

Friday 9th  
January 2026

# Queen Victoria Primary School Newsletter



## Key Dates

**12th Jan**—Pantomime performance for KS2 (rearranged)

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

**4th February**—Year 4 Trip to The Mandir

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

**10th February**—Parents' Evening

**25th February**—Individual School photographs

**6th March**—Year 3 trip to Wroxeter Roman City

**16th–20th March**—Astley Burf—Year 3 and 4

### Library Visits

**2J**—15th January

**2O**—22nd January

**1P**—29th January

**1S**—5th February

### 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

Welcome back and happy New Year to all our families. It has been lovely to see the children return to school after the Christmas break, ready to learn and reconnect with friends – even if the weather has certainly made this first week back a memorable one!

This week brought very cold, icy and snowy conditions, and we would like to thank families sincerely for your resilience and commitment to education in ensuring your children were able to attend school wherever it was safe to do so. We know the conditions have not been easy, and we are incredibly grateful for the patience, understanding and support shown by our community throughout the week.

Decisions around school closures during adverse weather are never taken lightly. Each morning, a careful risk assessment is carried out which considers the safety of the school site, local road and pavement conditions, weather forecasts, and the availability of staff. While we always aim to remain open wherever possible, the safety of children, families and staff must always come first. We fully appreciate the inconvenience and worry that severe weather can cause and thank you again for your understanding when difficult decisions need to be made. We always aim to communicate any decision to close as soon as possible—all families should presume school is open unless you hear directly from us through our normal communication channels that we are closed or have to change opening times.

Despite the challenging conditions, we were pleased to be able to open the school on Monday, and children thoroughly enjoyed spending some time playing in the snow on both Monday and Tuesday. These moments brought lots of smiles and excitement and were a lovely way to make the most of the wintry weather together.

We are delighted to welcome Mrs Jarratt, who joined us this week as the class teacher of 5H. She has had a fantastic first week settling into school life, and we know she is very much looking forward to working closely with the children and families over the coming weeks.

Unfortunately, due to the severity of the weather associated with Storm Goretti, the school was closed on Friday as snow and ice created unsafe conditions. Sadly, this also meant that the planned KS2 pantomime for Friday afternoon had to be postponed. However, we are looking forward to hosting the pantomime on Monday afternoon instead, so let's hope the snow and ice has cleared away so we can enjoy the show!

### Looking Ahead

We will be hosting a fussy eating workshop for parents on Tuesday next week. Spaces are limited, so please contact the school office as soon as possible to book a place if you are interested.

Advance Notice: Please note that Parents' Evening is planned for Tuesday 10th February 2026. Further details and booking information will be shared closer to the time, but we wanted to give families plenty of advance notice.

Thank you once again for your continued support and for working so positively with us during a challenging start to the term. We look forward to a calmer, warmer week ahead and another great week of learning.

# Queen Victoria Primary School

# Let's Celebrate!



Children at the Heart. Aspiration. Responsible. Excellence



## Positive Notes & Behaviour Recognition

We love letting our families know when their children have been caught doing something great in school! All staff give out **Positive Notes** regularly for children who are going out of their way in role modelling our school CARE values. We also love recognising children who follow our school rules: Ready, Respectful & Safe, and conduct themselves well in school by adding them to class recognition boards. Children who demonstrate exemplary behaviour are awarded a **Behaviour Recognition Note** to bring home to let their grown-ups know they have been golden.

## CARE Awards

Each week, teachers award one child in their class who has had a remarkable week in demonstrating our school values or going above and beyond to follow our school Golden Rules: Ready, Respectful and Safe.

Children are awarded these certificates during our Friday Celebration Assemblies and are invited to have squash and biscuits with a senior leader as a special treat.

A huge well done to this week's super stars!



## CARE Award Winners

**Nursery:**



**Hallie**

**Reception:**

**Talia and Isabelle**

**Year One:**

**Isabella and William**

**Year Two:**

**Harleen and Millie**

**Year Three:**

**Lincoln and Lydia**

**Year Four:**

**Lewis and Sofia**

**Year Five:**

**Poppy, Scarlett and Poppy**

**Year Six:**

**Finley and Godswill**



# Queen Victoria Primary School Attendance



## Class Attendance This Week

	Attendance (%)
RD	67.5
RF	82.5
1S	91.7
1P	88.4
2J	87.5
2O	91.4
3B	78.8
3M	82.2
4CB	92.1
4P	81.7
5H	82.0
5S	94.3
5M	82.3
6C	78.0
6H	83.1

As we begin a new term, we want to take this opportunity to remind families just how important regular school attendance is. From the first day of term to the last, the small moments in a school day really do make a big difference to children's learning, friendships and wellbeing.

We understand that this week's cold, icy and snowy weather has created additional challenges, and we are grateful to families for prioritising attendance wherever it has been safe to do so. Being **here every day, ready and on time** helps children feel settled, confident and able to make the most of every learning opportunity.

### Be an Attendance HERO

We love celebrating good attendance in school. Children with attendance of 96% or above can proudly feature on our Attendance Hero board, and classes achieving strong attendance are rewarded through our class incentives and celebration schemes. These rewards recognise effort, commitment and teamwork.

Attendance is a shared responsibility, and we are always here to work alongside families. If you are experiencing challenges that affect your child's attendance, please speak to us as early as possible so we can support you.

### Moments matter – and every day really does count.



A huge well done to our children who received attendance awards:  
130 children with Bronze star awards for 98% and above for Autumn term.  
158 children with improved attendance awards.

Keep checking  
the attendance  
boards each  
week!

**This weeks attendance: 85.5%**



Queen Victoria Primary School

# Snow Much Fun!



## 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](http://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](http://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.



#WakeUpWednesday

The National College