Whole-School

# Newsletter

Asterdale Primary School | October 2026

## Newsletter 2: Autumn




Dear parents/carers,

Autumn is already upon us! It has been a great start to this school year with all of our pupils demonstrating our 'everyday excellence' vision in action across school which has been wonderful to see.
See below for a range of further information and upcoming events.




You can find me on the school gate daily or at the school office should you have any questions or concerns.

Thank you for your continued support.

Kind regards
Mr O'Leary
Headteacher




## School elections – Asterdale democracy in action!

We are excited to be holding our school elections, giving pupils the opportunity to develop their leadership skills, share their ideas and take responsibility for making a positive difference.

Congratulations to our newly elected School President (Tommy) and Vice President (Sofia) – who in their new roles are ambassadors to model excellent behaviour, live out our school vision of 'everyday excellence' and encourage others to be the very best they can be.

## Parking around school site - Respecting our community

When parking nearby at the golf centre and surrounding areas, please remind children of the importance of being respectful, safe and considerate of others. We are proud of our Asterdale pupils and want them to demonstrate our school values both in and beyond the school gates.

Thank you for helping us maintain positive relationships with our local community.

## Hello Yellow Day

Last week, we took part in celebrating Hello Yellow Day to raise awareness of children's mental health and wellbeing. This day served as a valuable opportunity to remind our children that their feelings matter, that it is always okay to talk and that there are people who can support them. Thank you for helping us promote kindness, positive mental health and the importance of looking after ourselves and one another.

As part of our learning for Hello Yellow Day, our newly elected class Happiness Heroes delivered a wellbeing session for their class in our newly designed dedicated inclusion space 'The Happiness Hub'.







## My Happy Mind

We continue to use our new wellbeing initiative My Happy Mind to support children's mental health, emotional wellbeing and personal development. Through age-appropriate activities, children learn about their brains, emotions, character strengths, relationships and ways to manage challenges.

You can support this learning at home by talking about feelings, celebrating strengths and encouraging children to recognise that mistakes and challenges are opportunities to learn and grow.

Keep a look out for information about the My Happy Mind Parent App that we will launch this term with lots of resources to use at home to support your child too!

## Everyday Reading – Helping Every Child to Thrive

Reading regularly at home is one of the most important ways you can help your child succeed.
Just five minutes of reading each day can make a real difference to fluency, vocabulary, comprehension and confidence.
Please support your child to complete their everyday reading at home, share books together and talk about what they have read.

This is our one main homework expectation for all learners at Asterdale: (reading at home – for at least 5 minutes, 5 times per week).

## PTFA Halloween Disco - afterschool:
## Wednesday 21st October:

We are incredibly grateful to our PTFA and volunteers for the time and energy they give to organising events that enrich school life and raise valuable funds for our children.

Please look out for further information about timings, tickets and arrangements to come on Dojo.





## Be Autumn Ready – Coats and Wellies

As the weather becomes colder and wetter, please ensure your child comes to school with a suitable warm, waterproof coat.
Children should all also bring a pair of wellies for outdoor learning, play and enjoying our grounds when conditions are muddy or wet - these can be kept in school.

We want children to continue making the most of outdoor opportunities whatever the weather, so please label all belongings to help us return any lost items.

## Parents' Consultation Week

Our parents' consultation week is an important opportunity to meet with your child's teacher, celebrate their achievements and discuss their progress, strengths and next steps.

These conversations help us work together to ensure every child receives the support and challenge they need. Please book your appointment via the Arbor app, and speak to the school office if you need any assistance.

# Parent Collaboration Events

We are keen to strengthen our partnership with families through opportunities to come together, share ideas and learn more about the work taking place across Asterdale. Our parent collaboration events provide a valuable opportunity to hear your views, celebrate successes and work together to improve experiences and outcomes for our children.

Thank you to all who attended our first Parent Collaboration Event to discuss all about our school's Big 5 improvement priorities. Our next event will focus on E-Safety as part of our commitment to the Smartphone Free Childhood Initiative on: Thursday 26th November 2.45pm.

# Healthy Lunchboxes
# Allergy Awareness

We encourage families to provide healthy, balanced lunchboxes that help children stay energised and ready to learn throughout the school day.

