Whaley Bridge Primary School Newsletter 11.09.26

NEWS

Its been wonderful to welcome everyone back to school this week, including new pupils in years 3 and 4, and new staff members Miss Smith and Miss Hewitt. Mrs McBride secured a new position over the summer and will not return - we wish her luck. You may notice that Mr Gardener, a cover teacher is back with us covering for Mr Cooper who is recovering from an injury. Our new Bumblebee class had their first full day today: they have had an incredibly successful transition to school. Thank-you to all our families for supporting such a positive start.
This weekly newsletter aims to provide a summary of the Whaley week, along with all the key bits of information such as dates, information about school initiatives and events as well as local flyers. Our aim is to limit multiple communications throughout the week to support you in managing your busy household. Past copies of the newsletter are available on the website here.

We always start the new school year with a whole-school wellbeing week. This whole-school focus helps us to build relationships and support transition back to school. Our Paddington theme has allowed classes to touch on themes such as welcoming new friends, diverse families, travel and adventures as well as the values of kindness. Thank-you to everyone who has emailed in a photo of their child with either a marmalade sandwich or at a train station – if you've not yet done so, please email your class account with a photo as soon as possible.

Toast Fridays / PTA

Our wonderful PTA fundraise for school throughout the year. One way they do this is to provide toast every Friday breaktime, for a voluntary contribution of £11 for the year. All toast is made using dairy free spread, and other dietary requirements / allergies are accommodated by arrangement. Please contribute to this initiative here Toast Fridays! | Whaley Bridge Primary PTA Our friendly PTA are always looking for volunteers to offer help with events during the year, as well as to take on roles within the committee – if you are interested, you can contact them at whaleybridgepta@gmail.com

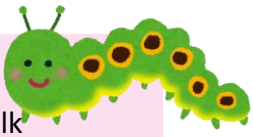
Eye tests

The new school year is a good time to consider booking an eye test for you child. We know that around 20% of children will need glasses at some point in their childhood, and eye tests are free on the NHS for under 16s. Here is more Information about NHS eye tests

headteacher@whaleybridge.derbyshire.sch.uk

PTA

Save the date 10th October – PTA sponsored walk
whaleybridgepta@gmail.com



ACHIEVEMENTS

Red Squirrel: Eleanor
Puffin: Billy
Otter: Milan
Bat: Scarlett
Seahorse: Willow Rose

STARS

Red Squirrel: Ava S
Puffin: Jack
Otter: Adam
Bat: Lydia
Seahorse : Arthur B

DIARY DATES

30/9/26 – School Photos
10/10/26 – PTA sponsored walk
15/10/26 – Meet the teacher eve (TBC)
22/10/26 PTA Halloween event (TBC)
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

Managing head bumps at WBPS.

Young children commonly bump their heads whilst engaged in active play,

In line with our first aid training, we are always extra cautious with both treatment and r head bumps.
In reality, this means that we might record and supply a cold pack to even a light bump to the head, but not a light bump to another area of the body. The vast majority of head bumps in school are relatively minor injuries.
If your child receives a bump to the head (ie neck or above including face) whilst at school:

- Your child's injury will be assessed by a member of staff qualified in first aid.
- The child will be comforted, a cold pack applied to the injured area and the child will be asked to sit quietly for a few minutes, under observation of a first aider.
- The incident will be recorded in our First Aid Log, and the child will be given a green head bump wrist band.
- A parenthub message will be sent to the child's parent/carer to advise them of the bump. This may be a generic message: this means that the team in school have not identified anything particularly complex about the bump, and have followed the procedure out of caution. The message is for information so that you can check for any signs of concussion developing and links to NHS guidance for head injuries and concussion. Please make sure you are familiar with this for future reference.
- If the injury is complex, more serious or requires further medical attention, a member of staff will contact you directly to discuss. If your child is unable to communicate what happened , we will let you know.

Managing Allergens at WBPS

In line with updated guidance for schools all staff in school have recently undertaken Allergy and Anaphylaxis awareness training, and our updated policy can be found on the school website here Whilst we cannot eliminate allergens from the school environment, having a strong awareness within the team helps us to minimise the risks around allergens, and ensure that pupils and staff who have allergies are able to be fully included.

School have purchased spare Auto-Adrenaline Injectors (Epi-Pens) which are located along with the defibrillator in the staff room. All pupil facing staff are trained in recognising anaphylaxis and in administering Auto-Adrenaline Injectors.

We are in the process of updating plans for pupils with known allergies, and if your child develops an allergy at any point please let us know as soon as possible so that we can create a personalised plan for their support.

