

October 2025

STANTON BRIDGE NEWSLETTER



@stanton_bridge



INVESTORS IN PEOPLE | Gold



Dear Parent's/Carers,

It has been a great few weeks of learning for both pupils, parents and carers! Our Early Years team ran a series of workshops for parents based on Nursery Rhymes this week, thank you to all of the parents who attended, we'll be running more of these sessions throughout the year.

Our Community Hub drop-in sessions for parents have been running for a few weeks now and are designed to offer parents the opportunity to talk to our mentor team. They have links a wide range of resources and services including employment, housing, benefits and financial support. Feel free to drop in to the Community Hub on Thursday afternoons.

Year 2 have been out of school on a field trip this week to apply the knowledge they have learnt in Geography and Art—they have visited Coventry Town Centre and the Cathedral looking at man-made features and architecture.

The cold weather is starting to set in, please ensure that pupils are sent to school with warmer clothing and a coat—write their names in all items to ensure that they can be located if needed.

We would like to extend a very warm welcome to all of the families that have recently joined Stanton Bridge, we look forward to getting to know you all and working alongside you and your children as they progress through school.

We hope you have a great week, we look forward to seeing you all at our upcoming parents evening.

REMINDER:

Flu vaccinations: Wednesday 8th October 2025

School Stars

Congratulations to our children who gained a Star Award for **Growth Mindset**



1F: Kevin	1B: Riley
2N: Yaser	2L: Bibihawa
3B: Marko	3G: Hibba
4S: Dominik	4W: Kovan
5B: Fatima	5J: Linh
6X: Travon	6G: Ali

School Stars

Congratulations to our children who gained a Star Award for **Avid Reader**

1F: Gabriel	1B: Anas
2N: Maxim	2L: Bernard
3B: Nell	3G: Stella
4S: Maida	4W: Lano
5B: Helen	5J: Alaska
6X: Leon	6G: Hayaa

School Stars

Congratulations to our children who gained a Star Award for **Times table Rocker**

1F: Yoel	1B: Maida
2N: Jaden	2L: Arsenijs
3B: Bilal	3G: Darren
4S: Musa	4W: Devanshu
5B: Makador	5J: Riad
6X: Luca	6G: Muzamil

Attendance Race

The results for Autumn 1 Week 4

- 1st Place: Mr Brown (5B)
2nd Place: Mrs Good (6G)
3rd Place: Miss Johal (5J)

It is also important not to be late!
Remember, it's up to each one of you to come to school every day to ensure your class scores the highest number of points possible to win the race!

Attendance Race

The results for Autumn 1 Week 3

- 1st Place: Mr Brown (5B)
2nd Place: Mrs Xue (6X)
3rd Place: Mrs Berling (4B)

It is also important not to be late!

Key Dates

Star Awards: Celebrating our children every Friday

Community Hub Drop in: Thursday's from 14:00 until 15:15

Year 3 Birmingham Trip: Wednesday 15th October & Thursday 16th October

Parents Evening: Wednesday 15th October

Half-term: Monday 27th October - Friday 31st October 2025



PROUD TO BE A
MUSIC MARK
SCHOOL



SAFEGUARDING INITIATIVE
DURING COVID-19



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Our Wellbeing section of the newsletter will be filled with useful ideas, tips and links to help support positive mental health and wellbeing for your children and yourselves.

As a school community, we value the wellbeing of all. Staff and pupils have had training to support wellbeing and we know that everyone in school supports each other if they are feeling worried or unhappy. If you have any worries or concerns about the wellbeing of your child, a family member or yourself, please remember you can speak to the school. This includes the class teacher, Miss Cooper (DSL), or Miss French (wellbeing award lead.)

Action for Happiness

Every month we will be sending out the Action for Happiness Calendar to support and inspire our community to feel the best that they can. Action for Happiness brings people together and provides practical resources. They help each other learn evidence-based skills for happier living, feel a sense of belonging and commit to personal action to create more happiness, for ourselves and others. <https://actionforhappiness.org/>

Words of affirmation:

We encourage the children to repeat positive affirmations every day.
Try them at home with your family:

- I am proud to be a part of this school because everyone cares for each other.
- I am proud of me because I am a caring person.
- I am brave and curious - every challenge is a chance to learn and grow.
- I can do anything I put my mind to and I will achieve my dreams and goals.
- I am a thinker, thinking about my thinking helps my brain grow stronger.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Optimistic October 2025	1. Write down three things you can look forward to this month	2. Find something to be optimistic about (even if it's a difficult time)	3. Take a small step towards a goal that really matters to you	4. Start your day with the most important thing on your to-do list	5. Be a realistic optimist. See life as it is, but focus on what's good		
	6. Remind yourself that things can change for the better	7. Look for the good in people around you today	8. Make some progress on a project or task you have been avoiding	9. Share an important goal with someone you trust	10. Take time to reflect on what you have accomplished recently	11. Avoid blaming yourself or others. Find a helpful way forward	12. Look out for positive news and reasons to be cheerful today
	13. Ask for help to overcome an obstacle you are facing	14. Do something constructive to improve a difficult situation	15. Thank yourself for achieving the things you often take for granted	16. Put down your to-do list and do something fun or uplifting	17. Take a small step towards a positive change you want to see in society	18. Set hopeful but realistic goals for the days ahead	19. Identify one of your positive qualities that will be helpful in the future
	20. Find joy in tackling a task you've put off for some time	21. Let go of the expectations of others and focus on what matters to you	22. Share a hopeful quote, picture or video with a friend or colleague	23. Recognise that you have a choice about what to prioritise	24. Write down three specific things that have gone well recently	25. You can't do everything! What are your three priorities right now?	26. Find a new perspective on a problem you face
	27. Be kind to yourself today. Remember, progress takes time	28. Ask yourself, will this still matter a year from now?	29. Plan a fun or exciting activity to look forward to	30. Identify three things that give you hope for the future	31. Set a goal that brings a sense of purpose for the coming month		

