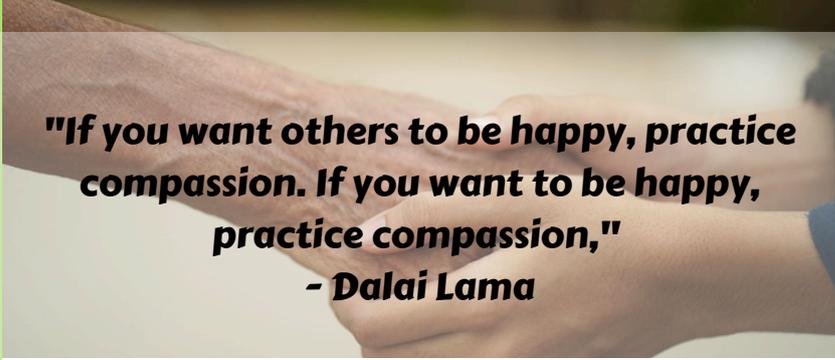
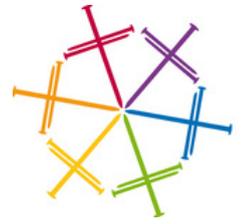




Proud to be part of  
Bilton Community Federation



**"If you want others to be happy, practice compassion. If you want to be happy, practice compassion,"  
- Dalai Lama**



**12th September 2025**

# BULLETIN

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

## Headlines

**Points of Interest**

**Jeans for Genes  
Non Uniform  
Day  
19th Sept**

Dear Parents/Carers,

*It has been a wonderful first full week back at school, full of learning, energy, and exciting opportunities for the children.*

*We began the week with a special assembly led by Mr Dove, who delivered a brilliant session on martial arts. The children were excited by his demonstration, and it linked brilliantly with our new whole-school initiative, MyHappyMind. This programme is designed to support children's mental wellbeing, helping them to understand how the brain works and how they can develop positive habits. Martial arts fit in perfectly, as research shows that they strengthen the prefrontal cortex of the brain – the area responsible for attention, memory, and problem-solving. The children enjoyed discovering how martial arts can support both their bodies and their minds. We hope to see many pupils taking part in the new martial arts sessions on Friday mornings.*



*A big thank you also goes to 3LD, who presented a fantastic assembly this week on the theme of respect. Their assembly reminded us of the importance of treating others kindly and showed how respect is woven into our everyday lives, whether at home, at school, or in the wider community. The children spoke confidently about British Values and gave thoughtful examples of how families show respect to one another. It was a joy to see them involved with the assembly with such enthusiasm and maturity.*

*Looking ahead, we are excited to share that our school will be taking part in Jeans for Genes Day next week. This national event raises money to support children and families affected by genetic conditions. We would like to encourage all pupils to come to school wearing their jeans on the day, or non-school uniform. A suggested donation of £1 will go directly to the Jeans for Genes charity. Not only is this a fun and accessible way for children to show their support, but it also provides an excellent opportunity to talk about diversity, empathy, and understanding the challenges faced by others.*



*Thank you, as always, for your continued support.*

*Have a wonderful weekend,*

**Mrs Ross  
Head of School**

**Plantagenet Drive, Rugby, CV22 6LB**

**Email:  
office@biltonjuniorschool.co.uk**

**Website: biltonjuniorschool.co.uk**

**Facebook: BiltonCofEJNR/**

# Celebrations

Inspire Challenge Achieve Inspire Challenge Achieve Inspire Challenge Achieve

## Learner of the week

- 3HN Alfie For your hard work and determination in English and Maths.  
3LD Demi For settling in well and having a great focus with all her work  
3RY Oliver P For excellent effort in his lessons this week  
3TP Charlene For good listening and participation  
4EL Evie C For engaging in the lessons and answering lots of questions  
4SR Rosa For excellent effort and beautiful presentation in new books  
4SS Clayton for his positive attitude and great effort in class  
5LM Jacob Y For excellent contribution during our English lessons  
5MB Thumsandi Showing great effort and participation  
5PA Srithvik Excellent effort, enthusiasm and achievement in all areas  
6LB Oscar For excellent explanations and reasoning during Maths  
6KC Violet N Great new attitude towards her work  
6NV Ella G For great participation and hard work in lessons

