



Headteacher's Newsletter

October 2025



THIS NEWSLETTER INCLUDES:

Wellbeing Award
Reverification

International Day

St Ursula's Feast
Day

Christmas Concerts

Pantomime 2025

Success at Home

Christmas Crafting
& Coffee Morning

A BUSY OCTOBER

October was a very eventful month here at St Ursula's, filled with a range of enriching activities and important events. I am delighted to share that our Autumn Term parents' evenings were a great success, with over 90% of parents booking and attending appointments. These evenings are invaluable opportunities for open dialogue between home and school, helping us work together to support your child's learning and wellbeing.

In addition to parents' evenings, we celebrated 'International Day' and 'World Mental Health Day,' both of which highlighted the rich diversity and the importance of wellbeing within our community. We were also pleased to welcome For2Feet, who led a vital road safety workshop for our pupils—especially important as we move into the darker months.

Year 5 had the privilege of hearing from John Willis, whose inspirational talk about overcoming life's barriers left a lasting impression on us all. Born without fully formed arms and legs, John's message of resilience and determination is truly motivational.

We also marked St Ursula's Feast Day and held a reverification day for our Wellbeing Award, reinforcing our commitment to fostering a supportive and caring environment for all.

These events and more are discussed in greater detail throughout this newsletter, so please do read on to find out more.



You're invited to St Ursula's

Christmas Nativity

Celebrations

Come and celebrate the birth of Jesus with music and storytelling.

Nursery: Thursday 11th December 9:30am KS1 HALL

Reception: Friday 12th December 9:30am KS1 HALL

Years 1 & 2: Friday 12th December 10:30am ST DOMINIC'S

Years 3 to 6: Friday 12th December 1:45pm ST DOMINIC'S



Tickets cost 50p each and can be bought via Schoolcomms. From Friday 21st November to Wednesday 3rd December, families can buy up to 2 tickets. From Thursday 4th to Monday 8th December, any remaining tickets can be purchased by families wanting more.

Tickets for our Christmas Hamper raffle can also be purchased via Schoolcomms.

WELLBEING

The ZONES

We use Zones of Regulation at our school to help our children understand and manage their emotions. The concept is based on four color-coded zones, each representing a different set of feelings and states of alertness. They help children understand how they're feeling, why and what they can do to regulate.

- 1. Blue Zone:** This is when a child might feel sad, tired, sick, or bored. It indicates low energy and a need for rest or a calming activity.
- 2. Green Zone:** This is the optimal state for learning and interacting. Your child feels happy, calm, and ready to focus. Encouragement and praise are great when your child is in this zone.
- 3. Yellow Zone:** This is a heightened state of alertness and emotions. Your child might feel excited, anxious, or frustrated. Notice these can be positive and negative emotions. It's a signal that they might need to use strategies to bring themselves back to the green zone, like taking deep breaths or asking for help.
- 4. Red Zone:** This is when a child is experiencing intense emotions like anger, rage, or terror. They might be out of control and need immediate help to calm down. They will need time to regulate before they can have a conversation with you.

HOW TO USE THE ZONES:

One of the most important principles is that there are **no good or bad zones**. It is important your child understands that all their emotions are ok and are safe to share with you. The aim is to teach children how their thoughts and feelings impact their reactions and how we can manage that.

Younger children might be able to tell you they are sad, happy or angry. They may only be able to point to the face that matches their feeling. That is ok! Help them reflect on why they're feeling that way.

"You started to scream. Sometimes people scream when they are angry or scared.

Were you feeling angry or scared?"

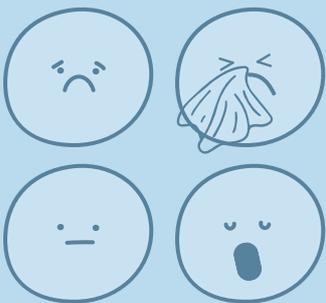
"What happened before you felt _____?"

Older children may be able to do this independently. If they can, start to give them alternatives responses to support their regulation.

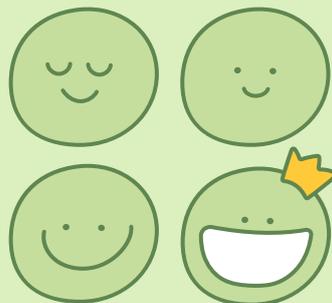
"Next time your feeling angry, try moving to a quiet space until you feel ready to talk."

Some children may need you to co-regulate with them until they can do this independently.

