Whaley Bridge Primary School Newsletter 08/10/26

NEWS

In a week where some of our older pupils visited Chapel High school, we would like to say a belated thank-you to last-year's Merlin class, who donated this lovely rose called "Roald Dahl" for the rose garden. Thank-you to Miss Chambers who has been caring for the rose, and has installed its plaque this week. We are proud of this lovely space and are looking to refresh the roses within it over the next few years. Parents should note that the coping stones around the rose garden are not all secure, and so children should not be allowed to walk around them.

In keeping with a green-fingered theme, Bumblebee class enjoyed sniffing their freshly planted herb bed: just the thing to help them calm down after an exciting trip to Whaley Library. What a busy week Bumblebees. Our football team were excellent sports people at a competition with other local schools on Wednesday, Red Squirrels produced some excellent art work inspired by shapes. Meanwhile, Otters and Bats had a very rock n' roll week, learning lots about rocks and fossils.

Halloween costumes Please drop any preloved costumes at the school office for a used costume sale starting next week.

Meet the teacher

We're looking forward to welcoming you into school next Thursday 15th October. Classrooms will be open from 3.30. If you are coming straight after pick up, please come round to the school office and sign in, allowing a short 15 min window for teachers to reset after the school day. School will close at 6, so if you're joining us later, please allow yourself plenty of time. Other than for the Bumblebee class there are no bookable slots for this evening, it is simply a chance to take a look inside the classroom, see the work your child has been doing and say hello to the teacher. If you you would like a longer / private conversation please use the class email address to let your teacher know, and they will organise a time with you.

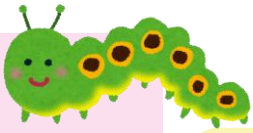
PTA

The AGM of the PTA will be held online via Teams at 7.30 Tuesday 13th October – everyone is welcome and if you would like an invite please email whaleybridgepta@gmail.com. One of the agenda items is to update a new constitution for the PTA, which was circulated yesterday for your consideration.

The PTA have also taken the decision, along with our friends at Taxal PTA to postpone the sponsored walk – further details of a rearranged date to follow.

headteacher@whaleybridge.derbyshire.sch.uk

PTA



~~Sponsored walk – 10th October – details on page 4 &5~~

Remember to pay for contribute to Toast Fridays via this link

Toast Fridays! | Whaley Bridge Primary PTA

ACHIEVEMENTS

Bumblebee 2/10: Winnie
Bumblebee: Lukas
Red Squirrel: Walt
Puffin: Madeleine
Otter: Kyryl
Bat: Sienna
Seahorse: Darcie
TTRS: Seahorses

STARS

Bumblebee 2/10: Leo
Bumblebee: Indie-Rose
Red Squirrel: Ava
Puffin: Ottilie
Otter: Finley
Bat: Francis
Seahorse: Charlie

DIARY DATES

~~10/10/26 – PTA sponsored walk~~ Postponed
15/10/26 – Meet the teacher eve
21/10/26 – Lea Green parents meet (seahorses)
22/10/26 PTA Halloween event
(23/10/26 – Break for half term
2/11/26 – Return to school
4-6th /11/26 Year 5/6 Residential
3/12/26 –PTA Christmas event (TBC)
18/12/26 End of term

*info in blue is new

Our school calendar can also be found on the website here

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

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 judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, 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 upset about. After a child loses a game or performs poorly on a test, for example, ask them 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 emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

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 teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts 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 breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in 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, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.

#WakeUpWednesday®

The National College®

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HIGH PEAK WOODLAND WELLBEING

Spooky Woodland Event

Saturday 24th October 10 am - 12 pm at Whaley Bridge Primary School's woodland area.

Spooky games, craft and fun woodland activities, plus a delicious campfire treat. All for only £10 per child (adults go free.)

For more information and booking please contact Sam Emsley 07759 320850 or email sam@highpeakwoodlandwellbeing.co.uk

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- Ages 4-14 years
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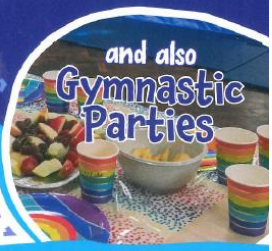
- Games
- Routines
- Free Play



and also Gymnastic Parties

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email: info@energizesportscoaching.co.uk/holiday-courses

New Mills Leisure Centre, Hyde Bank Rd, High Peak SK22 4PU

IGA

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Years 5 & 6

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