Please remember that some children have serious food allergies, and even small amounts of certain allergens can pose a significant risk. Allergy awareness is everyone's responsibility.

Please follow our school's food and allergy guidance, check food packaging carefully and contact the school if you have any questions about safe lunchbox choices.




# Free School Meals Eligibility

Please remember to check whether your family may be eligible for Free School Meals.

Registering can provide valuable support for your child and family and may also help the school access additional funding to support pupils' learning and wider opportunities.

Even if your child receives universal free school meals in Reception, Year 1 or Year 2, it is worth checking whether you qualify for this as it provides school with further funding to support your child. Please contact the school office if you would like advice or help with the application process.

## Scooters and Trim Trail – Keeping Everyone Safe

To help keep everyone safe on the school site, please remind children to walk with scooters around the school grounds and avoid riding them in busy areas.

The trim trail should not be used before / after school. Thank you for helping us keep our school environment safe, respectful and enjoyable for everyone.

## Governors Update

Our governing body plays an important role in supporting and challenging school leaders to ensure the best possible outcomes for every child and driving continual improvement at Asterdale.
Following our first Governing Board meeting of the year in September, our newly elected Chair of Governors is Miss G. Hulse. We thank Mrs C. Burgess and Mr C. Fox for their contributions as part of our Governing Board over the past 18 months.
We will also share further information about a new parent governor election, including how parents and carers can find out more about the role and take part in the process shortly after the half-term break.

## Staffing Updates & Vacancies

Congratulations to Miss Broughton from all of our Asterdale community on the arrival of her new baby girl.

Miss Broughton leaves us to begin her maternity leave, with Mrs Hartshorn now appointed as our interim Office Manager. A new member to our office team will join us shortly in November (Ms Waŝ).

Acorns staffing update: - Mrs Harrold (AM) & Miss Brocklehurst (PM) will soon commence roles at our new Acorns Supervisors. A further Acorns Playworker recruitment will soon be underway.
We currently have a vacancy for a relief midday playworker to join our friendly Asterdale team.

This is a valuable role in helping children enjoy safe, happy and positive lunchtimes, supporting play and modelling our expectations as part of our OPAL play team.

If you or someone you know may be interested, please look for details of how to apply on our school website – or contact the office for more info.

# Attendance & Punctuality – Every Day Counts

Every school day matters!

Regular attendance helps children build strong friendships, establish positive routines and make consistent progress in their learning. Our school expectation is a minimum of 97% attendance, wherever possible, and we encourage families to make every day count by ensuring children arrive on time and are ready to learn.

If you are experiencing difficulties that affect attendance, please speak to us so that we can work together to find the right support.

This year our key focus target is for further improving punctuality. Remember: our 'soft starts' are from 8.45 – 8.55am. Arrivals after this time must be signed in at the school office.

## Attendance = Excellence

**Attendance is everyone's business**

| October Attendance: | |
|---|---|
| Reception | 94.6% |
| Year 1 | 97.8% |
| Year 2 | 99% |
| Year 3 | 94.2% |
| Year 4 | 99.6% |
| Year 5 | 96.1% |
| Year 6 | 91.3% |

**Whole School:**

**96.6%**




Our whole-school minimum attendance target is 97% for all learners.

This means missing no more than 5 days per year.

Did you know... 5 minutes late every day = 3 lost days learning per year

# Harvest Donations

As we celebrate Harvest, we encourage our learners to reflect about the importance of gratitude, generosity and helping others in our community. We want our children to understand the value of sharing what we have and thinking about those who may need extra support.

Thank you to all our families for supporting our Harvest celebrations and helping us demonstrate kindness in action.

We ask for any final Harvest donations to be brought into school by no later than Friday 16th October. Thank you for your support!

# The Importance Of Sleep

Good sleep supports learning, memory, concentration and emotional wellbeing.

Establishing a consistent bedtime routine can help children feel rested, settled and ready for the school day. Try to keep bedtimes regular, create a calm environment before sleep and limit screen use in the run-up to bedtime.

Small changes can make a big difference to how children feel, learn and manage their emotions throughout the day.

## 1 Did you know?

### Children need MORE sleep than adults!




Children aged 3–5 generally need **10–13 hours** of sleep in 24 hours, including naps. Children aged **6–12** need **9–12 hours** every night. Every child is different, but getting enough sleep regularly helps them feel and function at their best.

