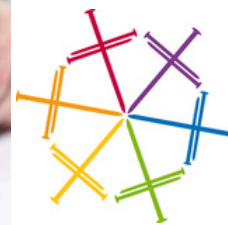
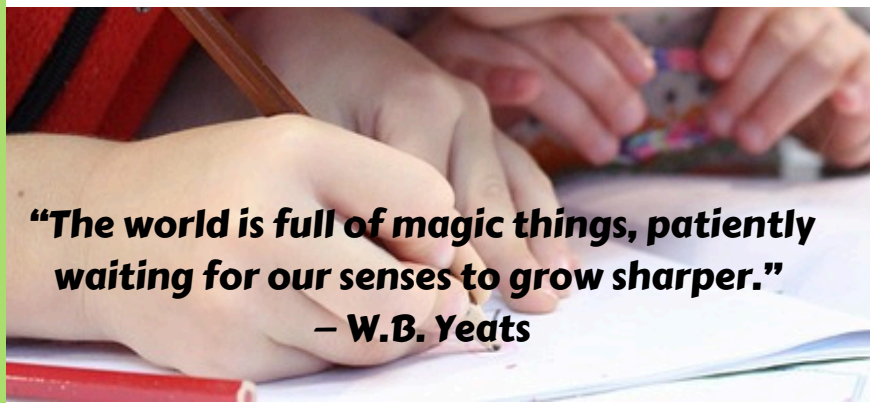




Proud to be part of  
Bilton Community Federation



**“The world is full of magic things, patiently waiting for our senses to grow sharper.”**

**– W.B. Yeats**

# BULLETIN

The weekly newsletter to keep you updated with the highlights of the school week

5th September 2025

## Headlines

Dear Parents and Carers,

We would like to begin by thanking you for your support in getting the children back into school routines. It has been a busy but wonderful start to the term, and we are so proud of how brilliantly the children have settled in. Their enthusiasm, positivity, and resilience have shone through, making for a really encouraging beginning.

As you are aware, we currently have building work taking place on site to create a new classroom and additional breakout spaces. Unfortunately, there have been some delays beyond our control. However, we are very excited about the improvements that are coming and we know these new spaces will provide fantastic opportunities for the children's learning and wellbeing. In the meantime, temporary spaces have been set up so that learning can continue smoothly.

One of the highlights of this week has been seeing the whole school come together for assemblies. We have begun exploring our core value of Respect in depth, and the children are already sharing thoughtful ideas about what respect looks like in our school and wider community.

We have also introduced My Happy Mind, a programme designed to help children build positive mental health habits, develop resilience, and celebrate their character strengths. Through this programme the children will learn about topics such as understanding the brain, managing emotions, building healthy relationships, and recognising their unique qualities. You will hear more about this soon, as we are excited to share the strategies and language the children will be using in school.



It has also been wonderful to welcome our new children and families into the school community. We look forward to getting to know you better and working together over the year ahead.

Finally, we kindly ask that all parents and carers continue to be considerate when parking near school. Please be mindful of our local residents and ensure that parking remains safe and respectful for everyone.

Thank you once again for your ongoing support. We are looking forward to an exciting and positive term ahead.

Have a wonderful weekend.

Mrs Ross  
Head of School

Plantagenet Drive, Rugby, CV22 6LB

Email:

