

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

A PREDICTABLE ENVIRONMENT

USE LANGUAGE THAT MATCHES THEIR AGE

TRAUMA AND THE BODY

AVOID RETELLING OR RELIVING TRAUMA

AVOID DISMISSING OR MINIMISING FEELINGS

UNDERSTAND HOW THEY'RE FEELING

BE AWARE OF YOUR OWN RESPONSES

SEEK PROFESSIONAL SUPPORT

MAINTAIN

BE PATIENT - HEALING TAKES TIME

Meet Our Expert



The **National** College®

% @wake_up_weds



f /wuw.thenationalcollege



@wake.up.wednesday

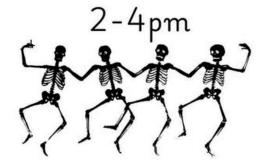


Bullin Board

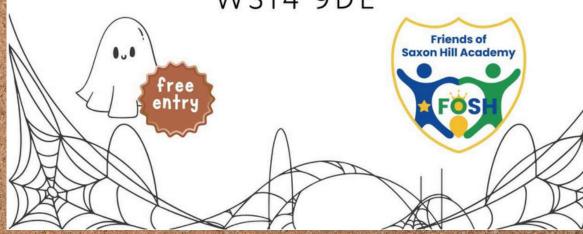


LET'S HAVE SOME SKELE-FUN

Party Games and Disco



Saturday 25th October 2025 at Saxon Hill Academy, King's Hill Road, Lichfield, WS14 9DE





Dear Families,

We hope you are all well.

As part of our ongoing commitment to ensuring the safety and wellbeing of all children in our care, we are currently reviewing the information we hold on our system. To help us keep our records accurate and up to date, we kindly ask that you take a moment to confirm the following:

- 1. Your current home address and contact details
- 1. Who has parental responsibility for your child this is important for safeguarding and communication purposes.

Please follow the link to the online form https://forms.office.com/e/KATG4m3fwr if you have any issues completing this form please contact the school office who will be able to help you.

We really appreciate your support in helping us maintain accurate records and ensure we are communicating with the correct individuals.

If you have any questions or need assistance, please don't hesitate to get in touch.

Kindest regards

Your Leadership Team

Bullin Board













PJ WINTER WONDERLAND **CHRISTMAS PARTY**





WEAR YOUR PYJAMA'S FUN AND GAMES!

£1 PER PERSON ENTRANCE FEE £4 PER PERSON SANTA GROTTO



SATURDAY 6TH DECEMBER 2025

2PM - 4PM AT SAXON HILL ACADEMY, KING'S HILL ROAD, LICHFIELD, WS14 9DE







Bullin Board



Ley Dates



24th October - Halloween Disco 1pm

27th-31st Oct - Half Term

14th November - Children in Need

11th December - Nativity

11th December - Christmas Jumper Day

16th December - Christmas Market

17th December - Father Christmas and

Christmas lunch

19th December - Carol Service

22nd Dec - 2nd Jan - Holiday









Please check Evidence for Learning to see what your child has been up to this week.

