



Fairholme

Primary School

‘We believe we can achieve’

Respect
Honesty
Responsibility
Kindness
Self-belief
Aspiration

Autumn Term – Oct 2025 – Issue 2

A message from our Headteacher Mrs Harris:

Well, what a busy half term it has been! It has been wonderful to see our Nursery and Reception children complete their very first half term in EYFS. They have really grown in confidence, and it has been a joy to watch them flourish. One of my highlights this half term has been seeing our school value of Responsibility come to life. Across the school, children have embraced a variety of roles and responsibilities, including Reading Ambassadors, Eco-Warriors, School Council representatives, House Captains, Attendance Champions, and many more. This week, our House Captains led their very own assemblies for children in their houses — Water, Fire, Earth, and Air. We are so proud of how thoughtfully they planned and confidently delivered their assemblies, showing great leadership and kindness towards their younger peers.

Our sporting calendar is now in full swing, with a range of exciting events taking place over the half term. Children from Years 5/6 took part in a Girls’ Football Tournament, showing fantastic teamwork and determination. Our KS2 Cross Country Team demonstrated great perseverance, and our Year 2 pupils represented the school brilliantly at the Football Festival. A big thank you to Mr. Horry, who works so hard to organise these opportunities for our pupils. It has been wonderful to see our children representing the school with pride and showing such respect to the teams they have played against.

Throughout October, we have proudly celebrated Black History Month, embracing meaningful conversations about history, culture, and diversity. Miss Hunt organised a series of engaging and informative workshops for all year groups, exploring this year’s inspiring theme — “Standing Firm in Power and Pride.” The Razzle Dazzle Disco last week was a fantastic success! It was lovely to see the children enjoying themselves with their friends. A big thank you to our school governor, Miss Wiltshire for being our amazing DJ, and to our wonderful staff who gave up their evening to make the event possible.

Looking ahead to next half term, we will be focusing on developing learning behaviours across the school. We want to help children further understand what skills are required to be a successful learner, including collaboration, curiosity, resilience, and making connections. This will be a key focus in lessons and activities, helping every child develop the habits and mindset to achieve their best.

If you have celebrated Diwali this week, we wish you a very Happy Diwali and hope you enjoyed a joyful celebration with family and friends. As we head into the half-term break, I hope you all have a restful and enjoyable time. The children have worked incredibly hard and truly deserve their break. Please do continue to enjoy reading together over the holidays — it really does make a big difference to children’s progress and confidence in school.

Fairholme Primary School, Peacock Avenue, Bedfont, Feltham, Middlesex, TW14 8ET
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Dates for your Diary

24 OCT: Curriculum Showcase

4 & 6 NOV: Reception-Year 1 Parents
Evening

14 NOV: Nursery Parents Evening

5 DEC: Christmas Fair

11 DEC: Christmas Jumper Day &
Christmas Lunch

13 FEB: Curriculum Showcase

3 JUN: Early Years Sports Day

4 JUN: KS1 Sports Day

5 JUN: KS2 Sports Day

2 JUL: Summer Fair

10 JUL: Dance Festival

PE Days

Early Years: Friday

Year 1: Tuesday & Wednesday

Year 2: Wednesday (&Thursday for Purple class
only)

Year 3: Wednesday &Thursday

Year 4: Thursday & Friday

Year 5: Tuesday

Year 6: Tuesday

School Lunches

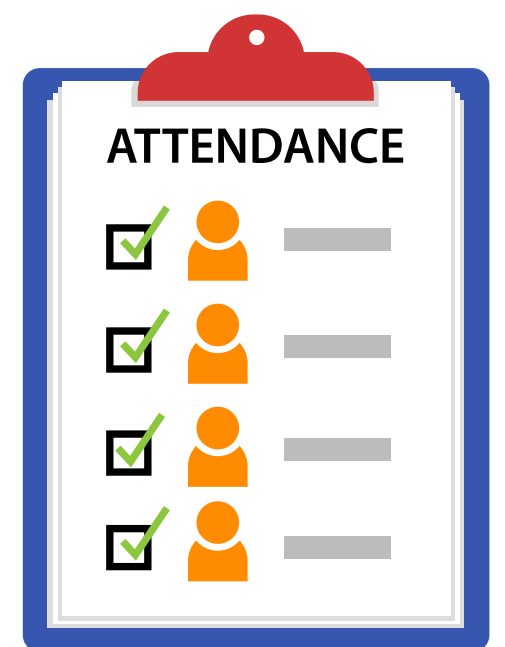
You can book your child's lunches up to 3 weeks in advance via Parent Pay. If you need a Parent Pay letter for account access please contact the School office

Attendance

Current whole school attendance:

94.84%

Target: 96.4%



Management Information System

We are changing the management information system we use in school.

It is vital that we have up to date and correct information about all pupils in our school so that our records are up to date when the migration is complete. The migration will take place on the 20th November.

To ensure we have the right information about your child, please can you come along to the school office as soon as possible.

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Mufti Days for Our Christmas Fair 🎄

To help prepare for our Christmas Fair on Friday 5th December, we'll be holding two Mufti Days in November:

- Friday 14th November – Please bring sweets or chocolates for our Sweet/Chocolate Tombola.
- Monday 24th November – Please bring a bottle donation for our Bottle Tombola.

Children can wear their own clothes on these days in exchange for their donation.

