



Proud to be part of
Bilton Community Federation



**"You have what it takes to be a rainbow
in someone else's cloud."
- Maya Angelou**



7th November 2025

BULLETIN

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

Headlines

**Points of
Interest**

14th November

**Non uniform day
Children in Need**

Dear Parents and Carers,

We have had another wonderful week in school and I wanted to share some of our latest news and celebrations with you.

Firstly, a huge thank you to our Year 6 team for taking the children on their residential visit to RockUK. This trip is always such a memorable experience for our children – full of fun, adventure, and opportunities to develop confidence and teamwork. We know that residential can also be quite exhausting, and we really appreciate the care, dedication and enthusiasm shown by the staff in looking after the children throughout their stay.



This year, Children in Need coincides with World Diabetes Day, and we are excited to combine both important causes into one special event! We will be holding a Non-School Uniform Day on Friday 14th November and children are welcome to wear non-uniform – perhaps something blue to mark World Diabetes Day. A small donation would be greatly appreciated, with all proceeds going towards these two wonderful charities.

This week, we also held our myHappyMind Celebrate Assembly, which focused on the next part of the children's learning. The Celebrate module helps pupils to understand who they are, recognise their own character strengths, and celebrate what makes them unique.



We are also delighted to share some very exciting news! Our school has been invited to attend a special event where myHappyMind will be receiving The King's Award for Enterprise. Our school has been selected to take part in recognition of the fantastic work of our pastoral team and wider staff in supporting wellbeing across the school. During the event, our school will be showcased through videos created by our amazing Happiness Heroes – a wonderful celebration of their creativity and commitment to promoting happiness and mental wellbeing.

Finally, a gentle reminder to please be mindful of our local residents and the safety of our children when parking near the school. Your cooperation helps to keep everyone safe and our community relationships positive.

Thank you, as always, for your continued support.

Mrs Ross
Head of School

Plantagenet Drive, Rugby, CV 22 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 Gleraldo For working hard in all his learning this week

3LD Leo For his motivation in wanting to write more in his biography on Floella Benjamin

3RY Charlie For always striving to do this best in lesson

3TP Matilda For her excellent effort on her Floella Benjamin fact file

4EL Oliver B For his great attitude to learning

4SR Teddy for working really hard on his recount of our Lunt Roman Fort trip

5LM Jacob G Excellent focus on his non-chronological report on rats

5MB Joshua J For a super start to BJS

5PA Sriha For excellence and enthusiasm in all areas of the curriculum

6LB Erinayo For being committed to writing a rich and detailed narrative in English this week

6NV Evie T For super descriptive work in English

Inspire Challenge Achieve Inspire Challenge Achieve Inspire Challenge Achieve

Thank you from all @ BJS

YOU are the
LIGHT
of the WORLD

3HN Ethan For always being respectful

3LD William For helping a friend when he fell over

3RY Srithik For showing respect and listen well to an adult

3TP Isla For always being respectful, helpful and sparkling

4EL Cassie For always being kind and respectful

4SR Elias For being respectful and kind to others

5LM Freya For being kind and respectful when supporting a year 3

5MB Maisie L For her cheerful, helpful and positive approach.

5PA Ahmad For taking responsibility for his learning

6LB Alissia G For being a shining example of kindness and teamwork in every lesson.

6NV Robyn For always being upbeat and positive in everything she does.

In school activities

Year 6 Rock UK Fun



Notices

10 Top Tips for Parents and Educators
GUIDING YOUNG VOICES TO MAKE A DIFFERENCE

1. **CELEBRATE DIFFERENCES**
 Make young people feel confident by celebrating their individuality. Encourage them to share their unique talents, interests, and experiences. This helps build a sense of belonging and self-esteem.

2. **MODEL RESPECT**
 Demonstrate respectful communication in all interactions. Use 'I' statements, active listening, and avoid interrupting. This teaches young people how to interact positively with others.

3. **SPOT THE SIGNS**
 Be alert to changes in behavior, mood, or academic performance. Encourage open communication and provide a safe space for young people to express their concerns.

4. **VALIDATE FEELINGS**
 Acknowledge and validate young people's emotions. Let them know their feelings are normal and understandable. This helps them process their emotions and seek support when needed.

5. **TEACH ALLYSHIP**
 Educate young people on the importance of standing up for others. Encourage them to be supportive and inclusive, and to speak out against bullying or discrimination.

6. **PROMOTE REPORTING**
 Encourage young people to report any concerns or incidents. Provide clear information on how to report and ensure that reporting is a safe and confidential process.

7. **ENCOURAGE KINDNESS**
 Promote acts of kindness and empathy. Encourage young people to be helpful, supportive, and understanding towards their peers.

8. **USE YOUR VOICE**
 Encourage young people to share their thoughts and opinions. Create opportunities for them to speak up and be heard, such as through class discussions or student councils.

9. **BUILD COMMUNITY AND BELONGING**
 Foster a sense of community and belonging. Encourage young people to work together, support each other, and create a positive and inclusive environment.

