

EAST HUNSBURY PRIMARY SCHOOL

Newsletter

5th September 2025

MESSAGE FROM THE HEADTEACHER

Dear Families

And we're back! Just like that the summer holidays are over and here we are ready to embrace everything that the academic year 2025-2026 holds.

I do hope that you have had a wonderful holiday and thank you for everyone who sent a kind message or gift at the end of last year.

Firstly, some welcomes,

Mr Kemp (Year 6 and Upper Key Stage 2 Leader)

Miss Clancy (Year 1 and Key Stage 1 Leader)

Mr Dale Cook (Sports Coach)

They have already been in school and met the classes but it is nice to welcome them formally to the start of the year.

Over the summer we have had a lot of work done yet again...

New carpets in Years 5 & 6

New wrapping throughout the school

New display boards in Years 5 & 6

Some things you can't see - we have had a new hot water system installed throughout the school, trees made safe and lots of things repaired.

Thank you to Steve Foster, our brilliant Site Supervisor, for overseeing all of the works.

Welcome to The Hive

I am very excited to share with you that our amazing Specialist Unit has been given a new name, rather than be known as: 'The SU' - it is now going to be called: The Hive. Our very own, and very talented, Neil Black (teacher of Green Class) designed their logo.



Why the Hive?

- We admire how the honeybees work together! They do this to ensure survival and growth.
- A hive can describe a place where people are busily active. We are active learning together, growing together, supporting one another and we are certainly busy!
- The Hive links to our passion for nature, the natural world, being outside.
- We wanted to keep our class colour names as we all know these well and they are great for signing; this hexagon design allows us to do this.

Devices



As we start the new academic year, I wanted to take this opportunity to talk about digital devices – especially ones that can access the internet, like smart phones. Whilst technology has improved our lives in many ways, it has also brought with it new and hidden dangers. Many of the most serious behavioural and safeguarding concerns we had to deal with last year were device related.

We are finding that more and more children are being given mobile phones at a very young age, many of the children's devices do not have adequate parental controls set and many children are going onto their devices for hours upon hours a day including some very late into the night (even early morning). Sadly, there are children who have seen and heard things they shouldn't have because they were able to access the internet unsupervised.

Please, if you are unsure in anyway, how to keep your child safe online, do not hesitate to speak to a member of our safeguarding team or your class teachers. Please set strict parental controls, including sensible time-limits (children should be away from screens at least 2-hours before their bedtime) and make sure that their devices do not become a barrier to their learning, happiness, safety or health.

Mobile phones are not allowed in school. If a child in Years 5 or 6 does bring one in, they must hand it in to their class teacher. It must be turned off prior to entering the school grounds e.g. at the school gates. At the end of the school day, or after their club, they can collect the phone but again, it cannot be turned on until they have left the premises. If they ever need to call you in school time, our wonderful office staff will be able to help them.



Curriculum Maps

Every half term, you will be sent a curriculum map by your child's class teacher. Here you can find out what your child will be learning. If you ever have any questions about your child's lessons or curriculum, please ask their class teacher who will be more than happy to talk it through with you.

Dates

Attached to this newsletter are the dates that we have set already for this school year. I hope that you find these initial set of dates helpful for your family planning and please keep an eye out for any dates in red, as these will be new ones that have been added. As we are sharing them so early, please know that they may change but we hope not. Thank you Mrs Pretty for your help with mapping out the dates!

Got a question?

