

>>> NEWSLETTER <<<

FRADLEY PARK

Primary & Nursery School

At Fradley Park we believe "What happens early, matters for a lifetime"



- HEADTEACHERS COMMENTS -

SUMMER READING CHALLENGE

I am so impressed with the number of children who managed to complete the Summer Reading Challenge at the library this year, and I am still finding certificates appearing on my desk in week 2. Keep them coming!

The children should have received a sticker and a certificate to congratulate them on their achievements by the end of this week. Please let your class teacher know if your child has been missed and we will rectify that! Well done to everyone who took part.

UNIFORM

Our youngest children are still developing their independence and even our older children can misplace a jumper. I have two, brand new, unnamed jumpers in my office (one blue and one green) that I found on the floor. I am looking after them and waiting for them to be claimed. We do not have a lost property box in school so please just let class teachers know if your child has misplaced something.

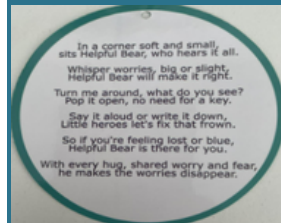
Anything unclaimed, after an extended period, will be washed and passed to the FOFP (Friends of Fradley Park) for the second-hand uniform sale.

HAVE A GREAT WEEKEND EVERYONE!

CHRISSIE ALLEN – HEADTEACHER

- WEEKLY ROUND UP -

ATTENDANCE



Great start everyone! I am enormously proud of how well the children have started or returned to school, especially those children that have found it a little bit tricky to get back into a routine. Please remember that we are always here to help and give some extra encouragement.

Our Attendance Team is made of:

- Me (Mrs Allen)
- Mr Bonny-Meekings
- Miss Roberts
- Helpful Bear (you can find him in the Head Space)

It has been a wonderful week in school – our first full week of the school year. The children are settling into new routines and rising to our high expectations for learning and behaviour.

I have been amazed to see the number of children in Year 3 achieving their pen license this week – such a milestone for them and it must feel very grown up!

Murphy's friend (Murphy is our school mascot) Helpful Bear has been introduced to the children and has already had several cuddles in our 'Head Space' room.

In Assembly, the children have talked about being 'Caring' and this is our focused 'Learning and Living Behaviour' for the Autumn Term. The children are receiving praise and house tokens when caring behaviours are demonstrated throughout the day.

I will be hosting the first HT Chat of the school year on Thursday 16th October 8.45-10.00am. Please join me for a hot drink and some sweet treats in the school hall and meet with other parents. Hope to see lots of you there!

UPDATES ON THIS WEEK'S LEARNING!

NURSERY TEAM UPDATE!

What a fantastic first week we've had in Nursery! We are so proud of how well the children have settled into their new environment. It's been a week full of smiles, curiosity and new friendships.

The children have been exploring their new classroom and outdoor area. From building towers in the construction area to splashing in the water tray, they've shown confidence and a growing sense of independence. We've been focusing on routines and learning each other's names.

Miss Pearson and Mr Clancy are so proud of all our Nursery children this week! They are all super stars!



RECEPTION TEAM UPDATE



Wow! What an amazing start to our school life we have had in Reception!

The children have all been absolutely fantastic. They have settled in well, made new friends, had lots of fun and are learning their new routines well. We have thoroughly enjoyed getting to know each and every one of your children, learning about their interests and playing with them in provision.

The children have been exploring the book 'In Our Hands' along with the rest of the school. From this we have thought about how to look after our world and more specifically our school and our classroom. The children have helped come up with our class charter which includes things such as 'being kind', 'helping others' and 'trying our best'. We have also been busy making some super artwork ready for our new classroom displays.

Well done everyone (parents too!) on a brilliant start to Reception!

UPDATES ON THIS WEEK'S LEARNING!

2

YEAR 1 TEAM UPDATE



In year 1 we have had a fabulous week! We have got to know our classroom areas and have enjoyed each space to the fullest.

In literacy we have discussed the themes of our book focus 'In our hands' and we have created our own hands to represent ourselves to have up to show how our class is a community who work together show kindness and compassion just like the children in the book.

In maths we have started to sort and count objects into groups. We have looked at how we can group items into different objects, colours and shapes.

In Art we have started to look at spirals and enjoyed making our playground a masterpiece. We used chalk to experiment with using our bodies to create spirals on the floor. We really enjoyed creating different size and coloured spirals.

In science we have started to look at the different parts of our bodies and discussed what we can see and what we cannot.

It has been a lovely first full week.

YEAR 2 TEAM UPDATE

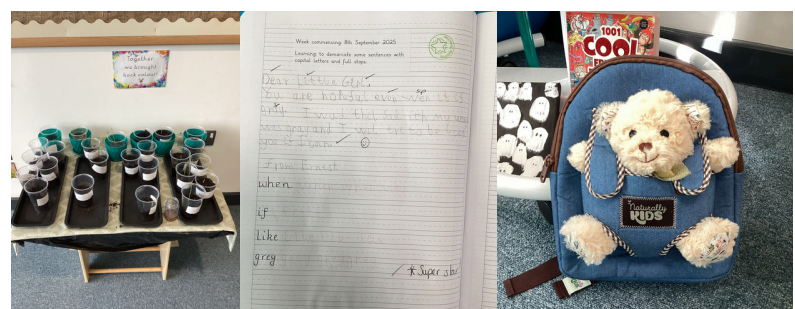
Our first full week back has been a busy one. We have continued to read and engage with our book focus text 'In Our Hands' and finished our learning off with thinking about ways we can look after our planet and the people within it. The children all drew around their hands and wrote their ideas in the palms. These have been added to our display. We can't wait for you to see it!

