



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



WEEKLY BULLETIN 1ST MAY 2026

Headteacher Message

Dear Parents and carers,

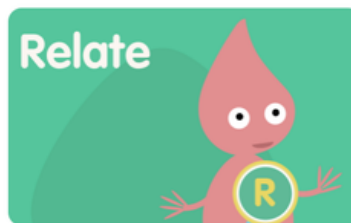
Thank you to those of you who are remembering not to be on your mobile phones when on the school site, especially at the end of each day. There will soon be signs around the school site to remind you as well. If you see other parents on their phones, please remind them that we are aiming to be a phone-free site!

Cherry class (Year 1) enjoyed a wonderful day at Tuppenny Barn this week and the children in Key Stage Two enjoyed a ZoneBall Inter-house tournament. Thank you to all the staff who go above and beyond each week to make sure that all children in our school have a rich, varied and memorable time at primary school.

I know that some children find new things tricky, but it is so important that they get to experience things that push them out of their 'comfort zone'. In life, we all have to do things that make us nervous regularly and give us butterflies in our tummies...we have to take a deep breath and give them our best shot. We have to show our children that it is important to try new things, be resilient and get on with it. Part of our myHappyMind (all parents have now been invited to sign up for an APP to support our learning in this) is about developing this resilience and trying to overcome those fears whilst being happy and balanced. If you want to find out more, please visit: <https://myhappymind.org/>

This half term, we are focusing on 'Relate' and building positive relationships and friendships. Why not ask your children:
What makes a good friend?
How have you been a good friend today?
Who has been a good friend to you today?

Enjoy the 'extra-long' weekend; see you Tuesday for another short 4-day week



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Relate

Understanding why positive relationships matter and how to build them. We're focussed on the building blocks of good relationships and friendships.

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.

What's in this bulletin?

- Headteacher message
- Sports Day
- CONNECT
- You said, we did...
- Wake Up Wednesday
- PE kit reminders
- Attendance
- First Aid Friday
- Celebrations
- Collective Worship
- INSET days
- Reminders for next week



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Sports Day 2026

This will take place on **Friday 19th June 2026** - it is a whole day event!
(Reserve date is Friday 26th June 2026)

All children will be expected to participate in this day and there will be plenty of exciting races and games for them to take part in.

As in previous years, children will come into school in their PE kit, with black trainers and a 'logo-free' t-shirt that is the colour of their school house (this is the same colour as their book bag):

Winchester - **green**

Durham - **blue**

York - **yellow**

Canterbury - **red**

To help you plan for the day, this year's timings are:

9.15-11.30am Key Stage One and Early Years races

11.30-12.30pm LUNCH (Please bring a picnic lunch to share with your children)

12.45 -3.15pm Key Stage Two races

Children are expected to be at school for the whole day regardless of when their races are. This is a whole school event where we are championing sportsmanship and fellowship!



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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 child 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.

You said, we did...

Some parents have asked for more information about SEN and what support is on offer

For more information about Inclusion/SEND at St Alban's - please visit <https://www.stalbansprimaryschool.co.uk/send>

Parents/carers of children with SEN have been invited to an information session in this term.

Inclusion TEAM

We are fortunate to have a team of inclusion professions available to support children and parents with various issues. The inclusion team is led by Mrs Goldsworthy and Mrs Clarke with Ms Brooks, Mr Smith and Mrs Welton.

Any requests for inclusion support should come through the office in the first instance, and not to members of staff, such as Mrs Welton, directly.



Year 5 Tower of London Trip

Last week, Lime class went to the Tower of London. With beautiful weather and lots to explore, they had a great day!

The class had a 'crime and punishment' workshop, got to see the Crown Jewels and climbed the White Tower. Georgia and Nyah said their favourite part of the day was seeing Traitor's Gate and looking at the prison cell in the tower.



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Safeguarding: Wake Up Wednesday



This week's **#WakeUpWednesday** focuses on managing exam stress.

At some point their education, most young people will encounter exam stress, which can affect their mental, emotional, and physical wellbeing. Mental health charity YoungMinds estimates that 87% of pupils experience exam-related stress. This highlights the importance of supporting young people to manage exam pressure effectively, maintain perspective, and protect their overall wellbeing during these periods.

