

5th September 2025

www.claybrooke.leics.sch.uk



CLAYBROOKE PRIMARY SCHOOL

Together we flourish | Est 1814

Claybrooke Primary School
(Part of INSPIRING PRIMARIES ACADEMY TRUST)
Claybrooke Parva, Lutterworth, Leics, LE17 5AF
Tel: 01455 209238 Email: claybrooke@ipat.uk
Website: www.claybrooke.leics.sch.uk
Head of School: Mr P. Rock

Message from Mr Rock

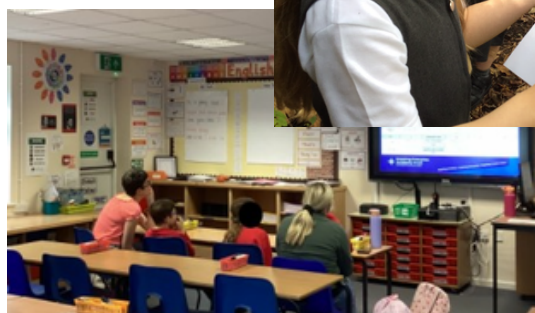
What a great second week back it has been at Claybrooke. I have, as always, loved visiting the classrooms seeing pupils engaged in their lessons, showing star listening and showcasing our values in action each and every day. Keep it up everyone.

Thank you to those parents who attended our 'Meet the teacher / curriculum information sessions this week. I hope you found them useful and gave you further insight into what your child will be learning in school this term, as well as showcasing our Claybrooke learning and uniform expectations. Copies of all the presentations given will be shared via Arbor shortly.

I need to make you aware that I have been called to undertake jury service and will therefore be absent from school for a short period of time (up to 10 days) beginning this coming Monday. I have been able to defer this previously but I have not been able to this time. During this period, I will be in daily contact with school team as needed.

Please check out the '[mynewterm](#)' website if you are interested in any vacancies within our Trust.

**Be safe,
Be ready,
Be respectful.**



Please support us to help us to raise our attendance this year. We have had some improvement but it is still well below the national expectation.

Further down the newsletter you can find the first calendar of events for this term. Please take the time to look through these so you know when events are happening.

Thank you for your ongoing support.

Mr Rock
Head of School



Congratulations to our certificate winners this week.
Excellent Work:
Emilia, James & Chester
Values:
Oakley, Oliver and Elsie



UNIVERSITY OF
LEICESTER

Accredited School
ROUTE TO RESILIENCE





Go above and beyond!

Upcoming dates

Tuesday 9th Sept:
Swimming begins for
Maple Class.

**Wednesday 24th
September:** Flu
Vaccinations (specific
year groups. A letter will
go out)

Friday 26th September:
Macmillan Coffee
morning at the village
hall.

16th October: PTA agm

**Congratulations to Zion
for his accomplishments
outside of school
this week.**



Team points this week:

**Red: 52
Green: 70
Blue: 29
Yellow: 47**

**WHOLE SCHOOL
ATTENDANCE
05.09.25.**

Oak: 83.3%


Maple: 77.8%

Willow: 80%

Whole school: 84.7%

**MOMENTS
MATTER.
ATTENDANCE
COUNTS.**

Autumn Term 2024

Date	Event
Tue 02/09	Meet the teacher / Curriculum information 3:30 - 4:00 (In each classroom) Oak class parents: Residential trip meeting will follow at 4pm
Wed 24/09	Macmillan Coffee non uniform day. (Bring in items for tombola)
Fri 26/09	Macmillan Coffee Morning @ Claybrooke Village Hall
Wed 08/10	Harvest Festival 2pm TBC
Thurs 16/10	PTA AGM 3:30pm in the school hall.
Thurs 16/10	School closes for half term
Fri 17/10	School INSET DAY. School closed to pupils
w/c 21/10	HALF TERM
Mon 27/10	School re-opens
Wed 29/10	Topic Showcase 2.50-3:10 *
Wed 30/10	School individual photographs
Thurs 30/10	PTA Spooky Discos (Willow 3pm - 4pm Maple and Oak 4:10 - 5:10pm)
w/c 24/11	Parent consultation week (dates to be confirmed) 
Thurs 04/12	PTA Christmas Craft 9 - 11:30am
Fri 28/11	'PTA 'Wear what you want' day. Bring items for Christmas Bazaar.
Fri 05/12	PTA Christmas Bazaar (tbc) 5:30 - 7:30pm
Wed 11/12	Claybrooke Nativity & Christmas Carols @ St Peter's Church 1:30pm (TBC)
Wed 11/12	Claybrooke Nativity & Christmas Carols @ St Peter's Church 6:00 pm
Tue 16/12	School Christmas dinner
Wed 17/12	Willow Class panto trip
Fri 20/12	Break up for Christmas holidays
	End of Autumn Term

All dates subject to change

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, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, 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 through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe 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 breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College

Term Dates - Academic Year 2025-26

AUTUMN TERM
Tuesday 26th August 2025 - Thursday 16th October 2025 <small>(Bank Holiday Monday 25th August 2025)</small>
HALF TERM
Monday 27th October 2025 - Friday 19th December 2025 CHRISTMAS HOLIDAYS
SPRING TERM
Tuesday 6th January 2026 - Friday 13th February 2026 HALF TERM
Monday 23rd February 2026 - Friday 27th March 2026 EASTER HOLIDAYS
SUMMER TERM
Monday 13th April 2026 - Friday 22nd May 2026 <small>(Closed for Bank Holiday Monday 4th May)</small>
HALF TERM
Monday 1st June 2026 - Thursday 9th July 2026 SUMMER HOLIDAYS

Teacher days:

- Thursday 21st August 2025
- Friday 22nd August 2025
- Friday 17th October 2025
- Monday 5th January 2026
- Friday 10th July 2026