

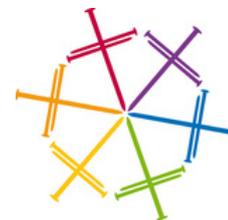


Proud to be part of  
Bilton Community Federation



**"The thankful receiver bears a plentiful harvest."**

**-William Blake**



**10th October 2025**

# BULLETIN

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

## Headlines

**Points of Interest**

**Parent Governor needed**

Applications by  
17<sup>th</sup> October

**Wear Red Day**

17<sup>th</sup> October

Dear Parents and Carers,

We would like to begin with a huge thank you for your generous contributions to the Rugby Food Bank. Your kindness and support for such a worthy cause have been greatly appreciated, and it has been wonderful to see our school community come together to help families in need. Our gratitude also goes to the St Mark's team for leading a wonderful assembly to support this initiative, which was such a meaningful way to celebrate generosity and compassion.



We are also extremely proud of our Year 5 children who recently took part in the Princethorpe Maths Challenge. They showed such enthusiasm and perseverance, and represented the school brilliantly. Well done to each of them for their effort and achievement—we are very proud of you all.



Another exciting development in school has been the reopening of our library. We owe a huge thank you to Mrs Thompson, Miss Letts, and Miss Stabler for their hard work in getting the library up and running. The space looks amazing and the children have really enjoyed exploring it and discovering new books to read. Mrs Thompson also led a wonderful assembly on how to respect and use the library, which gave the children an excellent reminder of the importance of caring for this new space and making the most of it.

It was fantastic to see so many children and staff dressed in yellow for Hello Yellow Day. This national initiative, led by the mental health charity YoungMinds, raises awareness of children's mental health and reminds young people that they are not alone with their feelings. The sea of yellow around school made for such a positive and uplifting atmosphere, and we are grateful for your support in helping us celebrate such an important cause.

Just a quick reminder that the deadline for applying for the Parent Governor vacancy for Bilton Community Federation is Friday 17th October. Details were sent to all parents on 26th September but please contact the Chair of Governors on [moor.l@welearn365.com](mailto:moor.l@welearn365.com) if you would like more information on this important role.

Kind regards

Mrs Ross  
Head of School

Plantagenet Drive, Rugby, CV 22 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/)

# Celebrations

Inspire Challenge Achieve Inspire Challenge Achieve Inspire Challenge Achieve

## Learner of the week

3HN Reuben For your fantastic reasoning and explanations in Maths

3LD Frieda For always being ready for her learning

3RY Jude For always putting in a great effort in English

3TP Robyn For extra learning at home linked to rainforest

4EL Esme For her fantastic portrait of Boudicca.

4SR Saint for super effort and increasing independence

4SS James M-W for his excellent contributions in class

5LM Ben For an writing an excellent formal letter to a judge

5MB Travis For his thoughtful contributions, particularly in English lessons.

5PA Sara Excellent work in all areas of the curriculum

6LB Ella For trying really hard with some tricky division questions

6NV Oily D For great work in Maths!

Inspire Challenge Achieve Inspire Challenge Achieve Inspire Challenge Achieve

Thank you from all @ BJS

YOU are the  
**LIGHT**  
of the WORLD!

3HN Dara For always showing good manners and respect to everyone

3LD Rosie For being kind to another peer when they were not feeling happy

3RY Thea For always tracking and being respectful in class

3TP Emilia For showing kindness to others

4EL Charlotte For showing respect and kindness to everyone

4SR Liv For always showing kindness and respect to others

4SS Bella For her wonderful manners and her respectful behaviour

5LM Amelia For always being respectful to all members of the class

5MB Eloise For showing kindness and respect

5PA Millie For always demonstrating kindness and respect

6LB Afnan For always being kind and respectful

6NV Phoebe For showing respect by asking excellent questions in lessons.

## In school activities

### Harvest Assembly



# Notices

**10 Top Tips on Supporting Children with SELF-REGULATION**

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, develops heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