I am lucky to have an amazing leadership team who can help with any questions you might have. In the first instance, your port-of-call will always be your child's class teacher, but here are some names and emails of others who you may wish to speak to:

Rachael Stryjek	Head of Early Years	stryjekr@easthunsburyprimary.org
Megan Clancy	Phase Leader for KS1 – Years 1 and 2	clancym@easthunsburyprimary.org
Cath Wardell	Phase Leader for Lower KS2 – Years 3 and 4	wardellc@easthunsburyprimary.org
Alex Kemp	Phase Leader for Upper KS2 – Years 5 and 6	kempa@easthunsburyprimary.org
Lindsey York	Assistant Head, Special Education Needs Coordinator	yorkl@easthunsburyprimary.org
Lucy Boswell	Assistant Head, Head of The Hive (Specialist Unit) and Designated Safeguarding Lead	boswelll@easthunsburyprimary.org
Kelly Roberts	Head of The Nest	robertsk@easthunsburyprimary.org
Sarah Heavens	Assistant Head	sarah.heavens@easthunsburyprimary.org
Julia Fenton	Assistant Head	fentonj@easthunsburyprimary.org

Class Dojo

Please make sure that you are signed up to our messaging system, Class Dojo. Lots of information will be shared via this platform and it is a very easy way for you to contact a teacher. However, please note that I encourage my staff not to check Class Dojo after 6pm or before 7:30am as this is the time at home with their families.

I think that's it's for now – the first newsletter of many for 2025-2026 school year!

Thank you in advance for your support in helping us educate your child/ren and please know that my door and email inbox are always open.

Have a lovely weekend everyone.

Ms Pennington

Walk in Wednesday dates

15.10.25	Walk in Wednesday - 1 Reading	08:30-9:00	Classroom
17.12.25	Walk in Wednesday 2 - Christmas	08:30-9:00	Classroom
21.01.26	Walk in Wednesday 3 - Reading	08:30-9:00	Classroom
11.03.26	Walk in Wednesday 4 - Easter Crafts	08:30-9:00	Classroom
29.04.26	Walk in Wednesday 5 - Reading	08:30-9:00	Classroom
24.06.26	Walk in Wednesday 6 - Science	08:30-9:00	Classroom

HELPFUL POLICIES

Please refer to these policies which are all on our website (with others you might find useful):



- [Behaviour](#)
- [Parent Code of Conduct](#)
- [Anti Bullying](#)
- [Homework](#)
- [Uniform](#)
- [Mobile Phone](#)
- [Drop off/collection, walking home](#)

Mufti Days

24.10.25	RED October - dress as a book character/book cover	£2 for our library and reading curriculum
10.10.25	Hello Yellow - Wear Yellow for Young Minds	No charge
28.10.25	Donations for Christmas Hampers	
18.12.25	Christmas Jumpers/Party Day	No charge
13.03.26	Donations for Chocolate Hampers	
21.03.26	Wear odd socks for World Down Syndrome Day	No charge
27.03.26	Autism Awareness Day - Wear Bright Colours	No charge
21.05.26	UN Cultural Diversity for Dialogue and Development – wear something/colours which reflects your culture	No charge
16.07.26	Mufti for winning House (winning House announced on 13 th July)	No charge



E-Safety & Wellbeing



What Parents & Educators Need to Know about VPNs

VPN use among UK teens is on the rise – with a noticeable uptick following the introduction of the Online Safety Act's age-verification rules. A VPN – or virtual private network – can boost online privacy by hiding internet activity and masking the user's location. But while this technology has legitimate uses, it can also allow children to bypass safety filters and access inappropriate content. This guide covers what parents and educators need to know about VPNs and how to keep young people safe.

WHAT ARE THE RISKS?

- BYPASSING RESTRICTIONS**
VPNs are commonly used by young people to get around age restrictions on websites and apps. This could result in seeing content that is not suitable for their age, or even content that would otherwise be filtered out.
- ACCESSING INAPPROPRIATE CONTENT**
When a VPN is active, content filters can no longer see which sites or apps are being accessed. This means they could access inappropriate content, including pornography, which is illegal for children to view. It is also possible to be tricked into engaging in risky behaviour, as it may be difficult to detect if it's happening.
- REDUCED TRANSPARENCY**
VPNs may make parental monitoring software ineffective, stopping parents from monitoring their child's activities, including their ability to identify potentially harmful or inappropriate content or online contacts. This in turn may prevent parents from protecting their children from inappropriate activities or other online threats.
- FALSE SENSE OF ANONYMITY**
Children believing that VPNs make them 'invisible' online may seek to access unfiltered internet content, including content which might otherwise be blocked. This may result in them seeing and accessing increasingly inappropriate or even harmful content.
- INCREASED EXPOSURE TO MALWARE**
Many free VPN apps are poorly regulated and may carry hidden malware. Young people installing unvetted software could introduce malware onto their device (or home network) by spying, data theft, computer crashes, or even remote access by criminals.
- RISK OF MALICIOUS VPN PROVIDERS**
Although VPNs may increase privacy, some providers may track user activity and sell that data to advertisers, or worse, misuse their power, but all of these are trustworthy.

