



# Newsletter

*Celebrating learning together in faith, hope and love*

*1 Corinthians 13 v 13 - And now these three remain: faith, hope and love. But the greatest of these is love.*

Friday 5<sup>th</sup> September

## Headteacher's Hello

Dear Parents and Carers,

Welcome to the new school year at Bishop Perrin School! We hope you had an lovely summer and had a chance to rest and recharge and enjoy some time with your families.

It has been wonderful to welcome the children back to school this week and hear all about their summer holiday adventures. We are especially delighted to welcome our newest pupils of Bishop Perrin School as our new Reception Class have enjoyed their first day of school this week. We have also welcomed some new staff to our team this term: Miss Jessica Gunter (Y3 class teacher), Mrs Amy McGregor (Finance and Administration Officer), Ms. Mary Vu (TLA), and Mrs. Anthia Poleviou (Spanish teacher).

We have had a great first week and the children have been settling into their new classes very well; learning new routines and getting to know their new class teacher. There will be opportunities for you to meet your child's new class teacher next week – see later in the newsletter for details about this.

It was nice to meet with parents yesterday at our 'Meet the Headteacher' meeting – thank you for coming. I shared our plans and expectations for the coming school year. If you didn't get a chance to attend, the information I shared is available on our school [website](https://www.bishopperrin.richmond.sch.uk/).

And finally, I'm delighted to share with you the very happy news that over the holidays, Miss de Boissiere's baby was born – little Luca was born in August. We send Miss de Boissiere and her family our very best wishes and many congratulations.

Have a lovely weekend,

Miss Macklearn



## Attendance and Punctuality

Year R, Year 1, Year 2, Year 3, Year 4, Year 5, Year 6  
Whole school: 96.2%

A reminder that if a child is late arriving at school after the gate has closed, they must be signed in by the adult accompanying them to school.

## In collective worship this week...

We have talked about goals and expectations for the year ahead and celebrated the children's achievements this first week back.

## School News

### Food in Schools and Managing Allergies

Today we are sharing with you our new [Allergy Policy](#) and [Food and Healthy Eating Policy](#). Whilst we have always had systems in place to manage allergies and food in school, the development of these policies is in response to the increasing number of food allergies and intolerances we have among our school community. Please take some time to read both policies as they are applicable to all parents, carers and pupils, and contain important information about how we keep children safe in school.

This week, we have introduced an additional identification system at lunchtime, to help our school catering staff when serving school lunches. Children with medical dietary needs will wear a coloured wristband at lunchtime which they can show to the server to help ensure the correct food choices are made.

We have long been a nut-aware school, and nut (and sesame) products are not allowed in school or on school trips.

To help us in managing dairy allergies, children in Reception Class who are eligible for free school milk (and those in other classes whose parents have paid for milk) will no longer be consuming their milk in school. Instead, we will be sending the little milk bottles home with the children at the end of the day, for them to drink at their leisure. Please check book bags to ensure milk is not left in them overnight.

Fruit and vegetable snacks are provided for morning break for children in Year R – Y2, and KS2 children can bring snacks into school for morning playtime but they must be a healthy snack (fruit or vegetables only – we can no longer allow cheese, to help us manage dairy allergies).

Parents and carers are requested to refrain from giving after-school snacks to their children until they have left the school premises. Thank you for your cooperation with this.

Full details of food management in school can be found in the [Allergy Policy](#) and [Food and Healthy Eating Policy](#).

## Meet the Teacher Sessions

Next week, we will have our 'Meet the Teacher' meetings in the classrooms after school at 3.15pm on Monday 8<sup>th</sup> September (Y2 & 3), 3.30 – 4pm, and Tuesday 9<sup>th</sup> September (Y4, 5 & 6). We hope to see many of you there. We will have staff in the playground to supervise children while the meeting is going on. For those who can't make it in person, see below for details of how to join via Google Meets:

### Monday 8<sup>th</sup> September, 3.30pm

Year 2: [meet.google.com/iwh-fbfn-uvr](https://meet.google.com/iwh-fbfn-uvr)

Year 3: [meet.google.com/xzs-paxe-xva](https://meet.google.com/xzs-paxe-xva)

Tuesday 9<sup>th</sup> September, 3.30pm

Year 4: [meet.google.com/tbz-qfsx-qdc](https://meet.google.com/tbz-qfsx-qdc)

Year 5: [meet.google.com/obe-swmg-fxe](https://meet.google.com/obe-swmg-fxe)

Year 6: [meet.google.com/yvc-qiws-zcb](https://meet.google.com/yvc-qiws-zcb)

## Key dates for the new school year

### Class assemblies

Class assemblies for next year will take place on Thursday mornings as follows.

9th October	Year 4
27 <sup>th</sup> November	Year 6
29 <sup>th</sup> January	Year 3
12 <sup>th</sup> March	Year 2
30 <sup>th</sup> April	Year 1
11 <sup>th</sup> June	Year 5
3rd July	Year R

Class assemblies usually start at 08:55am in the school hall and last for approximately 20 -30 minutes.