- 1. DESIGNATE A TRUSTED ADULT**  
A child's first experience of self-regulation is often through a trusted adult. This could be a parent, a teacher, or a carer. It's important to ensure that the adult is someone the child trusts and feels comfortable with. This person should be available to help the child when they are struggling to regulate their emotions.
- 2. MEET CHILDREN HALFWAY**  
When a child is struggling to regulate their emotions, it's important to meet them halfway. This means acknowledging their feelings and trying to understand what they are experiencing. It's also important to offer support and help them to find a way to regulate their emotions.
- 3. FACTOR IN THEIR BASIC NEEDS**  
A child's ability to regulate their emotions is heavily influenced by their basic needs. If a child is hungry, tired, or uncomfortable, they will find it difficult to regulate their emotions. It's important to ensure that a child's basic needs are met before trying to help them regulate their emotions.
- 4. REMAIN PATIENT**  
It's important to remain patient when a child is struggling to regulate their emotions. It's normal for children to struggle with self-regulation, and it's important to give them time to work through their feelings. Avoid rushing them or trying to force them to regulate their emotions.
- 5. BE A DYSREGULATION DETECTIVE**  
It's important to be a 'dysregulation detective' and look for signs that a child is struggling to regulate their emotions. This could be things like crying, tantrums, or withdrawal. Once you've identified the signs, it's important to try to understand what is causing the dysregulation and offer support accordingly.
- 6. USE SUITABLE LITERATURES**  
Using suitable literature can be a great way to help a child understand and regulate their emotions. Books and stories that deal with emotions can help a child to identify their own feelings and find ways to regulate them. It's important to choose literature that is age-appropriate and relevant to the child's experiences.
- 7. TRY SENSORY RESOURCES**  
Sensory resources can be a helpful tool for supporting children with self-regulation. These could be things like weighted blankets, fidget toys, or sensory bins. These resources can help a child to focus their attention and regulate their emotions.
- 8. NURTURE INDEPENDENCE**  
It's important to nurture a child's independence when it comes to self-regulation. Encourage them to try to regulate their emotions on their own, and offer support when they need it. This will help them to build confidence and learn to regulate their emotions for themselves.
- 9. MODEL GENUINE FEELINGS**  
Children learn a lot from watching their parents and other adults. It's important to model genuine feelings and show how you regulate your own emotions. This will help a child to understand that it's normal to have feelings and that there are healthy ways to deal with them.
- 10. FORMULATE A PLAN**  
It's important to formulate a plan for supporting a child with self-regulation. This could be a plan for what to do when the child is struggling to regulate their emotions. The plan should be tailored to the child's needs and include a range of strategies that you can use to help them regulate their emotions.

Meet Our Expert  
The National College

Wake Up Wednesday

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

## Parent Governor Vacancy Bilton Community Federation

The Bilton Community Federation, comprising Bilton C of E Junior School, Bilton Infant School and Bawnmore Community Infant School, currently has a vacancy for a parent governor to join the shared governing body. Governors are volunteers who make a vital contribution to the success of our schools and have three main roles:

- To ensure clarity of vision, ethos and strategic direction
- To hold school leaders to account for the educational performance of the school and the effective and efficient performance management of staff
- To oversee the financial performance of the school and make sure its money is well spent

An MCAS message has been sent to all parents and carers giving further details and enclosing the application form. Applications should be submitted by

**12pm on Friday 17<sup>th</sup> October 2025**

Should you have any questions prior to nomination, you are welcome to contact the Chair of Governors by email: [moor.l@welearn365.com](mailto:moor.l@welearn365.com) Thank you for your interest.

## WEAR RED DAY 2025

Be part of our day of action. Wear Red Day - Friday the 17th of October 2025.

BJS is a safe and welcoming place for all. We stand united against racism and discrimination, and we are committed to fostering respect, kindness and equality for everyone in our community.

## FREE ONLINE SAFETY WORKSHOP

### FOR PARENTS OF SCHOOL AGED CHILDREN

Get practical hints and tips to support your children and keep them safe online, and learn how to keep up to date in the ever changing online world.

**Mon 10th NOVEMBER 7pm-8pm**

Speaker  
**LYNDSEY VAUGHTON**  
Education & Wellbeing Training Lead (UK)  
Smoothwall

Access the event here:  
<https://meet.google.com/cze-sgju-fb>

With a background in law enforcement, Lyndsey is a seasoned child protection advocate with extensive expertise in safeguarding education. She is passionate about fostering safe student environments, offering support in policy implementation, training, and committee establishment, as well as furthering her commitment to student wellbeing through her PhD research on the effects of domestic abuse on children.

For more information on online safety, visit <https://warwickshire.onlinesafetyhub.uk/>

## 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](mailto: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.

# Notices

Admissions 2026/2027 - Bilton C of E Junior School

## Prospective Parents School Tours



The staff and pupils warmly invite prospective parents to visit our school during one of the following sessions.

Wednesday 22<sup>nd</sup> October 2025 9.30am – 10.00am  
Wednesday 22<sup>nd</sup> October 2025 10.15am – 10.45am  
Thursday 23<sup>rd</sup> October 2025 2.00pm - 2.30pm

Monday 24<sup>th</sup> November 2025 9.30am – 10.00am

Members of the team will provide a tour of the school and answer any questions you may have.

