

Friday 19th
December 2025

Queen Victoria Primary School Newsletter



Key Dates

5th Jan—Start of Spring Term 1

9th Jan—Rick Whittington Performance

13th Jan—Fussy Eating workshop for parents 9–11am (booking is essential)

4th Feb—Y4 visit the Mandir

10th Feb—Eating Well for less workshop for parents 9–11am (booking is essential)

12th Feb—Year 2 visit the Mosque

25th Feb—Individual School Photos

5th March—World Book Day

6th March—Year 3 trip to Wroxeter Roman City

Class Assemblies

5M—29th January

5H—5th February

5S—12th February

1P—12th March

1S—19th March

All assemblies start at 9:15am

This week's News



We've reached the end of the Autumn term and we finish for the Christmas holidays today. It's been a busy, festive and really enjoyable final week in school.

On Monday, it was great to welcome parents and carers into school for the Year 1 and Year 2 Christmas Craft Afternoon. Thank you to everyone who came along and helped make it such a lovely afternoon for the children.

After Monday's rain, we were pleased that the Key Stage 2 Christmas Carols could go ahead on Tuesday instead. Thank you to the families who joined us on the playground — it was a wonderful way to get into the Christmas spirit and the children sang beautifully.

Wednesday was full of festive cheer with Christmas Jumper Day and Christmas Dinner, both of which the children really enjoyed. That afternoon, our Reception children performed their Christmas Concert for parents and carers. They did an amazing job and we were very proud of them.

On Thursday, our Nursery children shared their Nativity performance with families. It was a joy to watch and a lovely moment to see their confidence and excitement shine through.

We finished the week today with class Christmas parties and a very exciting visit from Santa, which certainly made the final day extra special.

This week also brought some important goodbyes. Mr McLagan retired today, and we said farewell to him in assembly. He will be greatly missed and we thank him for everything he has given to the school. Mr Clarkson also retired, with his last day being Wednesday. We wish them both all the very best as they begin this next chapter. We were also pleased to welcome Mrs Jarratt into school on Wednesday afternoon. She spent time with her new class, 5H, and will officially join us in January. We're really looking forward to having her with us.



As we head into the Christmas holidays, we'd like to wish all our families a very Happy Christmas and New Year. I hope the break gives you time to relax, enjoy being together and make special memories with those who matter most. Thank you, as always, for your continued support — we look forward to seeing everyone again in the New Year.

Queen Victoria Primary School Attendance



Don't Dip in December – Attendance Matters!

Throughout December, we wanted to keep up the brilliant momentum and encourage every child to be in school, every day. To celebrate excellent attendance, every child who achieved 96+% attendance each week received a treat – no prize draws, no chance involved – if their attendance was good, they got a treat!

And that's not all...

Children who achieved 96+ % attendance for the whole of December were be entered into our Grand Christmas Draw to win a family hamper, with one winner in every year group.

Well done to all our prize winners for being attendance HEROes this month.

We look forward to seeing all children back in school on Monday 5th January to start the new term with strong attendance.



This weeks attendance: 93.5%

Class Attendance This Week

	Attendance (%)
RD	93.5
RF	96.5
1S	92.5
1P	93.3
2J	93.4
2O	91.0
3B	88.9
3M	95.5
4CB	96.7
4P	95.3
5H	88.4
5S	92.8
5M	93.3
6C	92.1
6H	97.7

**Keep checking
the attendance
boards each
week!**



DT Projects

Year 4 have been busy getting creative in DT as part of their Christmas sewing project. The children learned how to use simple sewing techniques to design and make their own Christmas decorations, developing both their practical skills and their patience along the way.

They carefully threaded needles, practised neat stitches and supported one another as they brought their ideas to life. It was lovely to see their confidence grow as the decorations began to take shape, and the sense of pride when they were finished.

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Christmas Dinner



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KS1 Craft Afternoon



Our Year 1 and Year 2 Christmas Craft Afternoon was a real highlight of the week. It was lovely to welcome so many parents, carers and family members into school to spend time creating alongside the children.

Together, children and their grown-ups worked on making a Christmas bauble and a photo frame, with lots of care, creativity and festive sparkle. The classrooms were full of conversation, laughter and concentration as everyone worked together, and the finished decorations looked fantastic.

Moments like these are a wonderful reminder of how powerful shared experiences can be – giving children the chance to take pride in their work, enjoy time with their families and feel the strong sense of community that we value so highly at Queen Victoria. Thank you to everyone who joined us and helped make the afternoon so special.



Queen Victoria Primary School

Santa visited Queen Vic!