Thank you for your generous support — it helps make our Christmas Fair a great success! 🎅 ✨

We are back in Tesco!

Please support our school by adding blue tokens to the Fairholme Primary School box in Ashford express and superstore.

Thank you for your support!



Reception 2026

Are you looking for a school place for your child for September 2026?

If so, please do come along to one of our school tours, meet some of our pupils and have a look around our school.

Tuesday 21st October: 9.30 – 10.30
Thursday 23rd October: 9.30 – 10.30
Tuesday 4th November: 9.30 – 10.30
Thursday 6th November: 9.30 – 10.30
Tuesday 18th November: 9.30 – 10.30
Thursday 20th November: 9.30 – 10.30
Thursday 8th January: 9.30 – 10.30

There is no need to book, please just turn up at the school office.

We are looking forward to meeting you.

Are you rocking with Times Tables?!



Practice 5-10 minutes a day on Times Tables Rock Stars. Improve your speed, improve your knowledge of times tables. Younger children can use Numbots to learn simple addition and subtraction facts too.

Your child's log in information is stuck into their home learning journal.



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A Message of Thanks to Mrs Capstick

Last week, Mrs Capstick, our Chair of Governors, stepped down from the Governing Board.

Mrs Capstick has been a valued member of our school's Governing Board for 14 years and has played an important role in supporting the growth and development of Fairholme throughout that time. Her dedication, commitment, and leadership have made a lasting difference to our school community.

We would like to extend our heartfelt thanks to Mrs Capstick for her hard work, care, and many years of service to Fairholme. Although she will be greatly missed in her official role, we are delighted that she will continue to stay in touch, and we look forward to welcoming her back to future school events.

We are also pleased to welcome **Mr Ryan Ward** as our new Chair of Governors. We look forward to working with Mr Ward as we continue to build on the strong foundations that Mrs Capstick helped to establish.

A message from Mr Ward:

Dear Parents and Carers,

As the newly appointed Chair of Governors at Fairholme Primary School, I am honoured to introduce myself. As a Feltham local who attended Southville Juniors and Longford Community School, I'm proud to return to our community after building a career in technology at Sky since 2012. I have been a governor at Fairholme since 2019, and as a father of two young boys, I care deeply about education, our community, and the future of our school.

I believe in working alongside our children and listening closely to their voices. I will ensure our strategic priorities reflect their needs. I am committed to maintaining a culture where every child feels respected, valued, and excited to learn. Our school values of Respect, Honesty, Responsibility, Kindness, Self-belief, and Aspiration guide everything we do, and I pledge to uphold these values as we support all our children.

I look forward to working alongside the headteacher, staff, parents and, above all, our pupils. Together, we will continue to build a warm, inspiring community at Fairholme where all children love coming to school.

Please feel free to reach out at any time with your ideas or questions via the office email address:
office@fairholme.hounslow.sch.uk



Warm regards,
Ryan Ward
Chair of Governors
Fairholme Primary School



Diwali

The children have thoroughly enjoyed a range of engaging activities to learn more about the festival of Diwali. As part of our celebrations, they had the opportunity to cook and taste delicious fruit samosas and make refreshing mango lassi — a treat they all enjoyed!

Creativity was in full flow as the children designed beautiful rangoli patterns, created intricate Mehndi (henna) designs and crafted colourful lanterns, rocking divas and informative posters all about Diwali.

A highlight of our celebration was the Diwali assembly, where we were delighted to welcome some of our wonderful children dressed in traditional attire. They shared their personal experiences of Diwali with Key Stage 2, helping to bring the festival to life in a meaningful and memorable way. They should be very proud of themselves!

Happy Diwali to everyone celebrating this special occasion.





We would like to introduce you to our new School Council!

**Y2 Red Class:
Jessica and Ismail**

**Y2 Purple Class:
Melissa and Zayn**

**Y3 Silver Class:
Felicity and Ivan**

**Y3 Gold Class:
Sidick and Corey**

**Y4 Indigo Class:
Garry and Anahitha**

**Y4 Emerald Class:
Raisa and Oscar-Blu**

**Y5 Turquoise Class:
Averyl and Clifford-James Eastwood**

**Y5 Burgundy Class:
Livinia and Rayaan**

**Y6 Saffron Class:
Louie and Skye**

**Y6 Sapphire Class:
Ashley, Phreya and Lexi**

Congratulations to the children who were voted by their class mates!



Little Kickers®

We are delighted to be bringing **Little Kickers** to **Fairholme School**, running football classes every **Saturday** morning.

Why Choose Little Kickers?

- ✓ Fun, age-appropriate classes (18 months – 8 years)
- ✓ Expert coaches who make learning engaging
- ✓ Girls & Boys
- ✓ Indoor Facilities ideal for winter



NO Joining Fee & **FREE** Kit worth £27 for Fairholme Families.

Interested? Text Us - 07944 412 836



November Cut the Carbon Family Challenge!

This month, we're all working together to cut *our carbon footprint*! A carbon footprint is the amount of carbon dioxide released into the air by the things we do – like using electricity, driving cars, or throwing things away. Every small change helps our planet breathe better!

Try these challenges at home with your family. Tick each one you complete and see how many points you earn!