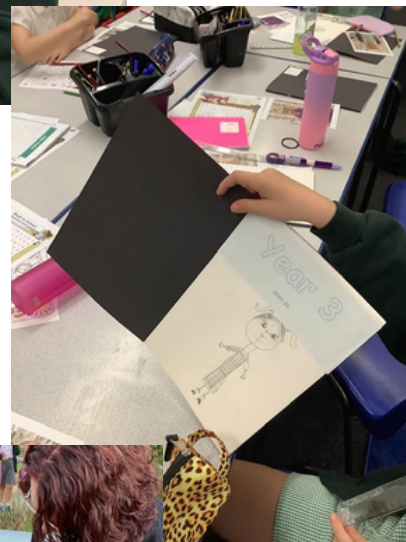
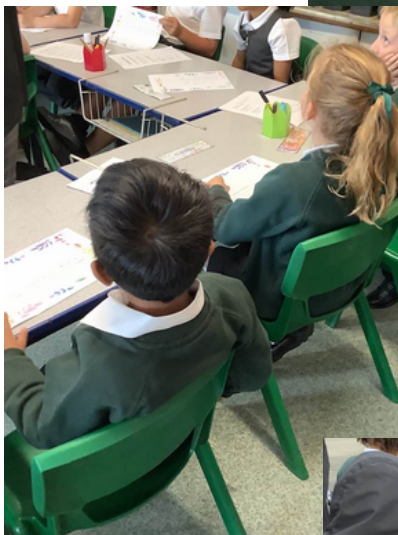
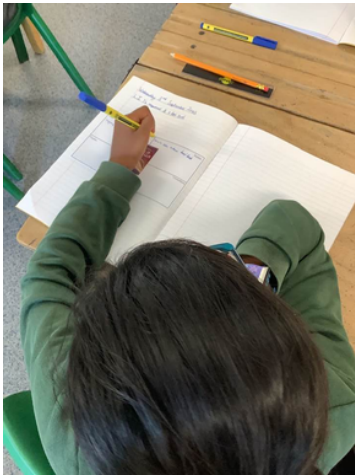
[office@biltonjuniorschool.co.uk](mailto:office@biltonjuniorschool.co.uk)

Website: [biltonjuniorschool.co.uk](http://biltonjuniorschool.co.uk)

Facebook: [BiltonCofEJNR/](https://www.facebook.com/BiltonCofEJNR/)

# Welcome Back to school

It's been a wonderful first day back, despite the weather! ☁️  
Well done to all the children for settling back into school so  
brilliantly.



# Notices



**Warwickshire  
SENDIAS  
SERVICE**

Warwickshire SEND Information, Advice and Support Service (SENDIASS) is a free, confidential and impartial service providing information, advice and support for parents/carers, children and young people aged 0-25 who have or may have Special Educational Needs and Disabilities. Contact Warwickshire SENDIASS [here](https://www.warwickshiresendiass.co.uk/).

<https://www.warwickshiresendiass.co.uk/>

<https://www.facebook.com/www.thenationalcollege>



**Mental Health in Schools Team  
Tips For Wellness**

## Going back to school

Going back to school can be stressful, so check in with your young person and keep the conversation open about how they're feeling. Help them find and keep a good routine (regular wake-up, meal and bedtime schedules) and try to keep these on the weekend to help them adjust quickly to the school day rhythm. Remember to celebrate small wins, offer praise and try to stay patient if your child struggles with the new routine.

### Activities to Support Your Young Person's First Weeks of School

The transition back to school is a great time to use activities that boost your young person's confidence, reduce anxiety, and build strong routines. Here are some ideas to try during those first few weeks:

- 1. Morning Check-in Ritual:** Start each school day with a simple ritual—like a hug, a positive affirmation, or a quick chat about what they're looking forward to. This helps set a calm, positive tone.
- 2. After-School Decompression Time:** Plan 20–30 minutes of quiet time after school for your young person to unwind. Reading, drawing, or light play can help them process the day and relax before homework or chores.
- 3. Homework Kickoff Activity:** Create a fun "homework kickoff" routine like a special snack, background music, or a 5-minute movement break before starting homework. It helps shift their mindset into focus mode.
- 4. Organisational Games:** Turn organising school supplies or packing the backpack into a quick game or challenge—who can find and pack items the fastest? Making organisation fun encourages responsibility.
- 5. Weekend Family Planning Session:** Spend time on the weekend planning the upcoming week together. Discuss after-school activities, school projects, and family events. This builds anticipation and helps your young person feel involved.
- 6. Gratitude or Highlight Jar:** Keep a jar where your child can drop notes about something good that happened at school each day. Review them together weekly to focus on positives and build resilience.

