Dove Bank Primary School
Weekly Bulletin - 21.11.2025

Autumn Diary Dates

Wednesday 26th November: PTA Christmas Markets in the school hall from 5:30

Tuesday 2nd December: Choir singing at The Victoria Hall

Wednesday 3rd December: Rocksteady concert at 9:15. Parents of those who attend Rocksteady sessions.

Friday 5th December: Own clothes day in exchange for a gift for the PTA gift stall.

Tuesday 9th December: EYFS (Big Butterflies and Rec) and KS1 Nativity: shows at 9:30 and 1:30. Only 2 spaces per family at each performance please. Prams will be left in the entrance hall.

Friday 12th December: Christmas jumper day and PTA gift stall.

Monday 15th December: Mince Pie Afternoon from 1:15. Parents are invited into school from 1:15 to listen to each class and musical group perform whilst enjoying a Christmas treat.

Wednesday 17th December: Christmas Church visit. Whole school to attend - we will walk over to St Thomas' church at 9am. Parents will be invited to walk with us. If you are interested, please reach out to your child's class teacher.

Thursday 18th December: Christmas crafts. Parents invited into school from 1:15 to complete a craft activity with their child in their classroom. And, the PTA Christmas Disco.

Friday 18th December: Christmas Jumper Day and class parties.

Winter Clothing

Now it is getting colder outside, please ensure the children are coming to school sufficiently wrapped up with hats, gloves and scarfs to keep them nice and warm. We will continue to play outside, unless unsafe to do so.

Congratulations!

Welcome to the world Maili McLaren

Today, we get to share the wonderful news that Mrs & Mr McLaren welcomed their beautiful baby girl to the world last week.

I am sure that you will join us all in congratulating the whole family.

Children in Need

We donated £175 to Children in Need from our own clothes day. Thank you all

Dove Bank are participating in a display at the Winter Light Trail at Trentham Gardens this winter! As a thank you, please enjoy 10% off tickets!

SESSION TYPE	SUPER OFF PEAK	OFF PEAK	STANDARD	PEAK
FULL PRICE	Adult: £17 Child/Senior: £12.50 Family: £50	Adult: £18.50 Child/Senior: £14 Family: £57	Adult: £20.95 Child/Senior: £16 Family: £63	Adult: £24.75 Child/Senior: £18.50 Family: £70
YOUR PRICE	Adult: £15.30 Child/Senior: £11.25 Family: £45	Adult: £16.65 Child/Senior: £12.60 Family: £51.32	Adult: £18.86 Child/Senior: £14.40 Family: £56.72	Adult: £22.28 Child/Senior: £16.65 Family: £63

Child: 3-15 | Adult: 16-59 | Senior: 60+ | Family: 2 adults & 2 children | Infant: 0-2 FREE
(Remember to add free infant tickets to your order if necessary!) | SeeTickets booking fees apply.
DBP25TG discount is only for families of students at Dove Bank only.

Back to School: Why Sleep Matters

As many children return to school or begin nursery or school for the very first time, it can be a challenge to shift out of holiday mode and back into the rhythm of early mornings and structured routines.

Just like eating well and staying active, getting enough sleep is essential for good health. A consistent bedtime routine helps children wind down, and while they sleep, their brains build new connections, their bodies repair themselves, and their energy is restored for the day ahead.

How Much Sleep Does My Child Need?
While every child is different, The Sleep Charity offers helpful guidance on recommended sleep durations:

Toddlers: Around 12 hours per night
Children aged 3–6: 10–12 hours
Children aged 7–12: 10–11 hours
Teenagers: Around 8–9 hours

It's important to remember that these figures are guidelines, not strict rules. What matters most is sleep quality, not just quantity. Establishing a calming bedtime routine can make a big difference and just like adults, some children naturally need more sleep, while others may need less.

Support for Families

The Sleep Charity offers fantastic resources to help families build healthy sleep habits. You can explore their advice and tools through the links below:

Children https://thesleepcharity.org.uk/information-support/children/
Teenagers https://teensleephub.org.uk/
Adults https://thesleepcharity.org.uk/information-support/adults/

Let's help our children start the school year feeling rested, refreshed, and ready to learn!

USEFUL INFORMATION

School Nurses and Health Visitors work with babies, children and their families to help improve their physical and / or emotional health and Wellbeing. Our Teams are able to help with a wide range of issues including health queries, emotional health and wellbeing concerns and can offer advice on parenting and behaviour strategies.

Young people in High School can also see their school nurse privately in school during term time (the school reception staff will be able to let you know what day a member of the team will be in) or check our schedule of drop ins on our website schedule for drop-ins.

Our Website also has lots more information... why don't you take a look:
Health Visiting and School Nursing: Midlands Partnership University NHS Foundation Trust (mpft.nhs.uk)

Even when schools are closed, School Nurses can be contacted by young people or parents/ carers by getting in touch with them in our hubs:

CAFSPA Staffordshire (County) Hub

(covering East Staffs, Cannock, Lichfield, Rugeley, Tamworth, Moorlands, Newcastle, South Staffordshire, Stafford, Stone)

Freephone: 0808 178 0611

Lines are available Monday to Friday 9am-5pm all year round excluding Bank holidays

ChatHealth **Chat Health Text Messaging Service** ChatHealth
Parents/Carers text: 07520 615722

For young people living in Staffordshire, **text 07520 615721**

Stoke-on-Trent (City) Hub

(covering all localities in Stoke-on-Trent)

Freephone: 0808 178 3374

Lines are available Monday to Friday 9am-5pm all year round excluding Bank holidays

ChatHealth **Chat Health Text Messaging Service** ChatHealth
Parents/Carers text: 07312 277161

For young people living in Stoke-on-Trent, **text: 07520 615723**

Professionals can make referrals by telephoning the Hub or completing and emailing a referral form to: CaFSPA@mpft.nhs.uk

Staffordshire Referral Forms