

## Stillington Primary School

### Weekly bulletin Friday 19<sup>th</sup> December 2025



Good morning everyone,

As we come to the end of another busy and successful term, we would like to take a moment to celebrate the fantastic work created by our children across the school. The children have worked incredibly hard, embraced new challenges and made great progress in their learning. We are so incredibly proud of everything they have achieved this term!



A special thank you goes to our amazing PTA for organising the pantomime visit this week, which was absolutely brilliant and brought lots of laughter and festive cheer to everyone. Experiences like this create lasting memories for our children and are truly appreciated. A huge thank you once again to our PTA!

We would like to thank all parents and carers for your continued support throughout the term. We wish you and your families a very happy, safe and restful Christmas and New Year. We look forward to welcoming everyone back in the new year for another exciting term ahead!

Thanks,  
Miss Tordoff  
Head of School



**Stillington Community  
Primary School**



**Terrington Church of  
England VA Primary School**

## Wow Class work

### EYFS and Year 1 & 2 – Miss Allwood



It is finally Christmas!

We have had so much fun this term in class 1. From meeting all of our new friends in September and moving into new year groups to a fantastic nativity performance and lovely pantomime, we have had so much fun.

All of the children have worked so hard and we, in class 1, are all so proud of the progress that they have all made. I cannot wait to see what amazing things we can achieve in January.

Wishing you all a lovely and restful holidays and we look forward to seeing you in the new year!

### Y3,4,5,6 – Miss Jackson

This week in KS2, we have been finishing our learning in our foundation subjects. We have been completing lots of activities in all our subjects. In Art we painted pictures of King Henry VIII, in History we have been learning about the Battle of Bosworth and King Henry VIII's wives. In Science Years 3 and 4 have been looking at the different teeth animals have depending on their diet, as well as food chains. Years 5 and 6 have been looking at how to stay healthy and how being healthy can impact our life.

We have also been getting ready for Christmas, we had an amazing time at the pantomime on Thursday morning, followed by our Christmas party in class on Thursday afternoon. On Friday, it was Fantastic Friday, which we were learning about parliament and democracy, whereby the children created their own voter ID, and had to persuade the rest of the class to watch a specific Christmas movie. All the children then voted and that was the film we watched on Friday afternoon.

I hope everyone has a lovely Christmas holiday, and I look forward to seeing everyone again in the New Year!

## A Christmas Message from the Executive Headteacher

As we come to the end of a busy and rewarding autumn term, I would like to take this opportunity to thank everyone in our school community for their continued support.

Over the past few weeks, it has been wonderful to see our schools filled with the spirit of Christmas through our wonderful nativity performances, Christingle services and celebrations. These special events have given our children the opportunity to reflect on the Christmas story, to sing, perform and celebrate together and to share this with family and friends.

I would like to recognise the hard work, commitment and dedication of our staff, who go above and beyond every day to provide a rich, caring and supportive learning environment for our children. I am also incredibly proud of our children, who have worked so hard throughout the term and have shown enthusiasm, kindness and resilience in all that they do.

Thank you to our parents and carers for your ongoing support, encouragement and partnership with our schools. Your involvement makes a real difference to our school communities and is greatly appreciated.

As we approach the Christmas break, I hope you are able to enjoy the festivities together with family and friends. On behalf of the governors and staff, I would like to wish you all a very happy Christmas and a peaceful New Year. We look forward to welcoming everyone back in the new term.

With warmest wishes,  
Sarah Moore  
Executive Headteacher

## Attendance and Lateness

We have noticed an increase in children arriving late to school in a morning. Please note that the school gates/doors are open from 8:45am until 9am and we kindly ask that children are dropped off in this time. The gates/doors will be closed at 9am, please be aware children arriving late after the register has closed will be marked as unauthorised for the morning. Arriving late for some children can be stressful and often means they have missed instructions for the morning activity. Please note we have breakfast clubs at our schools starting from 8am, should you wish to enquire about these, please speak to our school office staff.