Advice for Parents & Educators

- EXPLAIN THE POSSIBLE BENEFITS OF VPNs**
Explain how VPNs can help protect user details and locations may be appropriate when using public or other unsecured Wi-Fi, or when dealing with sensitive or personal data.
- EXPLAIN THE RISKS OF VPNs**
Discuss online risks, including harmful, disturbing, and unvetted content, inform children about internet content, such as encryption, and how VPNs may prevent adults from monitoring children's internet use and helping them avoid risks.
- FREE ISN'T FREE**
Discuss the risk of 'free' VPNs and how they may sell or use people's data, which adds privacy risks. Additionally, discuss the potential for added malware in VPN downloads, and how these compromise mobile and apps, leading to potential fraud or theft.
- CHECK DEVICES FOR VPNs**
VPNs can be installed on both apps and browser extensions, so regularly check these on the devices used by the young people in your care. If they have been using VPNs, discuss it, listen to their reasoning, and inform them of the associated risks in some cases. It may be appropriate to block VPN use via parental controls and other settings.
- DISCUSS ONLINE BOUNDARIES**
Reinforce the importance of keeping safe online and how filtering and monitoring helps keep young people safe – explain this to them rather than just 'being strict'. Encourage an open conversation around what they're accessing and why.

Meet Our Expert
This guide has been created in collaboration with Gary Henderson, director of IT at a large independent school in the UK, an ambassador for the Association of Network Managers in Education and the Vice Chair of the Independent Schools Council Digital Advisory Group.

#WakeUpWednesday The National College

Advice for Parents

- 1 Explain the risks of VPNs
- 2 Free isn't free
- 3 Discuss online boundaries
- 4 Check devices for VPNs

[Click here for more information](#)

Top Tips

- 1 Re-establish routines
- 2 Create a calm morning
- 3 Plan ahead together
- 4 Online mistakes

[Click here for more information](#)

10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Returning to school after the summer holidays can be both exciting and daunting for children of all ages. Different routines, classes, schools, and academic pressures can cause anxiety or uncertainty. Parents play a vital role in easing this transition. This guide will help you support your child emotionally, mentally, and practically as they return to school.

