



Autumn Newsletter - 28th September 2026

Dear Parents/Carers,

I hope you all had a lovely weekend and a good week last week.

Just a few things to share...

- There is likely to be a higher police presence over the next few weeks due to the amount of poor parking that has been shared with them. They will be moving people along and could give tickets if needed. Please park sensibly and safely.
- Thank you for your generous donations of pre loved uniform, we really do appreciate them. Currently we have an overwhelming amount of donated uniform and have run out of space to keep it. As a result, we will not be accepting donations for the time being, until we have rehomed what we have. Please do not donate any uniform at the moment. Please do come and have a look at the rails in the office if you need anything.
- Attendance Update:

EYFS: 98.2%

Year 1: 97.9%

Year 2: 98.7%

Year 3: 98%

Year 4: 98.3%

Year 5: 96.5%

Year 6: 96.2%

It is brilliant to see so many classes with attendance over 98%. Well done Year 2 for having the highest attendance so far this year!

Have a lovely week,

Ellie Game

Collective Worship



Last week we shared the story of the Workers in the Vineyard from Matthew. In this story all the workers get paid the same amount even though they started at different times. We linked this to Justice as some of the workers felt this was unfair even though they all got what was promised. We learnt that it can just make us miserable if we are jealous and unhappy for others and decided that we never know who needs things the most. God's justice will help to give people what they need.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, links and tips, please visit thenationalcollege.com.

10 Top Tips for Parents and Educators SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgement. Set aside time daily for 'check-in' moments. Ask open-ended questions such as, "What's a challenge you're facing today?" This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By providing calm and positive responses to challenges, you can teach them essential emotional management skills. If you feel overwhelmed, acknowledge it and say, "I'm feeling a bit stressed, but I'm going to take a breath and try to stay calm."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Encourage them to brainstorm solutions, even if it's a small, achievable task. For example, if a child is stuck on homework, suggest they start by reading the text and underlining key points, saying things like "let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be afraid of. After a child fails at a task, ask them about what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain mental wellbeing. Parents and carers could model this by taking a short break when they're busy. Encourage them to engage in relaxing activities like reading, listening to music or taking a walk when they're stressed.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in helping children learn to resolve conflicts calmly through modelling and practicing clear communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child is upset, encourage them to talk to you about what they're feeling to gain emotional support and perspective. Ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions builds confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform these techniques when they're feeling anxious, and practise this regularly. Reinforcing this behaviour as young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, make a point to praise their effort and resilience. Celebrate their progress on a project or reward them with a small gift or treat to show your appreciation for their hard work. Emphasise the hard work they've put in to get the task done, rather than just the final result.

Meet Our Expert

Adam Gillard is Associate Vice Principal for Personal Development at Penrith Grammar School and was an involvement one day a week for kids' sheds, which works with schools on improving their mental health provision.



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