Our Lady's News
The RUAH



Friday 11th September 2026

We are here to help. If you are struggling and need support, please contact your child's class teacher or speak to a member of school staff at the school gates.

If you have concerns about a child, please contact our school's safeguarding team without delay:

safeguarding@ourladyscowley.co.uk
or
visit the safeguarding page on our school website.

Graded outstanding in all areas in our Diocesan inspection in December 2024.

A message from the Headteacher

Dear Parents and Carers,

Welcome to the new academic year; we especially welcome parents of children who are new to our school. We very much look forward to working with you and helping you understand the values that are at the very centre of everything we do: **RUAH.** This stands for **r**espect, **u**nderstanding, **a**ffection and **h**umour. The humour is particularly important because life is just too serious sometimes!

Over the summer holidays our school had an extensive renovation project. The front offices are now different and we have a brand new reception area in the main office. We also have:

- a new meeting room
- fiction library
- non-fiction library
- brand new teaching space for children with special educational needs and disabilities.

We look forward to showing you the changes soon. Unfortunately the project was not quite finished in time for the start of the academic year so we are still in the process of moving everything around. Our phone lines were an issue for the first few days of term but that has now been resolved so we thank everyone for your patience.

Over the next week or so curriculum information and calendar dates will be sent out to you. Please put all important dates in your diary!

We hope you have a wonderful weekend and we look forward to seeing everyone next week. Don't forget - children must attend school every day.

With best wishes
Ms Davies and all the staff

News from the classrooms

In assembly this week, we introduced our recommended reads for the term, all linked to the Season of Creation. These carefully chosen books celebrate the wonderful world we live in and share, featuring both engaging stories and informative texts that encourage children to care for and appreciate our planet.

Mr Spackman is looking forward to hearing all about the children's favourite books and discoveries as he chats with them during break and lunchtime throughout the term.





Congratulations to our 'Learners and Salesians of the Week'. What an example you have set for all of the people in your class this week. Already, we are seeing OUTSTANDING pieces of work and EXEMPLARY behaviour and attitudes around the school. We couldn't be prouder of you all.

Our Sunshine Nursery children have had a wonderful start to nursery life. It was a pleasure to see them during their Play to Learn session this morning, happily exploring, playing and learning together.

They are settling into their routines beautifully, growing in confidence each day and forming new friendships. It has been lovely to see so many smiles and happy faces, and we are incredibly proud of how well they have embraced this exciting new chapter.







Let's Celebrate

Learner and Salesian of the week

Sunshine	Zahra	Milo
Sunflower	Maila	Abdul
Coral	Chaya	Abdul
Ruby	Khizar	Emy-Rose
Scarlet	Aleks	Emil
Lime	Levi A	Klara
Olive	Sulayman	Essa
Emerald	Ningfang	Aitzaz
Indigo	Uyoisa	Christabel
Aqua	Bryan	Max
Sapphire	Emmanuel F	Maya O

Attendance Award-
See next week

Caught being kind
See next week

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. For further guides, hints and tips, please visit nationalcollege.com.

Top Tips for SUPPORTING CHILDREN'S RETURN TO ROUTINE

Returning to school after the holidays can be challenging for some children and young people, and both families and education settings can play an important role in helping them readjust. Consistent routines, clear expectations, and supportive communication can support children and young people's wellbeing, self-regulation, and academic success. These practical tips can help make the transition back to school feel more manageable.

WELCOME BACK!

1 START EARLY

Gradually reintroduce school-day sleep, meal, and wake-up routines around a week before term begins. In education settings, familiar routines and expectations can also be introduced from the start of term to help pupils settle back in. A gradual and predictable approach can make the transition feel less abrupt and give children and young people the time they need to readjust to the structure of school life.

2 REBUILD ROUTINES TOGETHER

Involve the children and young people in your care in the rebuilding of familiar routines at home and in education settings. Having a say in their daily schedule can increase predictability for them and give them a greater sense of control. This might include discussing morning routines at home or reviewing classroom timetables, expectations, and activities together at the beginning of the school day.

3 ENCOURAGE RESPONSIBILITY

Giving children and young people age-appropriate responsibilities can help foster their autonomy and engagement. For younger children at home, this might include getting dressed independently or checking their school bag. In education settings, children and young people could organise their learning materials, complete simple classroom tasks, or follow a familiar morning routine. These manageable responsibilities can help them feel more involved in the school day while developing useful skills.

4 RECONNECT WITH PEERS

Re-establishing friendships can help children and young people feel more confident and connected when they return to school. Families might arrange opportunities for their children to speak to or spend time with school friends, while educators can use group activities, 'buddy' systems, or collaborative tasks to help rebuild classroom connections.

5 SUPPORT HEALTHY NUTRITION

Regular, balanced meals, particularly at breakfast, are linked to improved concentration, behaviour, and academic outcomes. Families can gradually return to familiar school-day mealtimes, while education settings can reinforce healthy eating routines at the start of term and signpost breakfast provision where available. Consistent access to food can help support children and young people's energy levels and concentration throughout the day.

6 COMMUNICATE OPENLY

Talk to the children and young people in your care about how they feel about the return to school and give them the opportunity to share any worries or questions. Anxiety around going back to school, particularly when starting a new year group, can be common, and children and young people may benefit from your reassurance and support. Parents and educators can all help with this by listening calmly to concerns and questions, and sharing relevant information with one another where appropriate.

7 RECONNECT WITH LEARNING AND PEERS

Light educational activities before term begins can help children become familiar with learning routines again without creating any unnecessary pressure on them. In school, low-pressure recap activities and familiar tasks from the previous year group can serve a similar purpose during the first few days back. Keeping learning positive and achievable can help rebuild children's concentration, confidence, and academic motivation as they settle back into their usual routine.

8 PRIORITISE SLEEP

Ensure the children and young people in your care get age-appropriate sleep and begin returning to their usual bedtime habits before term starts. Reducing screen use before bedtime may also support better sleep quality. Educators can also be mindful that tiredness may temporarily affect children's concentration, behaviour, and emotional regulation as they readjust to school routines.

9 PREPARE AHEAD

Organising uniforms, bags, lunches, and other school essentials in advance can reduce unnecessary stress when school mornings begin again. Educators can also help by preparing pupils for any changes to classrooms, timetables, staff, or behaviour expectations. Giving children clear information about what to expect ahead of time can make the return feel more familiar and help build up their confidence and independence.

10 BE PATIENT AND FLEXIBLE

Children adjust to changes in their routines at different rates, so your patience and flexibility can be important during the first days and weeks back. Some may settle quickly, while others need longer to adapt to earlier mornings, classroom expectations, or busy schedules. Parents and educators can support children and young people's readjustment by maintaining consistent routines, all the while recognising that concentration, behaviour, or confidence may temporarily look different for them.

Meet Our Expert



Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School, and a business development specialist for Minds Ahead, which works with schools to improve their mental health provision.

#WakeUpWednesday®

The National College®

See full reference list on our website

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GIRLS FOOTBALL

U7 & U8'S



EXPRESSION OF INTEREST

STARTING SEPTEMBER

- TUESDAY EVENINGS
- 5PM – 6PM
- TILSEY PARK, ABINGDON

BE BOLD.
BE INSPIRED.
PLAY FOOTBALL.

For more info & to sign up
for further information please head to

www.inspiredsport.org