Action	Done?	Points
Turn off lights when you leave a room	<input type="checkbox"/>	★ 5
Unplug chargers when not in use	<input type="checkbox"/>	★ 5
Reuse items instead of throwing them	<input type="checkbox"/>	🌿 10
Compost fruit and vegetable scraps	<input type="checkbox"/>	🌿 10
Plant a seed or a tree	<input type="checkbox"/>	🌍 20
Walk, scoot, or cycle	<input type="checkbox"/>	🌍 20
Use a reusable bottle or lunchbox	<input type="checkbox"/>	🌿 10
Take shorter showers 5 minutes	<input type="checkbox"/>	🌿 10
Turn off the TV or console instead of leaving it on standby	<input type="checkbox"/>	★ 5
Help recycle at home	<input type="checkbox"/>	★ 5
Eat a vegetarian meal once a week	<input type="checkbox"/>	🌿 10
Tell someone about the challenge	<input type="checkbox"/>	★ 5

Every small step makes a big difference!

Rock and pop band lessons with Rocksteady

Did you know, we partner with Rocksteady Music School to deliver fun and inclusive rock and pop band lessons, right here at Fairholme Primary School! These weekly music lessons take place in school and are led by professional musicians who make learning music fun.

It's the perfect way for children to learn new musical skills, make friends and have a great time – all at school!

Rocksteady lessons are also shown to amplify confidence, wellbeing and social skills.

Here's what else you need to know:

- There's no experience necessary and all instruments for lessons are provided.
- Watch as your child performs in their end of term concerts, showing just how far they have come.
- Children learn up to 300 instrument, band, and performance skills, whilst playing songs they love.
- Children can achieve an Ofqual-regulated Music qualification, accredited by Trinity College London, without having to take a single exam.
- You'll receive regular progress updates, including photos and videos.

There's a money-back guarantee for the first month and you can cancel at any time. Places are offered on a first come, first served basis.

Sign your child up for band lessons online at rocksteadymusicschool.com/parents

If you have any questions about Rocksteady, call 0330 113 0330 (Mon-Thurs 8am-8pm, Fri 8am-6pm, local rate) or email info@rocksteadymusicschool.com.



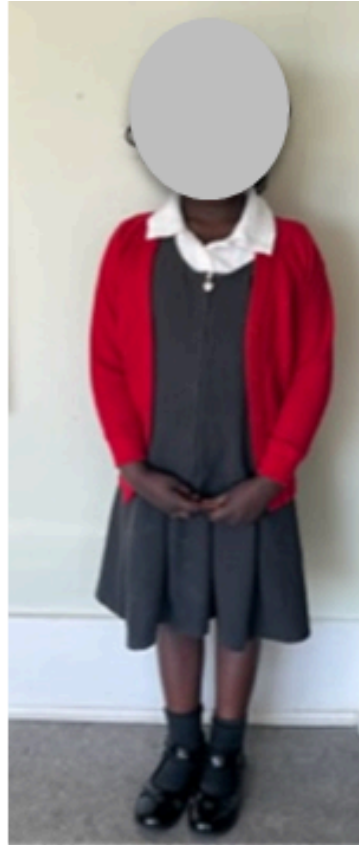
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Daily uniform list

- Plain white polo shirt with collar
- Plain red sweatshirt or cardigan, with or without the school logo (no hoods or other markings)
- Grey school trousers, shorts, skirt or pinafore dress (not sports/PE shorts)
- Red and white checked summer dress (including culottes style)
- Plain grey, white or red socks or tights
- Black shoes (not trainers or boots); in summer, smart black or white sandals may also be worn
- Simple hair accessories should be black, grey, red or white
- Plain black, grey, red or white hijabs, patkas or turbans

Nursery children are required to wear the white polo shirt and red sweatshirt or cardigan



PE kit list to be worn only on days when your child has PE lessons

- Plain red round-neck t-shirt (no collar or logos)
- Plain black jogging bottoms, plain black leggings or plain black loose shorts (not cycling/tight shorts)
- Plain red sweatshirt or cardigan, with or without the school logo (no hoods or other markings)
- Comfortable trainers with good grip or black plimsolls (no studs or 'heelies')



School shoes

All children should wear comfortable plain black school shoes. Trainers are only permitted on PE days. Some examples of suitable school shoes include:





What is happening across our school?



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Early Years



We have been looking at all things **Autumn**. We have been on Autumn Walks, exploring pumpkins, making pumpkin soup, reading books about Pumpkins and Autumn.

Reception have been working hard in Phonics to learn lots of new sounds – 20 in all this half term!



Year 1 have had a busy few weeks. We really enjoyed our **Black History workshop** learning about Rosa Parks, we have painted our own Mogdigliani portraits and as part of our **Talk for Writing** unit we have been working on how to write instructions to plant a seed. For our **cold task** we worked in groups to plant some cress which is growing really well. We are also thrilled with the Autumn trees that the children have created for this half term's homework project.