- 1 RE-ESTABLISH ROUTINES**
Gradually shift back to school-time routines a week or two before term starts. Regular bedtimes, wake-up times, and mealtimes can help children feel more secure and reduce the shock of change when school begins. Having a routine creates predictability and stability, helping to reduce anxiety while improving sleep and concentration.
- 2 TALK ABOUT FEELINGS**
Encourage open conversations with children about their feelings. Ask them how they feel about returning to school, such as what they're looking forward to and anything they might be feeling nervous or worried about. Validating their emotions can help reduce anxiety and show them it's okay to talk about their emotional wellbeing.
- 3 SUPPORT WITH SLEEP**
Children need adequate sleep for concentration, brain function, memory, and emotional regulation. Establish a wind-down routine without screens or loud music before bed, and encourage relaxing activities like reading or listening to calming music.
- 4 LOOK OUT FOR SIGNS**
Some children hide their anxiety. Watch for changes in their behaviour, such as withdrawal, stomach aches, or inability to concentrate. Speak with their teacher or school nurse if you're concerned, as they can provide support.
- 5 REFRESH SOCIAL CONNECTIONS**
Help children reconnect with school friends by organising playdates or video chats in the week before school starts. Friendly letters and social interactions help the transition and provide emotional comfort on their first day back.
- 6 CREATE A CALM MORNING**
Morning sets the tone for the day. Plan ahead with a consistent morning routine that allows time for breakfast, getting dressed, and talking to family about the day. Avoid last-minute rushing to reduce stress for everyone.
- 7 FOCUS ON POSITIVES**
Talk about the fun and interesting parts of school – favourite teachers, subjects, or exciting activities. Use simple but powerful "what's your favourite?" questions to encourage "what's your day been?" for "What's been good about your day?" This builds more of a positive, open response. Focusing on positives can help shift children's anxious thoughts and return school to a safe and engaging place.
- 8 VISIT OR VISUALISE SCHOOL**
If possible, encourage visits to the school grounds before the first day, especially if it's a new school. Walking the route or even looking at photos of classrooms and teachers can make the environment feel familiar. The school website is always a great place to go for this. This is particularly helpful for younger children who struggle with visualisation.
- 9 PLAN AHEAD TOGETHER**
Involve children in preparing for school – buying supplies, packing their bag, or choosing lunch options. This gives them a sense of control and builds excitement. Use checklists or calendars to prepare together, helping reduce last-minute stress.
- 10 STAY POSITIVE AND PRESENT**
Children pick up on your outlook. Stay calm, positive, and present, especially during drop-offs. Avoid lingering goodbyes, and let them know you'll be there to pick up. A consistent, reassuring presence builds their confidence and reassures them.

[VISIT OUR WEBSITE FOR MORE ONLINE SAFETY INFORMATION](#)

BE KIND

WORK HARD

BELIEVE

#weareEastHunsburyPrimarySchool #wearebrilliant

ANNUAL DATES



Below you will find all of the dates we know so far for the whole of the academic year. We hope that these will support you in your family forward planning. As we are releasing these dates so far in advance, they may change but if they do we will colour any additions or amendments in red so that you can see them and communicate changes in advance. We do hope that you find this useful.

Just to bring to your attention (and dare I say it) our Christmas Fete is only 13 weeks away on Saturday 6th December. Please pop the date into your diaries as the excitement for our Christmas hampers builds... 😊

Date	Activity	Time
SEPTEMBER		
08.09.25	Reception Children start full time	
12.09.25	Flu Immunisations (whole school)	All day
30.09.25	School of Life	10 - 11.30am
OCTOBER		
02.10.25	Day at the movies - Census Day All Reception, Yr 1 & Yr 2 Book school lunch via School Grid	
06.10.25	Year 3 Harvest Assembly	2.00 - 3.00pm
07.10.25	School of Life	10.00-11.30am
08 - 10.10.25	Yr 6 to PGL	3 days
10.10.25	Hello Yellow (wear Yellow for Young Minds - no charge)	All day
15.10.25	Walk In Wednesday Reading	8.30 - 9.00am
15.10.25	KS1 Reading Information Meeting	9.15 - 10.15am
18.10.25	Spooktacular	12.30pm - 3.00pm

18.10.25	Diwali Parade Northampton Town Centre	5.15 - 7.30pm
21.10.25	Individual and Sibling Photographs	All day
24.10.25	Mufti Day for RED October - dress as a book character/cover £2 for our library and reading curriculum	All day
27 - 31.10.25	HALF TERM HOLIDAY	
NOVEMBER		
03.11.25	TRAINING DAY	All Day
06.11.25	Remembrance Event	10.45 - 11.15
07.11.25	Yr 4 Rainforest Explorer Day	All day
w/c 10.11.25	Antibullying week	
11.11.25	Reception Phonics Information Meeting	9.00am - 11.00am
12.11.25	Positive Noticing Day	All day
12 & 13.11.25	Parents' Evening (Mainstream including Nest)	3.50pm - 6.30pm
12.11.25	The Hive Parents' Evening	3.50pm - 6.50pm
12.11 - 19.11.25	Bookfair	After school
27.10.25	Yr 4 Ukuele Performance	2.45pm - 3.30pm
28.11.25	Mufti - Christmas Hamper Donations	All day
29.11.25	Choir Singing at Hunsbury Festive Fair at Hunsbury Library	2.00pm - 3.00pm
DECEMBER		
06.12.25	Christmas Fete	11am - 1pm
08.12.25	Year 2 & Green Class Assembly	2.30pm - 3.30pm

