



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 11th September

Headteacher's Hello

Dear Parents and Carers,

Welcome to the new school year at Bishop Perrin School! We hope you had a lovely summer and had a chance to rest and recharge and enjoy 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. They all look very smart in their school uniforms. We are especially delighted to welcome our newest pupils of Bishop Perrin School as our new Reception Class started this week. Welcome to children who have joined the school in other year groups this week. We hope they have all have enjoyed their first week with us.

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. Please also take the opportunity to introduce yourselves to them when you see them in the playground at the end of the day. Along with today's newsletter, you will also be receiving a copy of your child's class timetable for this term.

It was nice to meet with parents on Monday at our 'Meet the Headteacher' meeting – thank you very much 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](#).

We currently have a vacancy for a Clerk to Governors. Please see [here](#) for further details of this post and please share if you know someone who may be interested in the role.

Later this half term, on Friday 16th October, we will hold our first Parent Forum meeting of the new school year. If you would be interested in being a parent rep for the forum this year, please drop me an email. You can find out more about the role of the parent forum and the parent reps by clicking [here](#). Our Parent Forum is a much valued opportunity for the parent community and the school to discuss issues which are important to them.

And finally, we are delighted that our school has been awarded the International School Award. This recognises the work we do with our language curriculum and the extra-curricular opportunities we have at this school, such as our Cultural Day and hosting children from our link primary school in Prague. Our thanks to Mrs Poleviou, our Spanish teacher, who has led on this project.

Have a lovely weekend,

Miss Macklearn



Attendance and Punctuality

Whole school: 98.61%

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...

On Monday we talked about having a growth mindset as we start a new school year and tackle new learning and opportunities. On Tuesday, Miss McAvoy led worship all about Rosh Hashanah and on Thursday we welcomed Fr Kevin to lead worship for us.

School News

Meet the Teacher Sessions

Next week, we will have our 'Meet the Teacher' meetings in the classrooms after school. 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: Staff will be on duty to supervise Bishop Perrin School pupils for these parents during the meeting.

Google Meets:

Monday 14th September 3:30 – 4:00pm

Year 4 <https://meet.google.com/kwk-zbcy-pvg>

Year 5 <https://meet.google.com/snm-yesb-qsh>

Tuesday 15th September 3:30 – 4:00pm

Year 3 <https://meet.google.com/ntj-fqds-wnt>

Year 6 <https://meet.google.com/gkh-uufx-vai>

Wednesday 16th September 3:30 – 4:00pm

Year 2 <https://meet.google.com/mig-twaz-kzm>

Phonics workshop for parents

On Tuesday 22nd September, (3:30 – 4pm, Year 1 classroom) Mrs Beith will be holding a phonics workshop for Year R and Year 1 parents, sharing information about how the children are taught phonics and early reading at Bishop Perrin School. Later in the year, parents in Reception Class will have the opportunity to visit in-class phonics sessions in YR to see phonics sessions in action.

LBRUT Secondary School Admissions

Please click [here](#) to find the **LBR AfC Transfer to secondary school September 2027** presentation for Year 6 parents.

The **Admission to Richmond's Secondary Schools guide** and the **Richmond schools brochure** are available on the [AfC website](#). If you have questions or concerns, please email richmond.admissions@achievingforchildren.org.uk for support.

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](#)

Pupil Parliament- Year 6

Children in Year 6 will today be bringing home information regarding the opportunity to be elected to Pupil Parliament. Any child who would like to be elected will need to write and deliver a one minute speech to the school on the 6th of October. The theme for the speech is contained within the information that children will bring home today. The whole school will then vote and select one boy and one girl to be our school's members of Pupil Parliament. If you have any questions, please see Mrs Crinall.

Mobile Phones in School

It has been school policy since September 2025 that mobile phones and smart watches for children are not allowed in school (with limited exceptions for non-smartphones or trackers for Year 5 & 6 children on the walk-to / home-school register). The children's best interests are at the heart of this decision which was influenced by our experience of dealing with an increasing number of significant **behaviour, wellbeing and safeguarding issues** in school that originate from children's smartphone use. We also recognise that having smartphones in school can contribute towards issues of inequality and increase safety risks for vulnerable pupils.

