

NEWSLETTER

A message from the Senior Leadership Team

Welcome back after half term. We have kicked off the half term with our Choir performing in Gotta sing at the Gatehouse. See page 4 for pictures. A big thank you to Mrs Cranwell, Mrs Ward and Mrs Gibbons for their preparation and involvement in the event, it was a fantastic opportunity for the children to participate in. Our Community hub is going from strength to strength, there are new groups hosting activities all of the time, have a look at page 5 for details. Thank you to all the parents and carers that have already signed up for parents evening appointments. If you have not yet managed to book an appointment then please call into the office or see your child's class teacher to book your slot. We are looking forward to celebrating World book day next week. Mrs Hough has arranged a visit from Matt Buckingham on Wednesday, author and illustrator of the Bright Stanley series. You will have received a letter about this in case you would like to order any books. Thank you to our PTPA for funding this. The children can wear comfy clothes and bring their favourite book on Thursday! Have a good weekend. Take care from Team Castlechurch :)



Next Week...

Monday	Willow PE Kit Y5 PE Kit
Tuesday	EYFS Forest School PARENT EVENINGS Cedar/Elm/Oak PE kits
Wednesday	Matt Buckingham Author Visit
Thursday	WORLD BOOK DAY _ COMFY CLOTHES Swimming kits LKS2 PE kit Maple/Willow PE Kit
Friday	EYFS PE Kit

2025-26 Term dates
[CFLP-Term-Dates-2025-2026.pdf](#)
[Calendar - Castlechurch Primary School | Stafford](#)

Class	Attendance
Hazel	94.3%
Maple	94.68%
Willow	95.81%
Beech	95.78%
Pine	95.44%
Rowan	94.37%
Cedar	95.48%
Elm	96.54%
Oak	94.74%

This Week's winner
is:
Elm



Picture News

Let's look at this week's story!

A girls' football team, in York, has launched a campaign called 'Girls can have short hair. Get Over It'. This was prompted by parents and coaches of opposition teams questioning whether all the players were girls, due to some having short hair. The team has received a positive response, with other young players, who have experienced similar situations, reaching out. The club hopes it will challenge stereotypes in football, supporting the girls. The team has started wearing tops with the "girls can have short hair, get over it" slogan, to encourage parents and coaches not to say unkind things. What are your thoughts? Should we be judged by how we look?



Our whole school attendance
This week, our school attendance was:
95.1%

Celebrations

CONGRATULATIONS
The Amazing Author Award is presented to _____
for _____

CONGRATULATIONS
Our Maths Magician Award is presented to _____
for _____
From: _____ Date: _____
Be Safe Be Respectful Be Ready

S.S - Neave

- Maple— Sebastian
- Hazel — Hunter
- Willow— Skylah
- Pine - Reggie
- Rowan — Billie-Jo
- Beech — Henry
- Elm— Jasper
- Oak— Lincon
- Cedar — Ryan

S.S — Mihail

- Maple —Mark
- Hazel - Aria
- Willow-Nino
- Pine - Isaac
- Rowan— Rosalie
- Beech — Jake + Nikol
- Elm — Tyler
- Oak— Theo
- Cedar — Summer

S.S— Coby

- Maple— Hattie
- Hazel — Edie
- Willow— Scarlett
- Pine— Evie
- Rowan— Lucas B
- Beech — Layla
- Elm-Oscar K
- Oak-Joshua
- Cedar— Antonia

CONGRATULATIONS
Our Castlechurch Champion Award is presented to _____
for _____
From: _____ Date: _____
Be Safe Be Respectful Be Ready

CONGRATULATIONS
The Remarkable Reader Award is presented to _____
for _____
From: _____ Date: _____
Be Safe Be Respectful Be Ready

S.S—Freddie B

- Maple — Lily— Rose
- Hazel — Georgie
- Willow—Zakhar
- Pine - Scarlett
- Rowan — Lucas R
- Beech — Elsie
- Elm - Baylee
- Oak—Evie-Rose
- Cedar—Annabelle

House Points

	Week	Total
Fox	183	3818
Squirrel	123	4069
Hedge-hog	337	3212 2445
Badger	193	3760

Lunchtime stars

- Rec— Freddie R
- KS1 — Ava
- LKS2— Joshua
- UKS2— Alfie

WakeupWednesdays



WakeUpWednesdays aim to equip every trusted adult with the knowledge and skills they need to keep up with the latest information, implement best practice and heighten their awareness of issues around three core topics; online safety, mental health & wellbeing; and climate change & sustainability.

Relevant to all parents and educators, from early years through to secondary school, our WakeUpWednesday resources can be accessed both on desktop and via our WakeUpWednesday app, providing instant and easy access to world-class expertise in the areas they need the most anytime, anywhere. Each week we will post a link or poster here to keep you up to date with the latest information and support.

