



16.1.26

	<b>Hawthorn Community Primary School</b> <i>The Hawthorn Herald</i>	
<b>Website:</b> <a href="http://hawthornprimarykettering.co.uk">hawthornprimarykettering.co.uk</a>		 @hawthornpri
<b>Head Teacher:</b> Emma Jacox <b>Email:</b> <a href="mailto:head@hawthorn.pfschools.org.uk">head@hawthorn.pfschools.org.uk</a>		<b>Tel:</b> 01536 512204

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*Dear Parents and Carers,*

***Toast and Tales***

*Toast and Tales will be held next week for Years 4 & 3: Year 4 on Tuesday and Year 3 on Wednesday. Come along at 8.20am and enjoy a book and a light breakfast with your child. Booking has now closed for this event.*

***NSPCC Workshops***

*The NSPCC will be in school on Tuesday delivering workshops as part of their Speak out. Stay safe. Programme which supports children in understanding how they can keep themselves safe. The programme is aligned with our curriculum and consists of age appropriate assemblies and classroom based activities.*

*If you would like to know more about the Speak out. Stay safe. programme visit [www.nspcc.org.uk/speakout](http://www.nspcc.org.uk/speakout).*

***Robin Hood***

*On Wednesday we are excited to be welcoming M&M Theatrical Productions back to Hawthorn, to perform the pantomime 'Robin Hood' for our EYFS and KS1 children.*

## ***Kurling***

*Last week, four of our Year 6 children competed in a New Age Kurling event against seven other schools from the local area at Latimer Arts College. New Age Kurling follows similar rules to traditional Curling that is played on ice, and the children use plastic 'stones' to score points on a target.*

*Leia, Sebby, James and Theo produced some wonderful shots, and were great teammates, who reached the semi final. They had a great time representing Hawthorn.*

*Well done to you all!*

## ***Break the Rules Day***

*Thank you to everyone who broke the rules today and raised vital funds for our school!*

## ***School Uniform Discount Code***

*Parents can enjoy 10% off school uniform orders at MyClothing by entering the code below at checkout.*

***Code:*** MYCQ110

***Expires:*** 31/03/2026

***Link:*** [myclothing.com/discount/MYCQ110](https://myclothing.com/discount/MYCQ110)

*Have a lovely weekend.*

*Best wishes*

*Emma Jacox*

*Head Teacher*

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*1 - Hawthorn's New Age Curling Team*

## January Sports Clubs

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*Please see details of this term's Sports Clubs, run by EcoCoach. All clubs will run from 3.30-4.30pm and cost £5 per session (Pupil Premium discount available).*

*Reception and KS1: Pokémon & K-Pop Demon Hunters Club*

*Starts: 7th Jan 2026 (Wednesdays, 6 sessions)*

*KS2: Nerf Action Club*

*Starts: 6th Jan 2026 (Tuesdays, 6 sessions)*

*Please see below for details of how to book*

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**ECOCOACH CIC PRESENTS**  
**AFTER SCHOOL ACTIVITY CLUBS AT**  
**HAWTHORN PRIMARY SCHOOL**  
**STARTING NOVEMBER 2025!**

**ECOCOACH CIC ARE EXCITED TO ANNOUNCE THE LAUNCH OF OUR NEW AFTER-SCHOOL SPORTS CLUBS FOR KS1 (INCLUDING RECEPTION CLASS) AND KS2 CHILDREN, OFFERING AN ENGAGING AND FUN-FILLED OPPORTUNITY TO DEVELOP NEW SKILLS, STAY ACTIVE, AND MAKE NEW FRIENDS!**



**KS1 MULTI SPORTS: STARTS: 5TH NOVEMBER 2025 (WEDNESDAYS, 7 SESSIONS) YEAR GROUPS: RECEPTION, YEAR 1 & YEAR 2**

**KS2 CRICKET: STARTS: 4TH NOVEMBER 2025 (TUESDAYS, 7 SESSIONS) YEAR GROUPS: YEARS 3 - 6**

**⌚ TIME: 3:30 PM - 4:30 PM**  
**💷 COST PER SESSION: £5**

**DISCOUNTS AVAILABLE:**  
 WE'RE COMMITTED TO MAKING CHILDCARE MORE AFFORDABLE:  
 15% OFF FOR FAMILIES WITH CHILDREN ON FREE SCHOOL MEALS (FSM)  
 10% OFF FOR NHS, MILITARY, OR BLUE LIGHT CARD HOLDERS

**TO CLAIM YOUR DISCOUNT:**  
 EMAIL [GREENOFFICE@ECO-COACH.CO.UK](mailto:GREENOFFICE@ECO-COACH.CO.UK) WITH A PHOTO OF YOUR EVIDENCE (FSM ELIGIBILITY OR VALID ID). WE'LL SEND YOU A UNIQUE DISCOUNT CODE TO USE WHEN BOOKING.

