

Important notice for Parents and Carers

For the safety of our children, please only come into school if you have been invited.

Please ask at the office if you need to access the toilet.

This helps us keep our school a safe and secure place for everyone.

Children's safety is our top priority.

Thank you for your support and understanding.

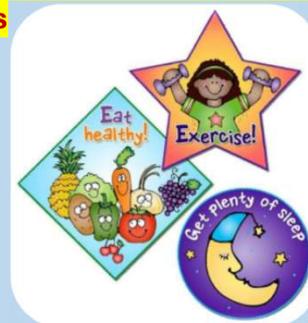
A Few Words from Mr Hancox

As we reach the end of this half term, I want to thank everyone - children, staff, and families for your continued support and positivity. It's been a fantastic few weeks, full of learning, growth, and achievement. I'm incredibly proud of the way our children have embraced a positive attitude towards behaviour, learning, and uniform. These high standards make a real difference and help create a calm, focused, and respectful environment across the school. I hope you all enjoy a well-earned, relaxing break. Take time to rest, recharge, and reflect on everything we've accomplished together. We're already looking

forward to the exciting run-up to Christmas, with plenty of festive fun and meaningful moments ahead. As we shared in our last newsletter, we are continuing our focus on improving lunchtimes and playtimes through a wide range of engaging activities. Our aim is to: improve well-being; develop self-regulation; increase physical activity; aid social and emotional development; learn to manage risk; and to have FUN!

As we work towards making our playtimes more exciting, no matter what the weather, we need some equipment to help us to do this. Donations of any of the following would be greatly received: Suitcases, plastic crates, wooden pallets, cable drums / reels, fabric (Sheets/ Curtains), Old wagons and buggies / strollers, large buckets and containers, dressing up clothes / items (in good condition), small toys (farm animals/ dinosaurs / dolls / cars / wooden toys), pots/ pans / metal bowls/ metal spoons / spatulas / plates (plastic or metal).

Please bring any donations to the school office. Your support will help us create a richer, more playful environment for all our children. Thank you for your continued generosity and involvement.



RECEPTION OPEN EVENING

Visit our Early Years Provision

Wednesday 12th November
5pm-5.30pm



NEW TO RECEPTION SCHOOL TOURS

Visit our school and meet the staff!

Whole school tours throughout November and December from Tuesday 18th November – 9am to Friday 12th December – 1.20pm (Every Tuesday and Friday)

Please contact the school office for further information: office@ankermoor.org

Places where children can eat for free (or for £1) during October Half Term

moneysavingcentral.co.uk/kids-eat-free

ANGUS STEAKHOUSE Kids under 8 eat FREE daily, 12pm to 5pm	IKEA Kids get a meal from 95p daily from 11am
ASDA Kids eat for £1 daily, with no adult spend	LAS IGUANAS Kids under 12 eat FREE with 'My Las Iguanas' App
ASK ITALIAN Kids under 10 eat for £1 during school holidays	MARCO PIERRE WHITE Kids under 12 Eat FREE daily with an adult spend
BELLA ITALIA Children eat for £1 with any adult main	MORRISONS Kids Eat FREE all day, every day with a £5 spend
BILLS Kids Eat Free weekdays, 27th - 31st October 2025	PAUSA CAFE @ DUNELM Kids eat FREE with every £4 spend all day
BREWDOG 1 Kid eats free with 1 adult, Scotland 13th - 17th Oct England & Wales 27th - 31st Oct	PREMIER INN 2 kids eat for free with 1 adult breakfast
BURGER KING From 13th Oct – 2nd Nov, Kids Eat Free (via app)	PRETO Kids up to age 10 eat free with 1 paying adult
CHIQUITO Kids eat FREE Daily 27th - 31st October	PUREZZA Kids under 10 get free pizza with every adult meal
COCONUT TREE Kids eat FREE Daily Mon 27 th Oct - Sun 9 th Nov 2025	SA BRAINS PUBS Kids eat for £1 on Wednesdays
DOBBIES GARDEN CENTRES Kids eat for £1 with an adult breakfast or lunch	SIZZLING PUBS Kids eat for £1, Every Monday to Friday, 3 - 7pm
FARMHOUSE INNS 2 Kids eat free From Mon 6 th - Fri 17 Oct (Scotland) & Fri 17 th - Fri 31 Oct (England & Wales).	TABLE TABLE 2 Kids Eat free breakfast daily with 1 paying adult
FLAMING GRILL 1 Kids eats free, Mon 13 th - 20 th Oct (Scotland) & Mon 20 th - Fri 31 Oct (England & Wales)	TGI FRIDAYS Kids Eat Free with any adult meal (Via App)
FUTURE INNS Under 5s eat for free with any adult meal	THE REAL GREEK Kids under 12 eat FREE Sundays with £10 spend
GORDON RAMSEY RESTAURANTS Kids under 10 eat FREE all day, every day	TRAVELODGE 2 kids eat for free with 1 adult breakfast
HUNGRY HORSE 2 Kids eat free From Mon 6 th - Fri 17 Oct (Scotland) & Fri 17 th - Fri 31 Oct (England & Wales).	WHITBREAD INNS 2 Kids eat for FREE with 1 adult breakfast
	YO! SUSHI Kids eat free all day (weekdays) in school holidays

Have a lovely half term break and please think about your own well being!

Become a School Governor!

Parents, carers, and grandparents—your school needs you! Becoming a school governor is a rewarding way to make a real difference in your local school community.

