



WEEK BEGINNING 6TH OCTOBER

Events this week:

Monday 6 th October	Years 3 & 4 Netball
Thursday 9 th October	Harvest Service @ St. Michael's Church PM

Looking forwards:

w/c 13 th Oct	Spirited Arts Week
Monday 13 th October	Years 3 & 4 Football
Wednesday 15 th October	PTA AGM
Thursday 23 rd October	School Photos Y5/6 Tag Rugby
Friday 24 th October	INSET DAY and Parents Meetings – Parents Evening this term will take place during the daytime on INSET day as a trial. Further information will be sent nearer the time with slot booking options. There will be morning and afternoon slots available.

Our Y5/6 football team played a match with The Pines on Thursday 2nd October. They didn't win the match, but we got some wonderful feedback from a member of their staff as follows:

Firstly, thank you for a fantastic game! It was brilliant to take on another opportunity for sport between two local schools! Secondly, I just wanted to say what a kind, respectful and lovely team you have. All the children represented your school fantastically and your goalkeeper had an amazing game. I know he is EAL so being able to express himself through sport was such a pleasure to see. Also, a huge well done to one of the members of your team who wore glasses that persevered on, after a hard tackle, and kept the smile on his face. All of your team were superb and I wish them all the best in the upcoming games they have!

Thank you again for such a lovely experience and a huge well done to all the members of the football team for their brilliant efforts yesterday.



Gate and site updates - reminder

Thank you to you all for reading this update in the newsletter last week. We are re-posting as a reminder, and have added a small extra notice around tailgating, please see below.

As will be familiar to you, our gates were recently updated with stronger locking mechanisms, high-definition cameras and new buzzers. Some timing changes to gates will take effect from Monday 15th September and are summarised here:

Pedestrian gates and morning routines

Gates unlock shortly before 8:40am to enter the school site. There is no audible signal – please push the gates and they will hold open. Gates release and lock shortly after 8:50am when all doors close and the site needs to be cleared. The site is monitored at the start and end of the school day with cameras and staff present. The school day begins in class at 8:50 a.m., when registration starts and the doors close. Once classroom doors close at 8:50 a.m. they will not be re-opened – please do not knock on the classroom doors if you arrive after this time and/ or if they are closed; you will have to enter the building via the office.

Car gate

The car gate will be closed at all times. If there is a need to enter via the car gate, please use the buzzer. Parents dropping off for breakfast club are welcome to use the former School House parking spaces if available and enter via the pedestrian gates. We kindly ask anyone exiting using the car gate to wait until it is closed behind you before driving off alongside us monitoring the cameras.

Site access

The rear pedestrian gate remains closed at all times whilst school is in session. Access to the school site can only be made via the front pedestrian gate. You will be identified on camera but may be asked to announce who you are and your reason for visiting. Parents arriving for breakfast club or wraparound care should use the buzzer and be prepared to wait as there may be a delay in staff granting access.

Tailgating

We know everyone in our school community demonstrates the school values of love and kindness, so it can sometimes be conflicting when arriving at the gate to be buzzed in and there is another parent or family member also arriving behind you - it's the natural thing to do to let them in with you! But we all have a duty of care to maintain the safety and security of the school site. Should this happen, please continue to be polite but ask them to wait, close the gate behind you, and ask that they buzz separately to make themselves known. If you are the person arriving behind someone, please respect this, be prepared to wait and buzz to announce yourself. We hope you all understand the balance we strive to achieve here and that the safety of our children comes first.

During the school day, no ad-hoc access will be provided to the school site unless you have either called ahead to confirm we are expecting you or the school has called you.

Thank you for your co-operation.

PTA NEWS



ANNUAL GENERAL MEETING OF
St Michael's Easthampstead PTA

WEDNESDAY 15TH OCTOBER 2025

SCHOOL HALL

6.30PM - 7.30PM

GO ABOVE AND BEYOND WITH LOVE

Due to lack of volunteers the PTA are unable to take any more donations of uniform until further notice



Head Teacher Award Winners

- Year 1 - Archie – for aiming high in his reasoning
- Year 2 - James – for his outstanding effort in Maths!
- Year 3 - Amy – for her fabulous attitude in French
- Erin – for always trying her best, asking when she is not sure and for an overall positive and sunny attitude
- Year 4 - Jessica – for fantastic effort and achievement in English and Maths
- Year 5 - Chisa – for her attitude to learning all week and her dedication to her amazing artwork
- Year 6 - Tino – for consistently aiming high in all areas of the curriculum

Well done to you all!

