



CAWSTON GRANGE PRIMARY SCHOOL NEWSLETTER

Friday 16th May 2025

It's been an incredibly busy week – the sort where there's barely time to catch your breath, but lots to be proud of!

Year 6 have done themselves proud with their SATs. They've approached each day with maturity, determination and a good dose of resilience. It's been brilliant to see them come in with calm confidence (and leave with a few sighs of relief!). They're also looking the part in their leavers' hoodies and thoroughly enjoyed their post-SATs ice cream treat from the PTA – a very welcome sugar boost after all that hard work.

Meanwhile, our Year 3 and 4 pupils have been making waves in the pool – literally. The swimming instructor has been really impressed with the standard across the board, which says a lot about the value you place on swimming as a life skill. Thank you for continuing to support this so well.

We've also had a photographer in school this week taking pictures for the new website. The first batch came through this morning and they really made us smile. They capture exactly what we see every day: children who are engaged, relaxed, and enjoying learning. We look forward to sharing them with parents.

We also had a visiting PSHE trainer this week who gave us some unexpected but lovely feedback. She was waiting in the car park at pick-up time and said how much she noticed the warmth between parents and children. No one was glued to a phone, no one distracted – just lots of conversations and connection. It's not something I'd ever really stopped to notice, but she's right. It speaks volumes about our school community and the atmosphere it creates.

A more practical note to end on: we've had a few incidents recently where individuals have entered the school grounds overnight or at weekends. Nothing has been damaged yet, thankfully, but each time it happens, we need to do full site checks to make sure everything is safe. If you

live nearby, we'd be grateful if you could keep an eye out and report any suspicious activity directly to the police. It really helps us keep the school secure for everyone.

Thanks, as always, for your support – and for being part of what makes our school a fantastic place to be.

Mrs Worthington
Head Teacher

Join Our Amazing Team as a Midday Supervisor!

Are you passionate about making lunchtimes fun, active, and engaging for children? We are looking for an enthusiastic and caring **Midday Supervisor** to join our school community, working from **11:00am – 1:15pm Monday and 11.30 am - 1.15 pm Tuesday to Friday**. If you believe in the power of play to help children grow, build friendships, and thrive, we'd love to hear from you!

At our school, we live by the values of **excellence, respect, and friendship**, and we are proud of our strong, supportive team. You'll be joining a warm, inclusive environment where everyone works together to give children the best experience possible—both in and out of the classroom.

If you're ready to join a school where **friendship, respect, and excellence** come to life every day and help our children enjoy their lunchtime to the fullest, we'd love to hear from you!

Apply today and help us make lunchtime the best part of our childs' day!

Please contact the school office for an application form. Please return completed your application form to Cawston Grange Primary School, Scholars Drive, Cawston, Rugby, CV22 7GU or email brand.c1@welearn365.com by Wednesday, 4th June 2025

Mental Health in Schools



Mental Health in Schools Team
Tips For Wellness



Supporting your Child at School

Young people can feel anxious about school for lots of different reasons. They might be worried about making friends or fitting in, find schoolwork or lessons confusing, feel pressured to learn in a certain way or find their relationships with teachers difficult. Sometimes, going through difficult experiences outside of school – such as a death or an illness in the family can also make it harder for a child to feel settled at school.

For some young people, the school environment can feel really difficult, and trying to fit into it can create a huge amount of stress. This might be the case if they are struggling with their mental health or have a neurodiverse condition such as autism or ADHD. This can make the school environment anxiety-provoking and exhausting, especially if their condition or need is undiagnosed or they are not currently accessing the support/ strategies they need.

Our Top Tips For Supporting your Child at School:

Create a morning routine or timetable. A routine can create a sense of security and reduce stress for your child and for you too. Try to prepare things like packing bags and laying out clothes the night before.

Think together about how your child can manage their anxiety. Younger children might like to use a worry box at home to help contain their anxieties. Teenagers might like to fill a box with things that help them feel calm using our guide to making a self-soothe box. Scan the QR codes below to find instructions:

Worry Box:



Self-Soothe Box:



Encourage them to do things that help them relax. Having time to unwind after school can be important. This could be spending time with friends and family, listening to music, going for a walk or run, playing sport, baking, drawing or watching a favourite film.

Recognise small achievements. Notice small successes such as getting out of bed at the right time or handing work in at school – and tell your child how proud you are of them.

