

Pilgrims' Cross Newsletter



Dear Parents & Carers,

As a school we have been thinking about how *everyone* plays an important part in school life.

This week, children who will be doing recognised roles have been receiving their badges, having first agreed to the 'job contract' that they received. Roles include: House Captains, School Councillors, Spiritual Ambassadors, Librarians, JRSOs, Play Leaders, Junior Guides- and even Assistant Admin Assistants!

However, regardless of whether they 'have a badge' or not, *all* children play an important part in school. On a daily basis, all children can play their part in ensuring our behaviours and attitudes to each other and learning are positive. As a school, we looked at expectations for areas such as: lining up, walking around the school, respectful listening and collective worship.

Here's an example...

On another note, your children's teachers are looking forward to meeting you next week for a few minutes after school- please see the dates below.

Jim Cascarini –
Headteacher

Start of the day expectations					
Goal: To calmly enter school and begin learning.					
I arrive at school on time.	I am wearing the correct school uniform.	I greet others with a smile and a 'good morning.'	I hang my coat and my bag on my peg and put my water bottle in the box.	I sit down as soon as my belongings are away and complete my morning task.	Once I am in the classroom I do not leave unless I have permission from a member of staff.

headteacher@pilgrimscross.co.uk

Vision Awards

Congratulations to all our children who received a Vision Award this week...	Love	Courage	Trust
Oak	Hunter-James P		
Willow		Max S	
Sycamore		Oscar K-S	
Maple	Oliwia J		
Hazel	Esmae B		
Lime			Addison R
Elm		Rosie B	
Ash		Grace H	
Beech	Gus D		
Pine		Rudy L	
Hawthorn			Jude S
Aspen		Elsie M	
Juniper	Kyron F		

What we have been learning this week

Willow & Oak

Well done Year R, you have successfully achieved another week at school. We are really beginning to get to know the children very well and they are an absolute delight to teach.

In phonics we have done the next 4 sounds i, n, m and d. We played the game for what sound the animals or vehicles made which was great fun.

In maths we've been making and comparing sets of objects, thinking about how they are the same and how they are different.

In discovery we have loved using different media to create pictures including pens, pencils, crayons and pastels. We have also loved creating buildings for our small world play.

We are learning how to share resources kindly and safely.

In English we learnt about the structure of a story using our story friends, Opening Octopus, Build-up Bear, Problem Penguin and Ending Elephant.

Finally, in Kinetic Letters (our handwriting scheme) we continued to practise our animal shapes and learnt the 6 basic movements to help us to write our letters.

It's been a very busy week indeed!

Mrs CK, Mr Edgington and Mrs Treasure.

Sycamore & Maple

It has been another busy and wonderful week in Year One.

The children have continued to explore the story of Old Bear and this week they have been using adjectives to describe the characters and how they are feeling. We have also spent time looking at what makes a good writer and the children have been busy spotting capital letters, full stops, finger spaces, tricky words and the use of 'and' to join two ideas together. We are looking forward to seeing them put these skills into practice when they come to write the Old Bear story themselves over the coming weeks.

In Maths we have been thinking about one more, one less and the language of more, fewer and the same. The children have compared groups of objects using this new vocabulary and have done brilliantly. Next week we are going to be ordering numbers from the smallest to the greatest. Which of these numbers is the smallest and how do you know? 7, 3 or 10?

In Science the children began exploring the four seasons and what weather we would expect for each one. In RE they have learnt the Christian story of Creation and in Computing the children learnt to log in to the school laptops using a username.

Reminder that reading books are changed on a Friday, so please bring your reading folders back on Fridays.

On your reading folder this week you will find a Numbots sticker with a log in for the Numbots app. This is a great app for building Number and Calculation skills at home. Enjoy exploring this at the weekend and do come and find us if you have any questions about it.

We hope you have a wonderful weekend.

Mrs Edgington, Miss Miners and Mrs Oliver-Hawkins

Lime & Hazel

This week in English we have continued reading our story 'The River' and have put ourselves in the role of the character Tom. We talked about different personality traits during his exploration. During maths we have been practically partitioning numbers to 100 and consolidating our knowledge of tens and ones. In music, we used the musical instruments to make animal sounds. In science we learnt about things that are alive, have never been alive and are dead. We look forward to seeing you straight after school on Monday 22nd September for Meet the Teacher!

Miss Samuel and Miss Dewsbury

Elm & Ash

Year 3 have had another great week. All children are settling in well and starting to show some fantastic attitudes to learning. We continued our 4 reads, finding out more about Old Tom and Mowzer. The children started to add and subtract by 1, 10 and 100. They showed excellent resilience to persevere through the unit. In Music, we had great fun starting to think about a story we can write a ballad to.

Well done all!

