



Dear Parents & Carers,

This week, we have been able to share the progress that your children have made, at our parent/carer evenings on Tuesday and Thursday. I personally love these evenings, as it not only gives me a chance to catch up with parents/carers whom I have not seen for a while, but I can stand back and proudly watch our wonderful teaching team interacting with you all.

Nothing beats face-to-face conversations. With all the different forms of communication we have at our disposal, I still believe the best discussions are had personally, with all parties in the room together. Thank you for the positive feedback that you have given to our teachers about your children's progress- I hope you were given some clear next-step targets for them too.

Key things you can do at home:

- Practise phonic sounds and blending words (KS1 children)
- Continue to listen to your child read regularly (all children)
- Work on rapid recall of times tables up to 12x12 (Year1 up to Year 4)

If your child is higher up the school, but working below age-related expectations, then the above applies to them too.

I was also able to pick up some themes from my interactions with you. Transition was a common theme. We are already starting to think about staffing and structure for next year and we will soon let you know the transition arrangements in order to help your children to move as smoothly and happily from one year group to the next. We know that change can be difficult and it's important to support our children through this.

Please check out the handy guide at the end of this newsletter, which has good principles and advice for helping children manage life events- from small changes right up to severe trauma.

Jim Cascarini – Headteacher

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Vision Awards

Congratulations to all our children who received a Vision Award this week...	Love	Courage	Trust
Oak	Zuzanna M		
Willow		Hunter-Robert G	
Sycamore			Sophie T
Maple	Damian N		
Hazel		Bobby W	
Lime	Maya A-R		
Elm		Jake W	
Ash		Joseph A	
Beech		Abdul M	
Pine			Michelle J
Hawthorn			Zack U
Aspen	Ellie H		
Juniper		Amelie M	

What we have been learning this week...

Willow & Oak

Welcome back to our Summer term. Let us hope that this term allows us to spend as much time outside as possible.

This week the children have started a new text called *The Extraordinary Gardener*. It has been lovely to see the children's creations of what their gardens might look like, if they could create their own amazing garden. In maths we have been working on doubles (2 of the same numbers) and working out what the whole would be. The children have enjoyed playing and our focus this week has been to use our imaginations in as many ways as possible. We have also started to plan our ideas before we start creating so we can evaluate whether our product has worked or not.

We can't wait to continue our last term with the children and see all the progress they continue to make.

Mrs CK, Mr Edgington and Mrs Treasure

Sycamore & Maple

It has been an exciting first week back at school!

The children have been introduced to their new text in English - *There's a Tiger in the Garden* by Lizzy Stewart. They have enjoyed making predictions about the story and then writing a character description of Nora. In Maths we have begun counting in 2s, 5s and 10s. This has been a big challenge for the children and is a skill that could be supported by you at home. Why don't you try counting pairs of socks in 2s, toes in 10s and fingers in 5s?

In Science the children began an investigation into what plants need to grow. You can see all of the beans on the classroom windows, but some are also being given no light and no water to see if they grow. In History the children have begun learning about explorers. We looked inside the backpacks of different explorers to see if we could decide where they were travelling to, why they would need different pieces of equipment and whether the explorer is from the present day, within living memory or beyond living memory. Why don't you spend some time choosing an explorer of your own to research?

It was lovely to see you at Parents Evening this week.

Have a lovely weekend.

Miss Miners, Mrs Wakefield and Mrs Edgington

Lime & Hazel

Welcome back after a wonderful Easter Break. This week we have started our new book in English called *The Bog Baby*. The children have loved this book and really enjoyed listening to it. We have continued our work on expanded noun phrases and adverts and have begun learning what an imperative verb is. We have used all our skills to write a set of instructions on how to create the perfect fish tank. In maths we have started our topic on fractions looking at equal and not equal parts and started looking at halves. In geography we have directed our teachers around the United Kingdom using compass points, the names of the seas and we can even name the capital cities of the countries in the UK. Thank you to everyone who came to parents evening. It was lovely to see you all and discuss your children's progress.

Miss Samuel and Miss Dewsbury

Elm & Ash

It has been a fantastic first week back after the Easter break. The children have returned refreshed, settled quickly, and are already showing great enthusiasm for the summer term.