Tips for going back to school



Webinar about the transition to secondary school



In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.



**KoothTalks helping young people stay safe on smartphones and online**

KoothTalks helping young people stay safe on smartphones and online. Kooth are offering a 30 minute webinar covering young people's use of the internet, social media and smartphones exploring how parents and carers can support them to stay safe.



The webinar will cover:

- Young people online
- Social media, the law, the pros and cons
- Smartphone safety
- What parents can do to support their children
- How our platforms can help

<https://connect.kooth.com>



## Being Brave

We can show bravery in lots of different ways, such as recognising that we feel a certain way (e.g., sad, anxious), asking someone for help when we need it and trying new things, even if we feel scared!

Feeling scared is often a sign that we are doing something challenging and it is completely normal to feel this way. Even though it can feel uncomfortable, being brave and facing these difficulties can also help us to learn and grow (both physically and emotionally). This can mean we need to step outside our comfort zone at times to be able to overcome challenges, but it is important to remember that being brave does not mean we have to cope alone.

### Our Tips for Being Brave:

- 1. Set yourself a goal to try something new.** Create a plan to break your goal down into smaller, more achievable steps! This can help your goal to feel less overwhelming.
- 2. Take chances and make mistakes!** Sometimes it is helpful to fail, so you can practise being brave. Try something you have been wanting to try and take that chance to move out of your comfort zone. You might even find that it wasn't as bad as you thought it would be.
- 3. Practise positive self-talk** to help develop your bravery. Repeat these sentences to yourself or out loud - 'I can do hard things', 'I try my best', 'I can enjoy challenge'. You might want to write positive statements on post-it notes and stick them around your mirror so you can remind yourself of them every day!
- 4. Ask for help** when you need it from someone you trust. Taking the step to talk to someone is one of the bravest things you can do!
- 5. Strike a power pose!** Standing up tall with your feet apart, your head held high and with your hands on your hips can help make you feel more confident and ready to take on a challenge. What pose makes you feel more confident?



Follow the QR code for activities to support the theme 'being brave'!

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.



**Inspire - challenge- achieve**





# Notices



## KEEPING YOUR CHILD IN MIND 4 WEEK PROGRAMME



 16TH OCTOBER  
2025

 17:30 - 19:30

 VIRTUAL DELIVERY

For further information email:  
ehparenttrainers@warwickshire.gov.uk

Book your free  
place



This programme focuses on relationships within the family and the influence of parental relationships on children, including when there might be conflict and tension. What is covered:

- Positive relationships within families
- styles of parenting
- positive approaches to reduce parental conflict.

There will be opportunity for parents to share their experiences with others.

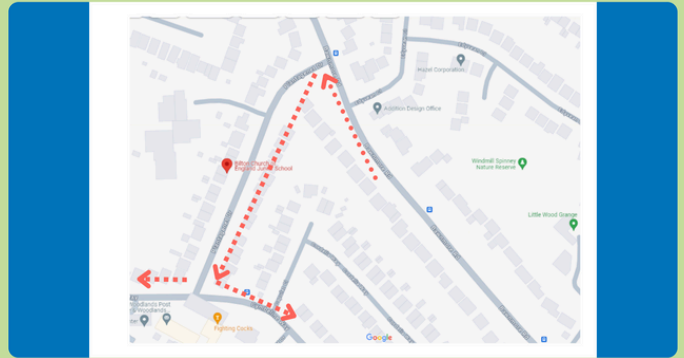


For Warwickshire parents only.



## We need your help

We are hoping that you will support us with a voluntary one way system around the block near school. Entering Plantagenet Drive from Bawmore Road only and exiting onto Cymberline Way. We are hoping this will help ease congestion for everyone



We deliver FREE online webinars on many subjects and attract over 500 attendees worldwide. You can access past webinars and register for new ones too:

<https://actforautism.co.uk/info/what-we-do/#Webinars>

## Learn With Tutor Julie

Providing a positive space for your child to progress at their own pace.