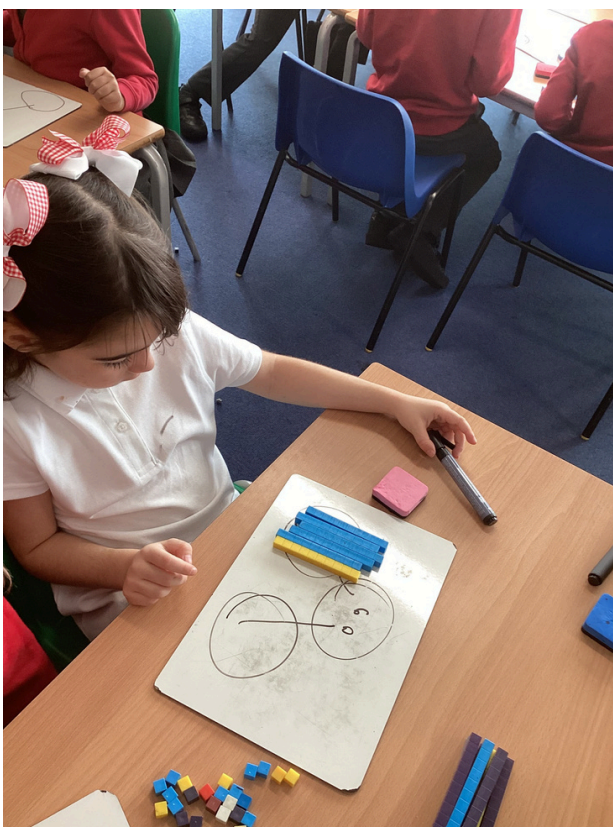


What is happening across our school?

We have had a very busy few weeks in **Year 2** and the children are certainly ready for a break for the holidays. In **Maths**, we have been adding and subtracting 2 -digit numbers in place value charts. In **English**, we have been making cupcakes and writing some instructions on how to make them.

This week they have created Greek flags for **international week** and are even making their own Greek Gods Top Trumps cards. In **History**, they have made a board game about the Great Fire of London. They are very excited to play these games with their parents and carers at our **curriculum showcase** on Friday!

Well done Year 2 and have a well-deserved week off!





What is happening across our school?

Year 3

For our topic of **'Ready, Steady, Cook'** we have learnt all about healthy eating. We have explored the 5 food groups and used this knowledge to create healthier pizzas. We have also tasted seasonal foods to help us design a delicious vegetable tart.

In **Science** we used our knowledge and worked together to design healthy meals for a balanced diet. We also learnt about other ways to keep healthy; such as exercising, getting enough sleep and staying hydrated.

Fun Facts - Did you know bananas are berries, but strawberries are not? Lemons float in water, but limes sink! Peppers have more vitamin C than oranges!

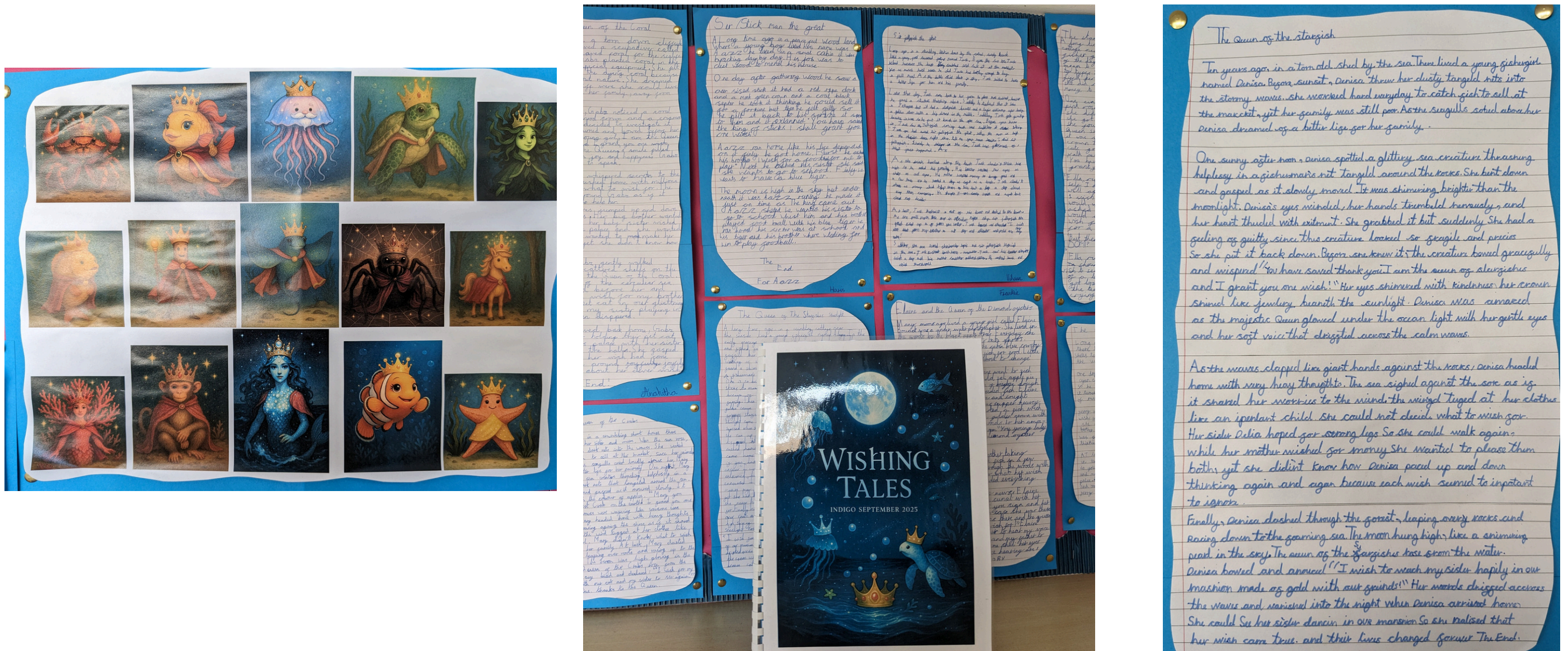




What is happening across our school?