In English, we have been learning about William Shakespeare and have begun exploring his famous play *A Midsummer Night's Dream*. The children are particularly enjoying the character relationships and the mischievous fairy, Puck, who has already sparked lots of discussion.

In Maths, we have moved on to measuring capacity and volume using millilitres and litres. Next week, we will be carrying out practical investigations using water and measuring equipment to support a hands-on approach and deepen understanding.

In Science, we have started our new topic on how plants grow. The children have been identifying the features of healthy plants and discussing what plants need in order to thrive.

We are looking forward to building on this learning next week.

Mr Dookheran & Mrs Bryan

Beech & Pine

Welcome back!

What a lovely week it has been. We have enjoyed hearing about the children's adventures over the Easter holidays and they have all come back with such positive attitudes.

This week we have started by focusing on adding and subtracting fractions as well as finding fractions of amounts which the children have done really well with. We have also started our new English learning journey and have even used our previous skills from last half term to write a persuasive letter to a council in the hope to prevent trees and woodland being destroyed. During our PE sessions we have started tennis outside and some fitness in the hall...safe to say, the children have definitely been put to the test with some of the fitness activities.

Have a restful weekend and thank you all so much for your time and support with parents evening this week. It is always a joy for us to share the children's work with you.

Miss Howick, Miss Markham and Mr Osmond

Aspen, Hawthorn & Juniper

It's been a work-filled week back in Year 5/6! We have begun our new English learning journey based around our new text, *Macbeth*. It has been wonderful to see the enthusiasm from all the children in their learning and their understanding of the scene we are focusing on. The children partook in some drama on Monday to help understand the scene and how the play is written. This provided many laughs and chuckles throughout. We have also been venturing into our new science learning journey around evolution involving humans. The children have had an introductory lesson and will be developing their learning in the next few weeks. Finally, we have enjoyed our new PE subjects of cricket and tennis. Many a ball has been lost onto the school roof or hit into the neighbouring gardens, albeit accidentally. The children have been as competitive as ever with their sports. Have a restful weekend and we'll see you all on Monday!

Mr Childs, Mr Hambidge and Mrs McNee

Hot Choc Friday!

Here are the delightful children who had 'Hot Chocolate with the Head' on Friday...



Staffing news

A very warm welcome to Miss Markham, who has begun teaching in Pine Class this week.

School newspaper

Budding journalists have begun what may be the first edition of a school newspaper this week..!



Attendance

Our current whole school attendance this year so far stands at **95.4%** which has slightly improved. Thank you for your support for ensuring regular attendance is a priority.

We will continue to monitor our children's attendance during our weekly reviews so **please do not be alarmed if we communicate when we have noticed attendance decreasing**. We understand that illnesses can often not be avoided and will always look to work *together* to help wherever we can.