09.12.25	Reception Nativity	10.00am - 11.00am
10.12.25	Reception Nativity	2.00pm - 3.00pm
11.12.25	iRock Concert	2.45 - 3.15pm
16.12.25	Year 1 Carols by Twinklelight	5.15pm - 6.15pm
17.12.25	Walk In Wednesday Christmas	8.30am - 9.00am
17.12.25	Year 6 & Yellow Christmas Carols & Crafts	2.00 - 3.15pm
17.12.25	End of term reports to families	
18.12.25	Christmas Party Day (Christmas Jumpers and Lunch)	All Day
22.12.25 - 2.01.26	CHRISTMAS HOLIDAY	
JANUARY		
05.01.26	TRAINING DAY	
15.01.26	Census Day All Reception, Yr 1 & Yr 2 Book school lunch via School Grid	
15.01.26	Yr 6 SATs Information meeting	4.30pm - 5.30pm
20.01.26	Yr 4 Multiplication Check information meeting	3.40pm - 4.40pm
21.01.26	Walk In Wednesday Maths	8.30am - 9.00am
27.01.26	Choir to Young Voices	
FEBRUARY		
09.02.26	Year 3 & Purple Class Assembly	2.30 - 3.30pm
09.02 - 15.02.26	Childrens' Mental Health Week	
10 & 12.02.26	Year 6 Parents' Evening	3.50pm - 6.30pm

10.02.26	Year 1 Phonics Test Information Meeting	3.30 - 4.30pm
16.02 - 20.02.26	HALF TERM	
MARCH		
4 & 5.03.26	Mainstream Parents' Evening (not Yr 6)	3.50pm - 6.30pm
04.03.26	The Hive & Nest Parents' Evening	3.50pm - 6.50pm
04.03 - 11.03.26	Bookfair	After school
11.03.26	Walk In Wednesday Easter Crafts	8.30am - 9.00am
13.03.26	Mufti Day in exchange for Chocolate	
16.03 - 22.03.26	Neurodiversity Week	
19.03.26	iRock Concert	2.45 - 3.15pm
MARCH		
20.03.26	Odd Socks Day for World Down Syndrome Day	
21.03.26	Easter Cafe	11.00 - 1.00pm
23.03.26	Year 1 Class Assembly	2.30 - 3.20pm
23 or 24.03.26	Yr 5 Shakespeare Production	
24.03.26	Yr 6 & Yellow Faith Tour	All day

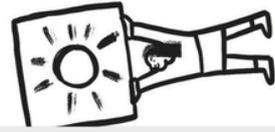
25.03.26	Reports go out to families	
26.03.26	The Hive Show	9.30 - 10.30am
27.03.26	Autism Awareness Day - Wear Bright Colours (No Charge)	All Day
30.03 - 10.04.26	EASTER HOLIDAY	
APRIL		
22.04.25	Earth Day	All Day
29.04.26	Walk in Wednesday Reading	8.30 - 9.00am
MAY		
11 - 14.05.26	Yr 6 SATS	Mornings
18.05.26	Year 5 and Yellow Class Assembly	2.30pm - 3.30pm
21.05.26	Census Day All Reception, Yr 1 & Yr 2 Book school lunch via School Grid	
21.05.26	UN Cultural Diversity for Dialogue and Development – wear something/colours which reflects your culture	
25 - 29.05.26	HALF TERM	
JUNE		
01 - 12.06.26	Yr 4 Multiplication Check	