In **English**, Year 4 have been crafting their own wishing tales inspired by underwater creatures such as The Queen of the Starfish, Queen of the Pearls, Queen of the Turtles, Queen of the Seaweed, and kings of Jellyfish, Spiders and Mussels. We brought our writing to life using fronted adverbials, personification, precise verbs, and dialogue. We also published our final drafts neatly and turned them into a class book.

In **DT**, the classroom became a mini bakery as we designed, baked and evaluated cupcakes. We investigated flavour combinations and decoration ideas, selected ingredients with a clear purpose, and practised accurate measuring and mixing. After baking, we decorated to match our design criteria and then tasted and evaluated, noting what worked well and what we would change next time. The results looked and smelled fantastic!

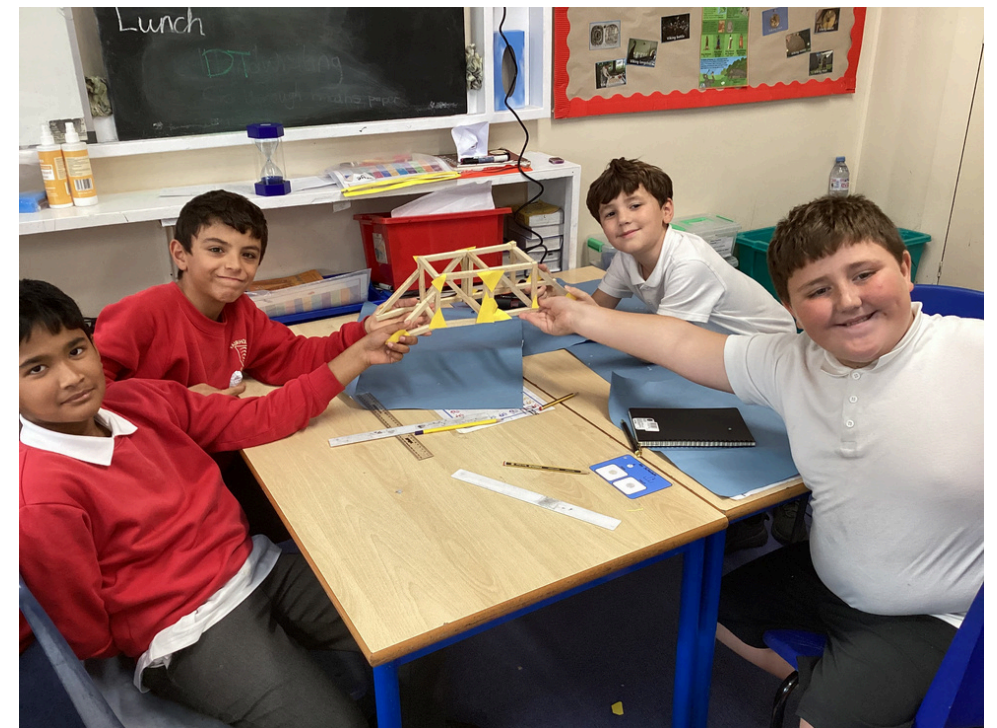
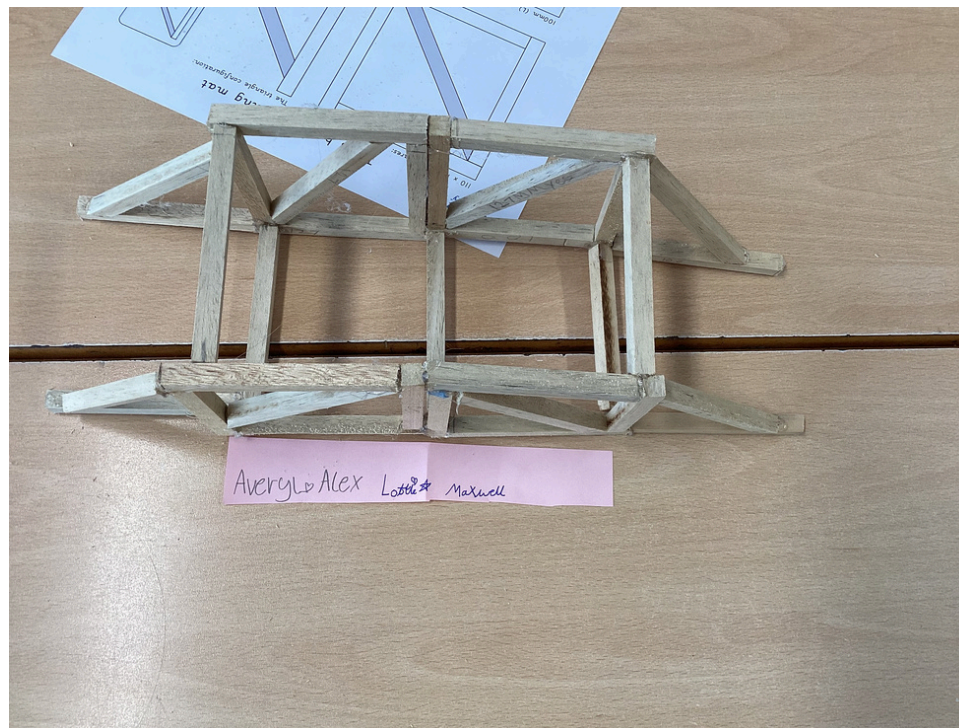
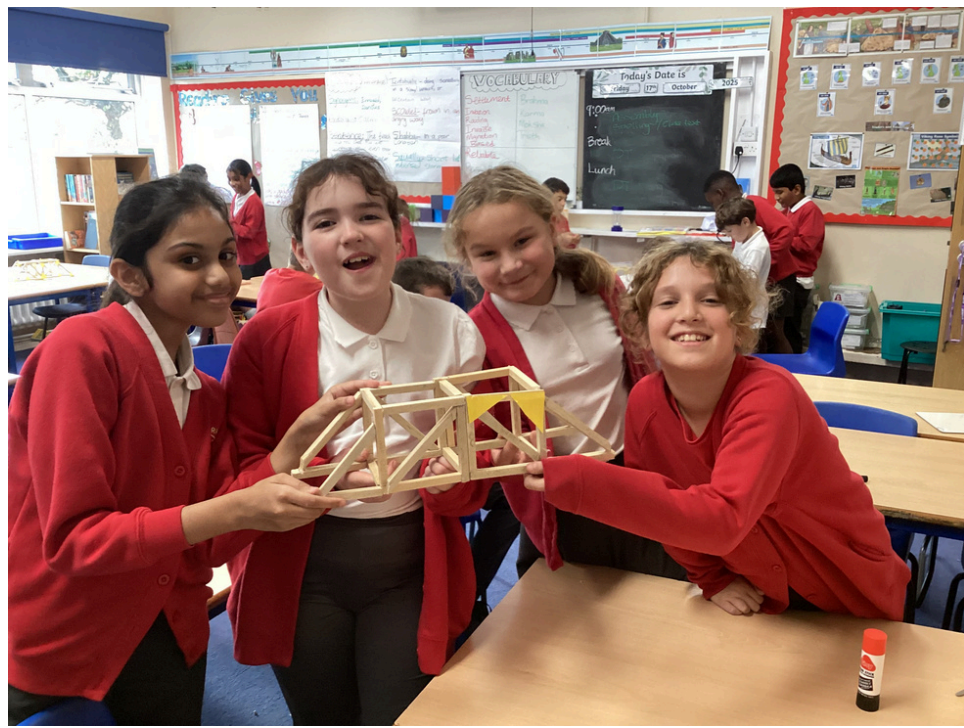