If you are unable to make any of the above dates, then please feel free to contact the school office to make an alternative appointment.

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

We look forward to meeting you.

RUGBY & SURROUNDING VILLAGES

# allsorts

CELEBRATING 16 YEARS IN BUSINESS

Sept/Nov 25 **for parents and children** 0-12

**IN THIS ISSUE**  
PLENTY to do this Autumn  
Birthday party ideas  
Young cook - spider cookies  
Extra-curricular excellence  
Family health & well-being  
LOTS of clubs & classes  
Guys & ghouls community event ideas  
PLUS School Notice Board



click on [www.allsortsmag.com](http://www.allsortsmag.com)



## Free counselling support for parents & carers in Warwickshire

Are you feeling overwhelmed, stuck, or just in need of someone to talk to? The [Parenting Project](http://Parenting Project) offers free and confidential counselling for parents and carers of children aged 0-19 (or up to 25 with SEND) across Warwickshire.

Up to 18 weekly sessions are available in person, by phone, or online via Zoom – whatever works best for you.

To register your interest, email: [counselling@parentingproject.org.uk](mailto:counselling@parentingproject.org.uk)

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



## Laughter

*"Laughter is the shortest distance between two people" – Victor Borge*

Laughter is like a natural boost for your brain and body—it helps you feel happier, less stressed, and more relaxed. When you laugh, your body releases chemicals that make you feel good and even help you connect with friends. Laughter also helps to boost your immune system, helps you think more clearly and be more creative too. So, having fun and sharing a laugh is a great way to take care of your mental wellbeing!

### Our tips for laughter:

1. **Keep note of your favourite memories** — write down some of your favourite memories that have made you laugh the most and keep them in a jar. You can then pull one out and read them in the future. It can feel difficult to start laughing if you are feeling low, but a good place to begin is to remember what has made you laugh in the past.
2. **Spend time with friends who make you laugh** — hanging out with funny, positive people lifts your mood.
3. **Watch or listen to funny shows, cartoons, or jokes** — find things that make you smile or giggle.
4. **Don't be afraid to be silly** — make funny faces, play games, or be playful to invite laughter.
5. **Share jokes or funny stories with family or friends** to spread the laughter around.
6. **Look for humour in everyday situations** — try to find something to smile about, even on tough days.

Laughter is contagious... by laughing more, you will not only boost your own wellbeing but also the wellbeing of those around you!

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.



## How to keep children safe this Halloween

Halloween can be an exciting time of year for children, dressing up and going out after dark. But, whilst Halloween is supposed to be spooky, there are some horrors that families will want to avoid.

Child Accident Prevention Trust (CAPT) has put together some top tips for a safe Halloween that you can remember for all the right reasons.

[capt.org.uk](http://capt.org.uk)



## Have you tested your smoke alarms recently?

During the past three years, over a quarter (26.4%) of the residential fires that Warwickshire Fire and Rescue Service has attending did not have smoke alarms fitted.

This is why Warwickshire Fire and Rescue Service is sharing the important message and asking residents to ensure that their smoke alarms are up to date and in working order.

<https://www.warwickshire.gov.uk/news/article/7045/have-you-tested-your-smoke-alarms-recently->

# Activities

## INDOOR CARBOOT



### DUNCHURCH SOCIAL CLUB

The Square, Dunchurch, Rugby, CV22 6NU

**SATURDAY 11TH OCTOBER**  
**11AM - 2PM**

INDOOR EVENT | FREE ENTRY | ALL WELCOME | REFRESHMENTS

SELLING PRE-LOVED ITEMS, CAKES & REFRESHMENTS

## LEMON JELLY

*Be who you want to be*

### TWO WEEKS FREE!

Lemon Jelly is your gateway to an incredible performing arts journey! Our classes are more than just a learning experience; they're a confidence-boosting adventure.

#### CLASSES IN RUGBY

Book via our class links below



#### Academy

5-7yrs

8-10yrs

**FUSION**

11-16yrs

#### PROJECTS

Live Theatre  
Screen & Audio recordings  
LAMDA exams

#### HOULTON SCHOOL

SUNDAYS from 9:30am

☎ 01788 494281

✉ rugby@lemonjellyarts.com



**GO GO MAKERS**  
**CAMP WICKED**  
OCTOBER HALF TERM

PRIMARIES: PRIORS FIELD PRIMARY, ST. ANDREW'S CATHOLIC PRIMARY, ST. MARY'S CATHOLIC PRIMARY, ST. MICHAEL'S CATHOLIC PRIMARY, ST. PETER'S CATHOLIC PRIMARY, ST. JOHN'S CATHOLIC PRIMARY, ST. DAVID'S CATHOLIC PRIMARY, ST. PATRICK'S CATHOLIC PRIMARY, ST. GEORGE'S CATHOLIC PRIMARY, ST. ANDREW'S CATHOLIC PRIMARY, ST. MARY'S CATHOLIC PRIMARY, ST. MICHAEL'S CATHOLIC PRIMARY, ST. JOHN'S CATHOLIC PRIMARY, ST. DAVID'S CATHOLIC PRIMARY, ST. PATRICK'S CATHOLIC PRIMARY, ST. GEORGE'S CATHOLIC PRIMARY