Recent publication of the government 'Mobile Phones in Schools' guidance states that schools must now be mobile phone-free environments. Our policy still stands that mobile phones and smart watches for children are not allowed in school, with limited exceptions.

Exceptions: We understand that when children are walking to and from school, it may be reassuring for them to have a mobile phone with them. Therefore, the School allows an exemption to this policy for children in Year 5 and 6 who are on the walk to school / walk home register. They may bring a **non-smartphone mobile phone** to school. Alternatively, these children can bring a tracker to school, but must adhere with the stipulations for the type of tracker set out in our school [communications policy](#) (please note: trackers are NOT allowed on any school trips or residential visits). Under these circumstances, children choose to bring a phone to school at their own risk. The school does not accept any responsibility for any damaged / lost / stolen phones when they are on school property.

In exceptional circumstances, for example, when the technology on a smart device is required to monitor a health condition or to support a specific need for a child with an EHCP, it may be that a smartphone is permitted in school. This is decided on a case-by-case basis and will be recorded on the child's Individual Health Plan or Learning Support Plan.

Maintaining a mobile-free environment: Where these exemptions are in place, children's phones must be turned off on arrival at school and they must hand them into the office before walking down the pathway to their class. The phone will be locked away for the duration of the day and returned to children in the playground at the end of the day. It is the child's responsibility to make sure that they have their phone before they leave school at the end of the day. Please ensure your child's phone is named. Staff are modelling this behaviour of maintaining a mobile-free environment by not having mobile phones present in front of the children during the school day, except in exceptional circumstances.

Consequences: Government guidance supports the notion that a mobile phone for pupils in school during the school day is considered a prohibited item and as such, the presence of a child's smartphone / smartwatch or mobile phone in school will be managed in line with our school Behaviour Policy and subject to confiscation.

Parents have an important role in supporting the school's policy on prohibiting the use of mobile phones in school. Please reinforce and discuss this at home as appropriate, including the risks associated with mobile phone use and the benefits of a mobile phone-free environment. We appreciate your support with this matter – thank you.



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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. Please note that tracking devices are not permitted for any children on any school visits / residential for the safety of all pupils.

Year 4 Roman Museum

Date: 5th October

Destination: Verulamium Museum, St Albans – via private coach

Return time: Normal

Wear: Uniform

Admin: Complete permission and payment within [Arbor Account](#), 'trips' section ASAP as this is now overdue.

Please provide your child with a packed lunch from home.

Volunteers: If you would like to help and support this trip by volunteering please let the school office know ASAP. We will let you know if you are needed.

Year 6 Junior Citizen

Date: 8th October

Destination: Heatham House, walking to and from

Return time: Normal

Wear: PE Kit

Admin: Complete permission within [Arbor Account](#), 'trips' section by 23rd September.

Please provide your child with a packed lunch from home. If you would like the school to provide your child with a trip lunch please book one [here](#) by 23rd September.

Year 3 26/27 (current Year 2) Swimming Lessons

Date: Autumn Term 2026 - Starting on Monday 21st September for 10 weeks

Destination: Isleworth Pool

Return time: Normal

Bring: Towel, underwear, yellow swimming hat all in small bag – all clearly named

Wear: Plain dark coloured swimming costume underneath PE kit

Admin: Complete permission and payment within [Arbor Account](#), 'trips' section by 5th September.

Volunteer: We require one adult helper to join us on this 10 week course, if you are available every Monday for the duration of this ten week course please let the office know ASAP. We will be out from 9:00 – 11:00am.

Year 6 26/27 (current Year 5) Bowles Residential Trip

An email has been sent to regarding the Year 6 2027 residential trip. In order to secure a place for your child please complete the reply slip (sent via email) and return this by the 7th September and complete the £100 deposit via Arbor.

Year 5 26/27 Isle of Wight Residential Trip

An email has been sent to regarding the Year 5 2027 residential trip. In order to secure a place for your child please complete the reply slip (sent via email) and return this by 25th September and complete the £75 deposit via Arbor.