Challenge Achieve Inspire Challenge Achieve Inspire Challenge Achieve

Challenge Achieve Inspire Challenge Achieve Inspire Challenge Achieve

Inspire Challenge Achieve Inspire Challenge Achieve Inspire Challenge Achieve

Thank you from all @ BJS



- 3HN Nanzi For always showing everyone respect and displaying excellent manners  
3LD Logan D For being very respectful to a friend in need and supporting him  
3RY Theo For always being ready, respectful and polite  
3TP Matthew For respecting the classroom, being helpful and tidying up  
4EL Phoebe For always using her manners.  
4SR George showing respect to others by using excellent manners  
4SS Imogen for modelling respect so beautifully in all that she does  
5LM Darcey M For showing respect and patience with everyone  
5MB Noah G Showing respect in all he does.  
5PA Manny Excellent learning behaviours and setting a fantastic example  
6LB Jenson For always being polite and helpful in the classroom  
6KC Kenzy For being extremely polite and helpful  
6NV Logan D For showing courage and respect when talking in assembly

# In school activities

## Year 5 fun conducting experiments to separate different materials



# Notices

Apply now for your child's secondary school place



## Warwickshire Year 6 children are invited to apply for their secondary school place

Parents and carers of children who have just started in Year 6 are being asked to apply for a secondary school place for September 2026.

Applications opened on 1 September 2025 and, to receive a school offer on National Offer Day (2 March 2026), applications must be submitted by the deadline of 31 October 2025.

**What Parents & Educators Need to Know about TECHNOLOGY ATTACHMENT**

**WHAT ARE THE RISKS?**  
In today's digital age, children are increasingly forming emotional and habitual attachments to their devices. With 93% regularly accessing the internet and nearly half engaging in live streaming or content sharing, their online presence is greater than ever. This guide explores the phenomenon of technology attachment, its young people and offers expert advice on fostering healthier digital habits.

**WIRED FOR REWARD**  
Children's brains are particularly sensitive to reward-based stimulation, which helps drive the dopamine system. This system, which is responsible for regulating mood, motivation and learning, is also responsible for the addictive nature of digital technology. Children's brains are wired to seek out and respond to rewards, and digital technology provides a constant stream of rewards that can be addictive.

**NIGHT-TIME TECH HABITS**  
Sleep is vital for the healthy and effective functioning of the brain. Poor sleep can lead to a range of health and behavioural problems, including reduced attention, irritability, and increased risk of mental health issues. Children's use of digital technology at night can interfere with their sleep, leading to a cycle of poor sleep and increased digital technology use.

**SHAPED BY SCREENS**  
The overly-stimulated digital environment has become a key influence on children's cognitive and emotional development. Children's brains are wired to seek out and respond to rewards, and digital technology provides a constant stream of rewards that can be addictive.

**DIGITAL WORLD DANGERS**  
The internet can expose children to a wide range of risks, including cyberbullying, online grooming, and exposure to inappropriate content. Children's use of digital technology can also lead to a range of health and behavioural problems, including reduced attention, irritability, and increased risk of mental health issues.

**DIGITAL DEPENDENCY BUILDS**  
Children's use of digital technology can lead to a range of health and behavioural problems, including reduced attention, irritability, and increased risk of mental health issues.

**FRIENDSHIPS & FILTERS**  
Children's use of digital technology can lead to a range of health and behavioural problems, including reduced attention, irritability, and increased risk of mental health issues.

**Advice for Parents & Educators**

**READ THE ROOM**  
Pay attention to behavioural changes that may signal unhealthy technology attachment. Key indicators include: increased screen time, reduced attention, irritability, and increased risk of mental health issues.

**DON'T WAIT, REACH OUT EARLY**  
If a child's relationship with technology starts affecting their academic, emotional, or social functioning, it's important to reach out early for support. A range of support services are available to help children and their families.

**SHAPE DIGITAL BOUNDARIES**  
Create a family digital agreement with clear guidelines on when, where, and how digital technology can be used. Encourage children to take regular breaks from screens and to engage in other activities, such as reading, sports, and spending time with friends.

**SET THE STANDARD**  
Children's use of digital technology can lead to a range of health and behavioural problems, including reduced attention, irritability, and increased risk of mental health issues.

**Meet Our Expert**  
Professor Whitham is an award-winning author of The Digital Disconnect, a book that explores the impact of digital technology on children's mental health. She is also a frequent speaker at conferences and events on digital technology and mental health.

