



# PARK ROAD

## COMMUNITY PRIMARY SCHOOL

# WEEKLY UPDATE



17  
October  
2025



### Next Week in School at a Glance

| Monday 20                                                                                                                                                                                           | Tuesday 21                                                                                                                                                                                                                    | Wednesday 22                                                                                                                                                                                                                            | Thursday 23                                                                                                             | Friday 24                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>* Lunch Menu week 2</li><li>* 3.15 - 4.15 pm Kids with Bricks (Lego) Y1-6 <b>(last one)</b></li><li>* 3.15 - 4.15 pm Baking Y5, 6 <b>(last one)</b></li></ul> | <ul style="list-style-type: none"><li>* 3.15 - 4.15 pm Performing Arts Y1, 2, 3 <b>(last one)</b></li><li>* 3.15 - 4.15 pm Choir Y4, 5, 6 <b>(last one)</b></li><li>* 3.15 - 4.15 pm Baking Y3, 4 <b>(last one)</b></li></ul> | <ul style="list-style-type: none"><li>* Y4 trip to Cuerden Valley</li><li>* Last Day for Harvest collections</li><li>* 3.15 - 4.15 pm Crochet Y6 <b>(last one)</b></li><li>* 3.15 - 4.15 pm Gardening Y4, 5 <b>(last one)</b></li></ul> | <ul style="list-style-type: none"><li>* NO Cross Country</li><li>* NO Baking</li><li>* 3.15 pm Community Café</li></ul> | <ul style="list-style-type: none"><li>* Deadline for club sign up</li><li>* <b>Break up for half term</b></li></ul> |

## Unique Individuals Learning Together

### Mrs. Quigley's weekly message:

It's hard to believe we've reached the final week of the half term already! Time has flown and it's been wonderful to see how well the children have settled into their new classrooms. They've built strong relationships with their teachers and class teams and the staff are equally excited to meet with you during our upcoming Parents' Evening. You should have received an email with instructions on how to book your appointment with your child's class teacher. If you are not listed as the primary contact and would like a separate meeting, please call the school office to arrange this.

Mrs Wilkinson, Mrs Robinson and the Happiness Heroes are looking forward to welcoming you to our first Community Café of the year this Thursday. Come along for a warm drink and a slice of cake! Staff will be available to chat about your child's wellbeing or any support your family may need too.

Monday's Open Day was a huge success and fully booked! Thank you to everyone who helped spread the word on social media. Our next Open Day is on Thursday 20 November and places are filling fast - your continued support is greatly appreciated. A massive well done to our Year 6 pupils who acted as tour guides during the Open Day. The feedback was overwhelmingly positive - visitors were amazed by their confidence and the pride they showed in our school. Their warmth and enthusiasm truly reflected the spirit of our school family.

As many of you know, Mrs Anderson-Mills is our SENDCo. When she commences her maternity leave in January 2026, Mrs Elstob will be covering the position. As always, if you have any enquiries/concerns regarding your child, please continue to contact the class teacher in the first instance.

A reminder that on Tuesday 4 November at 2:30 pm, it will be our Parent and Friends Association Annual General Meeting. We have sent out the link again today for the online form if you are able to join us (online or in person) with details on how you can get involved. This half term, we've raised funds through two non-uniform days and I'm sure like me you're excited to see what creative ideas the newly elected committee will bring.

Finally, a gentle reminder, the school day starts at 8:45 am and children need to be in class by this time. Gates are open from 8:35 am until 8:45 am, but it's important that these are locked on time so that teachers can begin teaching. Please can I ask for your support by ensuring that your child is in for this time.

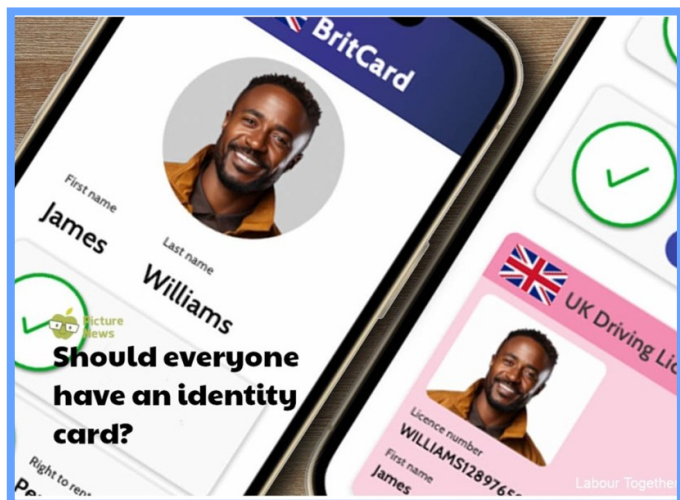
Thank you for your continued support this term. Have a lovely weekend. I'll look forward to seeing many of you at the café and AGM!