Mrs Hathaway Familysupport@pilgrimsross.co.uk

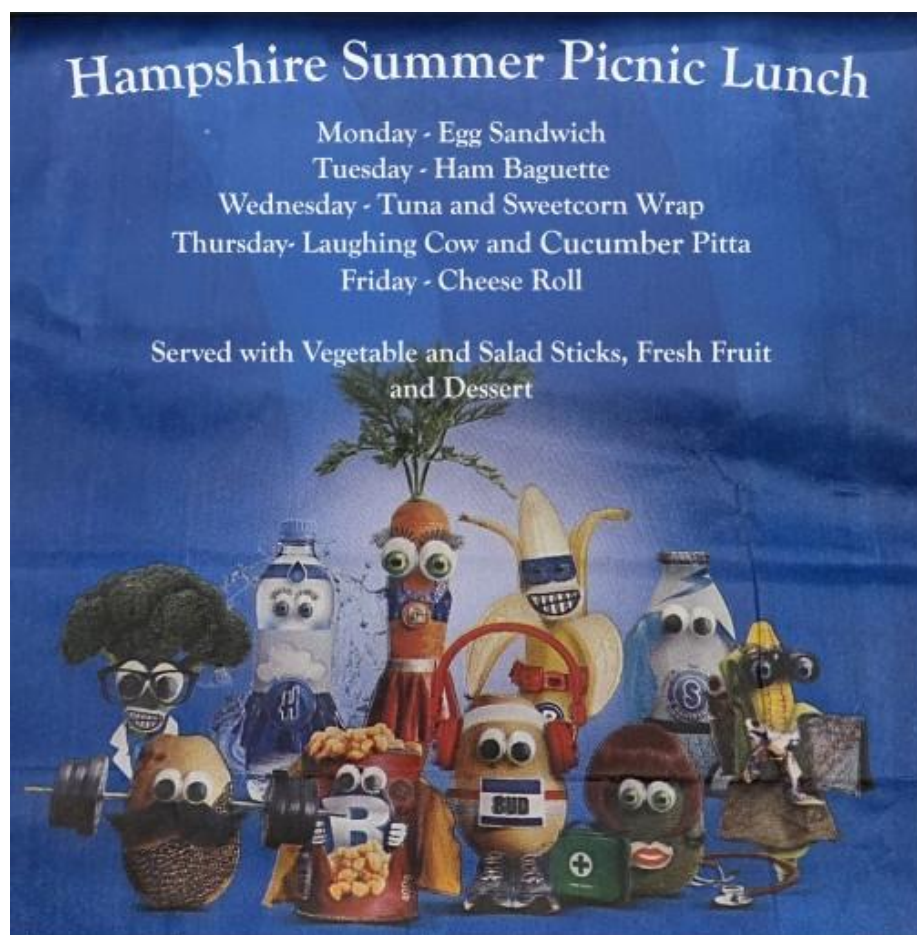
Music of the week

The children have been enjoying some space-sounding music this week in collective worship. Fancy listening at home? Check out the album *Oxygène* by Jean-Michel-Jarre. Track 4, *Oxygène (Part IV)*, is the most famous track, that older parents/carers will remember!



Summer School Picnic Lunch Option

We are delighted to share that we will now be offering a summer school picnic lunch option, which will be available from Monday 20th April.



Calling all Times Tables Rockstars!

To celebrate your achievements on Times Tables Rock Stars, on Friday 1st May, we will be holding a Rock Day, where you can dress up as a rock star for the day.

To make it more exciting, a competition for the best dressed rock star will be held. A winner from each year group will be chosen and there are prizes up for grabs. So, spike your hair up, get out your blow-up guitars and dig out your denim trousers for a day full of rock and roll fun.

But that's not all! We will also be looking at the top 3 children in the school who have worked their socks off with their times tables. We won't just be looking for the top three for the week, but for the whole of April. So, do as much TTRS as you can over the Easter holidays to get yourself into that top 3 position.

All Year groups are invited to take part in dressing up however only KS2 will take part in the Times Table TTRS challenge.

Rock on! Mr Hambidge

Free online talk...

Parents regularly say to me, "I'm struggling at home..." There is a wealth of resources out there to help you. Being a parent/carer is full-on, however you don't need to do it alone.



FREE online talk by
Jane Keyworth

FACE family Advice Lead Facilitator

Decreasing Depression

23rd April 7-8pm



Book online

www.facefamilyadvice.co.uk

Parents - Live Talks page

Safeguarding- Dealing with traumatic events

When children and young people experience traumatic or difficult life events, their emotional world can be shaken, and the impact may show up in their behaviour, mood, or relationships. Check out the helpful guide below...

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 DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College®

Key dates

- Monday 20th April (Pine Class Parent/carer appointment evening)
- Friday 1st May – TT Rock Star Day (**dress up as a rock star for the day**)
- Monday 18th May- Year 5/6 Class Celebration @ 8.45am
- Monday 18th May - Year 4 Class Celebration @ 2.15pm
- Tuesday 19th May - Year 3 Class Celebration @ 8.45am
- Tuesday 19th May – Year R Class Celebration @ 2.15pm
- Wednesday 20th May – Year 2 Class Celebration @ 2.15pm
- Thursday 21st May – Year 1 Class Celebration @ 2.15pm
- Friday 22nd May – Non School uniform Day – **Make the Rules!** (Please pay 50p per rule changed)
- Saturday 13th June – Summer Fete
- Friday 19th June 2026- INSET day 5
- Monday 22nd June – Sports Day! (more information to follow)
- Friday 26th June 2026 – Year 6 Leavers' Service at Winchester Cathedral
- Tuesday 14th July – Year 6 Graduation at the Lights Andover
- Wednesday 22nd July – Non School Uniform Day – **What I want to be when I grow up!**

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>