What is happening across our school?

Year 5 had a fantastic time visiting the **British History Museum**, where they immersed themselves in the fascinating world of the Anglo-Saxons and Vikings. The pupils were captivated by the stories and artifacts, and also enjoyed exploring treasures from other cultures around the globe.

Back in the classroom, Year 5 have been getting hands-on in **Design Technology**. They've been learning all about structures, including how to safely cut wood and assemble their very own bridges. The students showed great enthusiasm and teamwork throughout the project — it's been a brilliant learning experience.





What is happening across our school?

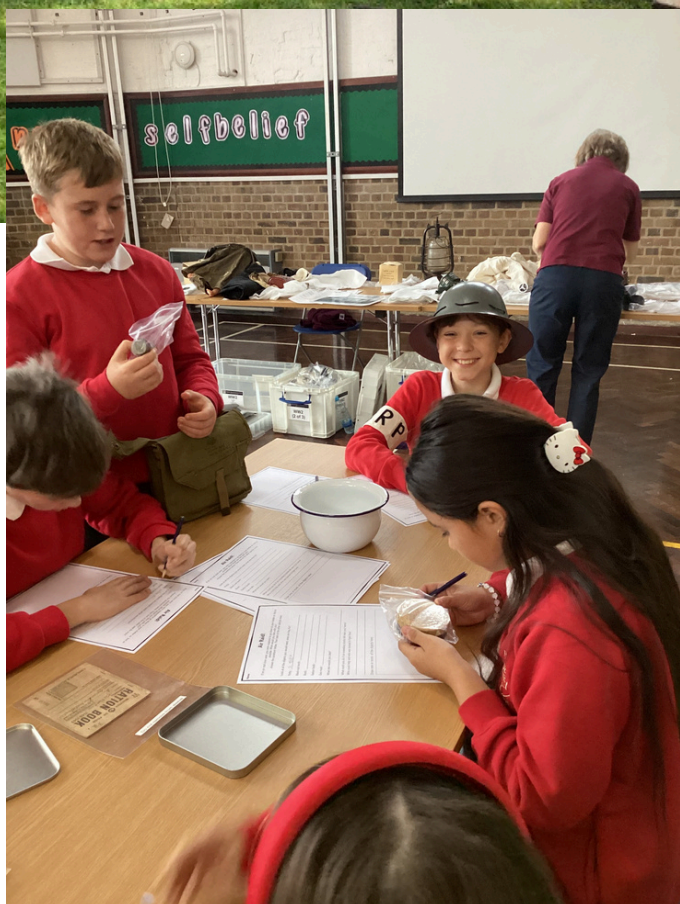
What a busy and brilliant start to the year for Year 6!

