

PARKWAY PRIMARY  
SCHOOL

# WELCOME BACK TO SCHOOL

**WELCOME BACK!  
HERE'S TO A GREAT NEW TERM AHEAD!**

## FROM THE HEADTEACHER

Welcome to a new academic year. It was lovely to see all the children on Tuesday, the school came alive after the summer holiday. I'm pleased to report that we started well with less than ten children not here on the first day. There has been a large amount of work undertaken over the holiday, the most obvious is the new fence which has been erected around the outside of the school to provide greater protection for our windows. It has also had the added benefit of letting more light through and I look forward to seeing a large reduction in the rubbish that can no longer blow through under the fence from the street. The holidays also saw the opening of two new classroom spaces which have been taken up by our older children in Oak Tree classes, Oak 5 and Oak 6. This is in preparation for two new Oak classes opening through this academic year, Oak 3 and Oak 4.

We receive regular emails from the Department for Education and in yesterday's we were asked if we can support by helping a letter from Sir Keir Stamer, reach as many parents as possible. Here is the link, [Education Hub](#) to read the Prime Minister's letter to parents.

Monday saw some disappointing news from the providers of our before and after school club who informed us that with effect from the 1<sup>st</sup> September 2025 they would no longer be providing a service to Parkway Primary School. Mr Trevena and Mrs Saich are working with the local authority to see if we are able to source a new provider in the near future. We will keep you updated through the weekly newsletter.

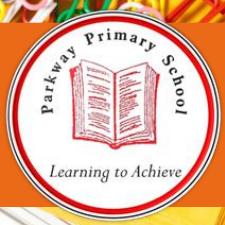
You may have read on social media over the holiday that some schools have received threatening emails. As part of the response by the Metropolitan Police, they have increased their presence around schools which was evident for us on Tuesday when the children returned. They will be continuing this across schools in the South East of London.

There was some very positive feedback this week about how quickly our reception children receive a full-time education, where other schools can take a number of weeks before this happens. This great start gives the children longer to ensure they leave reception in July with a 'good level of development'.

Mr Ehimika completes his term of office as a parent Governor in November and as his youngest son left the school in July will not be able to stand for re-election which means we have a vacancy for a parent Governor later this term. Ms Saich will send a formal letter out to begin the process in a couple of weeks, but in the meantime, if this is something you would like to know more about then please speak to Mr Trevena or myself to gain an insight into what is involved. I would also like to take the opportunity to thank Mr Ehimika for his contribution on the Governing Body, he has provided appropriate challenges and a large amount of support to the school, which we are very grateful to him for.

The weather says there is high pressure this weekend which should hold the rain back after a very wet week, so I hope you are able to enjoy the rest bite and I look forward to seeing you and your children on Monday.

Mr Celino-Stock



## SCHOOL UNIFORM REQUIREMENTS

Smart black trousers, skirt, pinafore or culottes (no leggings)

Red Polo shirt (no white shirts/blouses or any other coloured shirt/blouse)

Red school sweatshirt/fleece with or without Parkway logo

Plain red cardigan

Plain black or white socks

Plain black or white tights (no footless tights)

All black shoes (no boots or high heels)

In summer term a red and white checked summer dress may be worn

In summer term smart black shorts may be worn

Headscarves – Plain red, black or white only

Hair beads – Plain black, red or white (not worn for P.E.)

**Please ensure all clothing is clearly labelled with your child's name.**

## Medication Reminder

**A reminder to all parents to return any required medications to the main office as soon as possible. Please note that the school does not keep backup supplies on site.**



Parkway Primary School

# After School Clubs Program



Clubs are available to book on Parentmail.

Please note these will close Monday 8<sup>th</sup> September.

## Monday:

- KS2 Gardening/Science
- KS1 & KS2 Gymnastics
- KS1 Reading
- KS1 Dance
- KS2 Reading

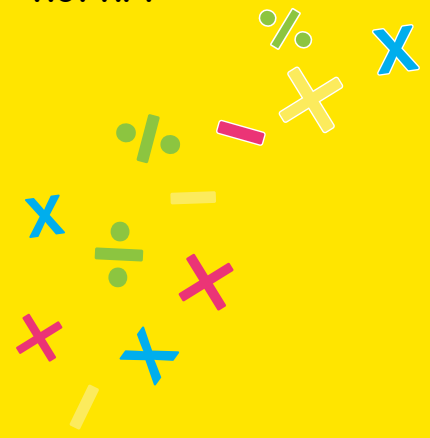
## Wednesday:

- EYFS & KS1 Football



## Thursday:

- Ash N & Ash R EYFS
- Ash 4 Times tables
- KS2 Football
- KS1 Art



- EYFS - Ash N & Ash R
- KS1 - Year 1 & 2
- KS2 - Year 3, 4 5 & 6

All 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. Formally delivered by National Online Safety, these guides now address wider topics and themes. For further guides, facts and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## 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, changes, or frequent headaches. These may indicate that a child is feeling overwhelmed. By being on these more 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 their worries. Regular, low-pressure conversations create a safe space where emotions are validated and dismissed.
- 3 MAKE MOVEMENT PART OF THE DAY**  
Physical activity can dramatically reduce stress hormones and improve 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 to 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, enhance 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 school mornings, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like reading, outdoor 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 lean on and spend quality time with. Help them build these bonds through shared activities and meaningful interactions.
- 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. Show them 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 Healthy Education Ltd, Director for Wellbeing and Family Services at Leigh Tross, 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**

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With over 60% of children and young people regularly feeling overwhelmed, it's never been more important to support them in managing stress as they head back to school. This week's #WakeUpWednesday guide highlights 10 top tips – from spotting early signs to encouraging healthy sleep patterns – that can make a meaningful difference 🍀

Designed for parents and educators alike, the guide outlines how small, everyday actions can help young people feel more in control. It's a valuable resource to keep stress in check and nurture emotional resilience 🙌🙌

### EMOTIONAL BASED SCHOOL AVOIDANCE (EBSA) PARENT/CARER SUPPORT GROUP

To take place on: **Thursday 25<sup>th</sup> September 2025 10 -11.30pm**

Venue: **Bexleyheath Library – Dickens Room**



Bexley Educational Psychologists are providing parent/carers the space to share their experiences, hear from others and gain support as part of a network for those supporting children and young people who are experiencing anxiety-related difficulties around attending school (including Emotional Based School Avoidance).

If you are interested in joining this group, please email: [parentebasasupport@bexley.gov.uk](mailto:parentebasasupport@bexley.gov.uk)