10. **SUSTAIN THE CONVERSATION**
 Keep the conversation going. Regularly check in with young people and provide ongoing support and resources. Encourage them to seek help when needed.

Meet Our Expert
 Robert King, an experienced teacher and educational professional, shares his expertise on supporting young people's mental health and well-being.

Wake Up Wednesday
 The National College

Twitter: @wake_up_weds, Facebook: /thenationalcollege, Instagram: @wake.up.wednesday, TikTok: @wake.up.weds

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

Recovery & Wellbeing ACADEMY

Courses for Parents and Carers supporting children and young people's mental health and well-being

Parents and Carers can access a range of courses to support children and young people's mental health and well-being through the Recovery and Wellbeing Academy www.recoveryandwellbeing.co.uk/Courses

From the website please select courses for parents or those caring for children to show the list of course.

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.

Monday 24th 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

We look forward to meeting you.

A FOCUS ON SUPPORTING PARENTS TO WORK TOGETHER

Parenting Together Virtual Sessions

Tuesday 28th October
10:00 - 12:00

Saturday 8th November
9:30-11:30

Monday 1st December
17:30 - 19:30

Parenting can be tough—especially when there's tension between co-parents.

Parenting Together

Our 2 hour Parenting Together workshop is an ideal starting point for navigating conflict and co-parenting.

Working it Out - Co-parenting in a Positive Way

Our newly revised 4 week programme helps parents and carers build more positive ways of communicating and reducing conflict that put children first.

Working It Out
 4 Week Virtual Programme
 Monday January 12th - February 2nd
 9:30 - 11:30

Warwickshire Family and Relationship Support

Book your FREE place

For further information, or if a workshop is full, please email: ehparenttrainers@warwickshire.gov.uk

Please note that it is essential to have a working camera during all virtual sessions.

If you are a separated family and feel your child needs support with your family separation. Please remember that here at BJS we offer a Separation Support Group for children. The next group is due to start in a few weeks and we have 2 spaces left.

Please email Mrs Smith: homeschoolsupport@biltonjuniorschool.co.uk if you feel this is something your child may benefit from.

Family Support Drop In Sessions

Would you like the opportunity to speak to a Family Support Worker?

Family Support Workers can offer support with:

- Developing Routines and Boundaries
- Understanding your child's behaviour
- Behaviour Management
- Health and Wellbeing
- Childrens Mental Health

Join us for a consultation with a Family Support Worker at
 Claremont Children and Family Centre
 Every Wednesday
 2pm - 4pm

Phone: 01926 414 144
 Option 1 then 2 for Family Support.
 Available Monday to Friday 9am to 4pm

Warwickshire County Council

Community Autism Support Service CASS casspartnership.org.uk

If you live in Coventry or Warwickshire with a diagnosis of autism, or are awaiting a diagnosis, we may be able to help you, your parents or your carer.

You can start by calling the Navigation Team and ask about available support. Our team is made up of autistic individuals and those with lived experience, including parents or carers of autistic individuals.

Clear and timely support across Coventry and Warwickshire

Notices

MHST
Mental Health in Schools Team
Tips For Wellness

Appreciation

Appreciation is a feeling of **thankfulness** or an act of recognising something that is important or meaningful to you.

We can appreciate or recognise another person through complementing them and sharing what you like about them. We can say 'thank you' to others when someone is helpful or supportive. This has benefits for both our mental health and for the people around us. We can also appreciate ourselves – you are important and unique! Remember to celebrate when you achieve big and small things and stop to appreciate what you have done.

Learning to appreciate others and ourselves can improve our self-esteem, improve our mood and improve our relationships with others.

Our tips for appreciation:

1. Create a **"be proud"** board at home or at school where you post your drawings or good deeds.
2. Start a **gratitude journal** – write or draw things that make you feel proud or happy every day.
3. **Give a compliment** - think about a person who is important to you and tell them 3 things that you like about them. You could write a letter or a small note to let them know how much you appreciate them. Use these sentence starters to help you:
 - I like how you...
 - You are...
 - Thank you for...
 - You make me happy when you...
4. **Say "thank you"** – remember to thank other people throughout the day, to show them you appreciate what they do for you. If you have a friend who speaks another language, you could learn to say 'thank you' in the language that they speak. You could also learn to say 'thank you' in Makaton (sgn language) too! Have a look at the video above to help you!
5. **Self-appreciation** - think of something small that you have achieved this week. Pause and take a minute to appreciate what you have done. Which of your positive qualities did you use? Kindness, thoughtfulness, curiosity, creativity?

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.