**WakeUp Wednesday**  
The National College

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

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

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

## Mind and Body

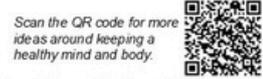
Just as we look after our physical health, it's important to look after our mental health. In fact, the two are closely connected!

Most of us will know what it's like to feel worried, stressed or low from time to time. We might be affected by our relationships with friends and classmates or things we see on the news, and we might feel worried about school or our home lives (this is understandable!) Recognising how our mind health and physical health work together can keep us mentally healthy.

### Our Tips for looking after your Mind and Body:

To ensure a healthy mind and body, why not try some of the activities below? Can you choose one from each category?

- 1. Physical**- healthy eating with plenty of water, time away from technology and get fresh air where you can, regular exercise every day (e.g., walk to school or get off the bus a stop earlier, dance, or stretch), a consistent sleep schedule (children aged 6-12 years should aim for 9-12 hours sleep per night, adolescents should aim for 8-10 hours).
- 2. Social**- spend quality time with friends and family, connect with others in person (as well as online), join a club or community group, reach out to others and don't be afraid to ask for help or offer support.
- 3. Practical**- keep a daily routine to create structure and stability, use checklists to act as reminders and to hold yourself accountable, get ready for the day each morning, set yourself small and achievable goals to stay motivated.
- 4. Emotional**- develop supportive friendships, write down three good things from your day, take time to do something relaxing every day, practise self-kindness (e.g., treat yourself how you would treat a friend!)



#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! [thankskids@covwarkpt.nhs.uk](mailto:thankskids@covwarkpt.nhs.uk). 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.

**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



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# Notices

**myHappymind**

## Download your FREE myHappymind Parent App



...An online resource to support you and your family to learn more about how you can use myHappymind to support your child.



The authentication code to access myHappymind parent app is available on your messages in the MyChildatSchool app, or please see poster in reception.

**Warwickshire Family and Relationship Support**



## KEEPING YOUR CHILD IN MIND 4 WEEK PROGRAMME

**THE CENTRE FOR EMOTIONAL HEALTH**

**16TH OCTOBER 2025**  
**17:30 - 19:30**  
**VIRTUAL DELIVERY**

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 further information email: [ehparenttrainers@warwickshire.gov.uk](mailto:ehparenttrainers@warwickshire.gov.uk)

Book your free place 

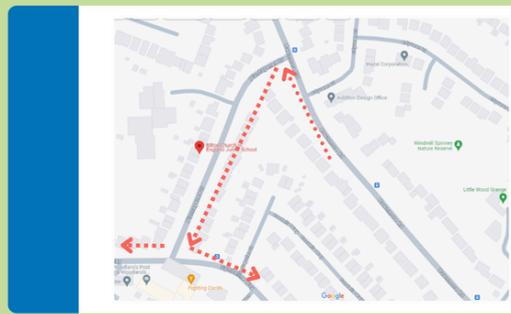


**CHILD FRIENDLY** **Families First**

For Warwickshire parents only.

## We need your help

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



**ONE WAY**

# Activities

## Pop Up Play VILLAGE

at **St Andrew's Church CV21 3PT**

**Selected Wednesdays**  
**10 - 10.45**  
**£4 per child**

**SPECIAL OFFER**  
Just £2 with code **ANDREW2**



### Pop Up Play Village

Pop Up Play Village is all about making child's play of the world, inspiring and nurturing young minds through role play. The village is child led and open plan popping up to provide a safe and inviting space in which children and their parents can unleash their creativity and let their imaginations go wild. The Pop Up Play village is suitable for ages 0 - 8 years old.

Address: St. Andrews Church, Church Street, Rugby, CV21 3PT



## Bilton Junior School (BJS) Before-school Tang Soo Do club

Hello, my name is John Dove, I have been a martial arts Instructor for over thirty years and have taught professionally in schools across Warwickshire since 2008. I run a before-school martial-arts club at BJS every Friday between 8.00 – 8.45 am. Classes re-start on Friday 12th September 2025.

Our combination of fitness, fun and discipline has proven to work wonders in building self-confidence and concentration for children of all ages and abilities. It really works.

This letter offers you an opportunity to allow your child to participate in a free taster class before committing to regular weekly participation.

Please notify the school that your child will be attending a trial session or contact myself . Then simply allow your child to participate in the free trial class on a Friday of your choosing.

If your child chooses to continue with our classes our fees remain as they were for 2024/25.

First term fee £65 (includes insurance for the year) with subsequent terms costing £55 each.



# 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?



### 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

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