St Alban's C of E Aided Primary School
Inspired to make a difference in God's world with excellence and love

WEEKLY BULLETIN
27TH MARCH 2026

We aim to be a NUT FREE SCHOOL - Please DO NOT include ANY products that contain ANY types of NUTS in your child's lunch/snack.

Headteacher Message

Dear Parents and carers,
I cannot believe that we are at the end of another term! This week has continued to be busy with lots of exciting events happening, including a production of The Secret Garden, a walk to church for our End of Term service and Oak class visiting the local garden centre. As we move into the Summer term, we hope to be using our beautiful school grounds even more to support our learning and to provide further enrichment opportunities.

Back to Basics

We are really excited to launch Back to Basics with you. **Mrs Welton** and **Mrs Rhodes** are leading this initiative for us and we will be running various workshops over the coming months. The Back to Basics initiative by CAMHS is designed to support families in managing their well-being within the home. It emphasises the importance of creating resilience and building the foundations of a healthy family environment.

The initiative encourages parents and carers to take small steps to improve their child's well-being by focusing on key areas such as eating healthily, sleeping, exercising, maintaining good routines, and self-care. By addressing these basics, families can prevent potential issues and foster a supportive atmosphere for their children's growth and development.

Each term, we will be focusing on one of the petals. In the Summer term, we will be focusing on **'CONNECT'. Therefore, we are asking all parents to put their mobile phones away as soon as you enter the school gates and to ensure that you 'connect' with your child as soon as you see them.**

Connecting with others can give you the opportunity to share positive experiences and provide emotional support for you all. Building good relationships is positive for our well-being too. Other strategies for 'connect' are:

- Cut down device time
- Switch off the TV, put down devices and play a game
- Make time to sit down as a family
- Try eating a meal together with no distractions
- Invite friends or family over to connect with you



https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/back-to-basics

https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/back-to-basics#connect-block

What's in this bulletin?

- Headteacher message
- You said, we did...
- Healthy Steps
- Wake Up Wednesday
- Uniform
- Attendance
- First Aid Friday
- Celebrations
- Good Friday
- Collective Worship
- INSET days
- Reminders

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Connect

When "Connect" is going well

- You make time to talk
- You discuss feelings
- I understand how you are feeling.....
  I have felt like that when.....
- You make time to play together
- You listen and respond to your child giving them your full attention
- You give your child affection
- You work in partnership with your school
- You don't use your phone at drop off nor pick up to connect
- You know your child well, favourite toy, movie, game, best friend
- You ask your child questions about their day
  - What did you do today that made you feel proud?
  - What was the biggest problem today?
  - If you could change anything about today what would it be?
- You encourage your child to talk
- You are helping your chid to be resilient with challenges, trauma, adversity that life brings

Useful Links:

Nurturing Program
https://www.familylinks.org.uk/

Nurture UK
https://www.nurtureuk.org/

Free Education Psychologist helpline
(Tel: 01252 814 729)

Your GP

When "Connect" is not going well

- Your child may not sleep
- Your child may experience strong emotions such as anger, anxiety, worry, they may experience stress, frustration, nervousness, outburst, they won't know / understand how to deal with these emotions.
- Lack of routine
- Changing plans at last minute due to difficult emotions
- Unable to make decisions about choices
- Relying on social media or technology to build relationships
- Losing touch with health professionals or missing appointments
- Retreating back from social gatherings or events e.g. at church, community events

Ideas

- Don't talk about any money, work or family and friend problems you may be having, when your child is around, They don't need to have these worries added on to theirs.
- Seek advice away from your child - if you are struggling, school can always point you in the right direction.
- Spend one on one time together, not just on the school run, but perhaps go for a walk just the two of you, or play a game together.

Made by Ruth Downer, Maria Knight, Sonja Balmer, Ceri Kentish, Maddy Child, Leoni Hayes, Jo Dorans, Sarah Allen and Jo Ayres in conjunction with East Hants and Havant Heads

You said, we did...

Parents gave us feedback about the new menus offered by Chartwells...

We shared this feedback with Chartwells and they have since made amendments to some of the lunch choices.



Parents would have received an email this week informing them of the **changes to the current lunch menus.**
The **medical diet menu has also been updated** so parents of children with allergies should please check this menu.

The picnic menu is returning and will be offered in the Summer term too!

The Autumn/Winter menu is going to continue until the end of May and then a new Summer menu will be introduced from June until October - more information to follow after Easter.

Hampshire Healthy Steps - Book now!



Hampshire Healthy Steps in conjunction with **Barnardo's** will be running free interactive family sessions on **Thursday afternoons 1.30pm-3.00pm** starting on **Thursday 23rd April 2026** for **5 weeks**.

To join these sessions please email **admin@st-albans.hants.sch.uk** for the attention of Mrs Welton.



Sessions will be held in the **Green Room.**

Please see the poster attached to this email for more details - **please book ASAP to secure your place.**





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Safeguarding: Wake Up Wednesday



This week's **#WakeUpWednesday** focuses on effective revision and study skills.

