



Moorfield News

Responsibility Perseverance Compassion Thankfulness

Dear Parents and Carers,

THE NEW SCHOOL YEAR

A warm welcome back to all our families after the summer break and welcome to our new reception parents and children. We hope you all had a restful time and are ready for the new school year. It's been wonderful to see the children so enthusiastic about getting back to their learning. We have an exciting year ahead and look forward to partnering with you to make it a success.

WEEKLY INFORMATION

For the benefit of our new parents, we'd like to highlight a couple of pages on the newsletter. You'll find **Picture News**, a weekly program we use in class and in assembly to discuss current events from the UK and around the world. We encourage you to look at this page with your child to prepare for the week's learning.

Additionally, we have a page from **National Online Safety** with advice and resources for parents and carers on e-safety. We hope you find these additions useful in supporting your child's education and well-being.

COLLECTING YOUR CHILD AT THE END OF SCHOOL

A reminder that a Google permission form was sent out earlier in the week. Please complete if you wish for an older sibling to collect your child from school at the end of the day.

There was also a Google form sent to parents of Year 6 children if you wish for your child to walk home without an adult. We will not allow this without the form being completed. Only those in Year 6 walking home without an adult can bring a mobile phone to school. This must be turned off before entering the school site and handed in to the class teacher immediately.

For safeguarding purposes, it is also essential that if your child is due to be collected by an adult unknown to the teacher, or if the usual arrangements change, we ask that you let us know in the morning or by letting the Office know before the end of the day. Thank you.

BIRTHDAY CELEBRATIONS

A reminder that as part of our poverty proofing strategy we are asking that children don't bring sweets to school on their birthday to share with the class.

Families who would like to celebrate a birthday at school are welcome to donate a book or game for our library or classroom. Donated items can be new or pre-loved. This is a voluntary and kind gesture that helps enrich our shared resources for all children. Additionally, all children will be making a birthday card for a classmate to be given to them on their special day

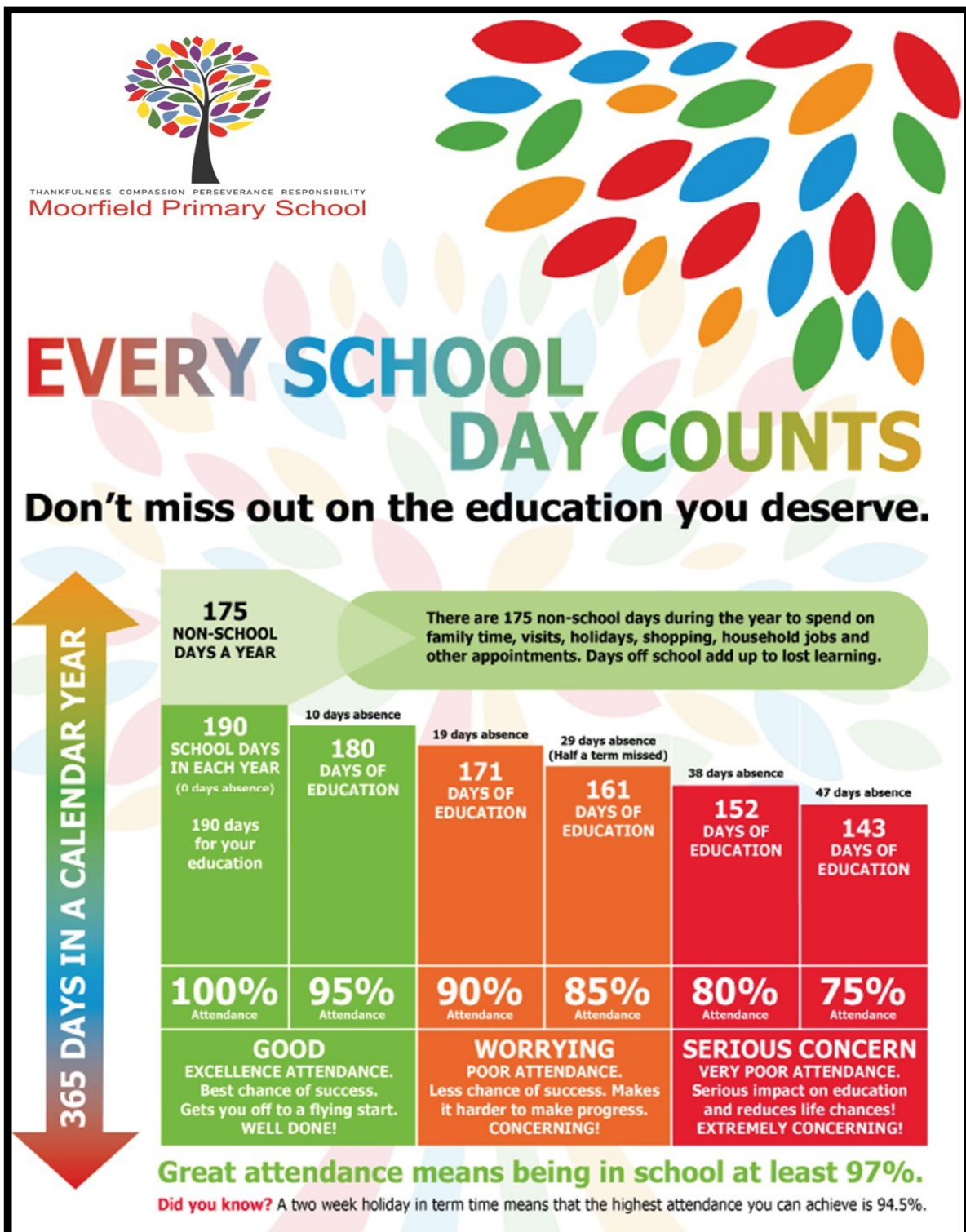
BIRTHDAY PARTY INVITES

To ensure that no child feels left out, we are asking that parents no longer send party invitations to school to be handed out. We understand that organising parties can be tricky, but we've found that invitations distributed at school can cause upset for children who aren't included. To help keep our school a happy and inclusive environment for everyone, please share invitations with other parents directly, either digitally or outside of school hours. Thank you for your support .

