



5.9.2025

	Hawthorn Community Primary School <i>The Hawthorn Herald</i>	
Website: hawthornprimarykettering.co.uk		
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Dear Parents and Carers,

First Week Back

Welcome back to a new school year! We hope you have all settled back into the school routine. The children have returned to school enthusiastically and have remembered our expectations from last year.

This week, we have been focusing on teaching our value of the term: Community. We've been helping the children to recognise that we all belong to various communities. Our focus has been on our school community, including the friends and families that are a part of it, as well as the broader community around us.

*We have also been reminding the children about our Hawthorn learning routines and behaviour expectations. Please ask your child to show you a demonstration of **'STAR Sitting'** and **'Bright Walking'**, and to explain what each of these means! These routines were established last year and have had a very positive impact on our school.*

Our new Reception children have made a fantastic start to Hawthorn life. They are already settled in class and are enjoying learning through play, quickly picking up the expectations and routines of school. A warm welcome to all of our new families.

Coffee Afternoons

We will be holding two coffee afternoons next week to which everyone is welcome.

- ***Thurs (11th): Introduction to MHST (Mental Health Support Team) at 2pm***
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The MHST will continue working with us this year and can offer vital support to children and families experiencing mental health concerns. Please come along to find out more about this valuable service. Please sign up on the link below:

[Introduction to MHST \(Mental Health Support Team\)](#)

- ***Fri (12th): Coffee and Chat with Miss Larkin at 2.15pm***
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Everyone is welcome to attend. Come along and meet new people in a friendly environment with biscuits on offer!

Please sign up on the link below:

[Coffee & Chat with Miss Larkin](#)

Extra-Curricular Activities

Music lessons will begin again next week for those who have signed up, along with Rocksteady sessions.

After-school clubs will also start including Kids with Bricks (Tues), KS2 Dodgeball run by EcoCoach (Tues), EYFS/KS1 Obstacle Course run by EcoCoach (Weds) and Musical Theatre Club (Thurs).

If you have not already signed up for these clubs and would like your child to take part, please do so asap. Please note, places are limited.

Jewellery

A reminder please that jewellery (with the exception of one pair of stud earrings) is not permitted in school. This includes bracelets and anklets. Children must not wear earrings, during PE lessons for safety reasons. Teachers are not allowed to take out or replace children's earrings if they are unable to do so themselves. It would therefore be helpful if earrings could be taken out at home on PE days.

Reception Intake 2026

Applications will open later this month for children who will be of school age next September (2026). You can apply for a primary school place on [Apply for a primary school place | North Northamptonshire Council \(northnorthants.gov.uk\)](https://www.northnorthants.gov.uk) We would be delighted if you consider Hawthorn for the start of your child's education. We will be holding school tours over the next few months and dates will be shared shortly.

Sponsored Bounce!

Our whole school Sponsored Bounce will be held on Thursday 18th and Friday 19th September, to raise money for school funds. You will receive a letter on MCAS about this shortly, along with a sponsorship form. Please support your child to complete this and return all sponsorship forms to the school, so we can record the number of bounces on the form. We will then return them to you, so you can collect your sponsorship. All sponsorship money will need to be in cash. All the monies raised from this year's bounce will go towards the celebration events held at Hawthorn: Toast and Tales, Celebration Assembly Afternoon Teas and book prizes for the reading raffle, etc.

Have a lovely weekend.

Best wishes

Emma Jacox

Head Teacher

Attend Today, Achieve Tomorrow!



First week back...which class is in the lead for attendance so far.....?

Elm are in the lead with 100% attendance. Well done Elm, what a brilliant start to the year!

Elm: 100%

Oaks: 99%

Silver Birches: 98%

Willows: 98%

Ash: 98%

Bay: 96%

Cherries: 96%

Cedars: 94%

Maples: 94%

Redwoods: 94%

Apples: 94%

Top Tips: Recognising and Managing Stress

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [thenationalcollege.com](https://www.thenationalcollege.com).

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

- 1 SPOT THE SUBTLE SIGNS**
Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.
- 2 KEEP CONVERSATIONS FLOWING**
Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.
- 3 MAKE MOVEMENT PART OF THE DAY**
Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.
- 4 SUPPORT HEALTHY SLEEP PATTERNS**
Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.
- 5 PRACTISE MINDFULNESS**
Mindfulness doesn't have to mean long periods of meditation. A few slow breathes before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.
- 6 SET DIGITAL BOUNDARIES**
Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.
- 7 NURTURE SOCIAL CONNECTIONS**
Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.
- 8 PROGRESS OVER PERFECTION**
Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.
- 9 TEACH EVERYDAY PROBLEM-SOLVING**
Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.
- 10 BE THE MODEL THEY NEED**
Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert
Anna Buteman is Director of Inspire Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.