ACTION FOR HAPPINESS

Happier · Kinder · Together



Mental Health in Schools Team

Tips For Wellness

Tips for helping your child with sleep

A healthy sleep routine is essential for children's growth, development, concentration, emotion regulation, immune system, memory and problem-solving abilities. Consistent, quality sleep can also reduce the risk of behavioural issues, anxiety and depression. The recommended hours of sleep per night are:

School age children
(6-12 years)
9-12 hours

Adolescents
(13-18 years)
8-10 hours

Our top tips:

1. Establish a consistent sleep schedule: Encourage going to bed and waking up at the same time every day, even on weekends, to regulate your child's internal clock.
2. Create a calming bedtime routine: Activities like reading, a warm bath, or quiet music can help signal that it's time to wind down.
3. Limit screen time before bed: Turn off TVs, phones, and tablets at least an hour before bedtime, as blue light interferes with melatonin production and sleep quality.
4. Make the bedroom sleep-friendly: Keep it cool, dark, and quiet. Consider blackout curtains or white noise if needed.
5. Encourage physical activity during the day: Regular exercise can help children fall asleep faster but avoid vigorous activity close to bedtime.
6. Watch what they eat and drink: Avoid caffeine, energy drinks and chocolate in the afternoon and evening, and try not to eat a big meal close to bedtime.
7. Model healthy sleep habits: Children often mimic their parents, so prioritise your own sleep and show that it's an important part of a healthy lifestyle.
8. Talk about stress or worries: Create a safe space to discuss anything that might be keeping them up at night.

Top tips for improving
your child's sleep:



Sleep guide for
parents:



In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.
Please contact your school's Mental Health Lead for information and advice.

DOES YOUR CHILD OR YOUNG PERSON HAVE SPECIAL EDUCATIONAL NEEDS?

Get in touch with us if you would like to join our next SENDIASS Coffee Morning. Meet other parents in a similar situation. Share with others in a friendly, non-judgemental environment, together with a member of staff from SENDIASS.

COFFEE MORNING
TUESDAY 14TH OCTOBER 2025
(9.30AM-11.30AM)

The Wave,
Coffee Tots Community Room
New Union St, Coventry CV1 2PS

TO BOOK: please scan QR code

Trouble booking? Contact us: lass@coventry.gov.uk or TEL: 024 76 89 4307

*Please note this session is not suitable for children

General

Study bugs - Please ensure you are reporting your child's absences daily using the study bugs app. To download the app you can find this on the school website and click on the link and follow the instructions.

Contact Information - It is your responsibility as a parent to ensure the school office are notified of any change in contact details, such as address, telephone number or email address. This is to enable us to get in touch with you in an emergency but also to ensure you are receiving communication from school through all these platforms.

Dinner money—Reminder dinner money is £2.50

This needs to be paid daily or weekly. If you have an outstanding balance, your child must bring in a packed lunch until this balance has been cleared.

Free School Meals - If you receive a letter from the council stating your child is eligible for free school meals you must bring this into the office to allow us to update our system.

Lateness—School starts at 8:30am and your child must be present on the school playground ready to be taken to class by their teacher. Please also ensure that you are collecting your child on time at the end of the school day. Any late drop off/collections will result in a fine.

Attendance—It is your legal responsibility to ensure that your child attends school everyday. If for any reason your child can not attend school, you must inform the school office.

Uniform - Please ensure that your child is wearing the correct uniform. This can be purchased from the school office on a Thursday, order forms will need to be completed beforehand.

Parent Code of Conduct

- * Be polite to others no raised voices, screaming or shouting.
- * Contribute to a positive school environment
- * Act as positive role models.
- * Work together with to staff to resolve issues or concerns.

Can all parents ensure you adhere to the above code of conduct whilst on school premises, if other family members or friends are attending on your behalf please ensure they are also made aware. Failure to adhere to the above is likely to result in a ban from school premises.

All communication from parents should be respectful and socially acceptable.

Due to health and safety protocols please do ensure that your child is not playing on the school's equipment when collecting them. Thank you.
A polite reminder to all parents that appropriate attire must be worn when dropping and collecting your child to school. Dressing gowns and nightwear are not appropriate. On the first incident you will be spoken with and repeated inappropriate dress code will result in a ban.
It is an expectation that as a parent of a pupil of Stanton Bridge, you will fully engage with the schools policies and procedures in supporting your child's education.

Remember you can contact us via the schools email:
admin@stantonbridge.coventry.sch.uk