



Sandford Hill Primary School

Weekly Newsletter



Issue 6 - Friday 9th October 2026

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Mental Health Awareness Workshop

Thank you to everyone who attended our Mental Health Awareness Workshop on Wednesday morning. It was lovely to see so many people take part, and we hope you found the session helpful and took away something useful. Please see the leaflet attached, which was shared during the workshop and contains further information and details of support available.

Open Evening

Our Open Evenings will take place on **Monday 19th October** and **Wednesday 21st October**. Appointments are still available on Arbor and will be listed as “**Guardian Consultations.**” Please see the link below to the Arbor Support guidance, which provides details on how to book an Open Evening (Guardian Consultation) appointment, as well as how to cancel or reschedule an appointment.

[How to book, reschedule and cancel guardian consultations](#)

A creche will run in the school hall from 3:35pm on the night of the open evenings. The creche is available for school aged pupils only. You are welcome to drop your child off into the creche 5 minutes before your first appointment.

RUGs Visit to Standon Bowers

On Tuesday, our RUGs took part in an activity day at Standon Bowers. The children enjoyed a range of team-building activities and had the opportunity to meet and spend the day with other RUGs from across the Societas Trust. The children had a fantastic day, building new friendships and developing their teamwork skills.



Health & Safety

At the end of the school day, for the safety of all children, please make sure that you keep your child(ren) with you at all times. Children should **NOT** be running around, climbing on barriers and should under no circumstances be using the school playground equipment. This also applies to equipment on the Nursery and Reception playground. Children should **NOT** be left unattended near the school's carpark as this is always in operation.

Harvest Assembly - St Mary and St Chad's Church

On Tuesday 13th October, pupils in Year 3, 4, 5 and 6 will be leaving school to go and watch Mr Alcock's class assembly. The assembly will be held at St Mary and St Chad's Church on Anchor Road and will start at 10:00am. Parents and carers of Mr Alcock's class are welcome to attend the assembly at the church. Pupils in Year 3, 4 5 and 6 will be walking to the church supervised by a number of staff. **If you do not give permission for your child to attend the Harvest Assembly, please email 'parent@sandfordhill.org.uk' by 6:00 pm on Monday 12th October.**

Harvest Appeal - Thank You

A huge thank you to everyone who has kindly donated items for this year's Harvest. We have received such a wonderful and generous selection of food and other essentials, and we are incredibly grateful for everyone's support. Your kindness and generosity will make a real difference to those who need it most.

Notices

- **Clubs** - A reminder that next week is the last week of clubs this half term. There will be no clubs W/C 19th October.
- **Dinner Money**—A reminder that all dinner monies must be paid in advance. Dinners are £2.80 per day, £14.00 per week.
- **Individual and Sibling Photo's** – All children should come to school in their normal uniform on Thursday 22nd October. There will be no PE lessons on this day.
- **PE Kit & Jewellery**—A reminder that all jewellery (including earrings) must be removed for all PE and swimming lessons. Earrings cannot be covered with plasters. Our school PE kit consists of a red polo, black hoody and black joggers/shorts. No other colours/ stripes/patterns are acceptable and logos should not be larger than a 50p piece.



Attendance and Awards



A huge congratulations to Oliver for successfully completing the Read to the Beat Library Challenge!



Congratulations to Spencer, who was presented with a trophy for 'Player of the Match'.



This week, our school attendance is **95.58%**
Our school attendance target is 96%

We're really proud of Jensen in Year 5, who took part in the Potters 'Arf Fun Run. Well done Jensen!



Congratulations to Lana who was so excited to share her two swimming certificates with us this morning.