Mr Dookheran & Mrs Bryan

Beech & Pine

This week, Year 4 have been working hard on their descriptive writing about 'The Whale'. The book has no writing but some very engaging and exciting pictures so the children have been inferring and using their imaginations to write some very creative paragraphs, ready for their big write next week.

We have been continuing our learning of rainforests this week and looked specifically at the Amazon Rainforest in South America. The children have used atlases to find which countries and cities the Amazon is close to as well as which rivers run through it.

It has been a week of voting for job roles within the school and in Year 4 we now have a range of children in the roles of Spiritual Ambassador, Librarian, School Councillor and Deputy House Captains. The children have been fantastic in celebrating their peers in getting these roles which has been lovely to see across the year group. Keep up those role model behaviours Year 4!

Mrs Howick, Mrs Featherstone and Mr Osmond

Aspen, Hawthorn & Juniper

In Year 5/6 this week, we have developed our knowledge of place value further. We have been rounding and partitioning numbers up to 10,000,000. These are tricky topics to get right first time so well done to the children for their perseverance and commitment to their work. We also had another brilliant swimming session on Wednesday morning; it is such a good feeling when the instructors approach us at the end of the session and say how well behaved the children have been throughout! Finally, we have practiced our use of semi colons in English and had discussions over the difference between formal and informal language and identified which we would use for our diary entry. Well done to all the children for their hard work at the end of another busy week!

Mr Childs, Mr Hambidge and Mrs McNee

Meet The Teacher

We would like to invite parents/carers in to school for short, straight after school "Meet the Teacher" meetings in the week beginning 22nd September. Please see below for class timings.

Year 1 - Maple – Monday 22nd September
Year 1 - Sycamore – Thursday 25th September
Year 2 - Monday 22nd September
Year 3 - Thursday 25th September
Year 4 – Tuesday 23rd September
Year 5/6 - Monday 22nd September

I will be circulating around the Year 5/6 classes and catching up with parents/carers, to find out how you feel the first two weeks or so has been for your child in Year 5/6- Mr. Cascarini

INSET day

Don't forget that this coming Friday (26th September) is an INSET day!

Computers required!

Have you recently upgraded your computers at work or home? If you have laptops or tablets that are not too old, we would always be grateful for them, to allow us to develop our teaching of computing further. Please do contact the office if you can help!

Attendance

Our current whole school attendance this year so far stands at 96.4% which is brilliant. Thank you to parents for ensuring children are attending every day and for supporting us with this. I continue to want to work together so please do reach out to me if you need any help with routines/barriers or concerns related to your child attending school.

We have also seen a marked improvement in the number of children who are arriving at school on time and ready to learn. Having a positive start to the day alongside their classmates sets the children up to thrive, so again thank you for ensuring good time keeping. We will continue to monitor this and be in touch if we see regular lateness.

Have a lovely weekend - Mrs Hathaway Familysupport@pilgrimscross.co.uk

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build these bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College

Recorder lessons

We are offering 15 spaces for children in Year 2-6 to learn recorder on Wednesday mornings, during school time. The price will be £15 for the term. Recorders will be provided- or bring one from home! Sign-up is open on Arbor now- first-come, first-served.

Pupil information

Is your contact information up to date on Arbor? Please log in to your account and update anything which is out of date, thank you.



Text system

This is an advance warning that our text system will be finishing on the 9th October. The school will continue to contact parents/carers, but this will be by email not text. If we have not got up-to-date email contacts for you, please update your Arbor information or call in to the school office- thank you!

Key dates

- *w/b 22nd September- Meet the Teacher meetings*
- *Monday 22nd September - Maple class Meet the Teacher*
- *Monday 22nd September - Year 2 Meet the Teacher*
- *Monday 22nd September -Year 5/6 Meet the Teacher*
- *Tuesday 23rd September - Year 4 Meet the Teacher*
- *Thursday 25th September - Year 3 Meet the Teacher*
- *Thursday 25th September - Sycamore Class Meet the Teacher*
- **Friday 26th September- INSET day 2**
- **Wednesday 8th October - Flu Vaccine Clinic**
- **Monday 20th October - Individual School Photographs (more details to follow)**
- *Monday 20th October -Year 1 Class Celebration @ 2.15pm*
- *Tuesday 21st October - Year 3 Class Celebration @ 8.45am*
- *Tuesday 21st October - Year R Class Celebration @ 2.15am*
- *Wednesday 22nd October - Year 4 Class Celebration @ 8.45am*
- *Wednesday 22nd October – Year 2 Class Celebration @ 2.15pm*
- *Thursday 23rd October – Year 5/6 Class Celebration @ 8.45am*
- **Friday 24th October- INSET day 3**
- **Monday 5th January 2026- INSET day 4**
- **Friday 19th June 2026- INSET day 5**

Please check out our website calendar for all relevant dates:

<https://www.pilgrimscross.co.uk/calendar/?calid=1,2,3,4,5,6,7,8&pid=8&viewid=1>