

# St Francis CE Primary School & Nursery



**Friday th September 2025**

Dates for your diary

Head Teacher update

Dear Parents and Carers,

Welcome back to a brand new school year! We hope you have had a lovely summer and are easing into the new term. It was wonderful to welcome the children back on Wednesday; classes across school appear to be settling in to their new rooms very well and building great relationships with their new teachers!

We have shared a full dates list for the year with you today, so that you can get ahead in adding relevant dates to your diary. Please be aware that although we will do our best not to change dates and times, they may be subject to change and other dates will be added. We will continue to share dates for the term via each weekly newsletter which will include any new dates, so please keep an eye on those.

## **Exciting Updates from the School Office**

We're looking forward to a positive year ahead and are excited to share some upcoming changes that will make things easier for you.

We're working towards streamlining all the platforms currently used for payments and bookings — including school dinners, after-school clubs, trips, and more. Now that Arbor has been successfully in place for a year, our next step is to transition all services to the Arbor app, so everything can be managed in one place.

This change will be introduced gradually, following a clear timeline — so don't worry, we won't be switching everything overnight. For now, the only action needed is to make sure you have the Arbor app installed and can log in. If you need help with this, please contact the office.

We'll keep you updated every step of the way and let you know when each service moves over to Arbor.

### **Medical Tracker Launch**

You should have seen an e-mail from us earlier this week informing you of the new medical reporting system which we have launched within school. Medical Tracker replaces paper slips for incident reporting with e-mails straight to your inbox and will help us manage incidents more efficiently. Where appropriate, we will still contact you directly by phone.

### **Getting in Touch with School Staff**

We know that parents and carers sometimes need to contact school staff with questions or concerns. While we always aim to be helpful and responsive, please remember that our teaching and support staff are often busy working directly with children, and our office team also manage a high volume of queries and tasks throughout the school day. This means replies may not be immediate.

Here's what to expect:

- For general queries, staff will aim to respond within 2 working days.
- If your concern is urgent, please contact the school office, where staff will ensure it is passed on promptly.
- To help us respond efficiently, please use **one** method of contact (e.g. email or phone) and avoid sending duplicate messages.

Thank you for your understanding and continued support as we work together to give every child the best possible experience at school.

### **Snack Policy Update – Promoting Healthier Choices**

We sent out a communication earlier in the week but in case you missed it.

As part of our commitment to promoting the health and wellbeing of our pupils, we are updating our snack policy to encourage healthier eating habits throughout the school day.

Effective from Monday 8th September, the following changes will apply:



#### **Permitted Snacks**

- Fresh fruit or vegetables (e.g. apple slices, carrot sticks)
- Plain rice cakes or oatcakes
- Low-fat cheese portions
- Wholegrain crackers
- Unsweetened dried fruit (in moderation)
- Water or milk (no fizzy or sugary drinks)

### **Not Permitted**

- Crisps or salty snacks
- **No nuts** we are a nut free school
- Chocolate bars or sweets
- Cakes, pastries, or biscuits
- Sugary drinks or energy drinks

### *Why the change?*

We want to support children in making nutritious choices that fuel their learning and growth. Healthier snacks help maintain energy levels, improve concentration, and support long-term wellbeing.

### **Medical Needs**

If your child has specific dietary requirements or medical needs, please contact the school office so we can make appropriate accommodations. If you have reported these in the past, we will have them on record, but if there are any changes or new information, please let us know.

### **Blessing of the backpacks**

Come and mark the start of a new term and join our All Together Service and Blessing of the Backpacks at St Francis Church, Bournville on Sunday 7 September at 10.00 am. All welcome.

### **Reminders**

- Teazel Avenue is a car free street between 08:30-09:00am and 15:00-16:00. Please do not drive or park on Teazel Avenue during these times. You can part and stride from: Mulberry Road, Woodlands Park Road, Woodlands Park, Rowheath, Hay Green Lane, Cedar Road, Heath Road.

- Meet the Teacher event on Wednesday 10th September from 9-9:30 in your child's classroom. If you have more than one child across school, you are welcome to move between the classrooms you need.
- Clubs and peri music lessons start for the term on Monday
- FRIENDS 'Welcome afternoon tea' from 3:30 on the field on Friday 19th September

Kind regards,

Jess Mattocks

Head Teacher



## E-Safety - Top Tips for Recognising and Managing Stress

Stress is something we all experience – but for children and young people, it can feel especially overwhelming. This guide presents 10 simple, actionable strategies to help young people manage stress in a healthy and balanced manner. Whether it's noticing early signs, encouraging open conversations, or modelling calm responses, there are plenty of ideas here to support positive change.

Perfect for both school and home settings, the guide equips adults to identify subtle signals of stress and create safe spaces for pupils to open up. It also suggests mindful habits and healthy routines that can become part of daily life, promoting long-term emotional strength and mental wellbeing.