<p>NEW AuDHD</p>	<p><i>Hosted by Parenting Special Children</i></p> <p>This neuro-affirming, strengths based, interactive workshop is designed to help parents/carers better understand the unique experiences of AuDHD (Autistic and ADHD) children and young people.</p> <p>Exploring AuDHD strengths and challenges, Practical strategies for home and school, Reframing so called 'difficult' behaviours, Supporting child's self-esteem and self-advocacy.</p>	<p>Autism & ADHD Support</p> <p>For parents & carers of primary & secondary school aged children.</p>	<p>Online: Tuesday 2nd December</p>	<p>7 - 9pm</p>
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Booking link : <https://parentingspecialchildren.co.uk/events/audhd-workshop-berkshire-east-dec-2025/>

Our workshops and courses are available to families who reside or is registered at a GP practice in East Berkshire , Slough, Windsor, Maidenhead and Bracknell.



**PRESTIGE SPORTS
COACHING**

JOIN US THIS HALF TERM

£20 PER DAY

BOOK ALL 5 DAYS FOR JUST £80

AGES 5-11 YEARS



27TH-31ST OCTOBER



WILDRIDINGS PRIMARY SCHOOL, RG12 7DX



9AM TILL 3PM

BOOKINGS: WWW.PRESTIGESPORTSCOACHING.COM

**HALLOWEEN
DISCO**

**PUMPKIN
CARVING**

**SPORTS
GAMES**



Happy Halloween

Join us here at green man on the 30th October for a spooky filled kids day of fun. With face painting A costume contest paint a pumpkin hook an eye goody bag and spooky games to enjoy From 3-6 Please see the Bar Staff for more information £5 per child

MACMILLAN CANCER SUPPORT

BREAKFAST
With Santa

Bring your little ones for a delightful morning filled with joy and wonder. Join us for Breakfast with Santa at the Green Man. your little ones can meet Santa and his elves, as well as presents from Santa himself. activities provided while you wait for Santa to arrive.

Saturday 6th and 13th and Sunday 21st The green man

£10.99 per child, (adult price separate), bookings only. deposit must be paid in advance with pre order choices.

please ask bar staff for more information.

Online Safety Newsletter

Oct 2025

Risks of using AI for mental health

AI chatbots and wellness apps are becoming increasingly popular, which may lead to your child accessing them to support their mental health.

What should I be concerned about?

- The information/advice given may not always be accurate.
- Privacy concerns of how data is collected and used.
- Children may use these apps rather than seeking help from an adult.

What can I do?

- Chat to your child regularly about what apps and websites they are using and why.
- Remind them AI is a tool and not a substitute for qualified professionals who provide tailored advice/support.
- Talk to them about how they should fact check information.
- Check age ratings.

Further information

<https://stigmafreementalhealth.com/blog/supporting-youth-mental-health-with-ai-a-guide-for-parents-and-caregivers/>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version: <https://www.knowsleycitylearningcentres.org.uk/october-2025/>

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YouTube

YouTube is one of the most popular platforms, available across many different devices - phones, tablets and Smart TVs etc.

YouTube is intended for users over the age of 13, however, younger children can still access YouTube with consent from a parent/ guardian. There are different options available to access YouTube, depending on your child's age:



1. YouTube Kids – a separate app that includes a smaller selection of videos based on the age category you select: Preschool (ages 4 and under), Younger (ages 5–8) or Older (ages 9–12).

2. Supervised accounts – a parent-managed version of YouTube that allows you to control the content your child can access. You can select one of the following options:

- **Explore** - Generally for viewers aged 9+.
- **Explore more** - Generally for viewers aged 13+
- **Most of YouTube** - This setting includes almost everything except for videos marked as 18+.

Find out more: <https://support.google.com/youtube/answer/10315420>

What do I need to be aware of?

Whilst YouTube can be educational and fun, it is important to be aware of the potential risks, such as:

- **Inappropriate content**
- **Excessive Screen time** – particularly due to the autoplay feature.
- **Unwanted contact / cyberbullying** – particularly via comments if your child is sharing videos.
- **Algorithms** – algorithms influence what we see to keep us engaged. This can lead to a user being exposed to large amounts of content about one topic/theme, which may not be helpful if it is negative.
- **Adverts** that may not be aimed at or suitable for your child's age.

What can I do?

- Set up appropriate parental controls.
- Show your child the reporting and blocking tools available.
- Watch YouTube together or supervise use.