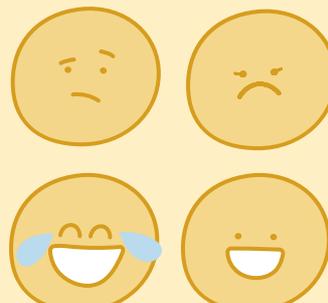
"You seem nervous today. Would you like to go for a walk with me?"



sad
down
unwell
hurt
bored
lonely
tired
exhausted



ok
peaceful
calm
relaxed
happy
positive
focussed
ready



worried
nervous
annoyed
frustrated
excited
silly
energetic
jumpy



panicked
anxious
scared
terrified
angry
furious
elated
overjoyed

WELLBEING AWARD

On 16th October, St Ursula's Catholic Primary School was reassessed for the Wellbeing Award, and we are delighted to announce that we have retained the WAS Award for a further three years.

The assessment highlighted several key strengths in our school community. Inspectors noted, "Leaders have built a strong sense of community and belonging as one school which extends to all stakeholders. Staff clearly identify they are a close team who support each other and feel supported."

Our wellbeing lead was praised as "strong, passionate and knowledgeable," having "continued to innovate and access extensive support, training and partnership which has benefitted and embedded school practice and provision."

The school's commitment to inclusivity was also recognised: "Valuing and respecting difference is strongly embedded in the school from the highly visible displays celebrating neurodiversity and disability to the new provision set up to support children struggling to access the mainstream curriculum."

Finally, the dedication of our school was evident: "Leaders have demonstrated their commitment of significant time which is very visible and valued throughout the school and embedded in the wider curriculum." We are proud of this achievement and remain committed to nurturing wellbeing for all.



THE WELLBEING TEAM

MRS CLARK
Mental Health &
Wellbeing Lead



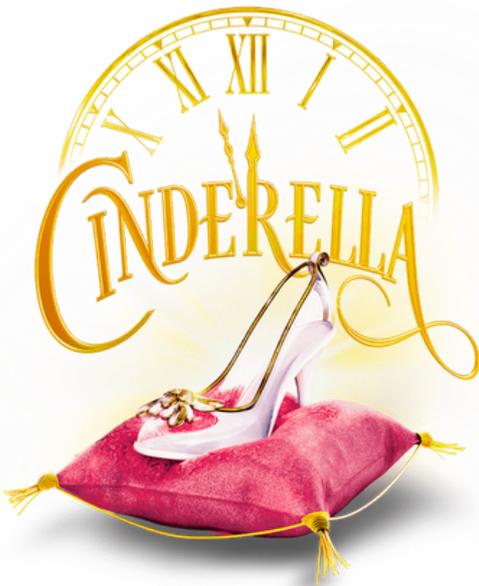
MRS WALSH
Home/School Support
Worker



MRS KENT
Deputy
SEND/CO



PANTOMIME FOR 2025



On Friday 5th December, we are delighted to welcome the Stage-ed theatre group back to St Ursula's to present their Cinderella Pantomime. Written by storytellers involved in productions like The Gruffalo, this performance promises lots of interaction, with moments that will have all pupils on their feet and joining in the fun.

Expect traditional pantomime routines, shockingly bad dad jokes, a sing-along, and a brilliant story. Tickets are £3 per pupil and can be purchased via Schoolcomms. We look forward to a magical and memorable experience for all!

ST URSULA'S FEAST DAY

On October 21st, we joyfully marked an important occasion in our school year by celebrating the Feast Day of our patron, St Ursula. Our whole school community gathered for a special Mass at St Dominic's Church, providing a meaningful moment to reflect on the inspiring life and virtues of St Ursula. We remembered her as a bright, sociable, and kind-hearted young woman whose strong faith led her to dedicate her life to God from an early age. Her steadfast devotion encourages us to foster similar qualities within our pupils.

St Ursula's story is one of remarkable courage and determination. At a time when young girls had limited influence over their futures, she followed a divine calling and remained resolute in her faith. Her bravery in standing up for her beliefs and her passion for sharing her faith, especially with young people, make her a fitting role model for our community. In moments of difficulty or uncertainty, we turn to St Ursula as a guiding light, embodying faith, courage, and resilience.

This special day also provided the perfect backdrop for commissioning our new Pupil Chaplains. Earlier this term, Year 6 pupils were invited to apply for this prestigious role, and we were delighted by the enthusiastic response—22 thoughtful applications were received. As always, Miss Gilligan and I had the honour of reading each letter, impressed by the maturity and heartfelt reflections shared by our senior pupils.

To deepen our understanding of their motivations, we met with all applicants individually. These conversations were truly uplifting, revealing a wide range of experiences—from active involvement in parish life to sharing faith moments with family. Choosing from such a talented group was a difficult task, but we are proud to have appointed 12 dedicated Pupil Chaplains who were officially commissioned during the Feast Day celebrations.

