



## Stocksbridge Nursery Infant School

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### What's happening in school next week?

- After school clubs start on Monday 8<sup>th</sup> September 2025.
- Miss Kane is teaching class 8 on Monday afternoon.
- Dance club with Jade on Monday 3:00 – 4:00pm.
- Sewing club with Miss Spencer on Monday 3:00 – 4:00pm.
- Mrs Townsend is available to show parents around school on Tuesday 9:15 – 10:15am.
- Miss Kane is teaching class 5 on Tuesday afternoon.
- Gymnastic club with Miss Price on Tuesday 3:00 – 4:00pm.
- Mrs Taylor is teaching Nursery on Wednesday.
- Football club with Lee on Wednesday 3:00 – 4:00pm.
- Miss Kane is teaching class 3 on Thursday afternoon.
- Multisports club with Jade on Thursday 3:00 – 4:00pm.
- Miss Spencer is teaching class 7 on Friday afternoon.
- Miss Kane is teaching the Orchard on Friday afternoon.
- Arts & crafts club AND Gardening club on Friday 3:00 – 4:00pm.

It's been a really lovely first week back in school. It's been great to see the children again and welcome our new Reception starters. They have all done brilliantly. They have coped with new spaces, new people and new routines. They have not been phased by the roofing work and legs wandering past the windows is old news already. Well done children and staff and thank you parents for preparing them so well. They've been terrific.

### Attendance

Our target is 96%. This week's attendance is 95.2%

Class 3: 99%

The Orchard: 89%

Class 5: 96%

Class 6: 97%

Class 7: 96%

Class 8: 94%

### Well done Class 3

#### Punctuality

Our doors open at 8.20am and learning starts at 8.30am. Our Phonics teaching begins at 8.45am each day. We have too many children coming late each day. Here's the number of children late this week.

Tuesday: 0

Wednesday: 1

Thursday: 2

Friday: 2

Total: Woo hoo! We have never had a week like this. Long may it continue. Thank you!

### Celebrating 100% attendance each week.

We have so many children with great attendance. We want to celebrate this more in school. In Fab Friday assembly each week, the children with 100% attendance will be placed into a random selector. This will be 'played' 3 times and the lucky winners will get out of Mrs T's Prize Box. This week's winners were Tilly Anderson, Hector Morgan and Coby Grocock.

## Looking ahead to the w.b. 15<sup>th</sup> September 2025.

- The assembly theme will be 'Fairness – democracy'.
- Miss Kane is teaching class 8 on Monday afternoon.
- Dance club with Jade on Monday 3:00 – 4:00pm.
- Sewing club with Miss Spencer on Monday 3:00 – 4:00pm.
- Miss Kane is teaching class 5 on Tuesday afternoon.
- Gymnastic club with Miss Price on Tuesday 3:00 – 4:00pm.
- Mrs Taylor is teaching Nursery on Wednesday.
- Football club with Lee on Wednesday 3:00 – 4:00pm.
- Mrs Townsend is available to show parents around on Thursday at 9:15 – 10:15am.
- Miss Kane is teaching class 3 on Thursday afternoon.
- Multisports club with Jade on Thursday 3:00 – 4:00pm.
- Miss Kane is teaching the Orchard on Friday afternoon.
- Miss Spencer is teaching class 7 on Friday afternoon.
- Arts & Crafts club AND Gardening club on Friday 3:00 – 4:00pm.

## After school clubs – starting w/c 08/09/2025 for Y1 and Y2.

Mondays – Dance Club AND Sewing Club – 3.00-4.00pm.

Tuesdays – Gymnastics Club – 3.00-4.00pm.

Wednesdays – Football Club – 3.00-4.00pm.

Thursdays – Multisports Club – 3.00-4.00pm.

Fridays – Arts & crafts club AND Gardening club – 3.00-4.00pm.

All our clubs are on a first come first served basis. If any clubs are unavailable, please contact the school office and your child can be added to a reserves list.

## Study Bugs

If you haven't already, please get the free Studybugs app, or register on the Studybugs website, and use it to tell us whenever your child's ill and unable to attend school.

