



SCHOOL NEWS



"Love your neighbour as yourself." - Luke 10:27

Walking around school this week, it has been great to see how enthusiastic the children are about their learning, especially the new topics that they have started based on either Geography or History.

Our Year 4 pupils have started their exploration of direction and compass points, which forms the foundation for their forthcoming study of what they would encounter as they journey around the United Kingdom. This topic represents an in-depth examination of both the human and physical features that characterise our nation, and it builds upon the preparatory work undertaken by our Year 2 pupils, who are beginning to consider and understand what they would observe as they travel around the UK and beyond. The progression between these year groups ensures that meaningful connections across the curriculum are established.

Our Year 1 and Year 3 pupils have begun the new academic year with a historical focus. Year 1 are investigating how their childhood experiences differ from those of their grandparents and great grandparents, developing an appreciation and understanding of the changes that have occurred across generations. Monday marked their first WOW day when the children were all invited to come to school dressed as a grandparent.

Meanwhile, our Year 3 pupils are delving into life during a much more distant period - the prehistoric age - which will undoubtedly capture their imagination as they discover how people lived in times long past. I am very much looking forward to seeing the work that our pupils will produce over the forthcoming weeks.

In our Early Years Foundation Stage, the children continue to establish new routines and have begun their daily exploration of the various areas of learning, demonstrating adaptability as they settle into their educational journey. They also took part in their first WOW day of this academic year on Monday.

On Tuesday, we had the pleasure of welcoming Mr Chetwood, our new sports coach from Bee Active, who will be working with all classes from Reception through to Year 4. The day went very well and Mr Chetwood was very impressed with the attitudes and behaviour across school. At the end of each term, we will be hosting Bee Active WOW days, during which the pupils will participate in an exciting range of curriculum enrichment activities. Further details regarding these events will be communicated closer to the scheduled dates.

Finally, during today's Celebrate and Praise assembly, we have appointed our new monitors across the school. These representatives, who were democratically chosen by their respective classes will, I'm sure, do a great job. Further information about these roles can be found further down in the newsletter.

Have a lovely weekend!

Mrs Richards

Dear God,
Thank You for teaching us the importance of respect and kindness through the story of the Good Samaritan. Help us to open our hearts and see those in need around us. May we always remember to love our neighbours as ourselves, just as You love us. Guide us to be independent and resilient learners who care for one another in our school community.
Amen.



ST PAUL'S VISION AND VALUES

Community Aspire Respect

Endurance

Which part of the vision do you think links to our values?

At St Paul's, our welcoming Christian community, accepts and enables all to flourish to achieve their God-given potential. We develop independent and resilient learners, who lovingly respect each other with care and kindness. All are invited to make a difference in the world in which they live following in the footsteps and teachings of Jesus Christ.

PUPIL AWARDS

STAR OF THE WEEK

Nursery—

Reception - William for a fabulous first week at school.

Year 1 - Eboni for being an excellent role model in Year 1 and always offering a helping hand.

Year 2— Martin for being focused and determined in every single lesson—superstar!

Year 3 - Averly for always doing the right thing and making a fantastic start to Year 3.

Year 4 - Armaan for demonstrating such a positive attitude to learning and being a great role model to others.

WRITER OF THE WEEK

Year 1 - Ava G for recognising a range of nouns and verbs.

Year 2 - Abbie for creating lovely sentences using the conjunction 'because'.

Year 3 - Rhyley for fantastic use of adjectives in his expanded noun phrases.

Year 4 - Imogen for use of the English working wall to write expanded noun phrases.

MATHEMATICIAN OF THE WEEK

Year 1 - Oliver for trying really hard in grouping different amounts.

Year 2 - George for having a super attitude to Maths learning and for challenging himself in lessons.

Year 3 - Amelia for excellent work on place value.

Year 4 - Henry for his excellent work on place value.

This week, children across school have been voting on who they would like to represent them in various monitor roles. Below are the representatives for this academic year:

Worship Leaders

Poppy, Harlie and Annie

House Captains

Hazel: Harley and Mya-Bella **Oak:** Henry and Jess **Willow:** Poppy and JJ **Beech:** Annie and Leo

School Council

Harley, Olivia, Paige, Roman, Lottie, George, Joshua, Lilah, Covie and Eddie

Eco Council

Flori, JJ, Chester, Harper, Arabella, Blake, Louie and Guinevere

Wellbeing and Anti-Bullying Ambassadors

Imogen, Harlie and Elliott W

WEEKLY ATTENDANCE

Nursery—100% Reception — 87% Year 1 - 98% Year 2 - 95% Year 3 - 91% Year 4—88%

EVENTS AND NOTICES

Multi-skills After School Club

This year we are welcoming a new sports coach to St. Paul's from Bee Active. Mr Chetwood will be working with the children from Reception through to Year 4 every Tuesday. He will also be running a multi-skills after school club this half term for children in Years 2–4. If you would like your child to join this club then please see the flyer sent out on by email on Wednesday 10th September 2025.