Try to take the pressure off. On some days your child may not be able to manage schoolwork or homework. Remember their mood will go up and down and you can always try again the next day.

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.



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Caring

Caring is about looking after the needs of yourself and others. There are lots of ways you can show others that you care, showing kindness, compassion, love, support and being thoughtful. It is equally important to take time to care for ourselves, sometimes termed '**self-care**'. This can help us to increase our resilience and sense of self-worth. Allowing yourself time to engage in activities you enjoy and make you feel good, along with recognising unkind thoughts and trying to replace these with kinder thoughts can be part of caring for yourself.

Caring for others can help us feel connected, purposeful, and close to those we care for. These things are positive for our mental wellbeing. Can you think of a way you've shown care for someone this week?

Everyday millions of people in the UK give additional care to people they know through helping with everyday living tasks. **Young Carers** may also be responsible for looking after younger brothers and sisters and doing household chores. If you are, or you support a Young Carer, you can find local carers support by following the QR code:



Warwickshire Young Carers Project



Coventry Young Carers Support

Our tips for being caring:

1. **Caring Chain** - write down an act of caring they can do for another person or for themselves on a strip of paper. Create a paper chain with each of these strips, by folding and linking them together. This can then be displayed in the classroom and pupils can be encouraged to give a new act of caring a go each week.

2. Try to **identify 3 ways** you have been caring towards yourself and 3 ways you have been caring towards others. Then, set a goal for another caring act you can carry out over the following week.

3. Take time to **practise self-care!** Follow the QR code for some ideas of how you could be kinder to yourself:



Self-care ideas

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

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Weekly Online Safety Bulletin – Minecraft 2025

This free guide explores Minecraft again– a gaming favourite for children and adults alike. It highlights the potential risks, including online strangers, in-game bullying and unintended spending.

Playtime Snacks

Key Stage 2 children are allowed to bring a snack from home to eat at play-time. Please ensure that this is either a piece of fruit or a cereal bar (nut free). Many children are taking items such as packets of crisps or sandwiches from their lunchboxes but these should be eaten at lunch, not playtime. We have also reminded the children of this in school



PTA

Sponsored Run in Support of Mr Willmot – Thursday 5th June!

We're excited to be sending home sponsorship forms this week for our whole-school Sponsored Run, taking place during the school day on **Thursday 5th June**.

EYFS and **KS1** will be running 2K, while KS2 pupils will be taking on a **5K** challenge—all in support of **Mr Willmot**, who is running the London Marathon next year on behalf of our school! This is a fantastic opportunity to get active, show our encouragement, and raise funds towards an exciting project: an outdoor interactive sports wall, for all children to enjoy. Sponsorship money can be paid to the PTA using the QR code on the sponsorship form, or cash can be returned with the form by Thursday 5th June. Please encourage sponsorships where possible—every contribution makes a difference!

Breakfast Club



Please remember that all bookings and payment for breakfast club places need to be made via your SCOPAY account, all breakfast places must be pre booked at least 5 days in advance. If you have any questions please contact the school office.

School Lunches – SwiftKitchen app

If your child is having a hot school dinner, meals need to be booked no later than 9am via your Swiftkitchen app. If you have booked a lunch and no longer require please cancel it before 9am on the day, as we are unable to remove orders.



Allsorts Magazine



Here is the link to the May/July (half-term) digital version of Allsorts magazine https://bit.ly/ALLSORTS_MAYJULY - you can **tap** straight to advertisers' websites too when viewing the mag on your phone (please mention allsorts). There are lots of attraction to visit, services and articles to help your family. You can view this issue at www.allsortsmag.com too or on the allsorts Facebook page soon. Take care - Michelle Love (Editor).

School Year

2024/2025

Diary Dates – Summer Term 2025

May 2025		
12-23/05/25	Year 3 & 4 Swimming Lessons	Consent and Payment via SCOPAY
21/05/25-23/05/25	Year 6 Residential	
23/05/25	School Closes at 3.30pm for Half Term	