SCHOOL ATTENDANCE

We want to highlight the vital importance of consistent school attendance and punctuality for your child's success. Every school day is a valuable opportunity for learning, and even a few missed days can have a significant impact. When a child misses school, they not only fall behind on learning but also miss out on important social interactions and skill development. This can create gaps in their learning that are difficult to close, affecting their academic progress and confidence. We know that illnesses and unforeseen circumstances happen, but we ask for your partnership in prioritising attendance to ensure your child has the best possible chance to thrive.

This poster, highlights the learning lost through authorised or unauthorised absence.



BREAKTIME SNACKS

A reminder that in Reception and Key Stage 1, all children receive free fruit at breaktime, so there's no need to send in a snack. We continue our focus on healthy snacks in Key Stage 2, where children are welcome to bring in a piece of fruit from home for their breaktime snack. Please don't send any other snacks to school unless your child has a medical need that we are already aware of.

MRS PORTER

We would like to extend our warmest congratulations to Miss Jennison, who got married over the summer. Following her marriage, she has changed her name to Mrs Porter. We wish her and her husband all the best for the future.

AND FINALLY ...

As we close out our first week, I want to express my thanks to our entire school community - our pupils, staff, and families, for such a smooth and positive start to the year.

It has been a wonderful first week back and the children look so smart in their new uniforms and new school shoes.

Please be reminded that we no longer allow children to wear red t-shirts or red tights. White t-shirts and grey tights only please. And a reminder that school shoes should be all black.

Have a great weekend.

Best wishes,

Paul Anderson
Headteacher



Picture News

TAKEHOME

8th - 14th September



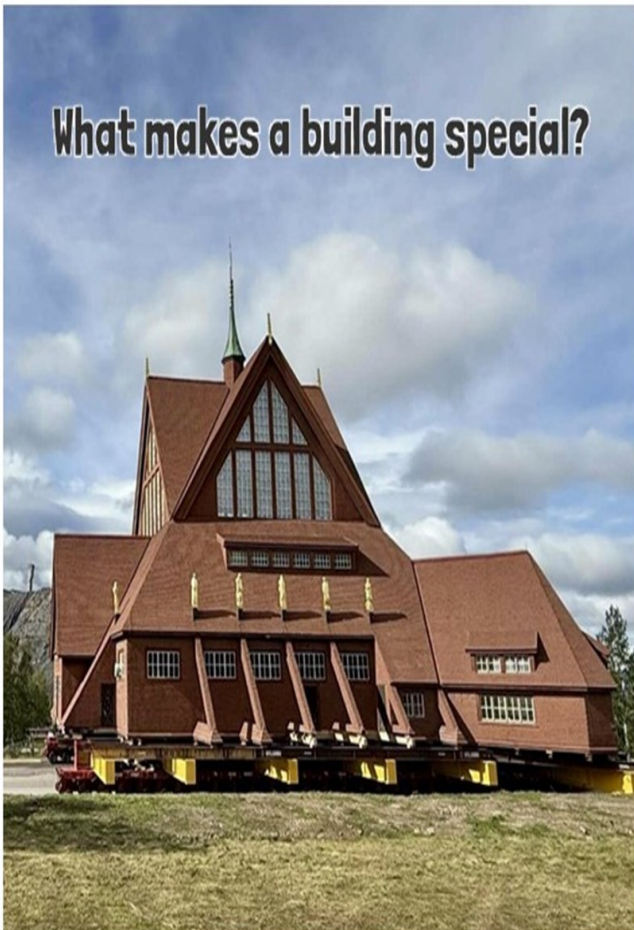
In the news this week

A church in Kiruna, which is one of Sweden's largest wooden buildings, has been carefully moved 5km to a new location. Many buildings in the city are being relocated because the ground is unstable due to iron ore mining. The church, built in 1912 and voted Sweden's most beautiful pre-1950 building, was slowly transported on special trailers. The process was watched by thousands of people.

Things to talk about at home ...

- > Share your response to this week's news story with someone at home. Why do you think the decision was made to move the church whole, rather than dismantle and rebuild it?
- > Are there any well-known buildings in your local area? What is their purpose?
- > What buildings are important to you? What is it about them that makes them important?

What makes a building special?



Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



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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.



#WakeUpWednesday

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Stockport Road Safety News

Starting Primary School and Road Safety

As your child begins School it's an exciting time for them and full of new experiences. The journey to and from School is an important part of their new daily routine. It's a perfect opportunity to form good habits that will last a lifetime.

Walking, scooting and cycling to School have many benefits. They form part of the daily exercise children need and is recognised as contributing towards children arriving at School refreshed, fit and ready to learn.

Walking enables you to talk with your child about the day ahead or what they have done at School. It's also a great way of helping them to learn about Road Safety. For example, talk about safer places to cross the road, how to cross using Stop, Look, Listen and Think and why running across the road is not a good idea. Using the School journey as an opportunity to develop good Road Safety habits will help build up your child's confidence and road awareness. Set a good example, your children will learn from you.

Vehicle congestion around Schools can have an effect on everyone. It can compromise safety, cause conflict with residents and contribute towards poor air quality. Sustainable travel can help reduce these issues and have a positive effect.

If you do drive, please consider parking away from School and 'park and stride' walking the last 5 or 10 minutes. Also ensure you park considerately and legally.

However, you travel, give yourself plenty of time and plan your route.