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. Formally followed by National Online Safety, these guides have inspired thousands. For further guides, hints and tips, please visit www.nationalcollege.org.uk.

10 Top Tips for Parents and Educators ENCOURAGING HEALTHY FRIENDSHIPS

Navigating the complexities of childhood and adolescent friendships can be challenging – but with the right guidance, children and young people can cultivate meaningful, supportive relationships, some of which may last for many years. These top tips provide a comprehensive approach to fostering healthy friendships among children and young people. It is important to remember, however, that each child is different, and will require an individual approach to relationship support.

- 1 GRANT FRIENDSHIP OPPORTUNITIES**
Encouraging children and young people to join extracurricular activities can foster healthy friendships by providing shared interests and common ground. Engaging in these activities offers a platform for interaction, facilitating alleviating the social pressure of finding what to say, and helps children develop meaningful connections.
- 2 LEAD BY EXAMPLE**
The children and young people in our lives see how we behave. Our behaviours that we model and the interactions between us and others. We can model healthy relationships, we set an example and help young people to understand what healthy friendships look like and how to recognise them.
- 3 HELP THEM LOVE THEMSELVES**
Healthy friendships aren't just about dynamics with other people. They're about our relationship with ourselves. The mental wellbeing that we bring to a child to love the space to build their self-esteem and to provide self-love, as these factors can have a massive influence on the friendships they form throughout life.
- 4 MONITOR SCREEN TIME**
Too much screen time can affect a child's ability to engage in real-world activities. It can also impact their social interactions. In some cases, limiting screen time can help children and young people to find ways to interact face-to-face that have positive results. It's also important to remember that young people who make positive friendships online, but they will need support to do this safely.
- 5 TEACH PROBLEM-SOLVING**
Inevitably, friendships can run into problems. However, this is also an opportunity to support children and young people to work through any difficulties that may arise. It can be tempting to intervene and solve the problem for them, but helping them consider ways of resolving issues or managing difficulties on their own can help them create stronger friendships.
- 6 EMPOWER THE CHILD**
When we give children and young people the confidence to choose their friends, recognise interpersonal boundaries and consider how they want to interact with the different people around them, we empower them to take control of the friendships they have. When young people feel in control of these things, they're more likely to make positive choices and much aware of the signs of a negative relationship.
- 7 TEACH EMPATHY**
Healthy friendships don't always mean perfect. Sometimes, disagreements can happen. When we teach children and young people to listen actively, we help them to see things from other people's perspectives. If an argument or disagreement is faced, it's important to be able to understand what might be causing an argument and young people to be able to change friendships.
- 8 BE OPEN TO QUESTIONS**
Talking to young people about their friendships, when they don't raise them and when they do, can help them to feel supported. When we are open to questions, we can offer our views, but it's also important to remember that the support, young people are most likely to come to us for help when they are older as well.
- 9 UNDERSTAND BOUNDARIES**
One of the keys to a healthy friendship is respecting boundaries. This can include anything from respecting personal space and belonging to respecting personal space and belonging. Understanding the importance of setting these limits and respecting those set by others can help children and young people to create healthy friendships. If young people figure out their boundaries early on, they're more likely to look someone out to be a good friend.
- 10 SPOT THE SIGNS**
We can't always separate young people's emotions, we need to step back and give them some space. However, it's important to consider any indicators that they may be struggling in their friendships. One thing to look for is becoming withdrawn or reluctant to take part in activities. Another sign is that they're not all the signs that they're finding things difficult, and we should remain alert to such changes.

Meet Our Expert
Nicky Daines is an experienced educator who has worked in primary and secondary schools for 30 years. She is a facilitator, coach and expert in working with young people and adults who work with them, with a focus on developing understanding and skills around mental health, wellbeing and safeguarding.

The National College

WakeUpWednesday

Twitter: @wakeup_weds | Facebook: www.thenationalcollege | Instagram: @wakeup_wednesday | YouTube: @wakeup_weds

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Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children, from exams and deadlines to anxiety and mental health struggles. It's quite easy to send messages, make jokes and chat online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digital resiliant, and we've put together some popular strategies here...

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about 'putting up with things' either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times. It's how we respond and adapt to these situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

REACH OUT FOR SUPPORT

- If you have a problem online that scares or worries you, tell a trusted adult or someone you feel confident that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- If you see something online that scares or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness or the online world looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been disrespectful or unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the ways you can take if a person's being unkind online.

MAKE POSITIVE LIFESTYLE CHOICES

- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- Try to factor in rest or breaks online and away from your screen – ideally, outside for some refreshing fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed. They can interfere with a good night's sleep, which is essential for staying healthy.