26/05/25 to 30/05/25 Half Term		
June 2025		
02/06/25	School reopens at 8.40am	
05/06/25	Sponsored Run	
13/06/25	Year 4 Silverstone Museum Trip	Consent and Payment via SCOPAY
17/06/25	Year 1 Trip – St Johns Museum	Consent and Payment via SCOPAY
20/06/25	Designated Teacher Training Day	School Closed to Pupils
23-24/06/25	Year 1 & 2 Disney inspired Football Festival	More details to follow
23/06/25	Year 3 The Festival on the Close	Consent and Payment via SCOPAY
26/06/25	Year 2 – Mad Museum & Butterfly Farm Trip	More details to follow
26/06/25	Year 3 Archery Day	
July 2025		
01/07/2025	Sports Day	Weather permitting
02/07/2025	Secondary School Induction Day/Transition Day	
05/07/25	Summer Sizzler	
11/07/25	Reception Seaside Day	More details to follow
11/07/25	School Reports sent out	
15/07/25	Year 6 Production	More details to follow
16/07/25	Year 3 Trip	More details to follow
16/07/25	PTA End of Year & Leavers Disco	More details to follow
17/07/25	Year 5 Trip to London	Consent and Payment via SCOPAY
18/07/25	Year 6 Leavers Assembly	More details to follow
18/07/25	School Closes at 3.30pm for Summer Holidays	

School Year

2025/2026

Diary Dates – Autumn Term 2025

September 2025		
01/09/25	Designated Teacher Training Day	School Closed to Pupils
02/09/25	Designated Teacher Training Day	School Closed to Pupils
03/09/25	School Reopens at 8.40am	
October 2025		
24/10/25	School Closes for Half Term 3.30pm	
Half Term – Monday 27th October – Friday 31st October 2025		
November 2025		
03/11/25	School Reopens at 8.40am	
December 2025		
19/12/25	School closes for Christmas 3.30pm	

Diary Dates – Spring Term 2026

January 2026		
05/01/26	Designated Teacher Training Day	School Closed to Pupils
06/01/26	School Reopens at 8.40am	
February 2026		
12/02/26	School Closes for Half Term 3.30pm	
13/02/26	Designated Teacher Training Day	School Closed to Pupils
Half Term – Monday 16 th February – Friday 20 th February 2026		
23/02/26	School Reopens at 8.40am	
March 2026		
27/03/26	School Closes for Easter at 3.30pm	

Diary Dates – Summer Term 2026

April 2026		
13/04/26	School Reopens at 8.40am	
May 2026		
04/05/26	Bank Holiday	
22/05/26	School Closes at 3.30pm	
Half Term – Monday 25 th May – Friday 29 th May 2026		
June 2026		
July 2026		
17/07/26	School Closes for Summer at 3.30pm	

Please check dates regularly as more trips and events will be added as the year progresses.

Attachments

Weekly Online Safety Bulletin – Minecraft 2025
 Mental Health in Schools – Supporting your Young Person
 Mental health in Schools - Caring
 Rugby Free Secondary School Year 5 Open Talks - July 25

Triumph Learning Trust

Open Talks for Year 5

Saturday 12th July 2025

You are invited to come and see all that Rugby Free Secondary School has to offer and listen to a talk from our Headteacher, Mr Green.

Doors Open: 9:45am
Talk 1: 10:00am
Talk 2: 10:45am
Doors Close: 11:30am

Book Today!

<https://www.ticketsource.co.uk/rugby-free-secondary-school/e-lkbpex>

Icons: CHURCH, COMMUNITY, ENVIRONMENT, HEALTH, LEARNING, SPORT, WELL-BEING, WIDER COMMUNITY

garden organic

Reduce, Reuse, Recycle Family Fun Day

Rugby Eco Hub
Wednesday 28th May
Drop in between 10am-1pm

Join us for a morning of activities for all ages! Find out more about how you can reuse items you might throw away, what happens in a compost bin and take home a newspaper pot!

CONTACT US
rugby@gardenorganic.org.uk
02476 303517

Working in Partnership with garden organic and RUGBY

SUMMER OF TENNIS

TENNIS & ACTIVITY CAMP
5YRS+
9AM - 3PM
MORNINGS & FULL DAYS
8.30AM *EARLY DROP OFF
& 4PM LATE PICK UP AVAILABLE

BOOK EARLY FOR BIG DISCOUNTS!!!

POWERED BY JUNIOR PROGRAMME and YOUTH

*Subject to venue availability

SUMMER OF TENNIS

JUMP ON COURT FOR A SUMMER OF FUN TENNIS & SPORTS ACTIVITIES. WHATEVER YOUR LEVEL THERE'S SOMETHING FOR EVERYONE!

Scan the QR code to book into one of our summer camps at your local club today!

QR CODE

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