

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: 19th September 2025

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



'God loves a cheerful giver' 2 Corinthians 9.7

Dear Parents and Carers

Humphs Histories

On Monday and Tuesday years 3 and 4 were incredibly lucky to take part in a history workshop led by Steve Humpherson. We learnt a little bit about old Norse

language : Gothan Aptan means Good Afternoon. Gothan dag means Good Day. Pokk means Thank you. Steve explained why the Vikings invaded from Scandinavia and all about Viking skills, food, farming tools and Viking shields.



Then on Wednesday and Friday years 5 and 6 took part in an Ancient Egyptian workshop exploring what life would have been like in Ancient Egypt. We took part in lots of exciting activities, learning about fun facts and games that were played in Ancient Egyptian times.



On Tuesday 23rd September, at 2.30pm, our Maths lead, Mr Bailey will be holding a meeting for all Yr3 and Yr4 parents to discuss the Multiplication check that takes place in Yr4.

During the meeting, Mr Bailey will explain what the multiplication check is all about and will be sharing ways in which you can support your child at home to learn their times tables.

Weekly prayer



Dear God

Thank you for all the ways you have been generous to me.

Please help me to look for ways to care for others the way you do.

for Amen 1 St Teresa

Pupils of the Week



Nursery	Louis
R St Francis	Sophia T
1: St Teresa	Tommy
1/2: St Nicholas	Evelyn
2: St Joseph	Arlo
3: St Cecilia	Penny
3/4: St Sophia	Kaliyah
4: St Kateri	Pistis
5: St Thomas	Jack H
6: St Padre	George

Readers of the Week

R :St Francis	Miliana
1: St Teresa	Amirah
1/2: St Nicholas	Phoebe
2: St Joseph	Evan
3: St Cecilia	Rosalee
3/4: St Sophia	Ruari
4: St Kateri	Arabella
5: St Thomas	Noah
6 : St Padre	Salote

Attendance Award

This week the attendance award has gone to 12 St Nicholas



Weekly Attendance		
1st	St Nicholas	99.55
2nd	St Padre Pio	98.11
3rd	St Teresa	96.90
4th	St Joseph	94.91
5th	St Cecilia	94.80
6th	St Sophia	94.4
7th	St Thomas More	93.85
8th	St Kateri	92.41
9th	St Francis	91.38



Applying for Reception or Year 7 Places

Applying for Reception places and Year 7 Places for September 2026

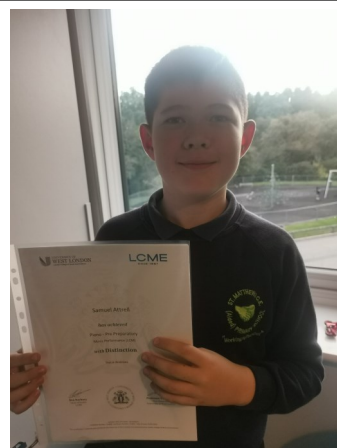
Applications for Reception places and Year 7 places to start in September 2026 are now being taken by Telford and Wrekin Council. [School admissions - Telford & Wrekin Council](#)

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**.

Well Done

Sam recently completed a piano exam and has received his results - he got a distinction! Brilliant work Sam.



Ben won player of the match on Sunday when they played their first away game with his football team. Well done Ben!

Future Dates

Tues 23 September	Yr 3 and 4 Parents Multiplication Workshop
Fri 26 September	Macmillan Cake Day
6—10 October	Year 6 Bikeability
Thurs 23 October	Wear Pink for Breast Cancer day
Fri 24 October	PD Day

10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College