### Parent interviews

Wednesday 15<sup>th</sup> October – 3:30 – 7:30pm

Thursday 16<sup>th</sup> October – 2:30 – 5:30pm (please note the early finish on this day at 2pm)

**INSET Day:** Friday 28<sup>th</sup> November

### Nativity Performance – Year 1 & 2

Wednesday 17<sup>th</sup> December – 9am

Thursday 18<sup>th</sup> December – 2pm

### Reception Class Christmas Carol Performance

Tuesday 16<sup>th</sup> December – 2:30pm

Thursday 18<sup>th</sup> December – 9am

### Whole School Christmas Carol Service

St. Augustine's Church – Friday 19<sup>th</sup> December, 12.30pm (tbc)

## Curriculum information for parents

Please find information about what your child will be learning this term by clicking on the following links:

[Year R](#), [Year 1](#), [Year 2](#), [Year 3](#), [Year 4](#), [Year 5](#), [Year 6](#)



## School Trips Payments / Permissions

Unless otherwise stated, children should wear school uniform for school visits (this includes school shoes). Children should bring a bag (school bag or other) to carry their packed lunch and water bottle in. Packed lunches should not contain any form of nuts (this applies to children and adult volunteers); no fizzy drinks or glass bottles. In the summer term, if the children are likely to be outside during their visit, please ensure that you apply sunscreen before they come to school and they wear a hat. If details vary to this, they will be provided below within the specific trip section.

### Year 5 Residential – Isle of Wight

Children visiting the Isle of Wight 5<sup>th</sup> to 8<sup>th</sup> May 2026.

In order to secure a place for your child on this trip, please make the non-refundable deposit of £52.00 per child by Friday 20<sup>th</sup> September 2025. Payments to be made online only via your child's Arbor account.

You may then choose to pay the balance in full or via instalments, please indicate your preference on the attached reply slip. Full payment/outstanding balances must be paid by the 24<sup>th</sup> February 2026.

### Year 6 Residential – Bowles Rocks

Children visiting Bowles Rocks 22<sup>nd</sup> – 26<sup>th</sup> June 2026.

In order to secure a place for your child on this trip, please complete and return the reply slip below by the 5<sup>th</sup> September 2025 and then a non-refundable deposit of £100 per child to be paid by 1<sup>st</sup> October 2025. Payments to be made online only via your child's Arbor account.

### Year 6 Heatham House

Year 6 will visit Heatham House, Twickenham on 1<sup>st</sup> October 2025 as part of the Junior Citizen program. The Junior Citizen Scheme is a partnership program for Year 6 primary school children in London boroughs, providing life skills and personal safety information to prepare them for secondary school and the wider community. Coordinated by Transport for London, it features interactive scenarios covering topics like internet safety, road safety, stranger danger, making 999 calls, and first aid.

Lunch - Please provide your child with a packed lunch.

If you would like the school to provide your child with a packed lunch please contact the school office: Tuna or cheese roll and fruit or cake/flapjack.

Please complete your child's consent via the ARBOR app, within the trips section to ensure your child can attend by the 25<sup>th</sup> September.

### Year 4 Roman Museum

On Thursday 23<sup>rd</sup> October 2025 Y4 will visit the Verulamium Museum in St Albans. They will travel to and from the venue via coach.

Please complete the outstanding payment and permission by the 1<sup>st</sup> October. Please provide your child with a packed lunch for this trip, alternatively if you would like a school provided packed lunch please contact Mrs. Chawla in the school office to request one via email (options, tuna or cheese roll and fruit or cake/flapjack, alongside fruit and vegetables) by the 1<sup>st</sup> October 2025.

### Swimming Lessons

Starting on Monday 15<sup>th</sup> September, Year 3 and some children from Year 4, 5 and 6 will start a 10-week run of swimming lessons at Isleworth Leisure Centre.

Please can you complete the outstanding payment within your child's ARBOR account ASAP.

It is our school uniform policy that children can wear a plain-coloured swimming costume for swimming lessons, preferably a plain black swim suit / trunk. For safety reasons, they must also wear a school swimming hat (or a plain yellow one) as they will not be allowed into the pool without one. On swimming days, the children will need to come into school in the morning with their swimming costumes on under their PE kit, and bring a towel and underwear in a small bag with their name on to take to the pool (a small, drawstring bag is ideal). Please make sure that your child brings a warm coat to school with them.



# Newsletter

## CLASS TEXTS

For next half term, the key texts for classes are listed below. We do have a supply of these books in school for use in class, but it is very helpful if your child is able to have their own copy. If your child has had their own copy of a class text during the year and no longer has a use for it, please consider donating it to our school supplies for future classes to use – thank you.

	Autumn 1
Year 2	Flat Stanley – Jeff Brown
Year 3	The Great Kapok Tree – Lynne Cherry
Year 4	The Thieves of Ostia – Caroline Lawrence
Year 5	The Highwayman – Alfred Noyes
Year 6	The Wind in the Willows – Kenneth Grahame

## Walking to and from school

We only allow children in Year 5 and 6 to walk to and from school on their own.