[Get the app or register now](https://studybugs.com/about/parents) (<https://studybugs.com/about/parents>)

Thank you,

Stocksbridge Nursery Infant School

### Top 3 reasons to use Studybugs

1. It helps us know sooner if your child is unaccounted for.
2. It's quick and easy to register and use and automatically reminds you to keep us posted.
3. You'll be helping the NHS and other public health organisations [improve children's health](https://studybugs.com/about/schools).  
(<https://studybugs.com/about/schools>)

## School Menu Spring/Summer 2025 (All school including Nursery)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Pork sausage toad in the hole & home-baked potato wedges	Mild chicken curry, mixed wholegrain & white rice	Roast chicken with gravy, stuffing and mashed potato	Wholemeal margherita pizza & pasta salad	Fish fingers & chips
Vegetarian main course	Veggie sausage toad in the hole & home-baked potato wedges	Macaroni cheese	Quorn grill with gravy, stuffing and roast potatoes	Cheese, onion & potato pie & home-baked potato wedges	Cheese flan, chips & ketchup
Jacket potato and filling	Jacket potato with cheese or baked beans	Jacket potato with cheese, baked beans or tuna mayo	Jacket potato with cheese, baked beans or tuna mayo	Jacket potato with cheese, baked beans or tuna mayo	Jacket potato with cheese, baked beans or tuna mayo
Sandwich option	Ham	Ham	Ham	Ham	Ham
	Tuna mayo	Tuna mayo	Tuna mayo	Tuna mayo	Tuna mayo
	Cheese	Cheese	Cheese	Cheese	Cheese
Vegetables	Broccoli, cauliflower, carrots & sweetcorn	Garden peas, sliced carrots	Broccoli, cauliflower & carrots	Carrot & cucumber sticks or garden peas & sweetcorn	Garden peas, baked beans
Dessert	Pinwheel biscuit & orange smiles	Vanilla cookie	Strawberry jelly with watermelon slice	Marble sponge & custard/chocolate sauce	Iced sponge cake

Yoghurt and fruit are also available each day as an alternative to dessert along with a selection of breads, salads and fresh drinking water.

**Lunchboxes** (All school inc Nursery) Could we please ask that children bring healthy lunches from home if they are not having a school meal. It is fine for the children to bring a cake bar, a biscuit etc. for dessert but please do not send chocolate or sweets. Thank you.

### After School Clubs (Year 1 and Year 2).

If your child is attending an after-school club, please send them with an additional snack and drink which they can have before the club starts. Some of the children are **very** hungry by the end of the club.

### Snacks

We have changed the policy this year as a result of the agreed list (fresh or dried fruit, vegetables, hard cheese, bread sticks, crackers) not being adhered too quite widely throughout school. Children were bringing crisps, chocolate bars, sugary yoghurts and it was impossible to enforce.

We will offer the children a range of snacks each day including fruit, vegetables, dried fruit, bread sticks and crackers so there is no longer a need to send a snack into school. Local supermarkets are providing us with food so please do not send your child in with any additional snack.

**Assembly Theme: Fairness – Marvelous Me – self-belief**

## Supporting Reading at Home

Each week we'll send home ideas for how you can help your child with reading at home. Getting children reading is one of the most important things we do in school. This is not something we can do on our own without the support of parents and carers. When we analysed the progress in reading for our children last year, there was an incredibly stark difference between those children who read regularly at home and those who didn't. Those who did, other than those with significant Special Educational Needs and/or Disabilities (SEND) got to where we would expect them to be at the end of their academic year. Those who read less regularly at home didn't. We are looking to start a reward system in school to encourage the children to read regularly with you at home.

The Book Trust is a wonderful website with resources to support young children with reading. Why not share one of these stories this week.

[Storybooks and games | BookTrust](#)

Please use the Story Books to read online rather than the Story Videos to watch. The beauty of reading is that you can talk about the pictures, about what is happening and the children can ask questions. I'd turn the sound off and read it to or with your child. (Hairy Maclary is one of my favourites!)

### Storybooks to read online



#### [Open Very Carefully →](#)

Activity

Look out, Open Very Carefully is a book with bite! Read along or watch with signing.



#### [Everybunny Dance! →](#)

Activity

Join the bunnies while they dance and play but look out for the unexpected visitor... Will you join in their dance?



#### [A Hole in the Bottom of the Sea →](#)

Activity

Read along with this fishy tale of what hides in the hole in the bottom of the sea.



#### [Oh, No George! →](#)

Activity

What has George done now? Read along with George as he tries to be good.



#### [Some Dogs Do →](#)

Activity

Enjoy this reading of the great Some Dogs Do.



#### [Hairy Maclary from Donaldson's Dairy →](#)

Activity

Join Hairy Maclary and his friends as they take a walk into town.

**Tweak of the Week:** Good listening in assembly.

# Word of the Week



hilarious



## Meaning

- Something that is extremely funny and makes you laugh a lot.



## Challenge

Tell Mrs T (via Seesaw) of something hilarious that has made you laugh and laugh. Did it make you cry because you laughed so much?

**CELEBRATING WORDS**



## 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 those 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



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**Tweak of the Week:** Good listening in assembly.

### **Fire – Please take a moment to read our fire evacuation plan. Thank you.**

On hearing the bell—a prolonged ring, please leave the school via the evacuation routes displayed around school. If you are in school for any reason please exit via the nearest external door.

