



Family Team and Wellbeing Newsletter

Autumn Term

Dear Stopsley families,

A very warm welcome back to school and an especially warm welcome to our new children and families joining us. I hope you all had a restful and enjoyable summer, even if it does seem a long and distant memory as the end of September is upon us! I hope that you feel ready for the exciting year ahead!

As we begin the new academic year, we recognise that this time can bring a mixture of emotions for both children and their families — from excitement and curiosity to anxiety and uncertainty. At Stopsley Community Primary School and Nursery, we are here to support every step of your journey.

Coping with Change and New Beginnings

Moving into a new year group often means adapting to new routines, meeting new staff and making new friends. While this can be exciting, it can also feel daunting for some children.

We are a trauma-informed school, which means we always consider what may be going on '*behind the behaviour*' and respond with compassion, care and understanding. Every adult in school is committed to making children feel safe, seen, valued, heard and understood.

If your child is feeling unsure or anxious about the new school year, please do not hesitate to reach out. We have dedicated staff to support their wellbeing and pastoral needs — because when children feel emotionally safe, they can thrive in their learning.

Supporting Parents Through Change

We also recognise that parents and carers may be feeling nervous or uncertain too. Whether it's waving goodbye at the classroom door, supporting homework routines or navigating friendships, parenting through change isn't always easy.

Please remember — *you are not alone*. Our school community is here for you and we encourage open conversations about anything that may be impacting your family. You are always welcome to speak with me or our fantastic, experienced wider pastoral team:

- **Mrs Herrick** – Family Worker
- **Mrs Allen** – Pastoral Teaching Assistant

Online Safety – Stay Informed; Stay Safe

As children settle back into routines, screen time and digital interaction often increase. It's vital that we work together to keep children safe online. Whether it's gaming platforms, social media or YouTube, new content emerges rapidly — and some of it isn't always age-appropriate or safe.

To help families stay up to date, we recommend the following trusted websites for the latest guidance on online trends, safety tools and parental controls:

- www.nspcc.org.uk/keeping-children-safe/online-safety/
- www.internetmatters.org/
- www.common sense media.org/

We will also continue to teach online safety across all year groups in school, helping children make safe and informed choices.

Stopsley – A Place Where Families Matter

We care deeply about each and every one of our children and families. We strive every day to make school life memorable, rewarding and enriching — because we know that these early school years are truly ‘golden times’. Whether it’s through learning, play, friendships or support, we want all our children and families to look back on their Stopsley days with joy and pride.

Contact Us – We’re Here for You!

If you would like to talk, need some guidance or simply want to check in, please don’t hesitate to get in touch:

- ✉ **Ms Mann** – Safeguarding, Wellbeing Pastoral Lead safeguarding@stoppley.primaryluton.co.uk
- ✉ **Mrs Herrick** – Family Worker Familysupport@stoppley.primaryluton.co.uk
- ✉ **Mrs Allen** – Pastoral Teaching Assistant Pastoral@stoppley.primaryluton.co.uk



From left to right...
Mrs Allen, Mrs Herrick, Ms Mann

You can reach us via the school office, contact us directly through the above email addresses or contact us through your child’s class teacher. You can find us on the playground at the start and end of each day.

Stopsley Community Primary School and Nursery ... ‘A place where no child is invisible’.

With my very best wishes for a positive, calm and happy start to the term.

Ms Mann

Safeguarding, Wellbeing and Pastoral Lead