We must have written notification from parents that your child has permission to walk to school in the morning and we add their name to our 'Walk to School' register. If a child who is in Year 5 or Year 6 who is on the school's 'Walk to School' register has not arrived by 9:30am and the school has not been notified either by email or phone as to why the child will be late / absent, then the school office will telephone the contacts on the emergency contact form as soon as possible to find out the reason for the absence.

We must have written permission for children in Years 5 or 6 to be released from school at the end of the day if you wish them to walk home by themselves. Once dismissed, they are under the responsibility of their parents or carers. We add this information to our list of people who you have given permission to pick your child up from school. We must also have additional permission for children in Y5 & 6 to walk home from an after-school club at a later dismissal time to the usual school day.

## Pick up at the end of the day

Those children in Year 5 & 6 who have parental permission to walk home from school, once dismissed, are under the responsibility of their parents. Younger children can be dismissed to named adults (these must be communicated to the school at the start of the school year and recorded on the 'Going Home Sheet'). If an adult arrives to pick up a child but they are not on the list, the child will not be released to them. Written permission to go home with someone who is not already on the list needs to be given before the end of the school day.

Older siblings (Year 7 and above) can be named by the parents as pick up for children in Year 4 and above. For children in Year 3 and below, the person picking up must be 16 years or older.

## Celebrations and Achievements

Well done to the children who have earned a certificate this week:

CLASS	NAME
Year R	(next week)
Year 1	Aria
Year 2	Brodie
Year 3	Whole Class
Year 4	Alexa
Year 5	Stanley
Year 6	Alexi

Infant class of the week: Year 1

Junior class of the week: Year 6

## Safeguarding, Wellbeing and Inclusion

### Recognising and Managing Stress

Please see later in the newsletter for advice about how to support your child to recognise and manage stress. New expectations and changes to the routine can be unsettling for children but there are lots of strategies that can make a big difference to children to support their emotional wellbeing, at home and at school.

### AfC – SEND Local Offer

Please see the [AfC SEND local offer](#) for information about local charities and agencies who can support your family in the community.

### Inclusion and Wellbeing resources

The school website has a wealth of signposting to support you build children's [emotional health and wellbeing](#) as well as specific [SEND information](#) including:

- The Umbrella Gang comic books to celebrate neurodiversity
- BBC Teach: Moodboosters
- BBC Bitesize: SEND information for parents
- Occupational Therapy resources
- ADHD Embrace resources and training for families

If you have any concerns regarding the safeguarding of children who attend Bishop Perrin Primary School, these should be reported to the Designated Safeguarding Lead who is Miss McAvoy. In her absence, concerns should be reported to the Deputy Designated Safeguarding Lead who is Miss Macklearn. The school's safeguarding governor is Mrs James. **If you have concerns about the safeguarding of a child during the school holidays, contact SPA directly on 020 8547 5008 or call the police if the child is in immediate danger.**



## Community Information

### Children's flu information webinars to parents of school-age children

The South London Children and Young People's Community Immunisation Service are hosting two webinars for parents to discuss the flu vaccine.

Parents can sign up using the links below:

- [Wednesday 8 September, 14:00 – 14:45](#)
- [Monday 15 September, 18:00 – 18:45](#)

During these webinars, they will explain the importance of vaccinating your child, the difference between the nasal and injectable flu vaccine, the MMR vaccine, and how to complete the e-consent form. There will also be a chance for parents to ask our nurses any questions they have.

### Junior Sports Courses – places available to book now

Book now for our autumn term starting in September. Courses include gymnastics, karate, judo, junior boxing, girl's football and new for this term pre-school gymnastics. Available across our sports centres: Whitton Sports and Fitness Centre, Teddington Sports Centre and Shene Sports and Fitness Centre. They also offer 40% discount on junior coached activities for children of parents with an Adult Concessionary Richmond Card. Please call 020 3772 2999 to book or [visit our website \(richmond.gov\) for more information](#).

### Sustainable September 2025

As part of its Sustainable September campaign, Kingston Council has collated a variety of information and resources that can help you to cut your energy bills, improve your home and help the planet at the same time. Now is the perfect time to take a look and get ready ahead of the expensive winter months. Explore their [page](#) to get started and scroll down to find a list of fun events and activities taking place.

### And finally...

If children are cycling or scooting to school and leaving their bikes and scooters on the school premises, please help ensure that they are stored safely in the bike and scooter racks, and not blocking the pathway. Thank you.

## Key Dates

AUTUMN TERM 2025	
Monday 8 <sup>th</sup> September	15:30 – 16:00 – Meet the Teacher (Year 2 & 3)
Tuesday 9 <sup>th</sup> September	15:30 – 16:00 – Meet the Teacher (Year 4, 5 & 6)
Monday 15 <sup>th</sup> September	Swimming lessons start for Year 3, and some Y4, 5 & 6
Wednesday 24 <sup>th</sup> September	International Day of Languages
Thursday 9 <sup>th</sup> October	Year 4 class assembly
Thursday 27 <sup>th</sup> November	Year 6 class assembly
Friday 28 <sup>th</sup> November	INSET day
Thursday 16 <sup>th</sup> October	Individual and Siblings Photograph Day



## 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