As exam season ramps up, revision often becomes louder, busier, and less effective. Many pupils still reply on comfort strategies like re-reading and highlighting. The can feel productive but rarely build long-term memory. This guide will help you create a low-effort, high-impact revision system that teachers pupils how to revise. rather than merely emphasising its importance.

This will be added to the website https://www.stalbansprimaryschool.co.uk/onlinesafety and shared on our school Facebook page each week.

Attendance and Punctuality

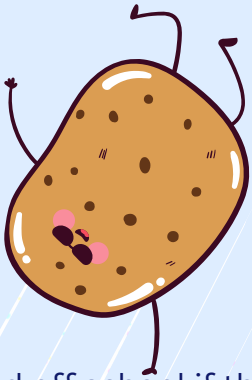
"Every day of school missed is a day stolen from a child's future,"
Bridget Phillipson (Education Secretary), August 2025

Whole school - 94.5% (national 94.6%)

PLEASE ENSURE YOUR CHILD IS IN SCHOOL EVERY DAY UNLESS THEY ARE REALLY UNWELL; if you child feels under-the-weather, please send them into school and we can see how they go!

Average attendance by class to date:

- Oak (R) - 92%
- Cherry (1) - 92.3%
- Rowan (2) - 96%
- Birch (3) - 93.7%
- Hawthorn (4) - 94.8%
- Lime (5) - 96.%
- Alder (6) - 95.6%



If you are unsure whether to keep your child off school if they are unwell, please look at this page on our website:
https://www.stalbansprimaryschool.co.uk/attendance

Uniform Reminders

When purchasing new school uniform, please consult our uniform policy: **https://www.stalbansprimaryschool.co.uk/policies/**

IMPORTANT:
PE kits MUST be a PLAIN NAVY TRACKSUIT or SHORTS - no stripes or logos. T-SHIRTS must be a PLAIN WHITE POLO STYLE.

Check out the new designs - available from Skoolkit!

We want to continue to look smart and if we all follow the uniform guidelines, we will. Please also remember trainers should be BLACK and with discrete, or preferably, NO LOGO.



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Celebrations

Headteacher Awards go to:

This half term we are focusing on the learning skill of **CURIOSITY.**

How Can Being Curious Help Us Learn?

Being curious means wanting to find out more. When we are curious, learning becomes more fun and exciting!

Below is a list of children that received merits this week:

- Oak (R) -
- Cherry (1) -
- Rowan (2) -
- Birch (3) -
- Hawthorn (4) -
- Lime (5) -
- Alder (6) -

Health and Wellbeing: First Aid Friday

This weeks #FirstAidFriday focuses on Pharmacy First! A pharmacist can provide treatment or some prescriptions for seven common conditions without you seeing a GP. Think pharmacy first and get seen by your local pharmacist.

This will be added to the website https://www.stalbansprimaryschool.co.uk/wellbeing-support and shared on our Facebook page each week.



HSA Good Friday Craft Morning - Friday 3 April 2026

The HSA are delighted to be running the **Good Friday Craft Morning** event again this year on **Friday 3 April 2026, 10.00am-12.00pm** in the school hall.

There will be lots of lovely Easter craft activities available based on this very special time of year.
Hot and cold refreshments, cookies, hot cross buns will be provided. There will be an Easter egg raffle, with the chance to win a 2kg chocolate egg!

There will also be an Easter baking competition for the children, for the best decorated Easter treats. These can be decorated biscuits or cakes with an Easter theme. We look forward to seeing the creative entries! All entries will need to be in school by 10.30am on the day, clearly marked with your child's name and year group ready for judging.

This is a fun morning which is open to all St Alban's families. This is a **FREE** event, however if you would like to make a donation this can be done on the day.



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Outside School Celebrations

Celebrating the clubs, activities and achievements children take part in outside school is an important way to recognise their growing confidence, talents and interests. Whether it's a sports team, dance class, arts group, scouts, music lessons or a special celebration within their community, these experiences help children develop new skills, build friendships and feel proud of who they are.

By sharing and celebrating these moments together, we create a school community that values every child's uniqueness and encourages them to keep exploring the things they love.



Last week Thomas got his black belt in freestyle martial arts. Tom has been working towards this for 4 years! What an acheivement!

Jack was parent choice Player of the Match in football this weekend - well done!



Muhammed and Mariam would love to share their Eid celebration!





Isla won the player of the term trophy at badminton this week!