OFSTED APPROVED  
MULTI-ACTIVITY  
HOLIDAY CAMPS

27TH-31ST OCTOBER

**GO GO MINI'S**  
RECEPTION CHILDREN ONLY  
4-5 YEARS

**JNR'S**  
5-7 YEARS  
(YEAR GROUPS 1-2)

**SNR'S**  
8-12 YEARS  
(YEAR GROUPS 3-6)

ACTIVITIES: ARTS | SPORTS | DANCE | STEAM | GAMES

**GO GO XTRA!**  
EXCLUSIVE TO NORTH LEAMINGTON SCHOOLS

SAVE 10% EARLY BIRD DISCOUNT  
FROM £34.50

FOR A STANDARD OVERNIGHT FROM 9AM - 3.30PM  
AND BREAKFAST ON SUNDAY MORNING 9AM - 11AM

WE ACCEPT TAX FREE CHILDCARE VOUCHERS  
PAYMENT INSTALMENTS

TO BOOK VISIT:  
WWW.GOGOMAKERS.CO.UK  
E: hello@gogomakers.co.uk | T: 01928 355024

★★★★★ RATED 5 STARS ON GOOGLE

spaces available, pay for remaining sessions only!

**Street Dance - Friday**

3:30 pm - 4:30 pm

**Funstar**  
Education Through Performing Arts  
07971073530 / 07849168639  
www.funstareducation.co.uk

Email us:  
**info@funstareducation.co.uk**  
subject line FREE TRIAL for a taster session

**AK COACHING**

**OCTOBER Holiday Club**

- Football • Tag Rugby • Frisbee • Dodgeball
- Basketball • Netball • Hockey • Tennis
- Cricket • Rounders • Gymnastics • Table Tennis

PLUS, PLENTY OF OTHER FUN GAMES

BOOK NOW  
https://fb.gy/8ycup

07725 876 612  
akcoaching2020@gmail.com

MEDALS, TROPHIES & TSHIRTS TO BE WON

MON 27<sup>TH</sup> OCT - FRI 31<sup>ST</sup> OCT

0900-1600

£17 PER DAY, PER CHILD

AGE 5-11

BACK AT BILTON JUNIOR SCHOOL

## 1<sup>ST</sup> RUGBY BOYS' BRIGADE

We meet at Rugby Baptist Church on Regent Street, CV21 2PJ every Friday night during term time.

Boys' Brigade is an international uniformed organisation. At 1<sup>st</sup> Rugby we have fun, play games, play the drums and bugles in our band make crafts, learn life skills and hear about God all whilst working towards badges that are awarded in May. We also have a week long camp in the summer!

**Anchors - age 5 to year 3 - 18:30 to 20:00**  
**Juniors - year 4 to year 6 - 18:30 to 20:00**  
**Company - year 7 to year 10 - 18:30 to 21:00**  
**Seniors - year 11 to year 13 - 18:30 to 21:00**

The first night is free and after that it is £1 per week

To find out more please contact us

**THE BOYS' BRIGADE**  
the adventure begins here

## 1<sup>ST</sup> RUGBY GIRLS' BRIGADE

We meet at Rugby Baptist Church on Regent Street, CV21 2PJ every Monday night during term time.

Girls' Brigade is an international uniformed organisation. At 1<sup>st</sup> Rugby we have fun, make friends, play games, make crafts, develop confidence, learn life skills and hear about God all whilst working towards badges that are awarded in July. We organise exciting trips and days out and have a week long camp in the summer!

**investigate - reception to year 3 - 18:00 to 19:15**  
**ngage - year 4 to year 6 - 18:00 to 20:00**  
**nccounta - year 7 to year 9 - 18:00 to 20:00**  
**nspire - year 10 to year 13 - 18:00 to 20:00**

The first night is free and after that it is £20 per term (£60 per year)

To find out more please contact us

**the GIRLS' BRIGADE**  
ENGLAND & WALES

# 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

Inspire - Challenge - Achieve