Further information

<https://www.internetmatters.org/parental-controls/entertainment-search-engines/youtube-app/>

WhatsApp

WhatsApp is incredibly popular with young people and is used for group chats, voice messages and video calls. **Users should be at least 13 years old to use WhatsApp.**

We frequently receive reports of children using WhatsApp inappropriately, such as sharing images to embarrass others, sending hurtful messages, spreading rumours, or excluding people from group chats to make them feel left out. Since WhatsApp lacks parental controls, it is important to think about whether it is really the right platform for your child. For example, you should consider if your child has the critical thinking skills to recognise bullying. Furthermore, do they understand how to manage peer pressure and refrain from joining in on hurtful behaviour?

What should I be aware of if my child is using WhatsApp?

- **Group chats:** Everyone within a group, even if they are not one of your child's contacts, will be able to see all messages within that group. If your child is added to a group with someone that they have previously blocked, that person can still see their messages and send them messages within the group chat.
- **Inappropriate content:** users can be exposed to content that is not suitable for their age.
- **Location sharing:** talk to your child about the potential danger of sharing their location.
- **Chat lock/secret code:** users can lock chats as well as apply a secret code setting so a chat does not appear in the main chat.
- **Screentime due to addictive nature**
- **AI:** WhatsApp includes Meta AI.

What can I do?

- Check privacy settings, for example check who can add them to groups.
- Ensure your child understands that they can leave a chat at any time, Find out more here: <https://faq.whatsapp.com/424124173736394>
- Show your child how to block and report other users. Find out how here: <https://faq.whatsapp.com/1142481766359885/>
- Use parental controls such as screentime controls or do not disturb to reduce alerts.
- Talk about who they are chatting with, encourage them to think carefully about the messages they send and how they might be received by others. Talk about positivity and not saying anything hurtful. Ask them to think about whether they would say what they are messaging, face to face.
- Chat to your child about the groups that they belong to.

Further information

Find out more here:

- <https://www.bbc.co.uk/bitesize/articles/zc8vxxg8>
- https://faq.whatsapp.com/773166357950949?helpref=faq_content

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Italian Brainrot

Have you heard of Italian Brainrot? It is a viral trend consisting of AI generated characters featuring in memes and videos. It originally started on TikTok but can now be seen on other platforms such as YouTube and Instagram. There are also lots of spinoff content including a game on Roblox.

Whilst the content is generally nonsensical and children will find some of it funny, some content can include inappropriate/offensive language and content that might not be suitable for your child's age.

iOS 26

Apple have released their new operating system – iOS 26. Protect Young Eyes have published an article detailing the changes relating to your child's safety, including content filtering in Safari. Find out more here:

<https://www.protectyoungeyes.com/blog-articles/a-parents-guide-to-ios-26>

Managing Digital Spending

Parent Zone have created a guide to help teach your child how to manage their online spending. You can read it here:

<https://parentzone.org.uk/article/managing-digital-spending-guide-parents>

ADHD, Screen Time, and Healthy Boundaries

Bark have created this guide for parents of children with ADHD to support you in helping your child create a healthy relationship with technology. You can access it here:

<https://www.bark.us/blog/adhd-kid-and-tech/>








Supporting Your Children Workshops 2025 - 2026

To book a space click on the [Enrolment Link](#) or email Inge.Taylor@bracknell-forest.gov.uk

Each course is a standalone 2-hour session, is universal (not specific for SEND) and for adults supporting not the children themselves so please arrange childcare if needed

Once you have completed an enrolment form your space will be confirmed
Please only book if you are **going to be able to attend** to avoid other parents missing out.

All sessions unless stated otherwise take place at The Bracknell Open Learning Centre