We've thrown ourselves into our **World War II topic**, from designing and sewing our own waistcoats to becoming budding journalists writing wartime newspaper reports - we've certainly got some future reporters in the making!

Our **workshop with Chertsey Museum** was a huge hit. The children were fascinated to learn about how WWII affected our local area and loved getting hands-on with real artefacts. There were plenty of gas masks, ration books, and even a few surprised faces at what people used to eat!

The **school residential** was another highlight. It was fantastic to see so many children stepping outside their comfort zones, showing determination, teamwork, and courage, with plenty of laughter along the way. **Those who stayed at school didn't miss out either**, enjoying a fantastic couple of days baking, building Anderson shelters, and tackling a scavenger hunt with impressive teamwork and enthusiasm.

We can't wait to welcome parents into school this Friday for our first **Curriculum Showcase** of the year. It's a wonderful opportunity for the children to proudly share everything they've learned and created so far.





What is happening across our school?

Believe it or not, the London Borough of Hounslow is 60 years old this year. As part of this celebration, some **children from Year 5 and Year 6** were invited to **Bedfont Library** where they **met the Mayor of Hounslow** and learned all about how democracy and British Values help the Hounslow council to operate. The mayor asked the children for suggestions of things which could be improved in our area and explained how one day, they too may decide to put themselves forward to become a councillor or even the mayor themselves. A brilliant opportunity for the children to think about our school value of aspiration!



The school year has only just begun, but we have been very busy at our **sports competitions** at Fairholme!

We kicked the year off we have our **Year 5/6 Girls Football festival** where we competed at a range of Football activities and drills. The girls showed a great can-do attitude and played with smiles on their faces for the whole event. Coach Joe and I were very impressed with their tactical awareness and skill as a group.

This week we have been on our **annual cross country event** which takes place at Osterley Park which can be quite a gruelling run of 1km for can be quite a gruelling run of 1km for Year 3/4 and 1.6km for Year 5/6 children. Our expectations of the children was blown away with the majority of them keeping a steady pace for the whole run showing excellent stamina.

Coming up we have **Year 2 Mixed** and **Year 5/6 Boys Football matches** to look forward to!

Thanks for all the children's commitment and excitement about PE!



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What is happening across our school?

History at Fairholme!

Digging Into History!

There's a brand-new club turning up the excitement (and maybe a few buried treasures!) at our school — the Metal Detecting History Club! The children are exploring the past one beep at a time, learning how to use metal detectors to uncover forgotten artifacts right on our school grounds. Along the way, they're discovering how everyday objects tell fascinating stories about the people who came before us. It's hands-on history, a little science, and a lot of adventure — who knows what we'll find next!

BECOME A FAIRHOLME HISTORIAN!

JOIN US IN THE SEARCH FOR THE PAST!



Celebrating Black History Month

This month, our school has been celebrating Black History Month. Children from Year 1 to Year 6 have taken part in inspiring workshops exploring the achievements, stories, and contributions of Black individuals throughout history and today. From drama and art to storytelling and discussion, each session has encouraged our children to reflect, learn, and celebrate diversity.



To encourage more discussion, we're holding an exciting Black History Month competition asking children to research their chosen person and explain why they inspire others. We have already seen some wonderful entries and can't wait to share with you what the children have produced! 😊





October Reading Newsletter

CREATING A READING ENVIRONMENT AT HOME: DEDICATED READING SPACE

Here are some suggestions regarding how to set up a dedicated reading space that's quiet, comfortable, and free from distractions:

Choose the Right Spot

- Quiet and calm: Find a corner or area in your home that's away from the hustle and bustle. It should be a sanctuary where your child can immerse themselves in stories without interruptions.
- Well-lit: Good lighting is key. A space with natural light is ideal for daytime reading, while a soft lamp can make evening reading sessions cosy.

Make It Comfortable

- Cosy seating: Comfort is crucial. A cushion on the floor, a stack of pillows, or a favourite chair can all serve as inviting places for your child to curl up with a book.
- Accessible books: Keep a selection of books on hand that your child can easily choose from. This could be a shelf, a basket, or even a regular stack on the floor, arranged so the covers are visible to entice young readers.

Personalise the Space

- Decorate together: Let your child add personal touches to their reading nook. Handmade decorations, drawings, or a few selected toys can make the space feel special and uniquely theirs.
- Reading supplies: Alongside books, have some pencils, paper, and maybe a dictionary nearby for looking up new words. These can be kept in a simple box or bag that your child can decorate.

Keep It Distraction-Free

- Limit electronic devices: Try to keep electronic distractions to a minimum in the reading area. If possible, designate times for quiet reading when TVs and other devices are switched off.
- Establish quiet time: Setting aside a specific time for reading or quiet activities can help build a routine that includes and values reading.

Update and Adapt the Space

- Rotate books: Changing the books available in the reading nook can keep your child interested. Mix familiar favourites with new finds from library visits or book swaps.
- Adapt as they grow: The reading nook can evolve with your child. What starts with picture books and soft toys can change to include chapter books and a comfortable bean bag or cushion.





A Parent's Guide to Oracy: What It Is and Why It Matters

Hello there, wonderful parents! You might have heard the term "oracy" floating about lately and this is something which we are working really hard on in school with your children every day. So, what exactly is it?

