



Springmoor Grange School Newsletter

Volume 2 - Friday 12th September 2025

Meet the Teacher – Reception to Year 6

Thank you to those who were able to attend the Meet the Teacher events this week. It was great to meet everyone and talk about the year ahead. If you were unable to attend, a copy of the information was sent out yesterday via Arbor. We also emailed a copy of our new SGS Home School Agreement, your child will also bring a paper copy of this home tonight. We would be grateful if you could log in to Arbor and complete the Home School Agreement Consent to show that you agree to follow it. We thought this was a more efficient way of completing rather than signing and returning. If you have any questions about any of the information shared, please do not hesitate to contact your child's class teacher.

What is happening in Nursery in Autumn 1?

This term in Nursery, we will be thinking about what makes us special. We will be talking about why we are marvellous and what we like to do at home. We will be enjoying coming to Nursery and learning the rules and routines of the day as well as making new friends. As Autumn begins to close in we will be talking about the changes that they see around them. We will go on a walk around the school grounds to look for signs of Autumn. We will be listening to stories and learning simple poems that we will perform for others. Nursery will be focussing on our physical development and will use our hands to control objects such as scissors and rolling pins. As part of our outdoor provision we will be practising climbing and balancing to strengthen our core stability.



Marvellous Me in Reception

This half term in Reception, we will be focusing on our new learners and exploring what makes them unique! The children will be learning about each other, and celebrating the many ways they are both similar and different. They will begin to understand different families, interests, and the world around them. These experiences will help them to build confidence, kindness, and respect for others. We are excited to celebrate their learning and achievements as the term unfolds!

What is happening in Y1/2 in Autumn 1?

Year 1 have made a super start, looking at the four countries of the UK and their capital cities. In Art, they have begun their work on spirals and how we can use a range of mark-making patterns to create our own pieces. PE this term will focus on ball skills with a visiting coach, and fundamental movements in their second session, along with exploring how Christians view God in their RE lessons. Year 2 will first study George Stephenson and his role as a significant individual within our area. In Science, we have begun to look at materials and their properties, whilst our work in Music will focus on finding and following the beat and pulse of the song.

What is happening in Y3/4 in Autumn 1?

What a fabulous start we have had in Years 3 and 4. We are really looking forward to our new learning. In Science, we will be exploring sound and how sound is produced. We have already started to explore the sounds we can hear around the school and how these sounds travel. We always look forward to PE and swimming lessons and this term we will be developing our fundamental movement skills as well as mastering the skills of tennis. Owl class have already made a fabulous start with their swimming lessons and it is great to see the confidence of the children in the pool. In our Geography lessons, we will be exploring another Mediterranean country and we will be making comparisons to the UK. Don't forget to keep an eye on the class SeeSaw page to see all that we have been up to.



What is happening in Y5 in Autumn 1?

It has been a pleasure to welcome the children back into school over the last two weeks. They have worked hard to follow school expectations and have been wonderful role models. In Year 5 this term, we will be focussing on a variety of exciting topics across the curriculum. In Science, we have begun to learn about forces and will be exploring how to set up fair tests to further embed our knowledge. In Geography, we will be exploring the continent of South America. Using atlases, we have learned the five largest countries within South America and labelled their capital cities. We also have been holding some important class discussions in PSHE, where our topic has been TEAM.

Exciting Learning Adventures Ahead for Year 6!

We have made a fantastic start to Autumn 1 and are looking forward to a wide range of exciting learning opportunities! In Science, we are going to explore the human body, learning about the different systems that keep us alive and healthy, and how to make good lifestyle choices. In History, we will be diving into the fascinating story of the British Monarchy, discovering how kings and queens have shaped our country over time. In RE, we are going to learn more about Islam by finding out about the life and beliefs of a local Muslim, helping us to grow in understanding and respect for other faiths. In Art, we will get creative by experimenting with both 2D and 3D techniques to express our ideas. In PE, we are going to build our fitness and skills through badminton and tag rugby, while developing teamwork and coordination. In French, we will be learning to talk all about ourselves, practising greetings, introductions, and simple conversations. In Music, we are going to sharpen our listening skills, learning to recognise different instruments and styles. Finally, in Computing, we will become filmmakers, planning and producing our own iMovie video reports—a fun way to combine technology and storytelling! We can't wait to get started on everything this term has in store!



Harvest Festival – Years 1 - 6

This year, as part of our Harvest celebrations, Year 1 to 6 are going to have a Harvest Festival service at St Andrew's Church. The service will consist of children reading and singing Harvest songs.

We are pleased to be able to invite parents/carers along to the service to watch our amazing children. Due to the size of the church we are having two services in order for everyone to enjoy it.

The services will take place on the following dates:

- Year 1/3/4 – Thursday 16th October at 2pm.
- Year 2/5/6 – Friday 17th October at 2pm.

