



Bishopton Bugle



Headteacher: Mr. A. Smith
B.Ed (Hons), NPQH,
PGCertSENCo

w/c: 22/9/25

Tel: (01789) 205058



Welcome to the newsletter of Bishopton Primary School

"Aim high, prepare to achieve"



Thank you key workers



How to keep in touch:

E: admin2603@welearn365.com

W: www.bishoptonprimary.co.uk



@bishoptonprim

What's on this week	Monday 22nd September	Tuesday 23rd September	Wednesday 24th September	Thursday 25th September	Friday 26th September
Before school	BASH (7.50-8.50am)				
Activities during the school day	Y5 Swimming Rock Steady Level 1&2 bikeability	Forest School Y1EW Level 1&2 bikeability	Forest School Y1R Level 1&2 bikeability	Forest School YR Butterflies Level 1&2 bikeability	Y5 / 6 Homework
Lunchtime		Choir			Chess club (12.15pm Mrs. Jones; 1.00pm Mrs. Graver)
After school	BASH (3.15-5.30pm) Y4-6 Drama	Y1,2 Dance	Girls Football	Y4-6 Football	Y1-3 Football

Our values this half term: i). RESPECT ii). PRIDE

Dear parents,

This week we have been confirmed as an official Green Flag 'Eco School'. This means that, as a school, we have worked tirelessly to highlight and make a difference in relation to the environment. Raising awareness of the environment and the world around us is essential for our children. Being aware of how we can make a small difference to make a big change to environmental issues is so important for the current generation of children. Well done to the Eco-School committee for their work in this area and to Ms. Hanson for supporting them.

Recently we have held house captain elections across Key Stage 2 via 'secret ballots'. Children had the chance to vote for the Year 6 students who they wanted to be house captains this year. The results are as follows: Arden: Ammara and Simon; Avon: Felix and Seb; Hathaway: Phoebe and Oliver; Shakespeare: Husna and Mohamad. Well done to the children named here who were elected and well done too to every child who put themselves forward during the election process.

I hope that you all have a good weekend and I look forward to seeing you on Monday morning from 8.45am onwards.

Kind regards, Mr. Smith



GOLD AWARD:

Well done to these children who have been awarded Gold Awards this week. These are celebrated during our Friday morning 'Gold Award' Assembly: Reception Busy Bees: Lyla; Reception Butterflies: Tommy A; Year 1R: Aarav; Year 1EW: Leo; Year 2M: Teresa; Year 2P: Reggie D; Year 3C: Carter; Year 3A: Shelby; Year 4N: Hasher; Year 4BH: Harley; Year 5SB: Millie; Year 5C: Holly; Year 6G: Filip; Year 6CJ: Dylan. Keep up the great work everyone!



WHAT HAS BEEN GOING ON IN YEAR 5SB?

What a great start we have had so far in 5SB. We are loving our new topic of World War II and have already learnt about evacuees and Sir Alan Turing. We are now on Chapter 5 of Goodnight Mister Tom and are loving the challenge of working out the colloquial language that is used. In Science, we have started looking at materials and exploring their properties. Who knew there were so many different plastics?! We are looking forward to starting back with our visits to KES soon to see our Maths mentors after the



"Share a book with a child and make their day"



MUSIC MARK SCHOOL





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ECO-SCHOOL GREEN FLAG AWARD:

Sustainability Champions: Pupils at Bishopton Primary School receive Eco-Schools Green Flag Recognition



During the last academic year, pupils at Bishopton have led the way in promoting sustainability and raising environmental awareness among their school community, including peers, staff members, and the wider local community. Their exceptional efforts have been recognised with the prestigious, internationally recognised Eco-Schools Green Flag accreditation. The Eco-Schools programme, established in 1994, has been inspiring young environmentalists for over 30 years. It has grown into a global movement, with Eco-Schools Green Flag accreditation awarded to schools in more than 100 countries. In England alone, the programme reaches over 1 million young people each year, empowering them to make a positive impact on our planet.

At Bishopton, a pupil-led Eco-Committee, supported by Ms. Hanson, embraced Eco-Schools' trusted seven-step framework to champion positive environmental behaviours and further their school's sustainability journey. The Eco-Committee kicked things off by reviewing their school environment and curriculum from an environmental perspective. They then worked together to create a detailed and impactful year-long action plan to drive meaningful change.

Eco-Schools England Manager, Adam Flint, expressed: "Every year, we are amazed by the incredible efforts of young people working together to create a better future for all. Their collective impact is truly remarkable. If everyone approached the climate crisis with the same level of passion and determination, we could resolve it much faster and make it a problem of the past. At Keep Britain Tidy, we are delighted to recognise their achievements with the Eco-Schools Green Flag."

BIKEABILITY:

A reminder that Level 1 and Level 2 Bikeability will take place from 22nd - 25th September.

STAYING SAFE ONLINE:

Stress is something we all experience – but for children and young people, it can feel especially overwhelming. This guide presents 10 simple, actionable strategies to help young people manage stress in a healthy and balanced manner. Whether it's noticing early signs, encouraging open conversations, or modelling calm responses, there are plenty of ideas here to support positive change.

Perfect for both school and home settings, the guide attached to our newsletter equips adults to identify subtle signals of stress and create safe spaces for pupils to open up. It also suggests mindful habits and healthy routines that can become part of daily life, promoting long-term emotional strength and mental wellbeing.

GOVERNORS CORNER:

Let's Tackle the Parking Problem Together!

We all know that drop-off and pick-up can be a bit of a squeeze outside school. To help make things easier (and safer), we'd love more families to try out two simple ideas: **walking buses** and **lift shares**.

Walking Buses

A walking bus is just a group of children walking to school together with a couple of grown-ups leading the way. Think of it like a bus route, but on foot! Children can join at set "stops" along the way and everyone arrives at school together.

Walking buses mean:

- Fewer cars outside school.
- Fresh air and exercise to start the day.
- Time to chat with friends on the way in.

If you'd like to help set one up, let us know – even one route can make a big difference.

Lift Shares

If walking isn't an option, how about sharing lifts? Teaming up with another family means fewer cars on the road, less hassle finding a parking space, and it saves on fuel too.

Why It Matters

By trying walking buses or lift shares, we can cut down traffic, keep the school gates calmer, and give our children a safer journey.

Interested? Please get in touch with the school office – we'd love to hear from you.

Marcia Cox – Governor

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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 Holcyn 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

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USKO KARATE

STRATFORD UPON AVON

MONDAYS

SHOTTERY MEMORIAL HALL

5-6PM - KIDS AGE 5+
6-7PM - KIDS AGE 8+
7-8PM - TEENS & ADULTS

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