Newsletter

CLASS TEXTS

For this 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	Whole class
Year 1	Mason
Year 2	Lana
Year 3	Tove
Year 4	Whole class
Year 5	Eva
Year 6	Alizah

Infant class of the week: Year 1

Junior class of the week: Year 6

Safeguarding, Wellbeing and Inclusion

Food in Schools and Managing Allergies

To help us in managing allergies in school, we are a nut-aware school, and nut (and sesame) products not allowed in school or on school trips. For more information, please click [here](#).

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.

Staying safe and being a good friend on apps, sites and games

Please read the information [here](#) about how to take active steps to ensure your children are able to engage safely and be a good friend on apps, sites and games.

Digital Parenting Coffee Morning

Date for your diary: Tome Maybey (AfC Parenting Lead) will be leading a coffee morning at school on Tuesday 20th October at 8:45 on the theme of digital parenting. More details to follow.

NSPCC PANTS



Talk PANTS is available to help children understand that they have a right to say no and if they need to speak out about something, someone will listen.

Click [here](#) to see information from NSPCC about how to talk to children about their body also available through a [short video](#). All children have explored this learning with their class teachers this week and will be revisiting the learning as part of PSHE over the course of the year.

The video and story can support your conversations at home: [song](#) and [story](#).



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AfC Parenting Support

There are a number of courses running this term to support families. Please contact Miss McAvoy for more information or follow the links below:

Richmond Course Booking & Support Request Form:

Parents can use this to book onto any of the courses below or request general support:

<https://forms.gle/R4aQPsyNwcZgAnT58>

Kingston Families Support Form: For families living in Kingston requiring parenting support:

<https://forms.gle/PAErqUpZic3pgzhu6>

1-to-1 Parenting Advice Diary: Families (or you, on their behalf) can book directly into my diary for a 15-minute tailored advice slot:

<https://calendar.app.google/qL7MEFk3zSN2yg2H7>

Workshops & Drop-ins:

- Making Sense of Big Feelings: A neuro-inclusive workshop on understanding emotions and safely de-escalating meltdowns. (Barnes CC: 6 Oct | White House FH: 9 Nov)
- Digital Parenting: Down-to-earth strategies to manage screen time, gaming, and navigate online risks like AI. (Ham CC: 17 Nov | Heathfield CC: 16 Dec)
- Stay and Play Drop-ins: Informal spaces for parents to get quick, face-to-face advice while their children play. (Ham: 24 Sept | Barnes: 6 Oct | White House: 9 Oct | Sunflower: 10 Nov | Heathfield: 10 Dec)

Short Courses (2–4 weeks):

- Playful Parenting (Under 5s): 2 sessions focusing on building strong parent-child attachment and healthy emotional growth through play. (White House FH: 16 & 23 Oct)
- Parents In Conflict: A 3-week targeted course focusing on constructive communication and reducing the impact of relationship disagreements on children. (Ham CC: 1 Dec – 15 Dec)
- Talking Teens: 4 sessions exploring adolescent brain development, breaking down communication walls, and setting boundaries. (Powerstation YC: 28 Sept – 19 Oct)

Longer Programmes (6–10 weeks):

- Teen Life (National Autistic Society): A specialized 6-session programme for parents of autistic 10–16 year olds, focusing on communication and independence. (Ham CC: 6 Nov – 11 Dec)
- The Nurturing Programme: A 10-week evidence-based course for primary-aged families, looking at the 'why' behind behaviours and positive discipline. (Heathfield CC: 23 Sept – 2 Dec)

Man & Boy



There are a few places left on the next MAN&BOY weekend adventure camp. The camp gives boys aged 8 - 12 and the important man in their life the chance to get away, try new things and spend proper time together. Over two nights, they'll take on outdoor challenges, build confidence, have fun and, most importantly, have time to strengthen their relationship away from the distractions of everyday life.

October camp is just the start of what MAN&BOY offers. Throughout the year, the programme gives boys and the men who matter to them opportunities to have fun, try new things, build confidence and strengthen their relationship through activities and adventures. If you would be interested in a referral, please speak to Miss McAvoy.

