



SCHOOL NEWS



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

This week the staff have been busy planning and organising a range of enrichment opportunities for the children which include both trips over the course of the year and visitors to school too. Please look out for additional letters which are sent home to inform parents about these in the coming weeks.

In EYFS this week, the children have continued to share their 'All About Me' boxes with both their peers and the staff. These are always greatly anticipated and prove to be a super way to learn about our new children as well as finding out more about those who have been at St. Paul's for a little longer. Thank you to our families who have sent their children in with these—your support is very much appreciated.

On Thursday, I had a visit from Mrs Knight who is a familiar face here at St. Paul's and a member of the Mothers Union. As many of you will know the Mothers Union organised the Scarecrow Festival again this year which was a fabulous community event, one which we were delighted to also be involved in. Mrs Knight shared how well the event had been supported within the community and the enormous amount of money that has been raised which is given to different causes. She then presented me with a cheque for £150 which will go into providing additional resources to enrich the curriculum here at St. Paul's. Therefore, we would like to extend our thanks and gratitude to Mrs Knight and the Mothers Union as well as to all those who supported the event. We are already excited about next year's!

Here at St. Paul's we teach each half term's 'key question' for RE in a focused weekly block. This helps to ensure that the children are fully emerged in learning about the specific question and have opportunities to deepen their knowledge and understanding as the week goes on. To ensure that this learning is embedded, we also have RE learning review afternoons each half term too. Therefore, today children across school have been revisiting not just the RE learning that they did in the summer term but also much of what they did over the course of the last academic year. This review helps to keep the knowledge fresh and prepares the children for the new learning which will take place in the future.

Finally this week, as part of our worship sessions, the children have been learning all about harvest and why this is celebrated around the world. There were many insightful ideas and opinions shared about the importance of being grateful and an understanding that not everyone is as fortunate as us. Along with this time of reflection, the children have also been beginning preparations for the Harvest Festival which will take place on Friday 3rd October both in school and at church. Please see the diary dates further down for specific times and information about this.

Have a lovely weekend!

Mrs Richards

Dear God,
Thank you for teaching
us the importance of re-
spect and compassion
through the story of
Lazarus and the rich man.



Help us to see the needs of those
around us and to treat everyone
with kindness and love. May we live
out our school vision by loving our
neighbours as ourselves, just as
Jesus taught us. 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— Leo for settling in so well, always being happy and following the rules.

Reception - Isla for being kind and caring and always listening carefully.

Year 1 - Teddy for always having a positive attitude and trying his best.

Year 2— Harper for being a determined and focused learner in all curriculum areas.

Year 3 - Connie for putting 100% effort into everything and always doing the right thing.

Year 4 - Elliot W for always trying their best.

WRITER OF THE WEEK

Reception—Tommy for lovely letter sound writing in phonics.

Year 1 - Lilah for trying really hard with your letter formation and presentation.

Year 2 - Toby for being engaged in handwriting lessons in English lessons.

Year 3 - Paige for excelling in uplevelling expanded noun phrases.

Year 4 - Annie for writing some interesting expanded noun phrases this week.

MATHEMATICIAN OF THE WEEK

Reception— Eddie for great work identifying sorting types.

Year 1 - Milo from counting on from any number and using key vocabulary.

Year 2 - Morgan for challenging himself to complete 'Gold' challenges independently.

Year 3 - Arthur for amazing work on more and less than.

Year 4 - Mya-Bella for excellent effort using a number line to 1000.

WEEKLY ATTENDANCE

Nursery—95% Reception — 85% Year 1 - 94% Year 2 - 93% Year 3 - 93% Year 4—86%

EVENTS AND NOTICES

Bikeability

A reminder to parents of children in Years 3 and 4 who have consented to their child taking part in this year's Bikeability programme—this will take place on Tuesday 23rd and Wednesday 24th September. Parents have been notified which group their child is in so please ensure that your child brings their bike on that day.