Read this weeks guide for 10 top tips for parents and carers.

This will be added to the website

<https://www.stalbansprimaryschool.co.uk/online-safety> 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,"

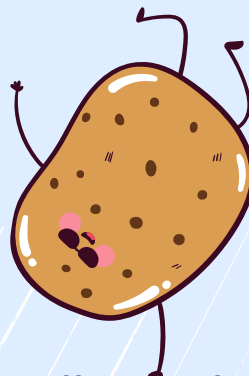
Bridget Phillipson (Education Secretary), August 2025

Whole school - 94.6% (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) - 92.8%
- Cherry (1) - 92.5%
- Rowan (2) - 96%
- Birch (3) - 93.9%
- Hawthorn (4) - 95%
- Lime (5) - 96.6%
- Alder (6) - 95.9%



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>

PE Kit 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



STEP badges go to:

Headteacher Awards go to:

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

We will be exploring the ways we can be independent in all of the following areas:

- **Regulating my feelings**
- **Learning on my own**
- **Looking after myself**
- **Making decisions for myself**
- **Managing my friendships**

Learning To Be Independent At School



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

- Oak (R) - Betsy, Colby
- Cherry (1) - Whole class
- Rowan (2) - Penny, Ryan
- Birch (3) -
- Hawthorn (4) - John, Ernie
- Lime (5) - Ariana, Alana, Olivia
- Alder (6) - Ronnie, Oliver



Back to Basics

We are excited to share that we have a **NEW** page on our school website dedicated to 'Back to Basics' -

<https://www.stalbansprimaryschool.co.uk/BacktoBasics>

Back to basics is designed to empower parents and carers to support their child's emotional wellbeing within the home. Using the back to basics approach can empower you to take control of the 5 ways to wellbeing.

We would encourage parents to visit our website to find out more!

When a flower doesn't bloom, you fix the environment in which it grows, not the flower.

— Alexander Den Heijer

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Health and Wellbeing: First Aid Friday

This weeks #FirstAidFriday focuses on mental health support.

Taking care of your mind is just as important as anything else, and there's always help available when you need it. Keep these numbers handy and feel free to share them with others - you never know when someone might need a little extra support!

More information can be found on our website:

<https://www.stalbansprimaryschool.co.uk/wellbeing-support>.



Watch the Back to Basics videos to help you support your family's wellbeing:

Take Notice

Give

Be Active

Keep Learning

Connect



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.



Nancy has just started her Girl guiding journey with Rainbows and was very proud to receive her first badge - 'Earth Day' - for taking part in environmental activities.



Luca spent the weekend at the Isle of Wight for his third annual rugby tour representing Havant Rugby Club. Well done Luca!

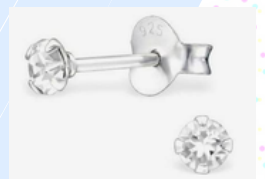


Please send in a picture and a short explanation if you would like your child to appear on our school bulletin!

Earrings in School

Following several reminders about the style of earrings that are suitable for school, if children are wearing any earrings other than simple round studs, they will now be asked to remove them. **These are the only style, colour that are acceptable: small studs that are either silver or gold or have a clear coloured gem.**

We want to continue to look smart and stay safe, and if we all follow the uniform guidelines, we will. If children continue to wear earrings that are not suitable for school, we will revert to only Year 6 being allowed to wear them.



Collective Worship

This half term, we are focusing on the Miracles of Jesus. During this time, we will be exploring some of the well-known miracles Jesus is said to have performed and the meaning of these stories for Christians.

This week we explored The Paralysed man, focusing on the important role that his friends played. We have then all thought about a time when we have helped our friends. We have created a 3D display in the hall, called 'The Building Blocks of Friendship'!



All of our Collective Worship can be found on our website:

www.stalbansprimaryschool.co.uk/collective-worship

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 04.05.2026

04.05.26

**BANK HOLIDAY - SCHOOL
CLOSED to all pupils and staff**

07.05.26

Hampshire Healthy Families
Programme

08.05.26

VE Day

SEN Information Session (invite
only), 2.45pm in the hall

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Ofsted



Read our report ↗

Headteacher:

Mrs Sarah Goldsworthy BA(Hons) QTS NPQH