

1st September 2025

MOORSIDE PRIMARY SCHOOL AND NURSERY



WELCOME BACK NEWSLETTER!

Dear Parents and Carers,

Welcome to the Autumn term and the new school year 2025-2026! I hope that everyone has had a good rest over the holidays and managed some family time together.

We are really looking forward to welcoming our new starters to Moorside this week as well as everyone back to school into their new year groups. We hope that the transition is smooth. It does take a bit of time for some children to settle back into new routines and adjust. If you have any concerns that we can help with or any information that would help us to support your child in school, please do contact us via the school office, especially if it would help to have a chat with your child's class teacher, Mrs Price or myself. We are always happy to help. There are some activities and strategies to support with transition on our website at <https://www.moorsideschools.org.uk/wp-content/uploads/2020/06/Moorside-Primary-School-and-Nursery-Transition-Support-1.pdf> as well as guidance from The National College attached to this letter.

There are a couple of reminders that I would like to share with you as we start the new term...

Start and End of the School Day:

Early Years: 8.45am-3.15pm

Key Stages 1 and 2: 8.50am-3.20pm

Please note - Key Stage 1 pick-up time is 3.20pm, not 3.15pm.

All registers close at 9am so please ensure that your child is at school on time for lessons to begin.



We can only release children to adults other than parents/emergency contacts if we have received notification prior to home-time and ideally before lunchtime if there are changes so that we can get messages to the teachers. We cannot release children to teenagers under the age of 16 and children in Years 1-5 must be collected from their classroom entrance doors. We will put signs on the windows to remind you of where children's new classes are for the start of the new term.

If your child is in Year 6 and you give permission for them to walk home independently, please email the school office or put it in writing, so that we have your consent on record.

Mobile Phones

Children are not permitted to bring mobile phones or SMART watches to school please. This is to safeguard all children at Moorside.



Attendance

Attendance continues to be our highest priority and we will do anything we can to help your child to attend school regularly. If you are struggling with getting your child to school on time and need support with their morning routine, we are always here to help!

PE and Forest School

All children should be in school uniform on the first day back at school please. Black school shoes and normal school jumpers should be worn when it is not PE or Forest School. Please let us know if you are struggling to access any uniform items, as we have lots of second hand uniform available for a donation.

*Please ensure that all items of uniform, clothing and footwear are named.

Children should then wear **PE kit** to school on the following days:

Reception: Thursday

Y1: Monday

Y2: Monday and Wednesday

Y3: Wednesday

Y4: Wednesday and Friday (Swimming)

Y5: Monday and Wednesday

Y6: Thursday



Forest School is on Wednesday for Year 6 and Friday for EYFS, Year 1 and Year 3.

All uniform and kit lists are on our school website.

This Friday, you will receive a letter from your child's class teacher with further information about their learning, as well as Knowledge Mats and Homework Challenges to share our curriculum, teaching and learning this term with you.

You will also receive a Home-School Charter Agreement to share with your child and sign, so that we can all work together to keep them safe and support them in all areas of their development.

Newsletters will now be sent home every Monday, in the hope that more people will be able to read them and feel well informed for the week ahead.

I look forward to catching up with you all and seeing the children in the morning. I know that we will have a great school year ahead with lots of great topics and trips planned already!

With very best wishes,

A handwritten signature in black ink, appearing to read "Mrs Rowett".

Mrs Rowett

Headteacher

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 Marten-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.



The National College