It's important to seek mental health support for a child or young person as early as possible, before small worries or everyday challenges escalate into larger mental health crises.

Mental health support for young people in Warwickshire

A simple guide for accessing emotional wellbeing and mental health support for children and young people aged up to 18 (or up to 25 for those with an Education, Health and Care Plan)

Is your child or young person in immediate danger? Call 999 or visit A&E. For urgent mental health advice, contact NHS 111.



WHAT SUPPORT IS BEST FOR YOUR CHILD?

Mild to moderate emotional wellbeing support

Your child may be:

- Feeling anxious or worried
- Struggling with stress or low mood
- Having friendship or school difficulties
- Finding emotions difficult to manage



More complex or ongoing mental health support

Your child may be struggling with serious emotional or behavioural challenges that are affecting their safety, relationships, learning, or ability to cope with everyday life e.g. eating disorders, self-harm or severe depression

Your child may need some coping strategies and early support.

Tel: 02476 631835 (lines are open Mon-Thurs 9am - 4.30pm and Fri 9am - 4pm)

Visit: www.echosupport.org.uk

Support includes one-to-one/group wellbeing sessions and drop-in workshops.

Your child may need a specialist mental health assessment or support from NHS mental health professionals.

Talk to your GP, school, social worker or professional involved with your child about a referral.

For more information visit www.covwarkpt.nhs.uk/cyp-services



DON'T WORRY!

Both organisations will work closely to ensure everyone gets timely and appropriate support from the best service based on their needs, regardless of their referral route.

REMEMBER

Seeking support early, before things escalate, can make a big difference. For more information about mental health support, visit www.warwickshire.gov.uk/mentalhealth





Warwickshire Year 6 children are invited to apply for their secondary school place

Parents and carers of Warwickshire children starting Year 6 this week are being reminded to apply for a secondary school place for September 2027.

Applications are now open and must be submitted by 31 October 2026 to be considered on National Offer Day (1 March 2027).

<https://www.warwickshire.gov.uk/news/article/8072/warwickshire-year-6-children-are-invited-to-apply-for-their-secondary-school-place>

<https://www.coramfamilylives.org.uk/how-we-can-help/online-parenting-courses/>



Parents Together online parenting course

[Read more](#)



Bringing Up Confident Children online course

[Read more](#)



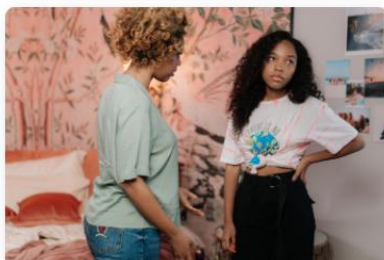
Parenting Neurodivergent Children online course

[Read more](#)



Parenting Teens online parenting course

[Read more](#)



Challenging Behaviour in Teens online course

[Read more](#)



Sibling Arguments online parenting course

[Read more](#)

Free online learning to help parents feel more confident

<https://www.warwickshire.gov.uk/parentguides>



<https://www.covwarkpt.nhs.uk/cyp-mental-health-services>