This weeks attendance winner are:

F1/4 and Y3/F4



Attendance

Awards

Class	Attendance	Points	Total	Thoughtful	Star	Reading	Maths	Curriculum
N1	90.91%	2	14	Owen B	Ronnie H	Phoebe F	Mabel J	Lilly H
N2	77.00%	1	25					
N3	95.56%	6	15					
N4	100.00%	10	28					
R1	97.27%	8	44	Arlo B	Ruby G	Phoebe-Rae W	Luca R	Theodore R
R2	93.23%	4	33	Bobbie C	Mila S	Chanai P	Maddison S	Blake W
Y1/G3	96.40%	7	20	Sienna-Rae P	Mason J	Edward H	Mabel B	Rory B
Y1/G4	98.46%	9	37	Billy M	Isabelle H	Huxley T	Matilda T	Bailey P
Y2/G1	94.78%	5	34	Leia W	Leighton B-H	Krishitha V	Defne O	L-J B-J
Y2/G2	91.25%	3	24	Joshua M	Sienna C	Jayden G	Deondrei P	Darcie-leigh H
Y3/F3	95.67%	4	24	Eva-Lilly C	Nova G	Jessica G	Lucas G	Dominic J
Y3/F4	100.00%	8	19	George H	Narla W	Matei B-A	Dottie C	Luca L
Y4/RBL	95.40%	3	20	Elijah K	Harper G	Blayke D	Elsie S	Freya A
Y4/RBR	97.67%	5	24	Logan P	Skyla-Grace T	Arabella H	Adam R	Clara W
Y5/FBL	98.21%	6	29	Amelia H	Grace M	Henry R	Jacob C	Skylar M-W
Y5/FBR	93.33%	1	9	Xander H	Cadi R	Darci M-N	Kellae C-M	Lettie-Rose B
Y6/F1	98.47%	7	30					
Y6/F2	94.48%	2	28					

PARENTAL SESSIONS & ASSEMBLY DATES

Parental sessions will start at 9:10am and end at 10:00am

Fabulous Females - 11/03

Marvellous Males - 17/06

Class Assemblies

Parent/Carers are invited to attend their child's class assembly. Doors will open at 9:00am and will begin at approximately 9:10am

Miss Hodgson - 29/04

Mrs Poole - 20/05

Mrs Johnson - 28/01

Mrs Smith - 04/02

Miss Humphries - 22/04

Mr Farr - 18/03

Miss Gerrard - 04/03

Mr Frost - 21/01

Mrs Frost - 14/01

Mr Alcock - 13/10 - (10:00am at St Mary and Chad's Church)

Mrs Carney - 11/02

Mrs Hassall - 15/10

Miss Gregory - 15/10

Christmas Assemblies

Doors will open at 9:00am and will begin at approximately 9:10am

Miss Hodgson, N1 (Strawberry Group) and N2 (Pear Group) - 07/12

Mrs Poole, N3 (Orange Group) and N4 (Apple Group) - 08/12

Year 1 - 09/12

Year 2 - 10/12

Year 3 - 11/12

Year 4 - 15/12

Year 5 - 16/12

Year 6 - 17/12

SEPT/OCT '26

19TH & 21ST - Open Evening

22/10 - Individual/Sibling Photos

22/10 - Pupils Last Day

23/10 - Staff Inset Day

W/C 24/10 - October Half Term

NOV '26

02/11 - Pupils Return To School

02/11 - Applications for Reception 2027 Open

Meals are served drink and a range of desserts (biscuit/cake/fruit/crackers) are available daily.

MENU

Jacket Potatoes/Filled Sandwiches available daily (Y1 to Year 6)

Week Commencing 12th October 2026

	Nursery - Reception	Year 1 - Year 6
Mon	Meat & Potato Pie with Mash and Country Veg	Meat & Potato Pie or Sausage with Mash and Country Veg
Tue	Chicken Nuggets with Potato Puffs and Carrot Batons or Beans	Chicken Nuggets with Potato Puffs and Carrot Batons or Beans
Wed	Cheesy Baguette with Hash Browns and Beans or Sweetcorn	Cheesy Baguette with Hash Browns and Beans or Sweetcorn
Thu	Staffordshire Lobby with Crusty Bread	Staffordshire Lobby with Crusty Bread
Fri	Cheese Whirl with Twisty Fries and Beans or Sweetcorn	Cheese Whirl or Mac 'N' Cheese with Twisty Fries and Beans or Sweetcorn