Notices

Christmas Elves

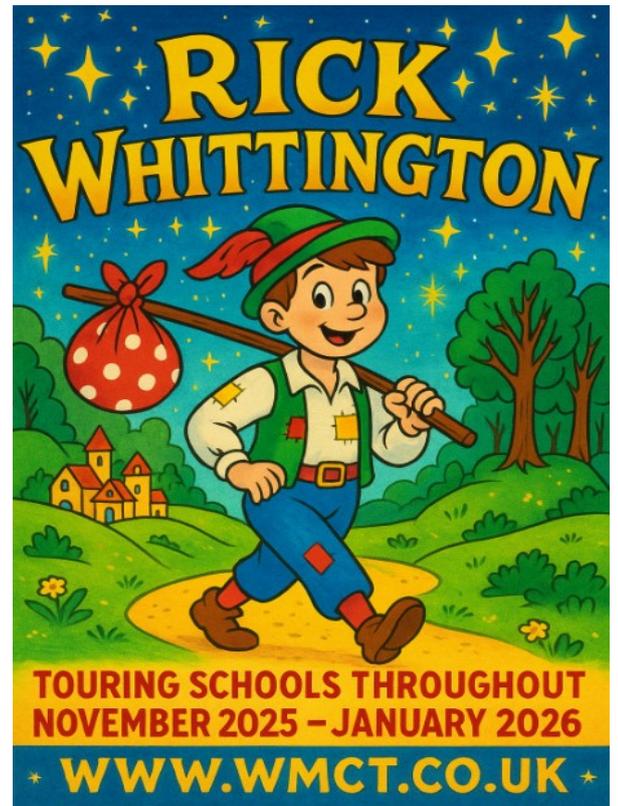


Thank you to the members of our school community who joined in with spreading festive cheer at the end of our last day of term!

First Week Back:

On Friday 9th January, we will be having a very exciting performance of Rick Whittington in school.

This will be for Years 3-6. Please note the performance it is purely a treat for the children, sorry we can't accommodate any parents for the show.



Notices

Limited places available: call the school office to book your place on these free parent workshops:

Fussy Eating Free local workshops



Fed up with stressful mealtimes? We're here to help...

As parents we want our children to eat well – and to enjoy mealtimes together

Come along and get support and new ideas for:

- How to encourage your child to try new foods - and begin to enjoy them!
- Child-friendly foods that provide what they need to grow and be healthy
- Happier family mealtimes

Venue:
Queen Victoria Primary

Date:
Tuesday 13th January
9am - 11am

Contact:
01384 888970

Eating well for less Free local workshops



Healthy eating doesn't have to be expensive - and can be delicious!

Would you like to eat more healthily as a family, but you're not sure where to begin or how to manage it without breaking the bank?

This workshop helps the whole family to eat well for less including:

- Tips for a cheaper, healthy shopping basket
- Healthy meal planning to make the most of the food you buy
- Recipes for tasty, simple and healthy low-cost meals

Venue:
Queen Victoria Primary.

Date:
Tuesday 10th February
9am - 11am

Contact:
01384 888970

The Potty Training Guide



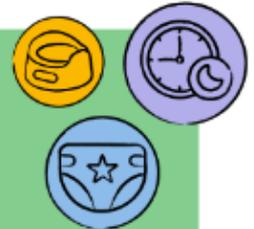
Where do I go for help?

You can get help from your childminder, nursery, pre-school team, health visitor and children's centre or family hub.

You can ask about potty training during any conversations you have with your health visiting team. You can expect your health visitor to talk about potty training at your child's 9-12 month health review.



There's plenty of expert advice available, including for families of children with SEND. Visit the Potty Training Guide website for useful links, resources, and tips from the clinicians at ERIC, The Children's Bowel and Bladder Charity.





Starting primary school in September 2026

Why not apply for a place online?

If your child was born between 1 September 2021 and 31 August 2022 they will be due to start primary school in September 2026.

You **MUST** complete an application form either online at www.dudley.gov.uk/admissions or by completing an application form from your home local authority by **15 JANUARY 2026**. You can include five school preferences on the application; there is nothing to gain by only putting one preference.

Applications will be available from **1 October 2025**.

Benefits of applying online

- E-mail decision received by 2pm on day of offer
- It's quick and easy to use
- You can apply 24 hours a day, 7 days a week
- There's no risk that your application will be lost in the post
- You will get email confirmation that your application has been received
- It's safe and secure

The online system will be available 24 hours a day, 7 days a week from 1 October 2025 until the closing date for applications on **15 January 2026**.

Please note: Even if your child already attends a school nursery or has an older sibling at school, do not assume that your child will automatically gain a place at that school. This is a common misconception and often the biggest cause of disappointment for parents who believe otherwise.

For further information please contact Dudley School Admissions Service on **0300 555 2345**.



one click . . . makes it quick
www.dudley.gov.uk/admissions



10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