04.06.26	Reception Sports Day	9.30 - 11.00am
08 - 12.06.26	Yr 1 Phonics Check	
10.06.26	SU Sports Morning	9.30 - 11.30am
13.06.26	Northampton Carnival	
16 or 17.06.26	Yr 5 NMPAT Festival	
18.06.26	Year 6 Sports Day	1.30pm - 3.00pm
19.06.26	Class Photos	All Day
22.06.26	Sports Day Year 1	9.30 - 11am
22.06.26	Sports Day Year 2	1.30 - 3pm
24.06.26	Walk In Wednesday Science	8.30am - 9.00am
25.06.26	Sports Day Year 3	9.30 - 11.00am
25.06.26	Sports Day Year 4	1.30 - 3.00pm
26.06.26	Careers Fair	TBC
27.06.25	Whole School Summer Fayre (Country dancing & Maypole by Years 2, 5, Purple & Yellow)	11.00 - 1.30pm
29.06 - 02.07.25	Yr 5 Bikeability	

JULY

29.06 - 02.07.26	Yr 3 Residential Trip	(2 nights per class)
02.07.26	Yr 4 & Orange Class Assembly	2.30 - 3.30pm
03.07.26	Music Gala	5.30pm - 7.30pm
06.07.26	Reception & Blue Class Assembly	2.30 - 3.30pm
09.07.26	Yr 5 Sports Day	1.30 - 3.00pm
14.07.26	Yr 6 Leavers' Performance	6.00pm - 7.30pm
15.07.26	The Hive Yr 6 Leavers' Assembly	9.30am-10.30am
15.07.26	Yr 6 Leavers' Performance for toddlers to attend	5.00pm - 6.30pm
15.07.26	End of year reports go to families	
16.07.26	Mufti for winning House	
16.07.26	iRock Concert	2.45 - 3.15pm
16.07.26	Year 6 Leavers' Party	7.00pm - 9.00pm
17.07.26	Mainstream Yr 6 Leavers' Assembly	10.00 - 11.00am
17.06.26	END OF TERM	

Self-Care September 2025



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

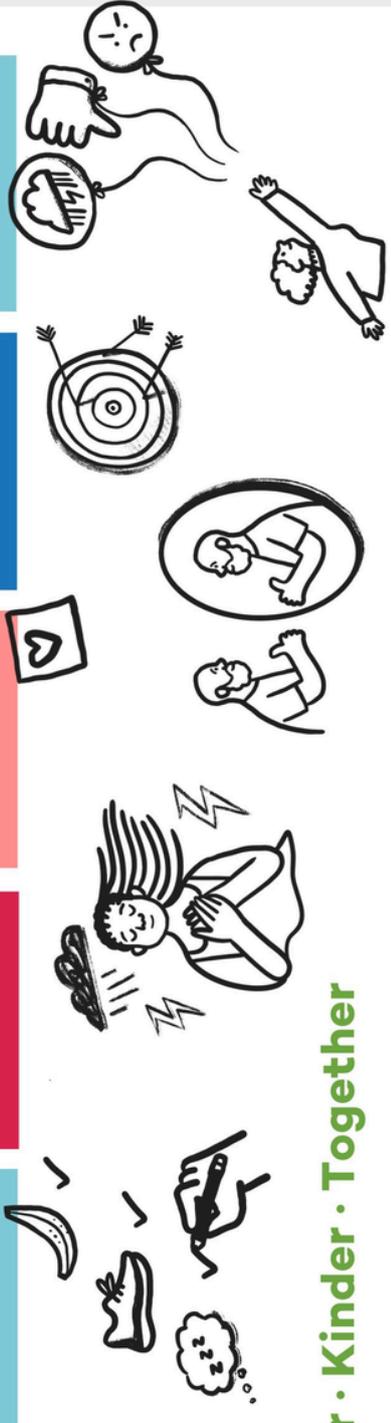
26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together