We have been working hard to write on even smaller handwriting lines in Year 2, the children have adapted well! Check out Ernest's letter to the Little Girl. Miss Yates and Mrs Champion were blown away by all of the children's thoughts and questions.

In Maths we have been focusing on tens and ones in 2 digit numbers and placing these practically on a place value chart. The children enjoyed working in their talk partners to complete this activity.

We have continued to develop our sense of responsibility this week by taking good care of our sweet pea seeds. Some have started to grow! Let's hope everyone's sweet pea seeds have the right conditions to grow.

We have named our new class bear Fluffy and he will be coming home with a special someone each week just as Charlie Bear did- keep your eyes peeled for updates on this!



UPDATES ON THIS WEEK'S LEARNING!

YEAR 3 TEAM UPDATE

SAFEGUARDING UPDATE



This week, Year 3 have continued to focus on our whole-school book 'In Our Hands', thinking about the positive impact that we can have on the world if we all work together as a community. They really enjoyed creating their own character and choosing effective adjectives to describe them - our class are fantastic artists!

They also worked on their writing, composing diary entries from the perspective of the characters they created. We have already handed out 3 pen licences in the first two weeks - well done, Year 3!

In maths, we continued to work on our knowledge of place value, using base ten and place value counters to help us with our working out.

We also had our first PE lessons this week, playing games involving balance and coordination, in addition to planning our own machinery-inspired dance routines.

We also introduced our first history - The Stone Age - which we will continue to learn about this half term. What a fantastic start to the term!



As you know children's well-being is particularly important to us at FP. Please read the tips below on how to support signs of stress in your little ones. Further safeguarding advice for parents can be found by searching [#wakeupwednesday](#)

FRADLEY PARK NOTICE BOARD

TIME TOGETHER SESSIONS

We are excited to share that Time Together sessions will be starting up again on **Monday 15th September, from 8:30am - 8:45am**. These sessions will run every Monday for the rest of this half term, alternating between reading and maths activities – and we'll be kicking things off with reading.

Thank you for the helpful feedback you shared last term. To give everyone the chance to join in, we'll now change the day of Time Together each half term. After the October half term break, sessions will move to Tuesdays.

We can't wait to welcome you back for these lovely opportunities to learn alongside your child.

DATES FOR THE DIARY

18.07.25	Friday	School Closes for Summer Holidays
01.09.25 02.09.25	Monday & Tuesday	INSET Days
03.09.25	Wednesday	School Re Opens - Autumn Term

ATTENDANCE MATTERS

Attendance matters at Fradley Park Primary and Nursery School. The more our children attend school, the more we can learn, achieve and celebrate success together.

Class Attendance

Nursery - 97.9%

Reception - 98.4%

Year 1 - 100 %

Year 2 - 100 %

Year 3 - 99.1%

Fradley Park's
Grand Total - 99.3%

Every school day counts! Thank you for supporting your child's attendance at Fradley Park.

RECOGNISING & MANAGING STRESS

According to recent studies, over 80% 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 these 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 Holcayon 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

The National College

Friends of Fradley Park Afternoon Tea

Friends of Fradley Park kindly invite you to join us for a delightful afternoon of tea, treats, wonderful company & a chance to say hello and meet our new parents

On: Friday 19th September 2024

Time: 15:15 - 16:30

At: Fradley Park School Hall

Ticket prices: £7.50 per adult

Children: Free Of Charge

Family of 4 (adults £26.00)



Payments can be made directly to Friends of Fradley
Park

Sort Code: 53-70-15

Account Number: 74030884

Please use your name as reference no later than
Monday 15th September. If there are any allergies or
dietary requirements, please email:

friendsoffradley23@outlook.com

Parents, Grandparents, Aunts & Uncles are all welcome

Friends Of Fradley Park

Save The Date!

FRIDAY 19TH SEPTEMBER 2025
FAMILY WELCOME AFTERNOON TEA
15:15 - 16:30

WEDNESDAY 1ST OCTOBER 2025
CHRISTMAS WRAP/CRAFT
NURSERY, RECEPTION, YEAR 1
15:00 - 16:30

WEDNESDAY 8TH OCTOBER 2025
CHRISTMAS WRAP/CRAFT
YEAR 2, YEAR 3
15:00 - 16:30

TUESDAY 21ST OCTOBER 2025
SPOOKY & SPARKLY DISCO
RECEPTION, YEAR 1, YEAR 2, YEAR 3
TIME - TBC

OCTOBER NURSERY EVENT - TBC

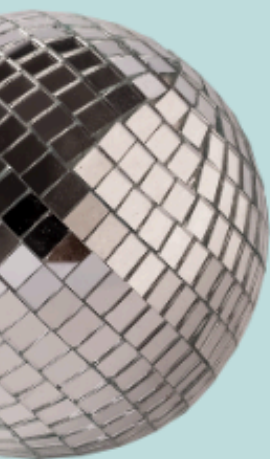
FRIDAY 14TH NOVEMBER 2025
CAKE SALE
15:00 - 15:30

FRIDAY 5TH DECEMBER 2025
CHRISTMAS FAIR
16:00 - 18:30

FRIDAY 9TH JANUARY 2026
WELLBEING PAMPER SESSION
ALL YEAR GROUPS (INC NURSERY)
TIME - TBC

FRIDAY 13TH FEBRUARY 2026
FRIENDSHIP DISCO
RECEPTION, YEAR 1, YEAR 2, YEAR 3
TIME - TBC

FEBRUARY NURSERY EVENT - TBC



We are an Operation Encompass School

For further information, please come and see us.

