



# NEWSLETTER



Friday 5th December 2025

## Dates for next week

Monday 8th December	<b>NO FOREST SCHOOL TODAY</b>
Tuesday	P.E kits today for everyone.  Dress rehearsal 9.30-10.30 ( families with babaies and toddlers)  Hugo leading worship today.  Spare tickets reopen at 8pm: 1 Additional ticekt per family.
Wednesday	Rest from Nativity day!
Thursday	P.E. kits today for everyone  Perfomances at 9.30am 2pm and 6pm ( drop off at 5.45pm at Beech Clss door)
Friday	Children in at either 8.30 or 10.45am today. Register closes at 10.50.  <b>Please use the front door today for children arriving at 10.45am.</b>

## Swimming

Swimming is a compulsory part of the National Curriculum for Key Stage 2. As part of our commitment to providing a well-rounded education, all KS2 pupils are required to attend swimming lessons. These sessions are designed to ensure that every child develops essential water safety and swimming skills. To help reduce overall costs, we take all KS2 pupils together for these lessons. Attendance is mandatory unless your child is medically exempt. If your child cannot participate for medical reasons, we require a letter from a doctor or relevant professional. This documentation will be kept on file.

Please note that without this official documentation, your child will be expected to attend swimming lessons as scheduled.

Thank you for your cooperation and support in ensuring that all children receive this vital part of their education.

We have currently received 11 voluntary contributions out of 36 families. Do remember to speak with us if this a financial challenge for you.

## Golden Book

Congratulations to Lilly (Year 2) for her super sensible attitude to learning and friendships in Willow Class. All the adults have noticed how her calm and thoughtful approach is helping her to be a ready learner. Well done, Lilly!

A big well done to Coco in Year 3 for her fantastic work with charcoal! She demonstrated an excellent approach to sketching and drawing, showing real creativity and control. Coco knew how to translate her ideas onto paper and, importantly, when to stop to keep her artwork clear and impactful. Brilliant effort, Coco! Finally, congratulations to Davyd in Year 5! Known for his incredible thirst for knowledge, Davyd has been inspiring his classmates this week by sharing fascinating facts about space. His enthusiasm and willingness to help others learn is truly brilliant – well done, Davyd!

We look forward to seeing you at the Christmas Fair tomorrow!

*Theresa Smyth* and The Singleton Team

The Christmas period is full of excitement, but it can also bring challenges for many children. Changes in routine, sensory overload, and heightened emotions can sometimes lead to bigger behaviours. For neurodivergent children, these triggers can be even more intense and exhausting.

Here are some helpful tips to support all children during this busy time:

- **Plan Ahead** – Share a calendar of events so your child knows what to expect.
- **Limit Overload** – Consider reducing the number of activities to avoid exhaustion.
- **Create Calm Spaces** – Offer a quiet area at home where your child can relax.
- **Prepare for Transitions** – Talk through what will happen after an event to help with the “come down.”
- **Stick to Routines Where Possible** – Familiar routines provide comfort and security.

A little planning and understanding can make the festive season more enjoyable for everyone!

# TERM 2 TRIGGERS

TERM 2 CAN BE AN ESPECIALLY TRICKY TIME IN SCHOOL, WITH EXCITEMENT, CHANGE AND EXPECTATIONS ALL RUNNING HIGH.

Rising excitement in the classroom	Transitions to/from special events
Nativity or school play practices	Conflicting messages around behaviour (“Father Christmas is watching”)
Change of routine or timetable	Sensory overload (lights, music, glitter, movement)
Social pressures around gifts or “Secret Santa”	End-of-term assessments or tests
Class parties and celebrations	Less access to calm spaces
Christmas decorations going up	More noise and unpredictability
Increased group work or rehearsals	High social expectations (smiling, joining in, performing)
Substitute teachers or staff absence	Church services or assemblies
Late nights/home events	Longer indoor playtimes (weather)
Tiredness building towards the break	

### HOW WE CAN HELP

We can support by keeping things predictable where possible, offering clear explanations when routines change, and building in calm, grounding moments throughout the day. Small adjustments make a big difference – visual timetables, movement breaks, quiet corners, noise-reducing strategies, and checking in with a young person before overwhelm hits. Most importantly, we stay connected. When we notice their cues, validate their experience, and co-regulate alongside them, we show them they are safe, understood and not alone in the noise of it all.

©2025 The Contented Child. All rights reserved.