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, tips and tips, please visit [thenationalcollege.com](https://thenationalcollege.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, sluggishness, or frequent headaches. These may indicate that a child is feeling overwhelmed. By talking to them early and often, you can help them recognise and manage stress before it becomes a problem.
- 2 KEEP CONVERSATIONS FLOWING**  
Make time for open, informal chats – whether it's during mealtimes, car journeys, 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 in fun ways: dance to music, go for a walk, or play a game. Even light activity like stretching or walking the dog can help us feel more relaxed.
- 4 SUPPORT HEALTHY SLEEP PATTERNS**  
Poor sleep makes stress harder to manage. Establish a calming evening routine that includes screen-free time and promotes winding down, such as reading, listening to music, or taking a warm bath. Consistent sleep hygiene helps reset the body's stress response and boosts emotional resilience.
- 5 PRACTISE MINDFULNESS**  
Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before a test or a brief body scan before class can make a real difference. These simple habits help children ground themselves, such as an emotional reactivity, and build inner calm over time.
- 6 SET DIGITAL BOUNDARIES**  
Excessive screen time, especially before bed or on school days, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like reading, outdoor play, or creative projects to promote better balance and reduce overwhelm.
- 7 NURTURE SOCIAL CONNECTIONS**  
Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a friend, ensure children have people around them they can talk to and count on. Encourage them to build these bonds through shared activities and meaningful conversation.
- 8 PROGRESS OVER PERFECTION**  
Set realistic goals and praise effort, not just outcomes. When children feel pressure to be perfect, stress naturally follows. Celebrate small wins and help them view 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 a break, talking it out, or calmly expressing frustration. By showing how you manage stress positively, you're helping them learn to do the same.

**Meet Our Expert**  
Anna Bateman is Director of Holistic Education Ltd, Director for Wellbeing and Family Services at Leam Trust, and lead expert for mental health at The National College. Anna specialises in integrating mental health solutions for schools, supporting educators and families to improve resilience, emotional wellbeing, and overall wellbeing for children across the UK.

**#WakeUpWednesday** **The National College**

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Things happening locally...

Disney  
**FROZEN**  
IN CONCERT

ENJOY AN EXCITING PERFORMANCE FEATURING THE SONGS FROM  
FROZEN THE MUSICAL

**Saturday 6<sup>th</sup> September @ 14:00**  
**Bournville Parish Church, St Francis,  
Bournville**

Tickets £7 Adults, £5 Children and Carers  
Contact Liz  
07709 726 691 or [stagefrightnbc@gmail.com](mailto:stagefrightnbc@gmail.com)

**STAGE FRIGHT**  
NATIONAL THEATRE COMPANY

**BOURNVILLE  
PARISH CHURCH**





# DUCK RACE & PICNIC

Sunday 7<sup>th</sup> September

*Fun in the Park from 12 Noon*

Family Tennis Adult & Child  
Doubles Tennis Tournament  
11:00 – 12:30

Drop in and try Tennis  
12:30 – 14:00

No equipment needed!



Doubles Tournament Booking:  
<https://clubspark.lta.org.uk/BournvilleParkTennis/EventsV2>

All Activities are Free, Albeit Donations to  
Friends of Bournville Park are Welcome!

Visit from Kings Norton Fire Brigade

Creative Workshop for Children

Craft Stalls

Picnic in the Park

Sports & Games



**Duck Race**

**2:30pm**



**THE BOURNVILLE SOCIETY**

*Local history group*

**John Billingham**  
presents

**Life in the 1950s**

7.30pm Wednesday 1<sup>st</sup> October 2025

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**Dr Michael Harrison**  
presents

**Bournville Between the Wars**

7.30pm Wednesday 5<sup>th</sup> November 2025

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**Nigel Metcalf**  
presents

**A Victorian Christmas**

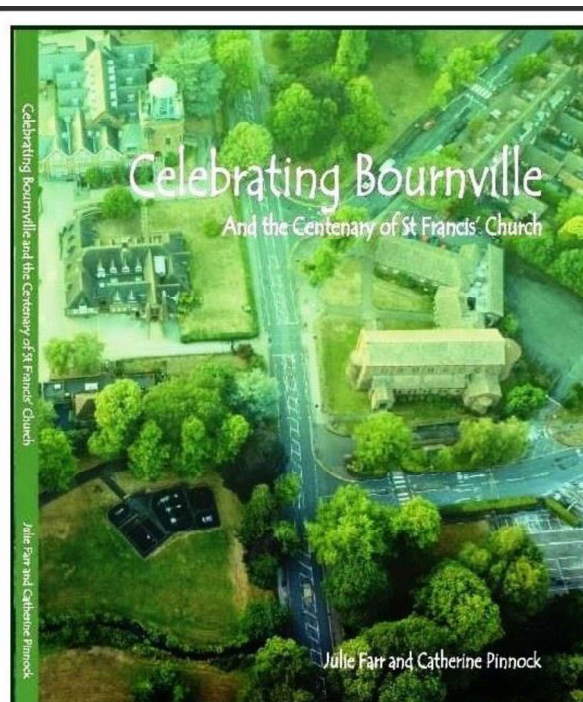
7.30pm Wednesday 3<sup>rd</sup> December 2025