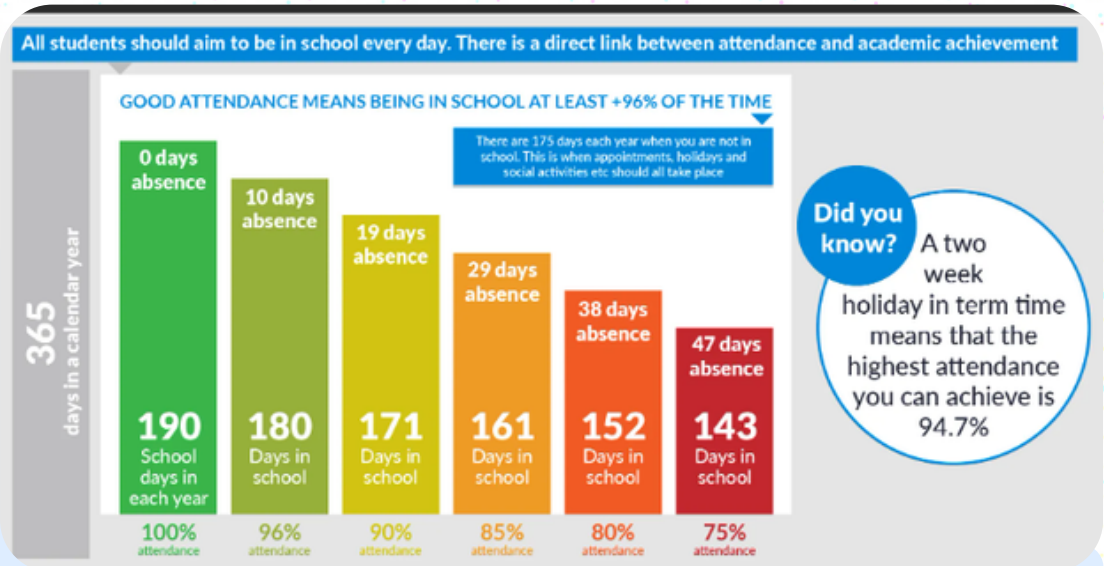
Please send in a picture and a short explanation if you would like your child to appear on our school bulletin!

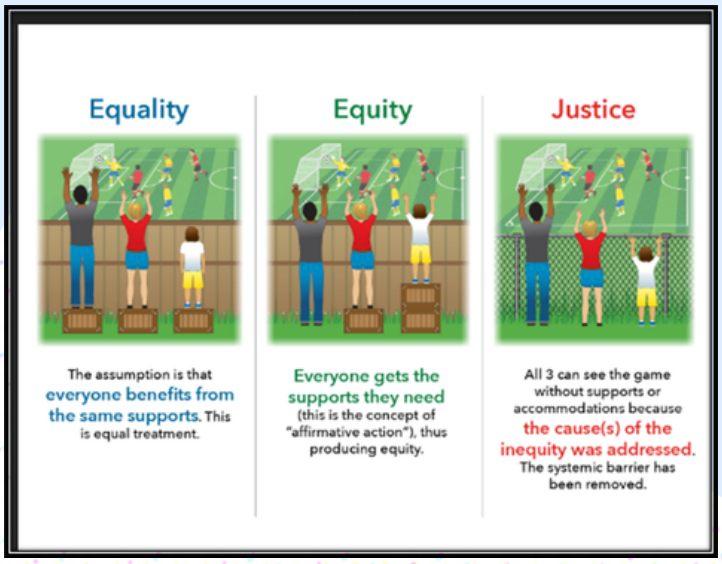
Leave of Absence Forms (Holiday Requests)

Whilst I recognise - and empathise - that holidays taken in school holidays are far more expensive than those during term time, I cannot authorise any absence or holiday for any reason, except those which are considered exceptional circumstances. The Department for Education does not consider a need or desire for a holiday or other absence for the purpose of leisure and recreation to be an exceptional circumstance.

There is no specific definition for 'exceptional circumstances' and these requests are treated on an individual basis. Parents wishing to apply for leave of absence during term time must apply in writing to the Headteacher **at least a month before the planned leave and never in retrospect**.

Please note:
If a written request for leave of absence is not completed and the leave is taken without a request being submitted, the leave will not be considered by the Headteacher, and it will be marked as unauthorised. The full attendance policy can be found here: **https://www.stalbansprimaryschool.co.uk/attachments/download**





Our whole school attendance this year to date has slightly dropped again to 94.5% which is just under the national average! Let's try our best to improve attendance in the Summer term to get us back into the 'green'.

Collective Worship

This half term, we have been focusing on **Justice** and this week we have been thinking Holy Week.

This week we have continued to look at Holy Week and we have thought about the messages for Christians in each of the stories told during this week.
We enjoyed our whole school walk to church for our Easter Service where we shared readings and sang joyous songs to celebrate this important time of the Christian calendar.

All of our Collective Worships can be found on our website:
www.stalbansprimaryschool.co.uk/collective-worship

'In diversity, there is beauty and there is strength.'
Maya Angelou

INSET DAYS 2025-2026

The remainder of the INSET days for this academic year are:

Friday 1st May 2026
Friday 3rd July 2026

Please make a note of these. The website will also be updated and we will continue to remind you on bulletins throughout the year.

Please check your details!

Please inform the office if you (or another emergency contact for your child) move house or changes mobile number.
If you would like to check that your details are up to date or if you need to make any changes, please email the office and these details can be checked and updated for you.

Reminders for 13.04.2026

We return to WEEK 3 of the menu.

13.04.26
Start of Summer 1
Y4 Viking Workshop

16.04.26
New YR Application Notification Date

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Headteacher:
Mrs Sarah Goldsworthy BA QTS NPQH

Ofsted
Read our report