Supporting Children to Overcome their Anxious Thoughts and Worries Exploring how anxiety affects children and learn simple, effective techniques to support children to overcome their Anxious Thoughts and Worries.	
Saturday 15th November 2025	10am – midday
Wednesday 14th January 2026	6.30 – 8.30 pm
Monday 13th April 2026	6.30 – 8.30 pm
Monday 8th June 2026	6.30 – 8.30 pm
Managing Behaviour in a Positive Way A session exploring positive behaviour strategies enabling parents to gain practical tools for handling challenging behaviours with confidence and care.	
Monday 10th November 2025	6.30 – 8.30 pm
Monday 12th January 2026	9.30 – 11.30 am
Thursday 05th March 2026	6.30 – 8.30 pm
Thursday 23rd April 2026	6.30 – 8.30 pm
Monday 22nd June 2026	6.30 – 8.30 pm
Parenting pre / early-teens in a Positive Way (aged 10 – 13) An insight into parenting, looking at positive behaviour strategies, different ways to strengthen communication / connection with your pre-teen child.	
Thursday 9th October 2025	6.30 – 8.30 pm
Parenting pre / early-teens in a Positive Way (aged 13 – 16) A session focused on using positive approaches to guide teenage behaviour, building stronger communication and connection during the teen years.	
Monday 20th October 2025	6.30 – 8.30 pm
Encouraging Resilience – Keep Calm and Bounce Back Gain practical tips, leaving you inspired and equipped to help children bounce back stronger; no matter what life throws their way	
Monday 13th October 2025	6.30 – 8.30 pm
Transition to secondary school Gain practical tips, share experiences, and learn how to support your child through the exciting, sometimes challenging transition to secondary school.	
Monday 29th June 2026	6.30 – 8.30 pm
Transition: Reception to Year 1 and beyond The move from Yr R to 1 is a big step in your child's learning journey. Session helps parents understand what the transition involves and how to support.	
Thursday 25th June 2026	6.30 – 8.30 pm

A healthy night's sleep

Sleep is essential for children's wellbeing, learning, and behaviour. Get practical tips to help children build healthy, lasting sleep habits

Thursday 6th November 2025

[Enrolment form](#)

6.30 – 8.30 pm

Reducing Sibling Rivalry

A supportive session, to give parents and caregivers tools to strengthen sibling bonds, whilst creating a calm and connected family environment.

Wednesday 22nd October 2025

[Enrolment form](#)

6.30 – 8.30 pm

Family Dynamics

Family life comes in many forms, and every child deserves to feel secure / supported. Session offers practical guidance navigating varying dynamics.

Wednesday 19th November 2025



[Enrolment form](#)

6.30 – 8.30 pm







Church Harvest Festival

  We plough the fields and scatter

Tins of tuna, pasta too,


UHT milk and biscuits,

And fruit in every hue!  

(yes this works to the tune)

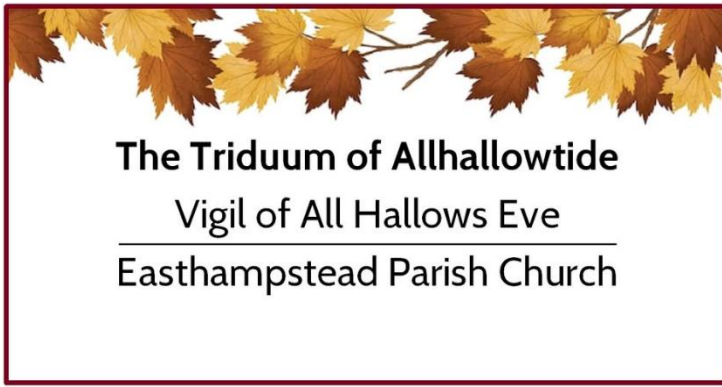
This Sunday (5/10) is the Church's Harvest Festival Service—a joyful celebration of God's goodness and our shared generosity.

(A reminder as well that St Michaels School have a school harvest service 9 October 2025 at 2pm)

 Please bring:

- Tinned meat, fish, veg, fruit
- UHT milk
- Dried pasta
- Biscuits (yes, the edible kind!)

Let's fill the table with gifts for those in need and maybe hum a verse or two while we do it. All are welcome, all gifts appreciated, and all glory to the Giver of all good things.




Vigil of All Hallows' Eve

SAVE THE DATE!

Join us in the churchyard at 5pm this All Hallows' Eve (31/10) for a short, candlelit service featuring a dramatic retelling of the Witch of Endor—a haunting tale from scripture that stirs the imagination and invites reflection. We finish with the story of St Michael slaying the dragon and Christ victorious over evil!

Afterwards, we move into the church for our annual pumpkin competition—open to all ages! Bring your carved pumpkins, bring your creativity and help fill the church with flickering, festive faces.

 Then it's time for our children's halloween party (for kids aged 0–11) with the classic seasonal game of apple bobbing (suitable for adults!), as well as plenty of autumnal cheer.

Come in your favourite halloween costume (adults and children alike) for the chill, the mystery, and the joy. All welcome—no tricks, just light, story, and celebration.

Coming up!

Please do sign up for the church newsletter for full details of all upcoming events such as; our All Souls service where we remember all our loved ones who have died, our Christmas family film night where we will be showing the Muppets Christmas Carol together (for free!), Christmas Carol service, our annual crib service, the Rectors Christmas Party, etc.

Details of how to sign up for our newsletter are on the website www.easthampstead.org.uk.

God bless,