



St. Andrew's C.E. Primary School

Parenting toolkit

February 2026

Spring Term

Our Vision:

At St Andrew's CE Primary School, we aim to bring children to a place where they can realise their full potential. Our Christian values are the foundation of all we do and each one is a facet of the central value, love, which 'always protects, always trusts, always hopes, always perseveres.' (1 Corinthians 13:7)

Protect, Trust, Hope and Persevere

Dear Parents and Carers,

We hope that you have had a lovely start to the new year – albeit a rather wet one! As February begins to give way to March, we're finally starting to enjoy lighter mornings, brighter skies, and the first signs of spring peeking through. This change in season often brings a sense of renewal, fresh starts, and a lift in everyone's energy. It's an opportunity to re-establish routines, enjoy a bit more daylight, and look ahead to a positive term together.



Neurodiversity celebration week (March 16th- 20th)

In school, we will be marking Neurodiversity Celebration Week from March 16th–20th. Throughout the week, we will be exploring neurological differences and celebrating the fact that each one of us is unique, talented, and amazing in our own way. Our aim is to help children understand and appreciate the many strengths that come from thinking and learning differently. If you would like to continue these conversations at home, there are a range of



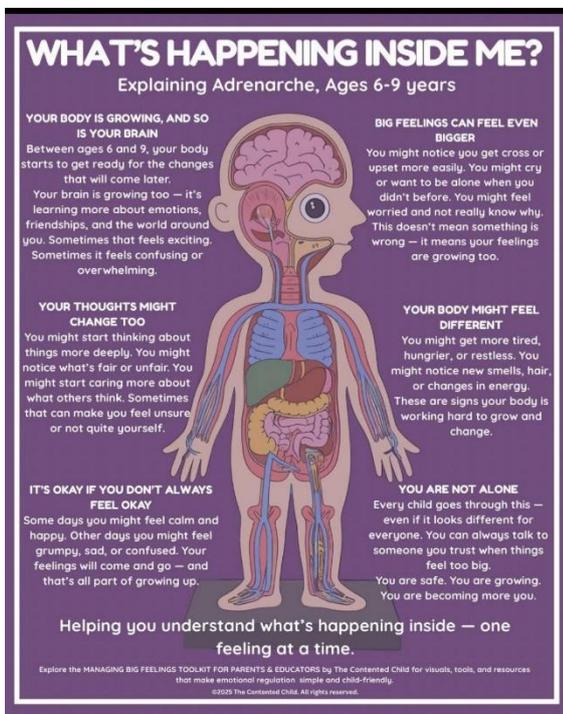
child-friendly videos and activities available on the official Neurodiversity Celebration Week website that you can watch and complete together to support and enhance their learning.

"What's Happening Inside Me?" – Understanding Big Feelings in Growing Children

This week, we are sharing a helpful visual that explores the changes children aged 6–9 may experience as part of normal development. The image explains how both bodies and brains grow rapidly during these years, and how that can lead to changes such as:

- fluctuating energy levels
- stronger, more sudden feelings
- new or confusing thoughts
- increased sensitivity
- physical tiredness or changes in appetite

All of these experiences are completely normal.



Just like adults, children have moments when feelings are big, confusing or overwhelming. They may feel cross, worried, excited, unsure, or tearful at times - this is a natural part of growing up. Their brains are learning, developing and processing the world in new ways.

The most important message for children is: **You are not alone, and your feelings are not wrong.**

In school, we continue supporting children in recognising their emotions, talking about them openly and learning helpful strategies to manage them. Growth is messy sometimes and that's okay.

Trusted Support for Families

Below are some excellent organisations recommended by LCSS offering guidance, practical tools and emotional support for parents and carers.

NSPCC

The NSPCC offers a wide range of resources on behaviour, mental health, child development and online safety.

<https://www.nspcc.org.uk>

NSPCC



Action for Children

Reliable advice on parenting, wellbeing, behaviour, and accessing early help.

<https://www.actionforchildren.org.uk>

Additional Recommended Support (Some Costs May Apply)

These services come highly recommended, but please note that they are not run by OCC and may involve a cost.

The Parenting Space – CPCS (Centre for Parent & Child Support)

Evidence-based tools and programmes to support positive parenting and strong family relationships.

<https://www.cpcs.org.uk/epec/>

Empowering Parents – Behaviour & Emotional Support

Clear, practical guidance for managing behaviour, building routines, and supporting emotional wellbeing at home.

<https://www.empoweringparents.com>

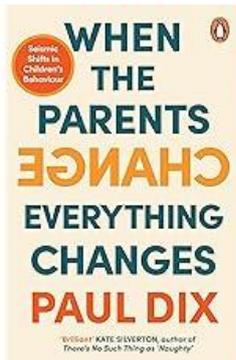


**EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES**

Oxfordshire's Local Offer and Resources

If you are looking for additional support, Oxfordshire County Council's **Local Offer** website provides a comprehensive guide to the services available for children and young people with SEN and disabilities. It includes information on education, health services, social care and community support. Please don't hesitate to reach out if you would like more guidance on how to access these services or have any questions about what is available.

Recommended reading



We are always looking for helpful resources that support the incredible work families already do every day. One book that many parents and educators have found particularly encouraging is *When the Adults Change, Everything Changes* by Paul Dix.

This book focuses on simple, practical approaches that strengthen relationships and create calmer, more positive routines at home. It offers reassurance, real-life examples and easy-to-apply ideas that many families have found uplifting - not because they are

“doing things wrong,” but because everyone benefits from fresh inspiration now and then.

If you enjoy dipping into books that offer gentle guidance and new perspectives, this might be a great addition to your reading list.

Attendance

Our whole school attendance currently sits at 96%. The national average is 94.6%.

Remember that if you are unsure if your child should be in school when they are poorly, please read the NHS guidance below.

[Is my child too ill for school? - NHS \(www.nhs.uk\)](https://www.nhs.uk)- (NHS) - information to help parents and carers understand if their child is well enough to go to school.

**Thank you for your continued support,
Phee Garlick, Lorraine Pijnen, Katie Collier and Louise Rolfe
The Pastoral Team**