Hearing our Year 6 pupils speak so openly about the role faith plays in their lives was profoundly moving. Their genuine commitment and thoughtful insights filled us with pride as we welcomed them into their new leadership roles. These young chaplains will be instrumental in enriching the spiritual life of St Ursula's, and we are confident they will embrace their responsibilities with enthusiasm and grace.





REMINDER

UPCOMING DATES

November

- 25th: Year 3 Advent Assembly, 9:00am
- 27th: Year 2 & 6 Advent Penitential Mass, 9:30am
- 28th: Rock Steady Concert

December

- 4th: Parent Coffee Morning (Christmas Crafting), 8:45am
- 5th: Pantomime in School
- 11th: Christmas Dinner & Jumper Day; Nursery EYFS Christmas Concert, 9:30am
- 12th: Reception EYFS Christmas Concert, 9:30am; KS1 Christmas Concert (Y1 & Y2), 10:30am; KS2 Christmas Concert (Y3-Y6), 1:45pm
- 18th: Christmas Disco
- 19th: End of Term Reports sent; **Early closure at 1:00pm**

Please refer to the school website calendar for times. Further information on events will be shared in our weekly bulletin.

CHRISTMAS CRAFTING & COFFEE MORNING

We are excited to invite you to our annual Christmas Crafting and December Coffee Morning on Thursday 4th December. This festive event will take place in the Key Stage 2 Hall from 8:45 am.

Parents and their children will have the opportunity to enjoy fun Christmas craft activities together. Due to the popularity of this event, places are limited to 30 adults and will be allocated on a first-come, first-served basis.

To reserve your place, please email the school office at office@stursulasprimaryschool.co.uk as soon as possible. please be aware that families who have not attended before will be prioritised Your space will be confirmed on Friday 28th November. We look forward to sharing this special morning with you and your children.





Thursday 4th December
8:45am to 9:45am

ST URSULA'S

Christmas Crafting & Coffee Morning

Fun Christmas crafting activities for pupils,
parents and carers.



RESERVE A SPACE VIA THE SCHOOL OFFICE EMAIL

office@stursulasprimaryschool.co.uk

PLEASE BE AWARE THAT FAMILIES WHO HAVE NOT ATTENDED BEFORE WILL BE PRIORITISED.
YOUR SPACE WILL BE CONFIRMED ON FRIDAY 28TH NOVEMBER

THE PAST MONTH IN PHOTOS



Success at Home

Congratulations to Ronnie, who graded for his Green-Blue tag belt at jujitsu. Here is a photo of him with his Sensei Katherine.

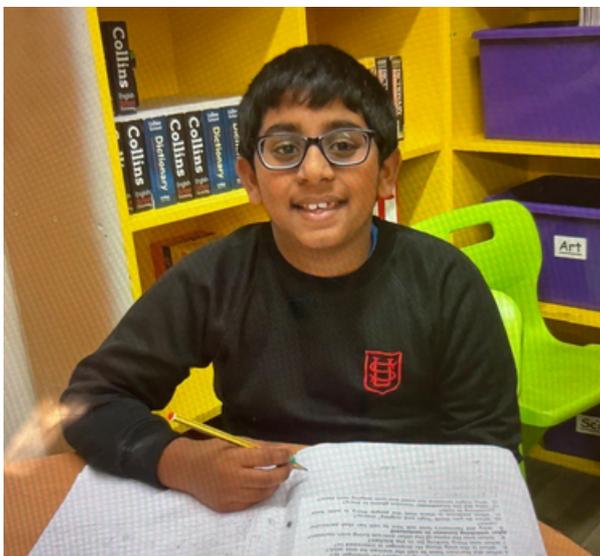


Great effort Sia! Sia passed her Grade 1 ABRSM exam in piano with a merit.



Another win for Ethan!
He placed 1st in his in-house competition and received a Silver medal at Nationals in Telford.

Aiswaryan achieved a very high score in his CSSE exam. Well done!



YEAR 6 INTERNATIONAL DAY

October saw our Year 6 pupils take the lead in creating a vibrant International Market to celebrate International Day. It was a wonderful celebration of the rich multicultural diversity that makes St Ursula's such a special place.

The market showcased a fantastic array of foods, decorations, and cultural displays representing the many backgrounds of our school community. It was inspiring to see our pupils embrace and share their heritage with enthusiasm and pride.

A heartfelt thank you goes to everyone who helped make this event so successful. Special appreciation is extended to the parents and carers who worked tirelessly behind the scenes to prepare delicious. Your support truly brought the market to life and helped us celebrate such an important day in a meaningful way.