Why Become a School Governor?

- Help shape the strategic direction of the school
- Support and challenge school leadership to improve outcomes
- Ensure the school meets the needs of all pupils
- Gain insight into how schools operate
- Develop valuable skills in leadership, governance, and teamwork
- Make a positive impact on children's education and wellbeing
- Be part of a committed and supportive team

Join Our PTA!

Be part of something amazing at our school.

Joining the PTA is a fantastic way to support our school, and make a real difference in your child's education.

- Make a tangible difference in school life and student experiences.
- Build a stronger school community and foster relationships.
- Support your child's education and school environment.
- Meet other parents and carers in a friendly setting.
- Take part in fun events like fairs, discos, and quiz nights.
- Be a voice for all parents and help shape school decisions.

To learn more or sign up, contact the school office

Attendance for the year

Owls/Robins (Reception) – 89.9%

Kingfishers (Year 1/2) - 91.4%

Kestrels (Year 3/4) – 93%

Sparrow Hawks (Year 5/6) – 94.7%



Value Champions

17th October

24th October

Owls/Robins

Aurora F

Kingfishers

Jayden M

Jessie-Rose F

Kestrels

Evie D

Alfie M

Sparrow Hawks

Lola T

Teegan-Rose M

House Points for this half term!



762



805



768



830

What has been happening at school!

Forest Friday

Kestrels worked hard during their Forest Friday. They worked as a team, collaborating to build a cart!



Forest Friday



Kingfishers had lots of fun in forest school this week. We have been learning all about wolves, so we made dens for a wolf in groups.

Kingfishers class were a bit worried on Tuesday when they found out that a wolf had been in their classroom and had left some footprints!



English

Autumn 2

Week 1 – 3rd Nov

Tuesday 4th - Year 6 Residential Meeting (Laches Wood) – 3.25pm

Wednesday 5th – Flu program

Week 2 – 10th Nov

Tuesday 11th - Parent lunch - Sparrow Hawks (Y5/6)

Wednesday 12th – New to reception Open Evening – 5pm – 5.30pm (Please contact school office)

Thursday 13th - Guiding Lights Project - Arbie and the Magical Lights (all day)

Friday 14th - Children in Need Day – £1 donation (non uniform day)

Friday 14th - Forest Friday - Owls/Robins (Reception)

Week 3 – 17th Nov

Tuesday 18th - New to reception school tours – 9am (Please contact school office)

Tuesday 18th - Parent lunch - Kestrels (Y3/4)

Friday 21st - New to reception school tours – 1.20pm (Please contact school office)

Friday 21st - Forest Friday - Kingfishers (Y1/2)

Week 4 – 24th Nov

Monday 24th – Bring in old toys for the Christmas Fair (non uniform day).

Tuesday 25th - New to reception school tours – 9am (Please contact school office)

Tuesday 25th - Parent lunch - Kingfishers (Y1/2)

Friday 28th - Forest Friday - Kestrels (Y3/4)

Friday 28th - New to reception school tours – 1.20pm (Please contact school office)

Week 5 – 1st Dec

Monday 1st - Bring in Chocolate/Alcohol for the Christmas Fair (non uniform day).

Tuesday 2nd - New to reception school tours – 9am (Please contact school office)

Tuesday 2nd - Parent lunch – Owls/Robins (Reception)

Friday 5th Forest Friday – Sparrow Hawks (Y5/6)

Friday 5th New to reception school tours – 1.20pm (Please contact school office)

Week 6 – 8th Dec

Monday 8th – Wednesday 10th – Laches Wood Residential (Year 6)

Tuesday 9th - New to reception school tours – 9am (Please contact school office)

Thursday 11th – Christmas Fair 3.30pm – 5pm

Friday 12th - New to reception school tours – 1.20pm (Please contact school office)

Friday 12th – Nativity (Reception) – 2.55pm

Week 7 – 15th Dec

Wednesday 17th – Rock Steady Concert – 9am – 9.30am

Wednesday 17th - Christmas Dinner (Christmas Jumper day) – 12.15pm

Wednesday 17th – Carol Concert – 2.45pm

Friday 19th – Christmas Clothes Day/Party Menu Lunch

10 Top Tips for Parents and Educators

DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

- A PREDICTABLE ENVIRONMENT**
Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.
- USE LANGUAGE THAT MATCHES THEIR AGE**
Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information or detail. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.
- TRAUMA AND THE BODY**
Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labeling behaviour as 'difficult' or 'silly'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there is no 'one way' children respond.
- AVOID RETELLING OR RELIVING TRAUMA**
Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless subsequent procedures require it.
- AVOID DISMISSING OR MINIMISING FEELINGS**
Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.
- UNDERSTAND HOW THEY'RE FEELING**
Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling, such as angry, scared or sad - builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, non-judgemental way.
- BE AWARE OF YOUR OWN RESPONSES**
Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.
- SEEK PROFESSIONAL SUPPORT**
While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.
- MAINTAIN CONNECTION**
Isolation can worsen the impact of trauma. Encourage involvement in group activities, sports and hobbies, and ensure they feel like a valued part of the school or family community. Regular connection with trusted adults and peers builds resilience and a sense of belonging.
- BE PATIENT – HEALING TAKES TIME**
There is no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert
This guide has been written by Anna Botman. Anna is passionate about raising awareness of the needs of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.

Wake Up Wednesday
The National College

Newsletter 4 – 24th October 2025

Fierte Multi-Academy Trust

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