The flyer features a cartoon bee character at the top left, the St. Paul's C of E VC First School logo at the top center, and a sign that reads 'Sessions for children of all abilities!'. A young boy in a green 'BEE ACTIVE' vest is shown with his arms raised. A photo of the coach, Jamie, is included with the text 'Meet your coach Jamie'. A large brown tag in the bottom right corner states 'ONLY £5 PER SESSION'. The background shows children in a gym setting.

BEE ACTIVE

Improve your skills with our expert sports coaching!

Sessions will give your child the opportunity to develop their agility, balance, confidence and social skills through an introduction to sport.

Open to all children from Years 2, 3 & 4

Meet your coach
Jamie

ONLY £5 PER SESSION

Multi Skills - Tuesdays
3:25-4:25pm

Book now at beeactive.co.uk
Places are limited and will be secured on a first come, first service basis

Search: 'Bee Active'

Read our reviews ★★★★★
See what others say about Bee Active.

Year 4 Parents Meeting—Laches Wood 2026

We are excited to announce that St. Paul's will be returning to Laches Wood in March 2026. All of Year 4 have the opportunity to attend this residential experience and in order to provide parents with as much information as possible about the visit, a member of Laches Wood will be visiting on Monday 13th October for a parent information session held at 2:50pm. A letter with further details will be emailed out to all Year 4 parents next week.

EVENTS AND NOTICES

Open Morning

We will be holding our annual Open Morning on Saturday 11th October from 10:00am to 12:00pm. This is aimed at prospective parents who are interested in securing a place at St. Paul's for either Nursery or Reception.



St Paul's First School **Open Morning**

Saturday 11th October 2025
10:00am - 12:00pm

For parents who are interested in applying for Nursery or Reception places for September 2026

Before and after-school club information and application packs for Nursery/Reception will also be available to collect on the day

Please come along to find out what our lovely school has to offer

Contact us on 01902 291124
or office@st-pauls-coven.staffs.sch.uk for more information



As usual we will be celebrating European Languages Day again this year on Friday 26th September. This will be an off timetable day spent learning about a chosen country. This year the countries are as follows:

Nur/Rec - Spain (red and yellow)

Y1/Y2 - France (red, white and blue)

Y3/4 - Germany (red, yellow and black)

It will be a non-uniform day so please send your child to school in the colours of the country listed above. If your child has PE on that day then please ensure that the clothes that they wear are also suitable for taking part in PE based activities.

Mothers' UNION
Christian care for families
Charity number: 249942

In support of The GEM Centre and other Mothers Union charities

SOS Charity FASHION SHOW

Favourite brands at up to 75% off

6:30pm doors open 7pm start

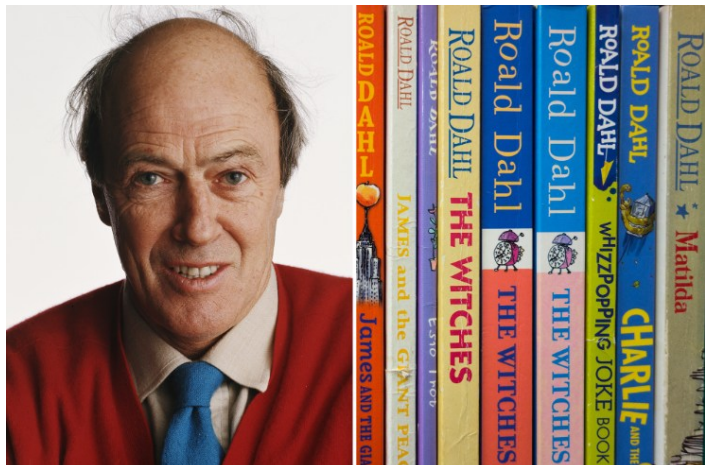
M&S, White Stuff, Wallis, Evans, Next, Top Shop, Monsoon, Hobbs, Warehouse & many more

Friday 3rd October 2025
Coven Memorial Hall

£6 entry. Ticket includes free glass of prosecco
Tickets can be obtained through Mothers' Union members or Jo Knight, 07564013668

Roald Dahl Reading Challenge

This year's whole school Reading Challenge is based around books by Roald Dahl and we are really looking forward to sharing many of his texts throughout the year. We would therefore welcome any donations of any Roald Dahl books to support with this.