Years 4, 5 and 6  
Maths English 11+



[www.learnwithtutorjulie.com](http://www.learnwithtutorjulie.com)  
email: [learnwithtutorjulie@gmail.com](mailto:learnwithtutorjulie@gmail.com)



07349261648

## Solihull Approach Online Guides

We offer a range of free parenting guides to support parents/carers feel more confident across all ages of childhood. You are in control of what you learn, at a time that suits you and at your own pace. You can do them alone or with someone else, together or separately but in tandem – it's your choice. They can also be translated into many languages using ReachDeck online.

You can access the online guides via: [www.warwickshire.gov.uk/parentguides](http://www.warwickshire.gov.uk/parentguides)  
There are 15 to choose from including:



Understanding your pregnancy



Understanding your baby



Understanding your child



Understanding your teenager's brain



Understanding your child with additional needs

Enter the access code BEAR when promoted and a Warwickshire postcode.



Inspire - challenge - achieve



# Dates and Contact Details

## Key Information

**School times**  
School gates open at 8.30am  
Doors open at 8.40am  
School starts at 8.50am  
School closes at 3.30pm

Any child arriving after this time is late and will be marked as such.

If your child is ill or going to be absent please email [absent@biltonjuniorschool.co.uk](mailto:absent@biltonjuniorschool.co.uk) with your Child's NAME AND CLASS with the reason for their absence

## School contact details

Office hours are 8.30 - 4.30 each day by phone or email

If you feel you need to meet with a teacher face to face please email the school office [office@biltonjuniorschool.co.uk](mailto:office@biltonjuniorschool.co.uk)

If you need to talk with a teacher over the phone or have a general enquiry for them please email [office@biltonjuniorschool.co.uk](mailto:office@biltonjuniorschool.co.uk).  
Our teachers are busy with your children in the classrooms all day, however, they will get back to you as soon as possible

If you would like to share concerns or contact Mrs Smith our Home/School Support worker, please call the office, pop into school or email her directly on [homeschoolsupport@biltonjuniorschool.co.uk](mailto:homeschoolsupport@biltonjuniorschool.co.uk)

If you have specific feedback you would like to give us please email us on [feedback@biltonjuniorschool.co.uk](mailto:feedback@biltonjuniorschool.co.uk)

School policy information can be found here:  
<http://www.biltonjuniorschool.co.uk/policies>

## School Diary Dates 2025/26

### Autumn Term

**School Opens: Wednesday 3rd September**  
**Half Term: Monday 27th October – Friday 31st October**  
**School Opens: Monday 3rd November**  
**School Closes at 3.30pm: Friday 19th December**

### Spring Term

**Teacher Training Day – Monday 5th January**  
**School Opens: Tuesday 6th January**  
**Half Term: Monday 16th February – Friday 20th February**  
**Teacher Training Day – Monday 23rd February**  
**School Opens: Tuesday 24th February**  
**School Closes at 3.30pm Friday 27th March**

### Summer Term

**School Opens Monday 13th April**  
**May Bank Holiday Monday 4th May**  
**Half Term Monday 25th May – Friday 29th May**  
**School Opens Monday 1st June**  
**School Closes at 3.30 Friday 17th July**  
**Teacher Training Day Monday 20th July**

## How can you help your PTA?

**WHEN SHOPPING  
WITH TWO SPECIFIC  
RETAILERS**

**Argos**

**MY SCHOOL FUND**

**Sainsbury's**

As you spend you'll receive 2% cashback in the form of eGift vouchers that can be redeemed in participating stores.

By linking your spend to our school on the My School Fund website we'll also earn 1% cashback on your spend.

Card-Linked Rewards at Sainsbury's or Argos

Register on:  
[myschoolfund.org](http://myschoolfund.org)



**SCAN ME**



**PTA EVENT HELPERS**

WhatsApp group



This group is JUST for people that can help at events. Those who join can opt out at anytime please just let the PTA team know

Scan or upload this QR code using the WhatsApp camera to join this group



**Inspire - challenge - achieve**