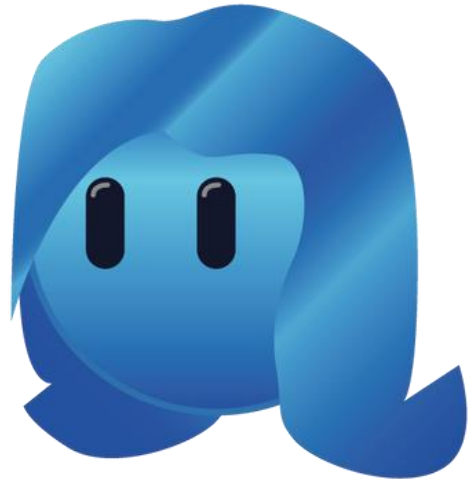
**HOW TO BOOK:**  
 PARENTS CAN CHOOSE TO BOOK INDIVIDUAL SESSIONS OR THE WHOLE TERM.  
 THE MAXIMUM CAPACITY IS 20 CHILDREN PER SESSION, AND 5 SPOTS ARE RESERVED FOR FSM CHILDREN.  
 IF THESE SPOTS ARE NOT FILLED, THOSE ON THE WAITING LIST WILL BE OFFERED PLACES. IF THERE'S HIGH DEMAND, WE WILL CONSIDER ADDING AN ADDITIONAL COACH TO ACCOMMODATE MORE CHILDREN. BOOKINGS ARE FIRST COME, FIRST SERVED, AND ONLINE PAYMENT ONLY.

**BOOKING LINK:**  
[HTTPS://ACTIVITIES.BOOKPEBBLE.CO.UK/SUPPLIER/ECOCOACH-CIC-D2997BFD-8ECF-4D63-AF1D-CDB98FCEA881](https://activities.bookpebble.co.uk/supplier/ecocoach-cic-d2997bfd-8ecf-4d63-af1d-cdb98fcea881)

**WE'RE LOOKING FORWARD TO A FANTASTIC TERM OF SPORTS, TEAMWORK, AND FUN! HURRY AND SECURE YOUR SPOT NOW! FOR ANY ENQUIRIES, PLEASE CONTACT [GREENOFFICE@ECO-COACH.CO.UK](mailto:GREENOFFICE@ECO-COACH.CO.UK)**



## House Points so far...



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*Click on the cards to see which house is in the lead so far!!*

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**Air - 531 points**

**Fire - 543 points**

**Earth - 635 points**

**Water - 654 points**

## Attend Today, Achieve Tomorrow!



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*Cedars has a fabulous 99% again this week and has been joined in first place by Silver Birches and Elm. Well done!*

*Cedars: 99%*

*Silver Birches: 99%*

*Elm: 99%*

*Maples: 97%*

*Oaks: 97%*

*Willows: 97%*

*Bay: 96%*

*Ash: 96%*

*Redwoods: 95%*

*Apples: 95%*

*Cherries: 91%*

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# Top Tips for Dealing with Traumatic and Challenging Events

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 [nationalcollege.com](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

- ### 1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.
- ### 2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.
- ### 3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.
- ### 4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.
- ### 5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "it's not that bad" or "you're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.
- ### 6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing or storytelling can help externalise feelings in a safe, manageable way.
- ### 7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.
- ### 8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.
- ### 9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.
- ### 10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

**Meet Our Expert**

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.

**WakeUpWednesday** The National College

[@wake\\_up\\_weds](https://twitter.com/wake_up_weds)
[/www.thenationalcollege](https://www.thenationalcollege.com)
[@wake.up.wednesday](https://www.instagram.com/wake.up.wednesday)
[@wake.up.weds](https://www.tiktok.com/@wake.up.weds)

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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



**GAMES | MUSIC | FOOD | FUN**  
**LAKELANDS HOSPICE**  
**EASTER**  
**FAMILY FUN DAY**

**SATURDAY, 4<sup>TH</sup> APRIL 2026 11:00AM - 3:00PM**

Enjoy our Easter Egg Hunt, lots of stalls with crafts, games, delicious food and plenty of fun for all ages. A perfect day out for the whole family!