Mrs Quigley

## Picture News

The Picture News topic for next week is ...

### 'Should everyone have an identity card?'



The UK government is planning to bring in digital identity cards, which people could keep on their phones or have as a physical card. The idea is that these new IDs would make it easier to prove who you are for things like work, travel or applying for services. Supporters say they could improve safety and convenience, while others worry about privacy, fairness and people without access to smartphones.

The new digital ID will be free and stored on phones (with paper options for those without one).

The aim is that the ID will be used when people apply for a job to prove they are allowed to work in the UK. It may also make it easier to apply for services (like renting a home), lead to faster identity checks (like opening a bank account or proving your age) and could also be used when voting in elections.

Things to talk about at home:

- \* Can you make a list of some of the pros and cons of identity cards? Discuss this with someone at home.
- \* Do you think a digital card is better than having an actual card? Why?
- \* What do you think makes up your identity? Ask and share your response with someone at home.

## Hot Chocolate and Cake

Well done to the following children chosen this week for demonstrating good manners and our school values at lunchtime:

|           |          |
|-----------|----------|
| Reception | Mason G  |
| Year 1    | Heidi L  |
| Year 2    | Ellen C  |
| Year 3    | Beau H   |
| Year 4    | Lexi H   |
| Year 5    | Louisa D |
| Year 6    | Grace T  |

## Amazing Fundraising Hannah!

This year, Hannah in Year 5 decided she wanted to support our Harvest Festival appeal and took part in a 5k fun run on Saturday 11 October with her dad. The run was full of jelly babies, high 5s and big smiles all the way round. Hannah was sponsored by family and friends, raising an astounding £300!



Hannah used the money she raised to buy 100 selection boxes for our Harvest Festival, which will go to Good Neighbours WA5 for them to distribute to local families.

Her family, friends and everyone at school are so proud of Hannah for her selfless act - what an amazing and thoughtful young lady you are.





## Who should I contact?

Please find an updated list of who to contact about different subjects and the different ways to contact them. We hope you find it useful.



# Park Road

Community Primary School

At Park Road, we have many ways you can contact us to provide feedback, pass on important information, or raise a concern. We recognise it can sometimes be hard to know who best to speak to. Below are some examples of 'What to do if....'