Dame Elizabeth Hall  
off Oak Tree Lane, Bournville

Buses: 11 to Bournville Green & 27 to Woodbrooke Road

Non-members welcome £5 entrance

For further information contact the Secretary 0121 458 2547  
or [jenny.shardlow@gmail.com](mailto:jenny.shardlow@gmail.com)



#### 100 years in Bournville

*Celebrating Bournville and the Centenary of St Francis Church* is a 126-page book with full colour photos and illustrations. It is packed with memories, original stories and fascinating facts contributed by people of all ages from the Bournville community.

**Available from St Francis Church and local outlets**



**Bournville Heritage Open Day is back for 2025, on Saturday 13th September 10am-4pm.**

Visit George Cadbury's famous Bournville garden village as 18 historic venues open for FREE as part of [Heritage Open Days](#) and [Birmingham Heritage Week](#).

Enjoy tours, exhibitions, activities and family fun and experience the stunning architecture and design of this special place.

The 18 fantastic sites opening this year are...

- [Selly Manor Museum](#). A Tudor manor and medieval hall rebuilt by the Cadbury family.

- The Rest House. Displaying [The Museum of Us exhibition](#) celebrating 125 years of Bournville Village Trust.
- [The Carillon](#). Hear this remarkable instrument play throughout the day (please note there are no tours of the Carillon tower this year).
- Quaker Meeting House. Built in 1905, a Y-shaped building designed by W.A. Harvey.
- Bournville Almshouses. Guided heritage tours of a unique building built by Richard Cadbury. Pre-booked tickets only. Please be aware tour is now SOLD OUT.
- [St Francis Church](#). A beautiful church, consecrated in 1925 and celebrating its centenary this year.
- Vintage Vehicles at Bournville Green. See historic cars at Bournville village green (weather permitting).
- [St Lazar's Church](#). An incredible Serbian Orthodox Church with a spectacular interior.
- [Bournville Village Primary School](#). See the stunning George Hall and learn about the beautiful frescoes.
- [Bournville Model Boat Club](#). See and have a go at sailing these splendid boats.
- The War Memorial Room. Situated in the Pavilion to remember Cadbury employees.
- Cadbury Concert Hall. A stunning music venue in the heart of the factory.
- Cadbury Archives. Enjoy tours of this newly refurbished treasure trove. Pre-booked tickets only. Please be aware tour is now SOLD OUT.
- [Bournville Crown Green Bowls Club](#). Have a go at crown green bowls at this iconic club.
- [Dame Elizabeth Hall](#). Opened in 1930, discover the story of the Bournville Village Festival.
- Manor Farm Park. A self-guided 2km heritage trail linking 10 sites at the park, with tours at 11am and 2pm.

And new for 2025!

- The Old Bank. One of the oldest buildings in Bournville, that was formerly a bank and Estate Office.
- [Cadbury World](#). Free entry tickets to Cadbury are fully booked.

Find out more here: [Bournville Heritage Open Day 2025 : Bournville Village Trust](#)



Happy Birthday to those with birthdays this week!

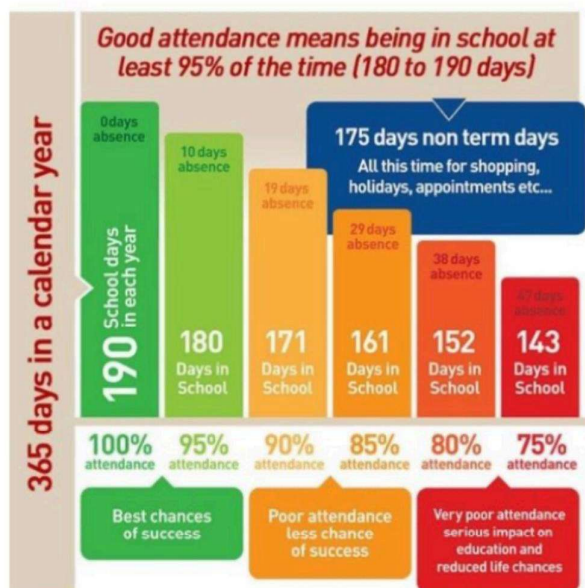


Thea in Year 6

Elliott in Year 4

Lincoln in Year 6

## Attendance



**DID YOU KNOW?** A two week holiday in term time means that the highest attendance you can achieve is **94.7%**



**DID YOU KNOW?** If you are 15 minutes late each day you will have missed a full 2 weeks of school in one year?



Our overall winners with 100% attendance are Year 6 - A great start to the year!

Years 1, 4, 5 and 2 all had attendance over 96%.

Overall school attendance is at 97.8% - this is a very impressive start.