Week Commencing 19th October 2026

	Nursery	Reception - Year 6
Mon	Southern Fried Chicken Goujons with Pommes and Corn on the Cob or Beans	Southern Fried Chicken Goujons with Pommes and Corn on the Cob or Beans
Tue	Roast Chicken Dinner	Roast chicken or Cottage Pie with Yorkie Puds
Wed	Spaghetti Parmigiana with Garlic Bread	Spaghetti Parmigiana with Garlic Bread
Thu	Chicken Balls with Curry Sauce, Rice and Green Beans or Sweetcorn	Chicken Balls with Curry Sauce, Rice and Green Beans or Sweetcorn
Fri	SCHOOL CLOSED (INSET DAY)	SCHOOL CLOSED (INSET DAY)

Week Commencing 2nd November 2026

	Nursery	Reception - Year 6
Mon	Cheesy Topped Chips with Beans or Sweetcorn	Sweet and Sour Chicken or Cheesy Topped Chips with Beans or Sweetcorn
Tue	Pastry Pizza Swirl with Crinkle Slices and Peas and Sweetcorn or Beans	Pastry Pizza Swirl with Crinkle Slices and Peas and Sweetcorn or Beans
Wed	BBQ Chicken Wrap with Salad and Diced Potatoes	BBQ Chicken Wrap with Salad and Diced Potatoes
Thu	BONFIRE NIGHT SPECIAL - Hot dog or Cheese Whirl with wedges and beans or corn on the cob	BONFIRE NIGHT SPECIAL - Hot dog or Cheese Whirl with wedges and beans or corn on the cob
Fri	Pizza with twisty fries with beans or peas and sweetcorn	Pizza with twisty fries with beans or peas and sweetcorn

All dietary requirements will be catered for. We will endeavour to offer all pupils their first choice but if they do not like the options or an item runs out, jacket potatoes and sandwiches will be offered as an alternative. Please use this menu as a guide. There may have to be changes prior to/in the week depending upon product availability.

Allergen information available upon request.

What it means



How we think, feel and cope with everyday life.

It can change



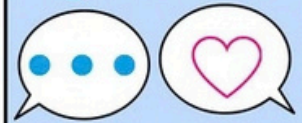
Like physical health, mental health can change over time and look different for everyone.

What supports it



Feeling safe and connected, alongside sleep, movement, nutrition and helpful coping strategies.

When things get difficult



If difficulties persist, feel overwhelming or affect everyday life, support may help.

Rather than asking "Is this normal?" consider:

- ✓ How long has it been happening?
- ✓ How intense is it?
- ✓ Is it affecting daily life, school, friendships or family life?
- ✓ Is it getting worse over time?

What we may notice:

- Poor concentration
- Behaviour changes
- Physical symptoms
- Mood changes
- Sleep changes
- Not seeming to enjoy the things they used to
- Eating habit changes
- Worrying more



Notice

"What emotions am I seeing?"

Validate

"It makes sense that you're feeling that way."

Normalise

"Lots of people feel like this when facing something difficult."

Stay Curious

"What do you think would help most right now?"

"What advice would you give a friend in this situation?"

This approach can encourage young people to open up and problem solve.

Young people want to feel understood so avoid...

"Don't worry about it."
"It's not a big deal."
"Just think positively."



The 5 Ways to Wellbeing



Further help for children & young people



Further help for parents/carers



Health App Finders

- 1 Search by topic
- 2 Compare apps
- 3 Choose what may suit you



REMEMBER!

Looking After Yourself Matters Too

It's okay to seek support for yourself as looking after your own wellbeing helps you support your child.

If you feel your child may benefit from accessing the Mental Health Support Team, please speak to the Mental Health Lead in your child's school or email: MHSTenquiries@combined.nhs.uk

