

From the headteacher



Dear Parents and Carers,

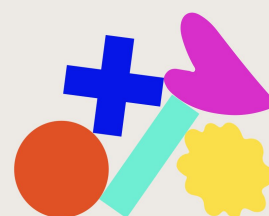
It has been wonderful to witness all our children settling into the new term so seamlessly, especially, our new children and families who have joined us this year; we are thrilled to have you as part of our school community! It was lovely to see so many of you at the International Lunch last Saturday, where we celebrated the diverse range of cultures within our school.

As we start this new school year, I would like to take a moment to remind everyone about the importance of regular attendance. Every day counts, and consistent attendance helps our children thrive academically and socially.

Lastly, I hope you've seen the link to book your parent evening appointments. We look forward to discussing your child's progress and goals with you. Thank you for your continued support!

Best wishes,

Helen Darrell



THIS WEEK AT ST PAUL'S

- Squirrel class have had a wonderful time writing Biographies about Howard Carter (who discovered Tutankhamun's tomb in the Valley of the Kings).
- Over the next couple of weeks we will be welcoming advisers from the local authority to support continued improvements to the work we do in school.



St Paul's C of E Primary School

Life in all its fullness

Rabbit class news

We have made a great start to the year and the children are settled and responding well to routines and expectations. We have just come to the end of our geography topic all about the UK and we enjoyed creating our own maps; using coloured tissue paper to show the relief of the land.

In art this week, we began to create our Stone Age figures. If they look a little odd, that is because one part of the figure will next week become animated with the help of a split pin - putting an end to severed limbs!



Useful dates

Autumn Term 2025
Wednesday 3rd Sept 2025 -
Friday 19th Dec 2025

Dates for your diary

Thurs 16 Oct - Open
afternoon - please a slot to
visit 1.30 - 3pm

Tues 21 Oct - Badger class
trip to the Botanic Gardens

Fri 24 Oct - End of term

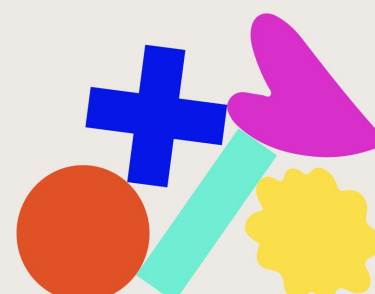
Attendance Matters!

As we begin this new term, I would like to emphasise the importance of regular attendance and punctuality for all students. Establishing good habits from the start lays a strong foundation for academic success. Consistent attendance ensures effective learning. Conversely, lateness can disrupt an individual's learning process.

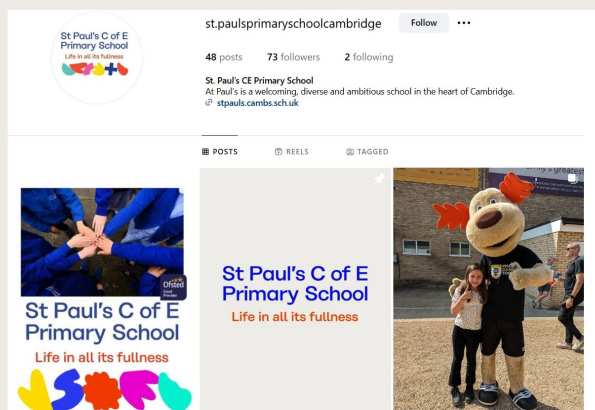
I encourage families to support their children in prioritising attendance and arriving on time. Together, we can ensure a productive and enriching educational experience for all.

Thank you for your continued support.

Let's talk
attendance!



Other News



Instagram



Find us on Instagram at [st.paulsprimaryschoolcambridge](https://www.instagram.com/st.paulsprimaryschoolcambridge) where you can see photos from key events and reminders of upcoming events. #FollowUs #Insta #StPaul's #KeyEvents

Please share our posts widely! Let's see if we can reach 100 followers!

St. Paul's Church - We are Hiring!

Job Title: Community Musician (freelance)

Hours: Approx. 12 hours per month

Three Sundays per month (2 mornings, 1 evening)

5 hours prep per month

Possibility of developing projects requiring further hours

Freelance: £3000 per annum + chance of extra paid project work

The Community Musician will work alongside and support our Music Coordinator, Helen Robbins, in developing and sustaining the church's music life. Please visit our website to find out more.

Collective worship theme

Welcoming Community

At our school, we believe that every smile, every "hello," and every act of kindness helps build a truly welcoming community. When we take the time to include others, listen to new ideas, and celebrate our differences, we create a place where everyone feels they belong.

A welcoming community isn't just about opening doors—it's about opening hearts. Whether it's greeting someone new on the playground, helping a classmate, or showing respect to those around us, each small action helps make our school a warmer, happier place for all.

Let's keep finding ways to make everyone feel at home here—because together, we are stronger.

Please do read more about our school's values...

[St. Paul's vision and values](#)



Cycle to School Week 2025

Get pedal ready to go from A to B by Cycle, and enjoy all the benefits along the way—saving money, boosting health, and helping the environment.

Cycle to School Week 2025 takes place from **Monday 13 – Friday 17 October**.

Last year, thousands of families and schools pledged to swap the school run for pedal power. This year, it's your turn!

Cycle to School Week is a national celebration of cycling, encouraging families to swap the school run for a more active and sustainable journey.

Families can pledge to:

- Cycle to school every day during Cycle to School Week
- Swap one car journey for cycling
- Discover somewhere new on my cycle
- Go on a cycle ride with my family



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. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

- 1 A PREDICTABLE ENVIRONMENT**
Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.
- 2 USE LANGUAGE THAT MATCHES THEIR AGE**
Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.
- 3 TRAUMA AND THE BODY**
Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.
- 4 AVOID RETELLING OR RELIVING TRAUMA**
Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.
- 5 AVOID DISMISSING OR MINIMISING FEELINGS**
Seemingly well-meaning comments like 'it's not that bad' or 'you're okay' may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.
- 6 UNDERSTAND HOW THEY'RE FEELING**
Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.
- 7 BE AWARE OF YOUR OWN RESPONSES**
Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.
- 8 SEEK PROFESSIONAL SUPPORT**
While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.
- 9 MAINTAIN CONNECTION**
Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.
- 10 BE PATIENT – HEALING TAKES TIME**
There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert
This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.

#WakeUpWednesday The National College

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St Paul's C of E
Primary School

Life in all its fullness

OPEN AFTERNOON

Book your school tour today at:
www.stpauls.cambs.sch.uk/open-afternoons
or call the school office for an
alternative date.

Thursday 16th October 2025
Thursday 13th November 2025
1.30pm - 3.00pm

St Paul's CE VA Primary School
Coronation Street
Cambridge
CB2 1HJ

Please share our poster with families and friends.
If you are able to display one in your front window, we
can print a poster for you to collect.