In simple terms, **oracy is all about the ability to express oneself fluently and effectively in spoken language**. It's a vital skill that not only helps in school but also in everyday life! Effective oracy skills can support children with communicating their feelings, developing and maintaining friendships as well as functioning within the school and wider community.

In our classrooms, oracy can take many forms: from lively class discussions to presenting ideas in front of peers. It encourages children to articulate their thoughts and listen to others, promoting a supportive learning environment. You might notice your child participating more actively, sharing opinions, and collaborating with classmates.

But oracy doesn't stop at school! **Parents and carers pay a vital role in this**: the more that you talk with your children at home from birth and right the way through their childhood, the better vocabulary your children will develop which means they will become better at being able to talk about how they are feeling and explain when something is wrong, they will also become better writers!!

By nurturing talk and oracy at home, you're helping your child develop skills that will serve them well throughout their lives! Happy chatting!

Please see some simple suggestions of things that you could do at home:



Discuss a T.V programme—talk what happened in the programme. Ask them what they liked about it or what might happen in the next show.



Play a game and discuss the rules—this can be as simple as playing different board games and getting your child to explain the rules.



Discuss a news article—read a newspaper article together or watch Newsround and ask questions about this. What did you learn from reading this article? How did the people involved feel?



Podcast

Discuss the meaning of vocabulary—after reading a text with your child or hearing different vocabulary, ensure you discuss what the vocabulary means.



Listen to different examples of oracy - podcasts, poetry, radio shows, television programmes, educational videos, panel discussion, speech, job interviews, stand-up comedy or music.

Come up with a word of the day - encourage new vocabulary learnt to be used in your child's writing or in a conversation they have that day.



Correct spoken English—If your child says, "I'm gonna go the shop," correct this with, "I am going to go to the shop."

Interview someone—encourage your child to interview a neighbour, a family member or a family friend. Come up with some questions together and identify what they might learn from this experience.



Why?

Ask questions to develop answers - 'Why' is such a powerful word to use with children; it develops their sentences and thought process as they provide you with an explanation.



Create a talk box - this is an exciting way to ensure conversations take place in your house. Items you or your child collect are added to the box; the item can be as simple as a leaf or a pencil, with the idea that you or your child talk in detail about how you came to have the item in your talk box.



Odd Socks Day and Anti-Bullying Week Monday 10th November 2025

We're taking part in Odd Socks Day to celebrate what makes us all unique and to raise awareness for Anti-Bullying Week. It's a fun and positive way for children to express themselves and to remind everyone that we are all different – and that's something to be proud of!

All your child needs to do is come to school wearing odd socks on Monday 10th November. It's a simple way to join thousands of schools across the country in saying no to bullying. Let's make it a colourful day full of fun, self-expression, and kindness! You can find out more about the Anti-Bullying Alliance at www.anti-bullyingalliance.org.uk



Anti-Bullying Week 10th- 14th November 2025

As parents and carers, we worry about our children, all we want is for them to be happy, healthy, and safe. With that in mind, it's only natural that we worry about bullying - particularly if we think our child may be more vulnerable to bullying, or we have experienced bullying ourselves. We talk about bullying and how to do something about it with children at school all the time, and especially during **Anti-Bullying Week which starts on 10th November**. This year, the theme is **Power For Good**.

There's a special Parents & Carers pack to support the week available here:

<https://anti-bullyingalliance.org.uk/anti-bullying-week-2025/parents-and-carers>

ANTI-BULLYING WEEK 2025: POWER FOR GOOD

CALL TO ACTION:

Every year, bullying impacts the lives of countless young people and silence helps it grow.

That's why, this Anti-Bullying Week, we're empowering young people to use their Power for Good to safely speak up and raise awareness when they see bullying, face to face or online.

Lasting change needs all of us. From playgrounds to parliament, our homes to our phones — we all have a part to play.

Together, we can use our Power for Good to end bullying - for good.



#ANTIBULLYINGWEEK

Oral Health

Halloween is just around the corner, and children everywhere are gearing up for spooky costumes and bags full of sweets from trick-or-treating. While it's a fun night for children, it can turn into a nightmare for their teeth.

[Click here to access helpful tips to avoid a dental disaster this Halloween.](#)



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

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

- 1 START SMALL AND EARLY**
Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.
- 2 REVISIT THE SCHEDULE**
Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.
- 3 CREATE A SLEEP PLAN**
Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.
- 4 ENCOURAGE FRIENDSHIPS**
Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.
- 5 GRANT RESPONSIBILITY**
Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.
- 6 FOCUS ON NUTRITION**
Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.
- 7 COMMUNICATE OPENLY**
Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.
- 8 RECONNECT WITH LEARNING**
Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.
- 9 PREP TOGETHER**
Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.
- 10 BE PATIENT AND FLEXIBLE**
Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert
Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.

#WakeUpWednesday The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>

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PARENT DROP-IN SESSION - HANDWRITING

Why? Find out how we teach handwriting and how you can support at home

When?

Wednesday 5th November
9:00am and 2:30pm

Where?

Come to the school office

Who? Suitable for parents that have children from Reception - Year 6

If you haven't done so already we would really love to hear from you.

Would you mind taking 2 minutes to complete this form about Reading?
forms.office.com/e/cLv8jkkEq7



It would be great if you can submit your response by Monday 3rd November.

Thank you very much for your support with this.

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