Meet Our Expert
Cathy Ferguson is a digital literacy and online safety expert. She is a teacher, a parent and a community leader who has worked in education for over 20 years. She is passionate about helping children and young people to stay safe and healthy online. She is also a member of the National Online Safety team.

NOS National Online Safety

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As a National Online Safety School we are a part on the National College.

They provide dedicated training and resources for parents and carers – particularly, around online safety and keeping children safe online. Parents have got access to hundreds of courses, explainer videos and online safety guides to support your awareness of the online world. Topics range from understanding apps like TikTok and Instagram to recognising the signs of online harm and what you can do to help.

Signing up to the platform is simple. Just follow <https://nationalcollege.com/enrol/castlechurch-primary-school> and complete your details. Once you're set up, you'll be able to choose 'Parent/Carer' as your user type and get instant access to all training and resources. Download the National College or National Online Safety app for free to access resources on the go.



The National College

School & Community Information



{my}dentist®
helping the nation smile

KIDS CLUB

Has it been a while since your child has been seen by a dentist?
Call now to book a space at our NHS kid's club
01785 818284
Dates available-
Saturday 5th April
Saturday 26th April

My dentist Stone
30 High Street
ST15 8AW
01785 818 284

Pancake Day

Main Course of the Day
with
Veg of the Day

Build Your Own Pancake
choose from
lemon & sugar or jam

edwards and ward
a recipe for success

Singing their hearts out!

Our school choir took part in Gotta sing at The Stafford Gatehouse theatre this week.
We are incredibly proud of them all. They were fantastic!



School & Community Information



QUIET STAY & PLAY

FOR NEWBORN BABIES
TO TODDLERS
TO PRE SCHOOL CHILDREN

Everyone is welcome to come
parents, guardians, grandparents and
childminders

on a Monday morning (in term time) from
9am to 11am



Castlechurch Community Hub
at
Castlechurch Primary School



BRING YOUR LITTLE ONES TO PLAY
AND
WHILE THEY DO HAVE A CUPPA AND RELAX



CASTLECHURCH COMMUNITY HUB

PARENTAL MENTAL HEALTH SUPPORT GROUP

17TH MARCH 2025
12.30PM - 14.30PM

Drop in session for parents and carers of
Children of all ages.

Parenting can be both the most incredible
and most difficult experience of our lives. It
is so important that we have a good support
network to celebrate our wins with and for
support when navigating the harder times.

Come along and speak with a qualified
mental health professional or just to meet
with other parents to share and support each
other. Free hot drinks and use of the entire
community hub.



Tennyson Road, Highfields, Stafford, ST17 9SY

LITTLE MASSAGE

Baby Massage
Classes & Workshops

Suitable
4 WEEKS
- PRE CRAWLING

BENEFITS :

- Promotes better sleep and relaxation
- Supports muscle and brain development
- Soothes teething pains
- Alleviates trapped wind, constipation, and colic
- Quality bonding time

Book a class with us today!

Free Gift

STAY & PLAY
TODDLER GROUP
£1 PER ADULT

TUESDAY

9.30AM
-11.30AM

At
Castlechurch Community
Hub



DROP IN

Staffordshire Women's Aid

FOR WOMEN WHO ARE EXPERIENCING ANY FORM OF VIOLENCE AGAINST WOMEN AND GIRLS INCLUDING DOMESTIC VIOLENCE, SEXUAL VIOLENCE, FORCED MARRIAGE OR SO CALLED HONOUR BASED VIOLENCE.

SWA Women's Centre
2nd Floor, Civic Centre
Riverside
J116 3AG

Thursdays from 09.30 until 12.30

23rd January
6th February
20th February
6th March
20th March
3rd April

Providing confidential, non-judgemental emotional support and specialist information, advice and guidance in a safe environment.

No appointment necessary.

Women's Community Services
STRONGER TOGETHER

WWW.STAFFORDSHIREWOMENSAID.ORG

FOR MORE INFORMATION, CONTACT OUR HELPLINE
CALL 24/7 0300 330 3939

EMAIL REFERRALS@STAFFORDSHIREWOMENSAID.ORG

FRANCHISE OPPORTUNITIES AVAILABLE

FIND US ON

THELITTLESENSORY.CO

CASTLECHURCH COMMUNITY HUB

FOSTER CARERS WELLBEING GROUPS & ACTIVITIES DROP IN

3RD MARCH 2025

Wellbeing Group for Family & Friends
Foster Carers & Family & Friends SGO
10am - 12pm

Foster Carers Wellbeing Stay and Play
Baby & Toddler Group.
12.30pm - 2.30pm

Foster Carers and Children out of school
Wellbeing support Group
12.30pm - 2.30pm

Tennyson Road, Highfields, Stafford, ST17 9SY

