

Matthew's C.E (Aided) Primary School and Nursery Centre



'I can do all things because Christ gives me strength' Philippians 4:13

Friday Feature: 10th October 2025



This half-term we are focusing on the Christian Value of Generosity

'God loves a cheerful giver' 2 Corinthians 9.7



Harvest Donations



This year for Harvest we are collecting donations for the Telford Food Bank. Yr5 and Yr6 will be taking all donations to St Matthew's church on Thursday 23rd October. We will be collecting food donations during the week of 20th October. All donations will be gratefully received.

Please join us for Harvest festivals in school next week:

- **KS2**—Monday 20th October at 9:30am
- **KS1**—Wednesday 22nd October at 9:30am

Reading Reward Boxes – A Celebration of Books and Reading!

We're excited to share the new reading boxes we have created for the hall! We have been busy helping to create new **Reading Reward Boxes** using papier-mâché, inspired by some of our favourite book titles. These colourful creations will be proudly displayed in the school hall for everyone to see.

Here's how the Reading Reward boxes work:

- Every time your child reads **three times at home**, they'll earn a **raffle ticket**.
- That ticket goes into one of our fabulous reading boxes.
- If their ticket is drawn, your child **win a book** from our bookshelves to keep and enjoy!

Why reading matters:

Reading is one of the most powerful ways children grow their imagination, vocabulary, and understanding of the world. It doesn't matter what they choose to read - whether it's a comic, a recipe, a magazine, or a favourite story - as long as they're reading, they're learning and developing a lifelong love of books.

So please keep encouraging your child to read regularly at home. Every page turned brings them closer to a prize—and more importantly, builds confidence and curiosity that will last a lifetime.

Thank you for your continued support and happy reading!

Mrs L Hulme
Assistant Headteacher and English Lead



Weekly prayer

Father God,
Thank you for being on my side.
You are kind and you show respect and kindness.
You give me peace, quiet and everything.
Thank you for your kindness

Amen By 3 St Cecilia



Pupils of the Week



Nursery	Delilah-Rae
R St Francis	Nevaeh
1: St Teresa	Michaiah
1/2: St Nicholas	Leo
2: St Joseph	Willow
3: St Cecilia	Kakkra
3/4: St Sophia	Jaida W
4: St Kateri	Nia-Rose
5: St Thomas	Vicky
6: St Padre	Emily-Jayne

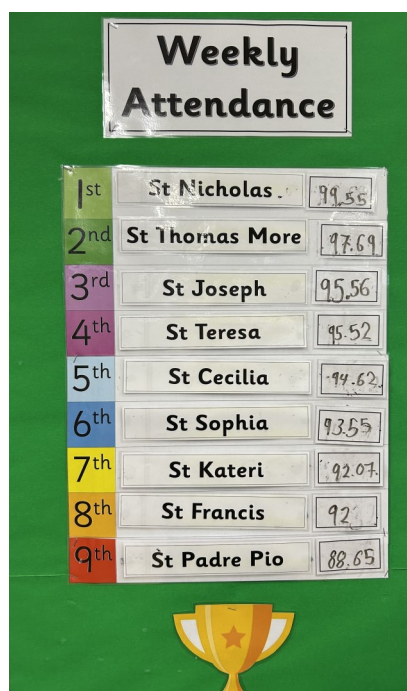
Readers of the Week



R :St Francis	Willow
1: St Teresa	Kit
1/2: St Nicholas	Evelyn
2: St Joseph	Gurkirat
3: St Cecilia	Layla
3/4: St Sophia	Redeemer
4: St Kateri	Alicja
5: St Thomas	Roxy and Safire
6 : St Padre	Emily H

Attendance Award

This week the attendance award has gone to 12 St Nicholas



Applying for Reception or Year 7 Places

Applying for Reception places and Year 7 Places for September 2026

Applications for Reception places and Year 7 places to start in September 2026 are now being taken by Telford and Wrekin Council. [School admissions - Telford & Wrekin Council](#)

Children born between 1 September 2021 and 31 August 2022 will start primary school from September 2026. Parents need to apply for a reception place by **15 January 2026**. Children with an Education, Health and Care Plan (EHCP) must apply by 31 October 2025.

Children born between 1 September 2014 and 31 August 2015 will start secondary school from September 2026. Parents need to apply for a Year 7 place by **31 October 2025**.

Future Dates

20 October
2.30pm to 3pm

Mrs Jones class—Teddy Bear's Picnic

21 October
2.30pm to 3pm

Miss Blocksidge class—Teddy Bear's Picnic

22 October
2.30pm to 3pm

Mrs Hulme class—Teddy Bear's Picnic

Thurs 23 October

Wear Pink for Breast Cancer day

Fri 24 October

PD Day

Mon 3 November

Back to school

10—14 November

Anti bullying week

14 November

Children in Need

5 December

Carols by Candlelight

9 December
11 December
12 December
15 December
16 December

EYFS Christmas production AM
KS1 Christmas production PM
KS1 Christmas production AM
KS2 Christmas production PM
KS2 Christmas production AM



A BIG thank you

Thank you so much to all of the parents who attended our parents evenings on Tuesday and Wednesday.

It was a great turnout and lovely to see so many faces, old and new.

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College