Our meeting point is on the playground towards Pot House Lane. If you are with a child please help them back to their class once outside.

The school's admin team will distribute the registers and the Inventory (our signing in system) will be checked to ensure all helpers have evacuated safely.

### **Medication**

If your child takes regular medication in school or they have an inhaler, please make sure this has been brought back after the summer holiday.

If your child's medical needs have changed at all please make sure we are up to date. Thank you.

### **Boundary wall around school**

When collecting your child/ren from school at the end of the day, you are responsible for taking your child off the school site safely. Please don't let your child walk on the internal and external walls due to the risk of injury and falling from height. Thank you.

### **Celebrating Achievements Out of School**

If your child achieves anything out of school – at their clubs, with a hobby, doing something extra special or kind at home, please send us a photo and a short explanation and we'll share in assembly and via the newsletter. The children love sharing their 'proud moments' with us. Please send these to our dedicated newsletter email. [newsletter@stocksbridge-nur.sheffield.sch.uk](mailto:newsletter@stocksbridge-nur.sheffield.sch.uk)

### **Contact Details**

If your contact details have changed over the holiday, or you are just not sure if we have the most up to date ones, please pop into the school office. Thanks.

### **Naming uniform**

Parents – your homework for this week is to please make sure your child's uniform, coats, jackets and anything else they may need in school is clearly named.

Also, if you haven't done so already, please provide your child with a PE kit in a named PE bag that can be left at school. PE kit should consist of a white t-shirt, black/dark shorts/joggers/leggings, a jumper/hoodie and a pair of pumps.



## Mrs Townsend's Pupils of the Week

**Fern Turner.** Fern has two broken wrists after an accident in the holidays. Has it dampened her positive spirit? Has it stopped her getting on with her day? No, it hasn't. She has been remarkable. She even manages to make little jokes about what has happened. She has been an inspiration to us all this week. Thank you also to all the friends that have been helping her this week or who have kept her company whilst she's been inside.



Check out these delicious crunchy carrots that were planted by our Nursery children in the Spring time last year. The children were so excited that they brought some to reception for Miss Marshall to try. She said they very tasty and very crunchy!



Here is one of lovely Nursery children popping out the seeds from our beans, ready to be planted again soon!

### Nursery News

What a lovely start we have had to the new school year - lots of happy, smiling faces with stories to tell and an enthusiasm to embark on new adventures.

### Star of the Week

**Albie Crofts** has been the most fabulous role model. This young man is helpful, thoughtful, responsible and kind. I know already, that we can always rely on Albie - he's awesome!

**Tweak of the Week:** Good listening in assembly.





## This week's praise board



- Sonny Foster has been here early every day. Well done you.
- Autumn Frost is such a good role model to everyone in school.
- Ben Richardson has tried his best in everything this week.
- Billie Brown for tidying up without being asked and for being kind to her friends.
- George Barrott Young has been a brilliant friend to his classmates, helping them to settle back to school life and being a fantastic role model. Well done George!
- Harry Kaine for being so caring towards Fern. He opened a heavy door for her so it wouldn't put strain on her wrist!
- Jazmine Attard has had a great week.
- Scarlett Brown for making Mrs T laugh about all the foods she's tried (and doesn't like) over the holidays.
- Well done to Thiseni who joined us this week. It's like she's been here forever.
- Emily Jowitt has done good listening in assembly this week. Her hand has shot up to answer questions.
- Evie Rose Taff did such good listening and sharing during carpet time.
- Iris Burnham-Wake for being just fabulous with our new starters.
- Ezra Stead has been a great play mate this week.
- Ori Carr is always positive and is willing to help anybody anywhere.
- Olive Reed made a fantastic picture to welcome Jigsaw Jack into our classroom.
- Leah Price for being such a confident rhymers.
- Pippa Housley for a confident answer in assembly. What's the best thing to do with a worry? Tell someone and it will get smaller.
- Ralph Siddons hasn't lost his manners over the holiday! Thanks Ralph.
- Isabelle Bulbrook for her beautiful singing in assembly.
- Freddie Christian has had a cracking first week back.
- Ava Dawson is a great thinker.
- Thank you to Dakota Rodgers for the beautiful bracelet she made for Miss Miles.
- Harry Jackson impressed us with his wonderful boat he made using a variety of materials.
- Rowan Wilson was very brave this week. He conquered a fear of his with the help of Miss Price.
- Maisie Ogden not only made a super junk model princess but she has been so helpful at tidy up time throughout the week. Thank you, Maisie.
- Finn Westby showed maturity and kindness towards others.
- Thank you, Nursery, for sharing the delicious carrots that you have grown! They were wonderful, just like all of you.