10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% 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 those 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 Holcyn 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

DIARY DATES

SEPTEMBER 2025	
Tuesday 23 rd and Wednesday 24 th September	Bikeability
Thursday 25 th September	MacMillan Coffee morning – timings to follow
Friday 26 th September	European Day of Languages – non-uniform in country's flag colours Nur/Rec – Spain Y1/Y2 – France Y3/4 – Germany
OCTOBER 2025	
Friday 3 rd October	School Harvest – donations of non-perishable food items for the food bank Parents are invited into school at the following times: 9:15 am in school for Reception and Year 1 11:00 am in school – Nursery activities in the classroom 2:30 pm at Church for Years 2, 3 and 4
Friday 10 th October	World Mental Health – Children to come to school in sports clothes for a well-being off time-table day
Friday 10 th October	School Association Reading Café 9:15 – 9:45 – N/R, 9:45 – 10:15 – Y1/Y2, 10:15 – 10:45 – Y3/Y4 Parents and carers are invited into school to read with their children and meet members of our School Association
Saturday 11 th October	10:00 am to 12:00 pm Open Morning for new Nursery and Reception parents for September 2026 intake
Monday 13 th October	2:50pm—Year 4 Laches Wood Residential parent information meeting—all Year 4 parents are invited to attend
Thursday 16 th October	School Discos - £5 for ticket, snap bands and refreshments 3:25 – 4:30pm for Nursery, Reception and Y1
Friday 17 th October	School Discos - £5 for ticket, glow sticks and refreshments 3:25 – 4:30pm for Years 2, 3 and 4
Monday 20 th October	Y1 Toy Workshop
Thursday 23 rd October	Y3 School trip
Thursday 23 rd October	Last day of term
Friday 24 th October	INSET – School closed to pupils
Monday 27 th to Friday 31 st October	Half Term Holiday

NOVEMBER 2025	
Monday 3 rd November	School reopens for pupils
Tuesday 4 th November	Parents' Evening – 3:30 pm to 6:00 pm (Reception/Year 1, 2, 3 and 4)
Wednesday 5 th November	Parents' Evening – 3:30 pm to 6:00 pm (All year groups)
Sunday 9 th November	Remembrance Sunday – church service at 9:30 am / Memorial Hall at 11:00 am
Wednesday 12 th November	Stay and Play EYFS (N - 10:30 to 11:30, R – 2:00 to 3:00)
Tuesday 18 th November	Flu Vaccine
Friday 14 th November	Children in Need – £1 donation for charity
Friday 28 th November	Non-uniform day – donations of bottles or chocolate or sweets for the Christmas Fair
DECEMBER 2025	
Tuesday 2 nd December	Maths Parent Workshop 9:00am and repeated at 2:45pm This session is designed to give parents and carers an insight into how we teach maths at St. Paul's First School.
Friday 5 th December	Non-uniform day – donations of cakes for the Christmas Fair
Friday 5 th December	All children to visit church to decorate the tree – parent helpers needed to walk to church 9:15am for Nur/Y4, 10:15 for Rec/Y2 and 11:15 for Y1/3
Tuesday 9 th December	3:25 – 4:25pm: Christmas Craft Club for Year 2, Year 3 and Year 4 £5 per child
Wednesday 10 th December	Christmas Lunch in school Wear your Christmas Jumper
Wednesday 10 th December	Kids club Christmas Party 3:30pm to 4:30pm
Thursday 11 th December	3:25 – 4:25pm: Christmas Craft Club for Nursery, Reception and Year 1 £5 per child. Morning Nursery children are welcome to come back at 3:25 pm to join us.
Thursday 11 th December	9:30 am – Y1/2 Christmas Play 2:00 pm – Y3/4 Christmas Carol Concert
Friday 12 th December	9:30 am – Y3/4 Christmas Carol Concert 2:00 pm – Y1/2 Christmas Play
Monday 15 th December	Nursery and Reception Christmas Singing and Activities in the hall at 9:15 am
Monday 15 th December	Homework passports to be brought into school for showcasing
Tuesday 16 th December	Polar Express Day
Wednesday 17 th December	Y2/3/4 Party Day – children in Y2/3/4 to wear party clothes to school
Thursday 18 th December	Nur/Rec/Y1 Party Day – children in Nur/Rec/Y1 to wear party clothes to school
Sunday 14 th December	Nine Lessons Carol Service at Church 6pm Year 3 and Year 4 to sing
Friday 19 th December	Last Day – Non-uniform - £1 donation for school fund School closes for Christmas
Mon 22 nd Dec to Friday 2 nd Jan	School closed – Christmas Holidays
Monday 24 th December	Crib Service at Church – everyone welcome – 5:00 pm - Families welcome to attend
JANUARY 2026	
Monday 5 th January	INSET Day = school closed to pupils