



Kew Woods News

Friday 5th September



Welcome to 2025/26 at Kew Woods

We have loved welcoming our children into the new academic year this week! Each day this week, Mrs Greaves and Miss Checkley have led assemblies for Years 1-6; reminding children of our values and Code of Conduct. They have also read Sammy Feels Shy, Jack's Amazing Shadow, My Path and Basil Dreams Big to the children and discussed the themes and important messages that the stories have in them. These included: the importance of taking responsibility for our actions, showing forgiveness, learning to move forward with kindness, asking for helping, embracing each day as a fresh start, how to show kindness to ourselves and others, strategies for overcoming shyness and believing in yourself.

Executive Headteacher
Christina Greaves
Head of School
Leanne Checkley

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www.kewwoodsprimary.co.uk

ATTENDANCE:

School attendance this week is 97% which is above national average.

Well done to class 4W who had the highest attendance at 100%

Dates:

September

10th - Meet The Teacher Meetings at 3:30pm and 5pm

18th - MSHT Coffee Morning for parents
w/c 22nd - 2K Forest School

w/c 29th - 2W Forest School

30th - Dental Hygiene Workshops

London Meeting for Year 5 parents at 3:25pm

October

3rd - School Council elections





kewwoods

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362 likes

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This Week's Class Dojo Winners

Full class	RK
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Full class	RW
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Freya	1K
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Evie	1W
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Faye	2K
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Sapphire	2W
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Marcel	3K
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Elie	3W
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Jack	4K
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Iknoor	4W
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Jessica	5K
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Annie R	5W
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Natan	6K
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Flo	6W
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Back To School

We were delighted to welcome our pupils back to school this week. They all looked so smart in their new uniforms and it was wonderful to see their happy faces. During this week, the teaching teams have worked on establishing positive relationships with their class and reinforcing the expectations and routines. In class, the children have made Learning Relationship Agreements and discussed our Code of Conduct and Kew Values. We have also learnt what we need to do if we hear the fire alarm or lockdown alarm in our new classes. We will practice these over the course of the year. The classes have all adapted well and settled back into school positively.

We have really appreciated how our Kew community have supported our target this year of being punctual. This is already having a positive impact with learning as lessons are starting promptly for all.

Thank you to our parents for following the routines for entry and exit to school and ensuring that the children arrive on time and are collected promptly at the end of the school day. This is particularly important as the teaching teams will be delivering after school clubs in the coming weeks.

We would also like to welcome new members of staff joining us this academic year: Mrs Taylor, Mr O'Neil, Miss Sumner and Miss Shrimpton

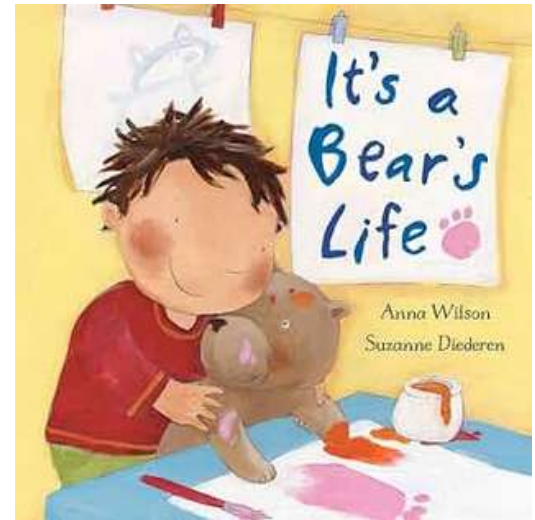
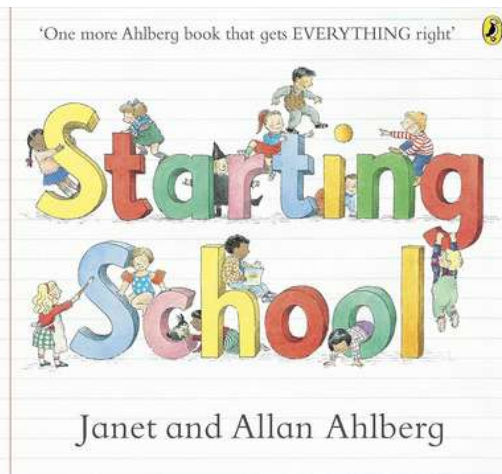




Developing A Love of Reading



Our new starters in EYFS have settled into their new classes really well and have already made lots of new friends. They particularly enjoyed voting for a story this week. Some of the stories they have read are: Little Monkey, It's A Bear's Life, Starting School and Charlie and Lola, Please May I Have Some of Yours?



Year 6

Year 6 had a visit from Mrs Summers from Christ The King High School to talk to them about their upcoming Open Evenings and answer children's questions about the school.



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®

PARENT DROP-IN

**AN INTRODUCTION TO THE
MENTALHEALTHSUPPORTTEAM**



THURSDAY 18TH SEPTEMBER

9AM-9:30AM



KEW WOODS PRIMARY SCHOOL

Come along to parent/carer information morning with the
Mental Health Support Team.

The team will tell you about the support they offer in school
and answer any questions you might have.

SEE YOU THERE!



Providing good quality school uniform to families in Southport and surrounding areas.

COMPASSION ACTS

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Cambridge Walks
Southport PR8 1EN

Wednesday to Friday
11am to 2pm

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