After School Club

Peak Power will be coming to WBASC each Thurs 3:30-4:30pm. We will be asking for a small contribution to help with cost of this. Please contact Suzanna directly to book – 0789 423 5778

STOCKPORT GRAMMAR SCHOOL
BOOK YOUR OPEN DAY SPOT TODAY
Saturday 3rd October
9am to 12pm
Saturday 7th November
9am to 12pm

FREE TASTER SESSIONS AVAILABLE!
AWARD WINNING CLASSES
MAKE YOUR CHILD'S DEVELOPMENT MORE FUN!
TRY RUGBYTOTS
Our dynamic weekly play sessions enable boys and girls aged 2-7 to develop their social and physical skills in a fun, positive environment. For more details, just call or email.
0345 313 6720
alick@rugbytots.co.uk
SEE REVERSE FOR DETAILS
rugby tots
rugbytots.co.uk
The world's favourite rugby play programme

ABOUT OUR CLASSES
Rugbytots SE Cheshire & Staffordshire Moorlands have classes running in the following locations:
AGE SPECIFIC CLASSES FOR: 2-3.5yrs / 3.5-5yrs / 5-7yrs
(Tuesday PM After School Sessions for Reception & Year 1)
MACCLESFIELD LEISURE CENTRE: Sat, Tues PM & Thurs AM.
BOLLINGTON CIVIC HALL: Monday (AM).
CONGLETON LEISURE CENTRE: Tuesday (AM).
POYNTON CIVIC HALL: Friday (AM).
FREE TASTERS (Subject to availability)
For more details, just call or email.
0345 313 6720
alick@rugbytots.co.uk
mob: 07961 045330
Facebook.com/rugbytotssecheshire
Twitter @ RugbytotsSEChes
Instagram: rugbytotsseches_staffmoorlands
TikToc @ rugbytotssecheshire
rugby tots
rugbytots.co.uk
The world's favourite rugby play programme

World Rivers Day
World Rivers Day
27th September 2026
10am Sing for the River
Meet on the riverbank
for a river-themed sing with
Thula Mama High Peak
Suitable for all ages, dress for the weather
Meet at Goyside Meadows under the Midland Railway Viaduct
What3words://soups.tunnel.sunshine
3pm: What lives in The Sett?
Join New Mills River School
on the riverbank at the start of The Torrs
for dipping and investigating.
Ages 6+ Dress for the weather
Children must be accompanied by an adult
Meet at the dipping platform below the leisure centre carpark
What3words://wheat.attic.grapevine
ROCK MILL CENTRE
NEW MILLS RIVER SCHOOL
thulamama

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 CHILDREN GOING BACK TO SCHOOL

Returning to school after the summer holidays can be both exciting and daunting for children of all ages. Different routines, classes, schools, and academic pressures can cause anxiety or uncertainty. Parents play a vital role in easing this transition. This guide will help you support your child emotionally, mentally, and practically as they return to school.

1 RE-ESTABLISH ROUTINES

Gradually shift back to school-time routines a week or two before term starts. Regular bedtimes, wake-up times, and mealtimes can help children feel more secure and reduce the shock of change when school begins. Having a routine creates predictability and stability, helping to reduce anxiety while improving sleep and concentration.

2 TALK ABOUT FEELINGS

Encourage open conversations with children about their feelings. Ask them how they feel about returning to school, such as what they're looking forward to and anything they might be feeling unsure or worried about. Validating their emotions can help reduce anxiety and show them it's okay to talk about their emotional wellbeing.

3 SUPPORT WITH SLEEP

Children need adequate sleep for concentration, brain function, memory, and emotional regulation. Establish a wind-down routine without screens at least an hour before bed, and encourage relaxing activities like reading or listening to calming music.

4 LOOK OUT FOR SIGNS

Some children hide their anxiety. Watch for changes in their behaviour, such as withdrawal, stomach aches, and irritability. If worries persist, speak with their teacher or the pastoral team early to ensure your child receives support.

5 REFRESH SOCIAL CONNECTIONS

Help children reconnect with school friends by arranging playdates or video chats in the week before school starts. Familiar faces and social interactions help the transition and provide emotional comfort on that first day back.

6 CREATE A CALM MORNING

Mornings set the tone for the day. Plan ahead with a consistent morning routine that allows time for breakfast, getting dressed, and talking calmly about the day. Avoid last-minute rushing to reduce stress for everyone.

7 FOCUS ON POSITIVES

Talk about the fun and interesting parts of school - seeing friends, favourite subjects, or exciting activities. One simple but powerful change parents can make is swapping "How's your day been?" for "What's been good about your day?" This invites more of a positive, open response. Focusing on positives can help shift children's anxious thoughts and reframe school as a safe and engaging place.

8 VISIT OR VISUALISE SCHOOL

If possible, encourage visits to the school grounds before the first day, especially if it's a new school. Walking the route or even looking at photos of classrooms and teachers can make the environment feel familiar. The school website is always a great go-to place for this. This is particularly helpful for younger children or those with additional needs.

9 PLAN AHEAD TOGETHER

Involve children in preparing for school - buying supplies, packing their bag, or choosing lunch options. This gives them a sense of control and builds excitement. Use checklists or calendars to prepare together, helping reduce last-minute stress.

10 STAY POSITIVE AND PRESENT

Children pick up on your outlook. Stay calm, positive, and present, especially during drop-offs. Avoid lingering goodbyes, and let them know you'll be there at pick-up. A consistent, reassuring presence builds their confidence and resilience.

Meet Our Expert

This guide was created by Jo Morton-Brown, an Emotional Health Practitioner with nearly 15 years' experience supporting children and young people's mental health. She produces uplifting YouTube content for pupils and trains adults to better support young people's wellbeing, with a mission to help every child feel valued and understand their emotions.

#WakeUpWednesday®

The National College®

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