| Who should I contact?                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| I need to speak to someone about my child's <b>learning or wellbeing</b> .                | <b>Contact the Class Teacher</b> <ul style="list-style-type: none"><li>You can contact the teacher directly via messages on Seesaw to pass on information or book in a telephone call/meeting.</li><li>Class teachers are available on the playground, or via the class door, at the end of the day.</li><li>Parents Evening and Meet the Teacher events run 3 times per year.</li></ul>                                             |
| I have a question about if my child can attend school as they are feeling <b>unwell</b> . | <b>Contact the Office:</b> <ul style="list-style-type: none"><li>You can message the office via Seesaw or ring for advice.</li><li>You can also check our website, where we have advice regarding when your child can and can't attend school.</li></ul>                                                                                                                                                                             |
| We are <b>planning a holiday</b> during term time, who do I contact?                      | <b>Contact the Office:</b> <ul style="list-style-type: none"><li>Notify the office of any planned absence at least 2 weeks before. This can be sent in writing via Seesaw.</li></ul>                                                                                                                                                                                                                                                 |
| Who do I tell if my child isn't staying for a club?                                       | <b>Contact the Office:</b> <ul style="list-style-type: none"><li>You can message the office via Seesaw or email and they will inform the class and update the register</li></ul>                                                                                                                                                                                                                                                     |
| I want to give some <b>feedback</b> about an event in school.                             | <b>Contact the Office:</b> <ul style="list-style-type: none"><li>You can message the office and it will be passed to the relevant member of staff.</li></ul> <b>Contact the Organiser:</b> <ul style="list-style-type: none"><li>If you know the event organiser, you can contact them directly via Seesaw.</li></ul>                                                                                                                |
| I want to <b>pass a message</b> on in the morning to my child's class teacher.            | <b>Contact the Class Teacher via Seesaw OR</b> <ul style="list-style-type: none"><li>Pass your message to the member of staff on the gate who will share with the class staff when they have locked up.</li></ul>                                                                                                                                                                                                                    |
| I have something to share and <b>I'm not sure who to speak to</b> .                       | <b>Class teachers and class staff</b> at Park Road are very supportive and will always try their best to help. However, in some cases, you may wish to speak directly to Mrs Quigley who can help to direct your query or provide support. You can do this via the gates most mornings, a telephone call into the office, or a Seesaw message. If Mrs Quigley is not available, you may also wish to speak to another senior leader. |
| <b>Senior Leaders in Park Road</b>                                                        | <b>Headteacher:</b> Mrs Quigley<br><b>Deputy Headteacher:</b> Mrs Akinyemi (Y1 Teacher)<br><b>SENDCo:</b> Mrs Anderson-Mills (Y3 Teacher)<br>From Jan 2026 Mrs Elstob (Y1 Teacher)<br><b>Senior Teachers:</b> Mrs Roberts (KS2 Leader/Y6 Teacher)<br>Mrs Anderson (Y2 Teacher)                                                                                                                                                       |

## Royal Legion

From Monday 20 October, we will be selling Poppies in school. The paper poppies are available for a donation or children are able to purchase the items shown above, [please send orders together with the cash payment in a clearly marked envelope with](#)

- \* your child's name
- \* class
- \* details of the items (including colours if appropriate) you wish to purchase

The teachers will place the order with the office. Please note, we have limited stock on all items and will not be able to replenish them so when they are gone, they're gone!

Paper poppies will be on sale at the Community Café on Thursday too.

Paper poppies  any amount donation

Poppy sticker  20p

Poppy reflector  50p

Festival wristband  £1

Silicone wristband  £1

Snapband/ruler  £1.50

## Parents Evening - Important Information

The invitations to book an appointment for Parents Evening have been sent out to the main contact. If possible, please book your appointments before half term so if you do have a problem, the office staff are available to help.

If you have parental responsibility, are not the first contact and would like a separate appointment, please contact the school office so that we can make alternative arrangements for you.

## Community Café - Thursday 23 October

We will be holding our next Community Café on Thursday 23 October from 3.15 pm until 4.00 pm. It will be run by our school's Happiness Team and staff.

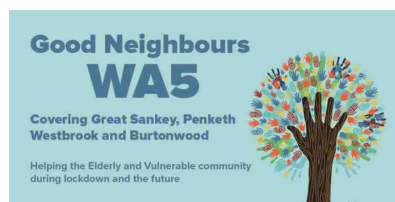


Tea, coffee, juice and cakes will be provided, so after you have collected your child(ren), why not come along to join us in the hall and get to know other people in our school community. We hope the café will offer a time to relax, have a break and socialise.

## Harvest Festival Collection

Thank you to everyone who has generously donated to our Harvest Festival collection. Just a reminder that the deadline for donations for our Harvest Festival is Wednesday 22 October. Donations can be handed to teachers or popped in the trolley on the playground.

|                       |                       |
|-----------------------|-----------------------|
| Tinned rice pudding   | Custard               |
| Tinned potatoes       | Instant potato        |
| Cream crackers        | Tinned Fruit          |
| Tinned meats (hot)    | Fish/meat paste       |
| Corned beef           | Cat food              |
| Angel Delight         | Jelly                 |
| Long life milk        | Selection boxes       |
| Pasta                 | Tins of biscuits      |
| Chocolates/Sweets     | Shortbread            |
| Pasta sauces          | Cereal and Oatmeal    |
| Tinned vegetables     | Tinned fish           |
| Rice                  | Tinned puddings       |
| Soup and stew         | Christmas food        |
| Nut butters           | Baby food and formula |
| Beans (canned or dry) |                       |





## Christmas Card Competition

We have received a very exciting opportunity from Sarah Hall who is Member of Parliament for Warrington South. She is running a Christmas Card Competition 2025 - sponsored by Chester Zoo, Gulliver's World and Warrington Wolves.