#WakeUpWednesday
The National College

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For information on talking with child about social media, please click on the following link which will take you to the Internet Matters website: [Internet Matters: Talking with your child about social media](https://www.internetmatters.org/talking-with-your-child-about-social-media/)

Community News & Events

Please follow the link below to the school website to find information on events happening in Kettering and surrounding areas:

[Hawthorn Primary - Community News and Events \(hawthornprimarykettering.co.uk\)](http://hawthornprimarykettering.co.uk)

St Michael's September Fair



**ST. MICHAEL
& ALL ANGELS**
GARFIELD STREET NN156BU

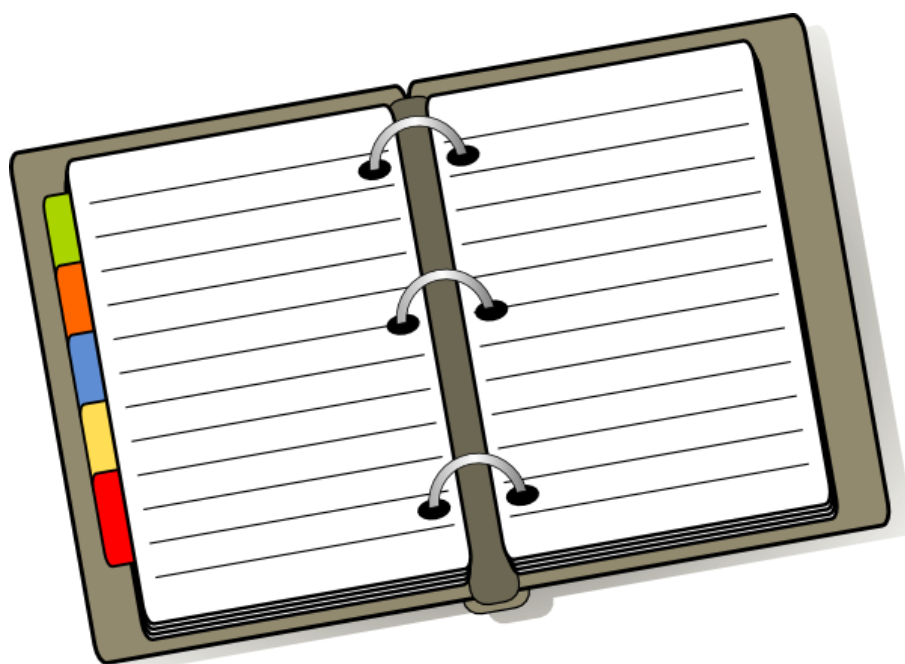
SEPTEMBER FAIR
SATURDAY 13TH SEPTEMBER
2-4PM

RAFFLE, TOMBOLA, TOYS & GAMES
HOME-MADE CAKES, REFRESHMENTS

EVERYONE WELCOME
FREE ENTRY



Dates For Your Diary...



Thursday 11th Sept: Willows, first swimming session at Montsaye Pool

Coffee Afternoon: Intro to MHST (2pm)

Friday 12th Sept: Coffee and Chat with Miss Larkin (2.15pm)

Weds 17th Sept: Toast & Tales (Y5 & Y6)

Reading Workshop for Reception parents (2.45pm)

Thurs 18th Sept: Sponsored Bounce

Fri 19th Sept: Sponsored Bounce

Weds 24th Sept: KS2 Theatre Visit: The Wizard of Oz

Coffee and Chat with Miss Larkin (2.15pm)

Thurs 25th Sept: New Reception Intake 2026 Tour (4pm)

Fri 26th Sept: Maths Workshop for Reception parents (2.45pm)

Tues 30th Sept: *Toast & Tales (Y4)*

New Reception Intake 2026 Tour (4pm)

Weds 1st Oct: *Toast & Tales (Y3)*

Fri 3rd Oct: *Harvest Festival (2pm)*

Mon 6th Oct: *Whole school flu vaccinations*

Tues 7th Oct: *Toast & Tales (Y2)*

Parents' Evening (3.30-6.30pm)

Thurs 9th Oct: *School photos*

Parents' Evening (3.30-6.30pm)

Fri 10th Oct: *World Mental Health Day*

WMHD Coffee and Crafts with your child (2pm)

Tue 14th Oct: *Toast & Tales (EYFS)*

New Reception Intake 2026 Tour (4pm)

Thurs 16th Oct: *Wonderdome in for UKS2*

KS2 Celebration Assembly - invite only (2.15pm)

Y6 Cake Sale (3.10pm)

New Reception Intake 2026 Tour (4pm)

Fri 17th Oct: *KS1 & EYFS Celebration Assembly - invite only (2.15pm)*

Break Up

*******HALF TERM*******

Mon 3rd Nov: Back to School



ANCHORED SCHOOLS



GOLD AWARD