

ORLEANS PRIMARY SCHOOL NEWSLETTER

Friday 9th January

SCHOOL HIGHLIGHTS



The Orleans Primary community come together in a myriad of ways inside and outside of school. The Orleans community of cyclists have signed up with OPPTA to raise money for the school by cycling to Amsterdam and they shall start their intense training regime very soon. I too have signed up for this exciting event.

Other examples of community include how families worked together to help each other this week when childcare was a rare commodity balanced with work commitments.

Poetry will bring our community together as we embark on the Performance Poetry Competition. Children are working together to plan their performance and we will as a community support each other as children perform in front of their class.

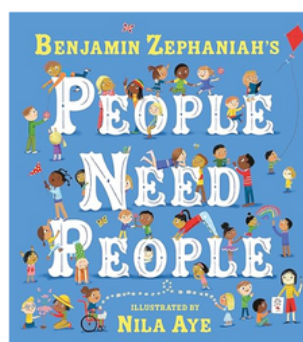
The children can choose a poem over the next few weeks either at school or at home and they can practice as part of homework. We do hope every child tries to learn a poem and enjoys reading or performing it to their class. These preliminary rounds will take place over the next few weeks, in class, surrounded by their supportive community of fellow pupils. We will support them with top tips and advice on how to perform their poem. We cannot wait to hear them!

Have a superb weekend and good luck navigating the inclement weather.

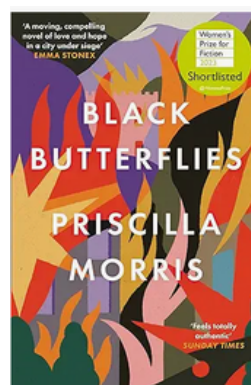
All the best,
Victoria Coward



A beautiful book for younger children about working together as a community.



Another special book by Benjamin Zephaniah about connecting with each other.



For the adults-Black Butterflies which is about a community under siege in Sarajevo in the 1990's

UPCOMING EVENTS AND IMPORTANT DATES

January 2026

Monday 5th	Spring 1 term starts and children return to school
Monday 5th-9th	Year 6 Bikeability continues
Thursday 8th	Year 4 Thames Young Mariners Residential Meeting (online)
Thursday 15th	RSHE Family Workshop for Reception to Year 6 (online and in person)
Thursday 15th	Year 4 Coding Workshop
Friday 16th	Year 3 Coding Workshop
Monday 19th	Perform Workshops for Reception, Year 1 and Year 2
Wednesday 21st	Y3 Trip to Science Museum
Tuesday 27th	Y5 to St Stephen's Church for an organ demonstration

February 2026

Thursday 12th	Year 6 SATS meeting with families (online)
9th-15th February	Children's Mental Health Awareness Week
Friday 13th	Year 6 Graffiti Workshop
16th - 20th	Half Term
Monday 23rd	Spring 2 term starts and children return to school

March 2026

Tuesday 3rd	4PB to Richmond Museum Anglo Saxon Life
Wednesday 4th	4GB to Richmond Museum Anglo Saxon Life
Thursday 5th	World Book Day
9th -13th	Science Week
Wednesday 11th	Y2 to Royal Festival Hall for Bright Sparks Concert
Thursday 12th	Y3 perform a violin concert for families (time TBC)
Friday 13th	Red Nose Day
Monday 16th	2K to sing at St Stephen's Church Monday Lunch Club
Wednesday 18th	Year 5 to the Science Museum
Thursday 19th	2P to sing at Dalemead Care Home
Monday 23rd	Y4 to Royal Festival Hall for Orchestra Unwrapped concert
Tuesday 24th	Family Consultations 1.30-5pm
Wednesday 25th	Family Consultations 3.30-6.30pm
Friday 27th	Last day of Spring Term. Finish at 1.30pm
13th April	First day of Summer Term. Children return to school

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WISH LIST LINKS

[Nursery](#) [Reception](#)

[Year 1](#) [Year 2](#)

[Year 3](#) [Year 4](#)

[Year 5](#) [Year 6](#)

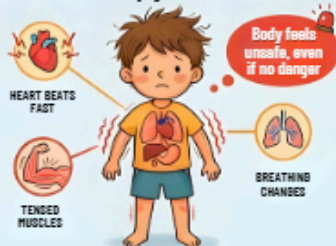
[Whole School](#)



Help, Advice and Support

Why a Child Can't Calm Down on Command

1. The child's body goes into stress mode



When a child feels too much at once, their heart beats fast, their muscles tighten, and their breathing changes. Their body is saying it doesn't feel safe, even when nothing dangerous is happening.

2. The brain switches from thinking to survival



The brain has two main jobs. When overwhelmed, the survival part takes over. The thinking part shuts down. Child can't listen, solve problems, or follow instructions until their body settles.

3. Behaviour shows stress, not defiance



Crying, kicking, shouting, or running away are signs that the survival brain is in charge. The child isn't trying to be difficult. They're trying to cope with feelings that are too big for them.

4. A calm adult helps the child feel safe



Your steady breathing, slow voice, and warm presence send a strong message of safety. This helps the child's body stop reacting as if there's danger.

5. The child's brain and body copy yours



When you stay calm, the child's breathing slows, their heart rate steadies, and the thinking part of the brain begins to switch back on.

6. Teaching and talking come later



Children can't learn new skills when they're in survival mode. First help them feel safe and settled. When they're calm, the thinking brain is ready again, and that's the time to talk and teach coping skills.

Extra reminders

The gate closes at 8.55am so you do need to be in the playground by their class when the bell goes.

Please make sure your child is in the line to go to class **before you leave the site** as we are not responsible for them until they enter class.

Also, try to make sure the children are not playing football as they wait for school as we are worried a smaller child may be knocked over in the process.



No mobile phones

Awards and Accolades

On 22nd December, Casey took part in a truly impressive and unforgettable experience when he was a mascot for Fulham FC at home in Craven Cottage.

He is now a player in Fulham FC foundation U10 and this is his third year with the player development training! What an excellent achievement.



Dalemead choir visit

Last term the choir children from years 5&6 visited Dalemead Care Home to sing for the residents there, and we have since had a lovely message from the Dalemead activity organiser:

"Thank you SO much for today - as always, it was so wonderful to have you all with us! The children are brilliant, so polite and kind. They are a real credit to the school. You have all made our day and we feel very Christmassy as a result of your visit, thank you!"

I second that - they really were a credit to all of us and I felt very proud of them.

And many thanks to Cece's mum and Cosima's dad who kindly accompanied us to

Dalemead!

Mrs Ricketts

Scan QR Code to Register Now!

ACE'S GYMLET'S

First session £5!

Family Run Business

Recreational Gymnastics Club opening **January 2026**

Open to all children ages 5 -12 years old

CHANGED

Thursday evenings

Year 1 to 7 18:30 - 19:30

Split into groups of ability



ACESGYMLET'S@GMAIL.COM

Hosted by Deer Park School

Are you raising the child of a relative or a friend?

Whether you have a special guardianship order, child arrangement order or no legal order in place, you and your child are eligible for support and advice to help with education.

This could include:

- Pupil Premium funding
- advice and support from AfC Virtual School
- advice and support from other organisations



For more information, please contact Rebecca Lloyd at AfC Virtual School or the designated teacher in your school.

Email: rebecca.lloyd@achievingforchildren.org.uk