

24 April 2026

St Anne's CE Primary & Nursery School

NEWSLETTER

This week in Year 4

Year 4: Navigating Big Emotions

This week, Year 4 embarked on an exciting new journey with the Decider Skills course. This program is designed to help our students understand, regulate, and navigate their emotions with confidence and clarity.

To kick things off, the children explored a brilliant analogy: the "Fizzy Bottle" effect. We discussed how our emotions can sometimes feel like a bottle of pop that has been shaken up; if we don't find healthy ways to manage that internal pressure, we might eventually "fizz over" or explode.

To help recognize these moments before they happen, the students created personalized scales, mapping out their own unique bodily responses to different feelings. This self-awareness is the first step in staying in control. The STOPP Skill

We also introduced our first major tool: the STOPP acronym. This is a go-to technique for those moments when emotions feel overwhelming:

- S – Stop!
- T – Take a Breath
- O – Observe (What am I thinking/feeling?)
- P – Pull Back / Perspective (Look at the bigger picture)
- P – Practice what works / Proceed

The Year 4 team has shown fantastic engagement already, and we can't wait to see them put these skills into practice as the term continues!



This week in Nursery

This week in Nursery we have been making the most of the lovely weather! We have learned all about the parts of a plant and drawn some beautiful flowers.

In maths we have been learning about repeating patterns. This is really tricky, but I am so impressed with how hard everyone has been trying!

Next week we are looking forward to getting our gardening gloves on and planting some seeds, so that we can see all of the parts of the plant we have learned about this week. We have also had a special delivery of caterpillars! We are already watching them grow day by day as they eat, and we can't wait to watch them become beautiful butterflies.



Stars of the week

	Maths	English	Citizen	Values
Year 1	Francis & Isla	Archer	Joud	Danny
Year 2	Nathan	Bellamy	Maddie	George
Year 3	Amelia	Eliza	Robin	Tommie
Year 4	Elise	Erin R	Rueben	Archie
Year 5	Lucas S	Lola	Holly	Poppy
Year 6	Kate	Mollie	Tyler	Lucy

Attendance figures this week

Reception	96.00%
Year 1	97.59%
Year 2	97.33%
Year 3	94.14%
Year 4	95.19%
Year 5	96.45%
Year 6	97.77%

Dates for your diary

Monday 4 May – School Closed (Bank Holiday)

Tuesday 5 May – Reception–Year 6 Cricket

Wednesday 6 May – Year 1 Phonics Parent Talk
3.30pm

w/c Monday 11 May – SATS week (Year 6)

Monday 18 May – Nursery & Reception – Hall Hill Farm

Tuesday 19 May – Year 4 Golf

Thursday 21 May – Tuck Shop

Friday 22 May – Year 1 Class worship 9.15am

Polite reminder that children who have vomited or have had diarrhoea should remain off school for 48 hours from the last episode. This is to ensure your child is fully fit before returning to school and also to help stop the spread of illness to children and staff.

Childcare Provision

Breakfast Club 8.00 – 8.45am (last entry 8.20am)

Monday Multisports (R-6) 3.30–4.30pm

Tuesday Jujitsu (1-6) 3.30–4.30pm

Wednesday TASC Football (2-6) 3.30–4.30pm

Wraparound

3.30 – 6.00pm (Monday to Thursday)

3.30 – 4.30pm (Friday)

Polite reminder that no dogs should be brought onto school property including those being carried.

Polite reminder that Parents/Carers should not enter the cloakrooms or classrooms during drop off and pick up times. If you wish to speak with a member of staff, please contact them via email or the School Office. Thank you