



Churchfield C.E. Primary Academy

www.churchfield.staffs.sch.uk

Sandy Lane, Rugeley, Staffs.WS15 2LB

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Executive Principal: Mr C. Dobson

Head of School: Mr G. Lloyd

Friday 17th October 2025

Next Week

Dates of future events are at the end of the letter

Monday	
Tuesday	Swimming for Year 4 and Year 5 Flu vaccinations Year 5 and 6 visiting St Augustine's Church
Wednesday	Young Voices Choir - lunchtime with Miss Hall
Thursday	TT RockStars Club for Year 4, 5 and 6 - lunchtime with Mr. Ansell
Friday	Celebration Assembly for invited parents 3pm Break up for half-term

Dear Parents and Carers

Thank you to everyone who was able to join us for parents' evening on Wednesday. It is always a pleasure to talk to you about how well the children are getting on. If ever you have anything you need to speak to your child's teacher about, there is no need to wait though - we are always available to speak to either on the door or by making an appointment.

Words of the Week

Caterpillars	favourite		
Butterflies	fragile	hibernate	addition
Dragonflies	physical features	teenager	bonds
Squirrels	Nobleman	permeable	exchange
Robins	achievement	omnivore	Roman Numeral
Kingfishers	Kingdom	variable	column subtraction
Stags	Kingdom	variable	prime number

Use of Trim Trails and other areas

Please ensure that children do not use the trim trails or playgrounds after school - these are only to be used by children when supervised by a member of school staff.

Please can you also ensure that children are not using the grassy area outside Nursery to run round and play at the end of the school day, as it can get busy and we do not want any accidents.

Introducing our new Head Pupils

We are delighted to announce that Kalum and Avril have been elected as Head Boy and Head Girl for this year. They will be ably supported by their deputies Lewis and Laila. Congratulations to all four of them - I'm sure many of you met them as you arrived for appointments on Wednesday afternoon.



I would also like to say how proud we are of all of our Year 6 pupils who stood up in front of the whole school and made brilliant speeches. Any one of them would have fulfilled the roles brilliantly.

Reception Open Day

We will be holding two open sessions in our Early Years settings on Tuesday 21st October from 1.45-3.00pm and from 4:00-5:00pm. There is a poster advertising this at the end of the letter and it will be being advertised on social media. If you know people who have children who will be starting Reception in 2026, or who are looking for nursery places, please do share the date and times. Thank you.

Learning at Churchfield

As always there has been lots going on this week in all of our classes, but I really wanted to share some of the photos of our Timezones history day that our Year 5 and 6 children enjoyed on Thursday. It was a great way to bring history to life for the children and judging by the smiles on their faces it was a day full of fun and learning.



If you have anything you would like to discuss further, please do not hesitate to get in touch.

Yours Faithfully

Mr G Lloyd
Head of School

Value of the Month: Compassion

'Compassion' and 'sympathy' have much in common and both are stronger in meaning than simply 'feeling sorry for' someone. The words have their roots in the idea of 'suffering with' someone, putting yourself in someone else's shoes and experiencing what they experience. This leads to a desire to act, to do something.

The father in the parable of the Prodigal Son is not just forgiving. He is described as being filled with compassion. The father seems to understand everything that his son is feeling and responds by giving him everything he needs: a whole-hearted welcome, acceptance and love.

1 Peter 3:8

Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble.

Upcoming dates

Monday 3 rd November	Children return to school
Friday 14 th November	Early Years Nursery Rhyme Dress-up day
Monday 17 th November	Scholastic Book Fair Week
Tuesday 9 th December	Early Years Nativity Performance
Thursday 11 th December	Christmas Jumper Day
Wednesday 17 th December	KS1 Christmas Performance
Thursday 18 th December	Carol Service at St Augustine's
Friday 19 th December	Break up for Christmas holiday
Monday 5 th January 2026	Children return to school



Churchfield Primary Academy Rugeley

Join us for our Early Years Open Afternoon!

Tuesday 21st October
1.45-3.00 & 4.00-5.00

Meet the staff and visit the Reception, Nursery
and 2 Year olds classrooms.



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Contact information

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ChurcfieldCEAcademyEarlyYears



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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