The winning design will be printed and used as the Ms Hall's greetings card for Christmas this year. It will be sent to many businesses, public sector organisations, schools, charities and community organisations and to councillors, MPs and Ministers.

Designs should have a Christmas theme. Entries can be colourful and imaginative but should avoid the use of glitter or any stick-on or other extra materials on the design, as these are impossible for the printers to reproduce. Entries should be A5 size only.

Please do ensure that if you wish to enter you provide your child's name, year group and school on the back of the entry.

The winning pupil will receive a prize and will have his/her name featured on the front of the card. There will also be prizes for the two runners up and their entries will be printed on the back of the card

If you wish to enter please send entries to school by Thursday 23 October 2025. Please see below for our leaflet made by our Headgirl.



By Zoe L, Headgirl



# 10 Top Tips for Parents and Educators

## DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

### 1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

### 2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

### 3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

### 4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

### 5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

### 6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

### 7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

### 8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

### 9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

### 10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

### Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



**The National College®**



## Community Pages

Any items shared on these pages are for information only and are not endorsed or vetted by school.



A poster for ComputerXplorers October Half Term Tech Club. The top features a Minecraft-style landscape with orange trees and the text "CODING-ROBOTICS-GAME DESIGN-MINECRAFT &amp; MORE" and "ComputerXplorers". The main title is "October HALF TERM TECH CLUB". Below this, it says "WARRINGTON" and "Culcheth High School, Warrington Road, WA3 5HH". The dates are "27th-28th October" and the time is "9am-3pm". It mentions "Childcare Voucher, Tax Free Childcare and UC Childcare payments now available." There is a photo of a child at a computer. A yellow badge says "NEW Childcare Voucher payments now available." A QR code is in the bottom right. The text "Join us to embark on a fun-filled journey into the world of coding, gaming, and creativity! This special program is designed to ignite your child's passion for tech and foster their problem-solving skills, all while having a blast during the school break!" is present. At the bottom, it says "BOOK! Visit the link or scan the code-computerexplorers.co.uk/bolton-wigan/book" and "Questions? Email us- bolton@computerexplorers.co.uk".

[f](#) [t](#) [ig](#) [in](#) @CompXBolton

[www.transpenninetrail.org.uk/welcome-to-our-childrens-page/](http://www.transpenninetrail.org.uk/welcome-to-our-childrens-page/)

### Pumpkin Picking at Primrose Hill Nurseries, High Legh, Cheshire.

Primrose Hill Nurseries would like to promote their free pumpkin picking event, where families will have the chance to come along to pick their home-grown pumpkins on site at Primrose Hill Nurseries.

It's a great event for the whole family, entrance is free and no ticket is required to visit.

There will be Halloween-themed food with drink, pumpkin painting and carving in our tipis, opportunities for photos, games, pop up shop and lots more.

Families wishing to carve their pumpkins on site will need to bring their own carving kits with them.

The pumpkin patch is open every day from 10.00 am - 4.00 pm until Friday 31 October with extra activities on weekends.



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**Daresbury Laboratory  
Family Science Day**

**Tuesday 28 October 2025**  
9:00am – 2:30pm | 12:30pm – 5:30pm

Science Fair   Family Show  
Workshop   Tour

**Limited tickets – Book at your local Family Hub now!**  
£5 per family, includes sandwich lunch and local coach transfer

Please note – with the exception of blue badge holders,  
there will be no parking or drop off on site

 Science and  
Technology  
Facilities Council

<https://tinyurl.com/wkkckju3>



 **FARM FEST  
Holiday Club**

**RED HOUSE FARM  
DUNHAM MASSEY**



**Farm Fest**  
Not your average holiday club  
For 5 - 11 year olds (Y1-Y6)

Join us for:

- Den building with loose parts
- Foraging and cooking
- Wildcrafting with real tools
- Relaxing in tents and hideouts
- Singing and music-making
- Meet and feed the resident pigs
- Free-range play all day

**Save 10%**  
Use code  
FFAUTUMN25

**Dates**  
27th-31<sup>st</sup>  
October

**£44.40 a day**  
Tax-free childcare accepted

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