



"Working Together, Learning Forever"

Wednesday 4th February 2026

Dear parent/carer,

Thank you

A huge thank you to all parents and carers who have supported their children and the school this half term. The weeks have flown by, and I cannot believe we are nearly half way through the school year already. Your children continue to achieve amazing things and show wonderful support to one another. For those who have received a text, dojo, face to face conversation or phone call home this term from myself or teachers telling you about the successes of your child, I hope you have found this uplifting and a recognition of the amazing things your children are achieving.

Behaviour Tips

I gave you an update in my last newsletter about our work with 'When the Adults Change, Everything Changes'. I promised that future newsletters would include tips for managing behaviour at home. Here are the first 3. I hope you find them useful.

Behaviour Tip: Accessing calm

When behaviour is wobbly and emotions are high, it is important that you can take control of your emotional responses. It can be useful to think of something that will help you do this - looking at a drawing your child has made you, listening to a specific piece of music or looking at a photo or video of your child that keeps your frustration in check.

Behaviour Tip: Postpone decisions

When it comes to consequences, get used to saying, 'I need to think about what happens next' or 'Let's come back to this later'. It is important that your response to tricky behaviour is well considered, fair and proportionate. Reacting in the moment rarely allows us to give this response to our children.

Behaviour Tip: FEAR response

Understanding the way, we respond to tricky behaviour is useful. We can often experience FEAR (False Experiences Appearing Real). The escalation of our own worries can take us from seeing our children showing age-appropriate resistance to worrying they will be terrible humans and spend their lives alone. Try to identify the next time FEAR shapes the way you react to your children's behaviour.

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NSPCC Number Day

This will take place on Friday 6th February. All pupils can wear something with a number on. There is a £1 voluntary contribution for the NSPCC charity.

Valentine's disco and non-uniform day (no cost)

This will take place on Friday 13th February and be run by our wonderful PTFA alongside staff. All children can wear non-uniform at no cost. There will be drinks, sweets etc. to purchase in the disco. This is also the last day of this half term before the holidays; we start back on Monday 23rd February.

St. David's Day celebrations

We will be celebrating St. David's Day on Friday 27th February. There will be lots of competitions and singing in school on this day! All pupils can wear something red or national costume.

Mother's Day stall with gifts to buy, run by the PTFA

This will take place on the 11th and 12th March. Pupils can buy something for Mother's Day. Items will range from £1 to £5.

Parent/carer consultation meetings with teachers.

These will take place during the week commencing 16th March. Your child's class teacher will contact you during the first week back after the half term holidays with an appointment date and time. This is a wonderful opportunity for you to come in and see first-hand how your child is doing and what can be done to support them.

Key dates this term

Friday 6th February – NSPCC Number Day, wear something with a number on. £1 voluntary contribution for the charity

Friday 13th February – last day before the half term holidays. Valentine's disco and non-uniform day (no cost)

Monday 23rd February – pupils start back after the half term holidays

Friday 27th February – St. David's Day celebrations in school. Wear something red or national costume.

4th, 5th & 6th March – Y5 residential visit to Llangrannog

11th and 12th March – Mother's Day stall with gifts to buy, run by the PTFA

W/C Monday 16th March -parent/carer consultation meetings with teachers. Your child's class teacher will contact you with an appointment date and time

Friday 27th March – Last day of term before the Easter holidays. Non-uniform day (no cost)

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Monday 13th April – INSET day. School closed to pupils but open to staff.

Tuesday 14th April – pupils start back after the Easter holidays

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