

## Moulton Primary School Newsletter

Friday 10<sup>th</sup> January 2025



### The Classroom News

#### Year 1

This week in Maths, Year 1 have been measuring different objects and comparing them. The children have been excellent at using mathematical vocabulary such as 'bigger', 'smaller', 'longer', 'taller' and 'shorter' to compare. They were incredibly sensible exploring the classroom using our special measuring strips and telling their partners what they have found using the correct vocabulary. They have also been thinking about shapes, especially about properties of both 2D and 3D shapes. Did you know that there are four faces on a triangle-based pyramid? Did you know that a cuboid has 8 vertices? Did you know that a square has straight sides?



#### Year 3

Year 3 have made an excellent start to the new year! They have delved straight into identifying, sorting and investigating the properties of regular and irregular polygons. The children have thoroughly impressed us with some of the mathematical vocabulary they have been using, including vertices, angles, parallel, perpendicular and many more! We have even been using some online geoboards to construct polygons containing various properties.



Children's Mental Health Week 2025

**Children's Mental Health Week 2025**  
**'Explore and Connect'**

Visit libraries across Northamptonshire for fun activities, helpful stalls and ways to feel good and connect with local services.

<b>Brackley Library</b>	<b>Monday 3rd February</b>	<b>9:30am - 12pm</b>
<b>Towcester Library</b>	<b>Tuesday 4th February</b>	<b>2pm - 4:30pm</b>
<b>Deanshanger Library</b>	<b>Wednesday 5th February</b>	<b>10am - 12pm</b>
<b>Brixworth Library</b>	<b>Friday 7th February</b>	<b>9:30am - 12pm</b>
<b>Irthlingborough Library</b>	<b>Wednesday 12th February</b>	<b>10am - 1pm</b>
<b>Northampton Library</b>	<b>Monday 17th February</b>	<b>9:30am - 12pm</b>
<b>Hunsbury Library</b>	<b>Monday 17th February</b>	<b>9am - 12pm</b>
<b>Wellingborough Library</b>	<b>Monday 17th February</b>	<b>1:30pm - 4pm</b>
<b>Daventry Library</b>	<b>Tuesday 18th February</b>	<b>10am - 12pm</b>
<b>Oundle Library</b>	<b>Tuesday 18th February</b>	<b>10:30am - 12:30pm</b>
<b>Rushden Library</b>	<b>Wednesday 19th February</b>	<b>10am - 1pm</b>
<b>Weston Favell Library</b>	<b>Thursday 20th February</b>	<b>10am - 12pm</b>
<b>Kettering Library</b>	<b>Thursday 20th February</b>	<b>1:30pm - 4pm</b>
<b>Corby Library</b>	<b>Friday 21st February</b>	<b>10am - 12pm</b>
<b>Duston Library</b>	<b>Friday 21st February</b>	<b>10am - 12pm</b>

**Dates in the Diary**

<b>DATE</b>	<b>YEAR GROUP</b>	<b>EVENT</b>	<b>TIME</b>
13th January	Year 2	Storytelling Session	2.45 - 3pm
17th January	Young Voices Choir	Young Voices Concert	
20th January	Year 1	Storytelling Session	2.45 - 3pm
29th January	EYFS	Storytelling Session	2.45 - 3pm

5th February	Whole School	Parents Evening	3.40 - 6.30pm
12th February	Whole School	Parents Evening	3.40 - 6.30pm
12th February	Year 4 Crick	Maths Multiplication Morning	TBC
13th February	Year 4 Tull	Maths Multiplication Morning	TBC
14th February	Year 4 Spencer	Maths Multiplication Morning	TBC
5th March	Whole School	Class Photos	Normal School Hours
1st May	Year 5	School Trip - National Space Centre	Normal School Hours
12th May	Year 2	Storytelling Session	2.45 - 3pm
12th - 14th May	Year 4	Residential	TBC
14th May	EYFS	Storytelling Session	2.45 - 3pm
2nd June - 6th June	Year 6	PGL	TBC
5th June	Year 1	Storytelling Session	2.45 - 3pm
12th June	Year 5	Workshop - Past Productions	Normal School Hours



# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

### 1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

### 2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

### 3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

### 4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

### 5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

### 6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

### 7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school, whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

### 8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

### 9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

### 10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently, so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

### Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>

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