LAKELANDS HOSPICE, BUTLAND ROAD, CORBY, NN18 8LX

For more info please email - [fundraising@lakelandshospice.org.uk](mailto:fundraising@lakelandshospice.org.uk)

The poster features a colorful background with Easter eggs, bunnies, and a signpost pointing to an 'Easter Egg Hunt'. The text is in various colors and fonts, including pink, yellow, and orange.



### ST. MICHAEL & ALL ANGELS

GARFIELD STREET NN156BU



## QUIZ NIGHT

**SATURDAY 14 FEBRUARY**

**STARTS 7PM**



**KIDS WELCOME**  
**£5 PER PERSON**  
**TEAMS MAX OF 6**  
**BRING YOUR OWN**  
**SNACKS & DRINKS**  
**RAFFLE**

*Wednesday afternoons, 1-2pm*

*St Michael's Church, Garfield Street*

*£6 per child*

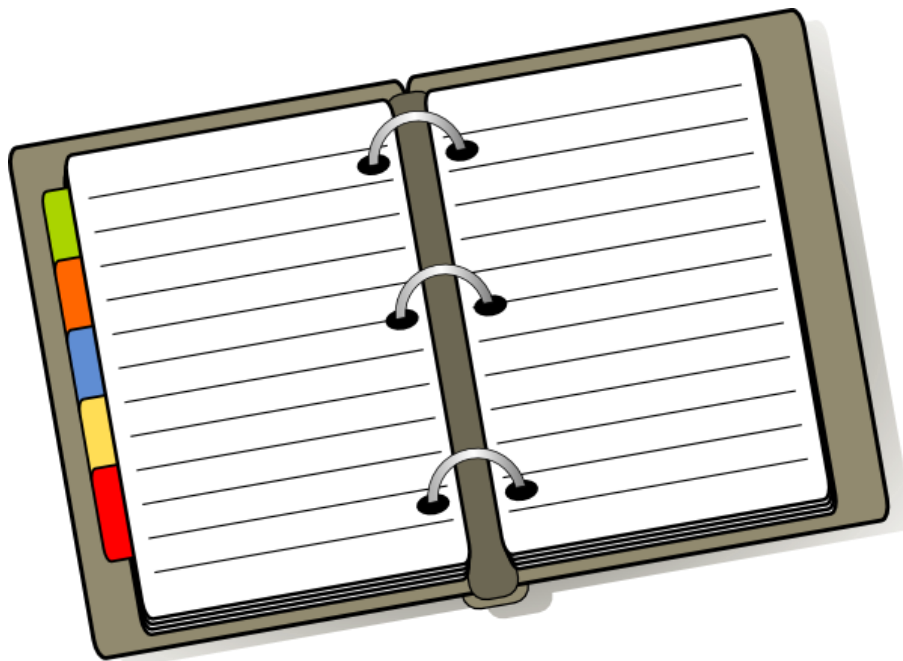
*Suitable for children from when they can sit!*

*Come and spend some time with your little one exploring different textures, sights, sounds and smells.*

*For more info contact Linda at [MessyMayhemCP@outlook.com](mailto:MessyMayhemCP@outlook.com)*

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## **Dates For Your Diary...**



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***Fri 16th Jan: FoH Break the Rules Day***

***Tues 20th Jan: Y4 Toast & Tales (8.20am)***

*NSPCC Speak Out Stay Safe workshops in school*

***Weds 21st Jan: Y3 Toast & Tales (8.20am)***

*Robin Hood Production in school for EYFS & KS1*

**Mon 26th Jan:** *Big Bubble Theatre in school (Y2/3/4)*

**Tues 27th Jan:** *Y2 Toast & Tales (8.20am)*

**Weds 28th Jan:** *Y1 Toast & Tales (8.20am)*

**Fri 30th Jan:** *Dress-down day in support of Cransley Hospice*

**Weds 4th Feb:** *EYFS Toast & Tales (8.20am)*

**Thurs 5th Feb:** *Y4 Residential 2026 Parents Meeting (3.30pm)*

**Mon 9th Feb:** *Little Hawthorns (2-3pm)*

**Weds 11th Feb:** *EYFS & KS1 Celebration Assembly (2.15pm) invitation only*

*Y4 Cake Sale*

**Thurs 12th Feb:** *KS2 Celebration Assembly (2.15pm) invitation only*

*FOH Silent Disco (after school) more info to follow*

**Fri 13th Feb:** *Break Up*



ANCHORED SCHOOLS



GOLD AWARD