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

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.

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.**



Key Dates

Key dates for the new school year

Autumn term clubs start: Monday 14th September

Class assemblies

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

5 th November	Year 6
28 th January	Year 3
25 th February	Year 4
11 th March	Year 2
29 th April	Year 1
27 th May	Year 5
1 st July	Year R

Class assemblies usually start at 08:55am in the school hall and last for approximately 15 minutes. Parents and carers are welcome to attend. Please refrain from bringing drinks and snacks into the assembly – thank you.

Please note the change in date for the Year 4 class assembly from the date shared at the 'Meet the Headteacher' meeting.

Parent interviews

Autumn term:

Wednesday 14th October – 3:30 – 7:30pm

Thursday 15th October – 2:30 – 5:30pm (please note the early finish on this day at 2pm)

Spring term:

Wednesday 20th January – 3:30 – 7:30pm

Thursday 21st January – 2:30 – 5:30pm (please note the early finish on this day at 2pm)

INSET Day: Friday 4th December

Nativity Performance – Year 1 & 2

Wednesday 16th December – 9am and 2pm

Reception Class Christmas Carol Performance

Tuesday 15th December – 2:30pm

Whole School Christmas Carol Service

St. Augustine's Church – Friday 18th December, 12.30pm (tbc)

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. Children are not permitted to ride their bikes / scooter on school grounds – thank you for your support with this.

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®



Each year, children are spending more time on devices and so here is some information about principles for keeping safe online that we would encourage you to discuss with your child.

Instead of focusing solely on the amount of time your child spends on screens, think instead about what they are doing online, and whether this represents a quality **'digital diet'**. How does their online activity impact on their physical and mental wellbeing?

The 'Digital Five a Day' framework has five things to think about each day to help put that into practice.



Speak to your child and agree some basic boundaries and help them to understand how these will help them. For example, screen-free times of the day (e.g. during mealtimes, during lessons at school etc.) or locations (e.g. in bedrooms), when devices should be switched off for the day (e.g. what time in the evening?) and where devices should be kept at nighttime to avoid children being tempted to use them. You could use the digital family agreement at parentsafe.lgfl.net to help you with this.

We know how important it is to many children that they use technology (apps and games) to stay in touch with their friends. Although please note that the age restriction for all popular social media apps is 13 yrs. (including WhatsApp, Tiktok, Snapchat etc) and this is set to rise in the UK in 2027 to 16 years old. Sometimes the online contact that children have with each other on games and apps, can become unkind and harmful (e.g. bullying, inappropriate language/images being shared, children being excluded etc.). Using devices to communicate can make people feel invincible and forget the real-world impact.

Therefore, please help us to reinforce the following messages.

- Social media apps are (currently) for over 13 years so shouldn't be used before this age. With the impending social media ban for under 16-year-olds, it would also be useful to consider preparing your child for this now.
- Messages/images can be seen and copied. Don't say anything to others or use language that they wouldn't like to hear themselves, or that wouldn't be said face-to-face in school.
- Look out for their friends and stand up for them if others are unkind.
- Report to a trusted adult if something happens in a chat that is upsetting or worrying.
- Never get undressed online (why not watch the video at undressed.lgfl.net with them).
- Don't take or share photos or videos of people without their permission.
- Don't accept friend requests or talk to people they do not know offline without checking with a trusted adult.
- Be sceptical about being added to large group chats where you don't know most of the members. These could relate to scams or inappropriate content.
- Follow age ratings for accessing online games and films.
- Look at and set up the parental controls on all apps (as well as your broadband, and the device itself) with your child.

If children are worried about something online, they should be reminded to talk to you or to any staff at school. They may feel more comfortable talking anonymously to Childline (0800 1111). And as a parent, you can also contact the NSPCC advice line on 0808 800 5000.

Thank you for your support - do let us know if you have any questions or concerns. There is lots more information available about online safety on the [Online Safety page](#) of the school website and via parentsafe.lgfl.net.