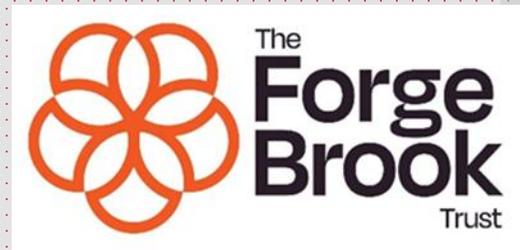


Welcome to Palfrey Infant School

Happy Children Aiming High

SEPTEMBER



A message from Mrs Walsh



Thank you parents for working with us with the start of day routines, this is going really well now . Please keep encouraging the children to come in independently. If your child is taking a little longer to settle remember to arrive after the main rush at 8.50am when it is much quieter. I am currently monitoring Reception pupils at lunch , they are doing really well. Mrs Zaman is supporting pupils at lunchtime in the dining hall to ensure they are all eating lunch. Any problems we will talk to parents directly.

We are looking forward to a visit from Mr Ludlow , CEO Forge brook Trust who is coming in to meet with parents on the gate and look at routines. He is looking forward to meeting with children.



Welcome back to a new academic year



We welcome all back to another fantastic academic year

We have lots on this year including, School Individual Photos and a trip to the Museum.

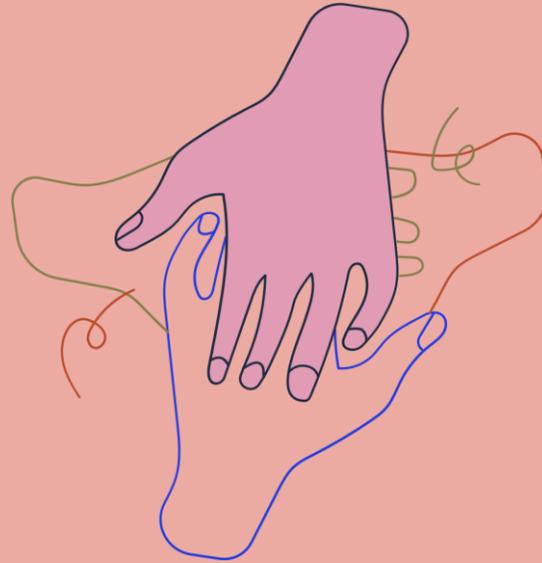


We also welcome new members of staff:

- Miss Asghar
- Miss Sajidah
- Miss Nayab



September Values



- Fairness
- Kindness
- Equality



Each class will be looking at Helping Hands and our school rules.



Good work assemblies



Our weekly Good Work Assemblies are every Friday. We celebrate achievements and award children for good learning and bucket filling. (kindness).

We talk about good attendance in school and award children with more than 96% attendance weekly. The winning class get 2 stickers and if the class gets 100% they get 3 stickers. This hopefully promotes teamwork to come to school whenever possible.

The class with the most stickers at the end of the term win a box of chocolates!



We are a NUT FREE School



Palfrey Infant School is a **NUT FREE** school.

We aim to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk.

Please refrain from bringing in any types of **NUTS** as some of our children and staff have NUT allergies.

If you have any issues please speak to our office staff.



Dates for your diary- September

1st September- INSET Day

2nd September- INSET Day

HELLO

3rd September- School open to reception, year 1 and 2 students

4th September- Nursery opens

25th September- School photos



30th September- Year 2 trip to the Black Country Museum

1st October- Year 2 trip to the Black Country Museum

Our Golden Rules

I am kind



- Be Kind
- Be Safe
- Be Ready to learn



September 2025

Self-Care September 2025

MONDAY

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

TUESDAY

2 Notice the things you do well, however small

WEDNESDAY

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

THURSDAY

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

FRIDAY

5 Forgive yourself when things go wrong. Everyone makes mistakes

SATURDAY

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

SUNDAY

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