Year 1 Boxes

Please could children in year 1 bring in a box suitable to make a car garage/shelter to use on Wednesday 24th September.



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 suit-

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 has been emailed out to all Year 4 parents alongside the link

Polar Express Day

On Tuesday 16th December we will be having a Polar Express Day which will be an off timetable day with a wide range of activities all linked around the theme of the Polar Express. We would like to invite children to come to school on this day in their pyjamas. Further information about this will be shared nearer the date but we wanted to ensure that parents had notice well in advance of the date.

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

Reception Early Writing Workshop

Parents and carers of children in Reception are invited into school on Wednesday 22nd September to learn about how they can support their child's fine motor and early writing development. This will be an interactive session with Mrs Walsh and Mrs Clemson leading a lesson with the children and their parents/carers.

Please do come along to find out how your child learns and how you can support at home too.



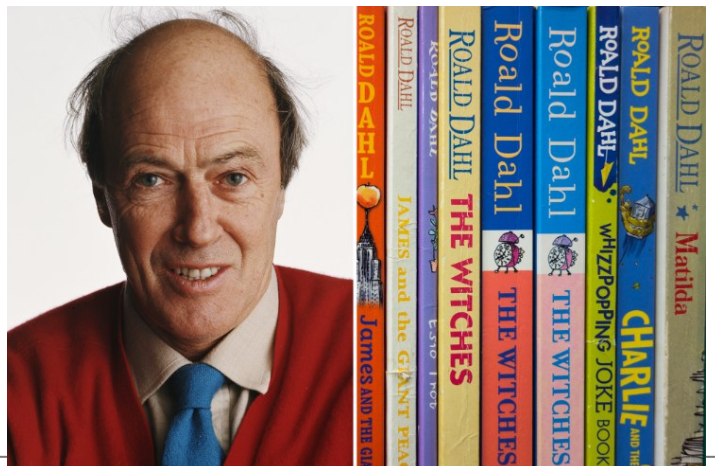
Young Voices 2026

We still have places available for Young Voices which is a fabulous opportunity for our children to take part in one of the largest choirs in the country. This event is in January 2026 in Birmingham at the BP Pulse Arena and also features special guest artists. 2026 also sees the celebration of the 30th anniversary of Young Voices so promises to be extra-special.

If your child would like to get involved please contact the school office for further details.

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.



Cross Country Event

Miss Evans is taking a group of Year 3 and 4 pupils to a Cross country event at Marshbrook First School on Monday 20th October. A letter about this will be sent home on Monday 22nd September. If your child would like to take part in this then please return the consent as soon as possible.

For those children who do wish to attend, there will be two training sessions after school on:

Tuesday 7th October 3:25pm—4pm

Tuesday 14th October 3:25pm—4pm



Sessions for children of all abilities!

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

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

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



STAFFORD
GRAMMAR SCHOOL

01785 249752



admissions@staffordgrammar.co.uk



SCHOOL OPEN MORNING 2025



BOOK YOUR VISIT TODAY:
Saturday 11th October
9:30am-12:30pm

To secure your place, please register on our website:
www.staffordgrammar.co.uk/school-events

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 – Please do come along and join us: Nursery/Reception 9:15-9:45 Year 1/Year 2 10-10:30 Year 3/Year 4 10:45-11:15
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
Monday 20 th October	Y3/4 Cross Country Event
Wednesday 22 nd October	Reception Early Writing Workshop—parents and carers are invited into school at 9:00 to join their child as they learn about how to develop early writing skills.
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) Phonics Workshop for Reception parents 3:00pm to 3:25pm
Tuesday 18 th November	Flu Vaccine
Friday 14 th November	Children in Need – £1 donation for charity Children invited to wear something spotty
Friday 21 st November	Year 2 trip
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.
Thursday 4 th December	EYFS Nativity Farm on Wheels visit to 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	9:00am Irocks concert—parents and carers of children who take part in Irocks are invited into school for their termly concert.
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