Friday 14th November
Non-school uniform day

This year, Children in Need coincides with World Diabetes Day, and we're excited to combine both important causes into one special event!

world diabetes day
14 November

Parenting Project

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** 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

Rugby Foodbank
Together with Trussell

Reverse Advent Calendar

1 Powdered Milk	2 Tea	3 Instant Coffee	4 Tinned Meat	5 FRAY BENTOS
6 Rice (500g/1kg)	7 Tinned Fish	8 Biscuits	9 Cereal	10 Tinned Vegetables
11 Instant Mash	12 Rice Pudding	13 Washing Powder/Capsules	14 Hot Chocolate	15 Pasta Sauce
16 Tinned Tomatoes	17 Cream Crackers	18 Tinned/Packet Soup	19 Fruit Squash	20 Long Life Milk
21 Custard (Ready Made)	22 Tinned Spaghetti	23 Tinned Fruit	24 Jam/Honey	25 Shampoo
26 Flour	27 Cooking Oil	28 Tinned Potatoes	29 Dried Red Lentils	30 Deodorant

rugby.foodbank.org.uk
info@rugby.foodbank.org.uk

Donations needed by 3rd Dec!

TOGETHERNESS
Bringing the Solihull Approach to the world

Warwickshire Family and Relationship Support

UNDERSTANDING YOUR CHILD 10 WEEK PROGRAMME

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

13TH JANUARY 2026

09:15 - 11:15

LONG LAWFORD PRIMARY SCHOOL
Holbrook Road
Long Lawford
Rugby, CV23 9AL

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

Book your **FREE** place

The programme is intended for parents and carers who want to know more about sensitive and effective parenting. It aims to develop a framework of thinking about parent/child relationships that can be developed into a lifelong skill.

What is covered:

- Tuning into children
- Exploring feelings
- Parenting styles
- Communication and what may be being communicated through behaviour
- Temper tantrums and anger
- Behavioural difficulties

Apply on our website NOW www.warwickshire.gov.uk/HAF

Eligibility:

- In Reception - Year 11
- Receiving benefits-related free school meals

Please note we are unable to accommodate children during these sessions.

HAF Winter 2025-26

Get ready!

Get your HAF CODE → Check out LISTINGS → CONTACT your preferred provider

LIVE from the 24th of November

Apply on our website NOW www.warwickshire.gov.uk/HAF

Eligibility:

- In Reception - Year 11
- Receiving benefits-related free school meals

Apply on our website NOW www.warwickshire.gov.uk/HAF

Activities

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



CHRISTMAS WREATH WORKSHOP

26TH NOVEMBER 7PM
 £30
 BAWNMORE INFANT SCHOOL

INCLUDES ALL MATERIALS, A COMPLIMENTARY DRINK AND A HOMEMADE MINCE PIE.
 TUTOR - JANE FROM PERRANSFIELD FARM
DEPENDENT ON THE NUMBERS

SCAN THE QR CODE BELOW TO BOOK YOUR SPOT BEFORE 14TH NOVEMBER

1ST 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 1st 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

Suitable for all the family (recommended for ages 3-10)

The Gingerbread Man
 14 - 23 Dec & 2 - 4 Jan



Find out more & book now at
www.macreadytheatre.co.uk

stuff and nonsense
 theatre company

1ST 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 1st 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!

n:vestigate - reception to year 3 - 18:00 to 19:15
n:gage - year 4 to year 6 - 18:00 to 20:00
n:counts - year 7 to year 9 - 18:00 to 20:00
n:spire - 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

INTERNATIONAL GAMES MONTH

Book here

<p>WEREWOLVES As night turns into day, can you work out who the werewolves are and avoid being bitten? 5.30-6.30pm, Tuesday 12th November 12 years+</p>	<p>SWORD OF THE SUNS Join the quest to stop the Shadow King and save the realm full of magic, monsters and mystery in this group adventure game. 11am-12.30pm, Saturday 15th November 6 years+</p>
<p>THE TOWER OF DOOONOOOOM! Venture into the magical Dooonoooom! Dungeon to cast out the Scarlet Sorceress from your realm in this group adventure. 2.00-3.30pm, Saturday 15th November 6 years+</p>	<p>ESCAPE THE WRITER'S BLOCK Can you help end the author overcomes the library? A family-friendly 30min Escape Room. 11am, 12pm, 2pm & 3pm Saturday 22nd November 6 years+</p>
<p>THE DETECTIVE CLUB MURDER A murder mystery game written by the author Ruth Ware. Can you solve the mystery to reveal the guilty party? 5.30-6.30pm, Tuesday 25th November 16 years+</p>	<p>FAMILY BOARD GAMES Join us for a variety of board games suitable for all the family. From 'Camel Up' to 'On Tour' to 'Wavelength', there will be a variety of short games you can play. 10-11.30am, Saturday 29th November 8 years+</p>

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 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

If you need to talk with a teacher over the phone or have a general enquiry for them please email 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

If you have specific feedback you would like to give us please email us on 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 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

SPECIAL JANUARY DRAW



Rugby Lotto is an exciting weekly lottery that will raise money for BJS

Tickets for the lottery cost just £1 a week. Each ticket has a 1 in 50 chance to win a prize each week



<https://www.rugbylotto.org/support/bilton-school-pta-rugby>



SCAN ME

Inspire - Challenge - Achieve