## 2 Did you know?

### Sleep helps children learn!



Sleep supports attention, memory and learning. A good night's rest helps children process and remember what they have learned during the day, making sleep an important part of being ready to learn at school.

## 3 Did you know?

### Sleep can affect children's emotions!



When children don't get enough sleep, they may find it harder to manage their feelings, concentrate or cope with everyday challenges. Consistent, good-quality sleep supports emotional regulation and positive behaviour.

## 4 Did you know?

### Routine really matters!




A regular bedtime and wake-up time can help children develop healthy sleep habits. Try a simple wind-down routine: wash, brush teeth, put on pyjamas, enjoy a story and settle down for sleep. Keeping the routine consistent, including at weekends where possible, can help.

## 5 Did you know?

### A screen-free wind-down can help!



Make the time before bed calmer by switching off tablets, phones, televisions and games. Try reading a book, listening to a calming story or talking about the day instead. A predictable, relaxing bedtime routine helps children prepare for sleep.

## 6 Did you know?

### Sleep supports growing bodies!



Sleep is important for children's physical health as well as their learning and wellbeing. Regularly getting enough sleep is associated with better overall health, so a good bedtime routine is one simple way to support growing children.

## ★ Recommended Sleep Hours ★

| Child's age | Sleep per 24 hours |
|---|---|
| 3–5 years | 10–13 hours |
| 6–12 years | 9–12 hours |
| 13–18 years | 8–10 hours |

These are recommended amounts of sleep over a 24-hour period; younger children's totals include naps where applicable.

## Our Asterdale top tip!

Try moving bedtime forward by just 15 minutes if your child regularly struggles to get enough sleep. Keep evenings calm, establish a consistent routine and make time for a bedtime story. Small steps can help children feel happier, more settled and ready for everyday excellence!

## Better sleep... brighter days!

If sleep difficulties persist or you are concerned about your child's sleep, seek advice from your GP or health visitor.

ASTERDALE PRIMARY SCHOOL

# The door is always open...

## for parents to come and have a chat about SEND

Whether your child is already identified as having SEND or not, you are **always welcome.**



Your child's needs matter ♥




## Pop in and make an appointment to see me.

We can talk about your child's needs, how we can support them, and any questions you may have. No question is too small!

Contact: **Mrs Stuart**
Deputy Head and Inclusion Lead

@ senco@asterdale.odysseyct.org.uk
or on Class Dojo
Just get in touch!

Together we can help

Odyssey
Collaborative Trust

ASTERDALE PRIMARY SCHOOL

# FREE NURSERY TASTER SESSIONS







Come and experience our amazing Nursery setting with a free visit session...

Our Ofsted 'Strong' graded provision 'gets it right' for every child...

- Flexible 15 / 30 hours provision
- Enrichment-focused curriculum
- Forest school learning
- Wrap-around school care
- High quality resources & teaching
- Amazing grounds & facilities

**Address:** Borrowash Road, Spondon, Derby, DE21 7PH
**Phone:** 01332 662323
**Website:** www.asterdaleprimaryschool.co.uk

Ofsted graded Strong

# ASTERDALE EARLY YEARS

# PLACES AVAILABLE FOR SEPT 2027

## COME AND DISCOVER ASTERDALE...

## NURSERY

We offer a warm and nurturing Nursery provision for 3-4 year olds, with wrap-around care. Jan 2027 and Easter 2027 starts available.



## RECEPTION

Our Reception class provides the perfect start to your child's school journey, with a child-centred curriculum and a caring, experienced team.



## COME AND VISIT

DATE: TUESDAY 10TH NOVEMBER

TIME: 3.45-4.45PM

Join us at our Open Afternoon to have a look around our Early Years provision and find out more about life at Asterdale!


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ASTERDALE PRIMARY SCHOOL

# RECEPTION PLACES AVAILABLE 2027-28







## WELCOME TO ASTERDALE...

- Child-centred curriculum
- Enrichment for all learners
- Teachers who care deeply for every child
- Strong inclusive practice
- Expansive school grounds
- Outdoor learning and forest school
- Wrap around care (7:30am - 6pm)
- A warm, welcoming environment, where we focus on getting it right from the start


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*Apply here...*

Ofsted graded Strong