Gates

Please remember that parents and carers are not allowed through the gates on a morning due to safeguarding reasons. If you need to pass a message on to your child's class teacher, please speak to a member of staff on duty at the gate or pop round to the Main Office to see Mrs Ozturk or Mrs Hunter.

School Car Park

Please note that this can only be used by people who are in receipt of a Blue Badge or are using our Wraparound Care service. We have numerous people trying to use it this week and this is not allowed due to safeguarding reasons. Mr Richardson, our Caretaker, and Ms Jackson, our School Business Manager, will be monitoring this.

Weekly Class Charts Top Scorers

Year 1	Abigail V	Year 4	Robyn B
Year 2	Harry A	Year 5	Winston A
Year 3	Jennie B	Year 6	Ethan C

Attendance and Punctuality

Overall attendance for the week is 96.6% and the Year Group with the highest attendance is Year 3 with 98.6%. The overall school attendance for the academic year is 96.5% for the whole school and 97.1% for children in Reception to Year 6.

The Primary starts at 8:30am, with the gates opening from 8:20am. Please ensure that your child is at school on time so that they do not miss out on any learning. This week, we have had 147 late minutes and lost learning time.



Dates for the Diary

Tuesday 16 th September	Year 6 Transition Visit to Whitworth Park Academy
Wednesday 1 st October	2pm – Year 6 Performance of Anti-Social Behaviour Project
Thursday 2 nd October	8:30am – Y2 English Workshop
Wednesday 8 th October	8:30am – Y1 Phonics Workshop
W/C 13 th October	Primary Parent Consultation Evenings
Thursday 16 th October	Y1/3/4 Harvest Service at St Andrew's Church
Friday 17 th October	Y2/5/6 Harvest Service at St Andrew's Church
Monday 20 th October, Tuesday 21 st October and Wednesday 22 nd October	Adam Bushnell (Author) working with Y1 – Y6
Monday 20 th October	8:30am – Y3 Maths Workshop
Monday 20 th October	2pm – Nursery Spooky Stories and Halloween Crafts
Tuesday 21 st October	2pm – Reception Spooky Stories and Halloween Crafts
Wednesday 22 nd October	10:20am and 2pm – Buttercups Halloween Stay and Play
Wednesday 22 nd October	8:30am – Y4 Maths Workshop
Thursday 23 rd October	School Photographs
Friday 24th October	Close for Half Term
Wednesday 5 th November	PM - M and M Production – Robin Hood
WC 10 th November	Anti-Bullying Week – Power for Good
Monday 24 th November	Reception – Year 6 Flu Vaccinations
Thursday 27 th November	Friends of SGS Non-Uniform Day
Friday 28th November	PD Day – School Closed
Wednesday 3 rd December	1:45pm – Nursery Christmas Stay and Play and Crafts
Thursday 4 th December	1:45pm – Reception Christmas Crafts
Friday 5 th December	10:20am and 1:45pm – Christmas Stay and Play
Wednesday 10 th December	9:30am and 2pm – Reception Christmas Performance
Thursday 11 th December	9:30am and 2pm Year 3/4 Christmas Performance
Monday 15 th December	9:30am and 2pm Nursery Christmas Performance
Tuesday 16 th December	9:30am and 2pm Y1/2 Christmas Performance
Wednesday 17 th December	9:30am and 2pm Year 5/6 Christmas Performance
Thursday 18 th December	Christmas Party Day
Friday 19th December	Close for Christmas Break
Monday 5th January 2026	Open for the Spring Term

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, hints and tips, please visit nationalcollege.com.

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 these 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 Holcryn 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

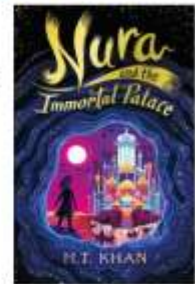
The National College

We have had a fantastic first full week back in Eagle Class. Behaviour, effort and attitude to work have all been outstanding and we have been following our Springmoor expectations every day. Here are some of the things that we have been doing.

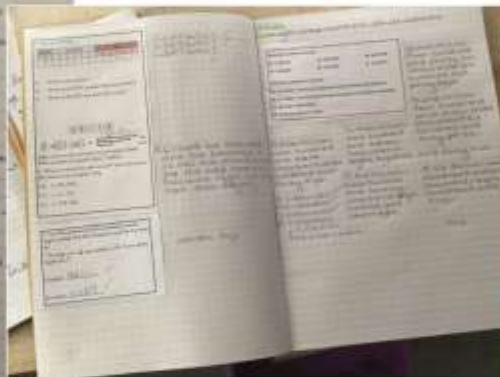
Eagle Class
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Our new class novel is Nura and the Immortal Palace by M.T Kahn. We are all enjoying the story so far!



We have been so impressed with the presentation in books. Here are some pictures of some of our beautiful Maths and English books.



We are all getting along so well and have been looking after each other. We have been helping each other in Maths.



We have had two great PE lessons. Our new topics are badminton and tag rugby. We have demonstrated values of sportsmanship and teamwork.