As a school we aim for 95% attendance from all our pupils. We realise this is not always possible when your child is poorly. We are sure you will agree we all want our children to succeed, and good attendance is proven to give children the maximum learning time possible. Your child's attendance can now be monitored via the Arbor App.



## Managing The Christmas Sensory Overload.

It's that time of year which for some of us is exciting: meeting and catching up with friends and family, putting up glittery decorations and sparkly lights, giving and receiving shiny gifts, parties, dressing up, singing songs, and watching TV specials. Yet for many children, young people and adults, this time of year can be filled with emotional and sensory overwhelm. An increase in noise, multiple voices, crowds, social expectations, changes in routine, flashing lights, different textures brought into the house, loud and busy music and surprise gifts. Attached is a handy guide and advice from Beacon House to ensure a more joyful, or tolerable time for all the family as well as some contact information below for support with emotional and mental health.



**Beacon House**  
Therapeutic Services and Training Team

### Managing The Christmas Sensory Overload!

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Yet for many children, young people and adults, this time of year can be filled with emotional and sensory overwhelm. An increase in noise, multiple voices, crowds, social expectations, changes in routine, flashing lights, different textures brought into the house, loud and busy music and surprise gifts.

So, what can we do to ensure a more joyful, or tolerable time for ALL the family?

### PREPARING FOR CHANGE IN ROUTINE

**December**  
Many of us have all just settled back into the new school year. This means new routines, work, schools, peers, colleagues, teachers and classrooms. Then, enter Christmas! Often packed with lots of off-timetable, off-schedule changes, increased shopping trips, parties, dressing up days, nativities and carol services and trips to see Father Christmas!

**Talk and think about what changes there might be:**

Use the senses as guidance if it's helpful. What might you see, smell, hear, taste and touch that is different than usual?

**What might help body and emotional regulation (adults too)?**

A favourite soft toy or blanket, a scent on a sleeve or tissue, an attachment symbol like a heart drawn on the hand by a loved one, crunchy snacks, noise cancelling headphones, a weighted lap pad.

**STICK TO NORMAL ROUTINE AS MUCH AS YOU CAN:**

Routine doesn't mean boring. It can be filled with nurturing and reliable rituals that make people feel safe and regulated.

**REMEMBER THE AFTER!**

Holding it together all day means potentially coming home overloaded. Favourite regulatory activities are essential here! A struggle on the sofa wrapped up in a soft fluffy blanket, a walk in nature, a bath, hot chocolate, lying in bed having a cuddle and a story, listening to music or maybe wrapped up in a duvet in silence! Regulation is for parents too so if you are trying to support sensory overload in a child then you will need to safely off-load your feelings of being overwhelmed too!



### CELEBRATIONS

**Some events, activities and get-togethers may:**

- Go on for a long time
- Be big in location and/or excitement levels
- Be loud or have lots of different noise levels
- Have many people, both known and strangers
- Have multiple activities
- Be very bright and/or visually busy

If you have any family, friends, teachers and colleagues who want to offer sensitive, understanding and loving relationships, then they are amazing allies, especially at Christmas time.

**Think together about any possible adaptations. Can any of the above factors be adjusted to support sensory overwhelm? Are there any compromises to make it more tolerable?**

- Can you arrive at the start or at the end of an event or activity, when the music and the flashing lights are off?
- Can the music be turned down and the lights set to be on constantly, rather than flashing?
- Can participation time be shortened, e.g. a child does one song in a carol service and can then leave feeling successful rather than overwhelmed or can you leave a party after an hour, without it being announced?
- Is there a space where there is minimal sensory input so regulation breaks can be taken?
- Is there any way to have less people, or a time when you know less people will be there?
- Could the venue be your own house or somewhere familiar?
- Can you bring things with you that are helpful, e.g. your own food, a blanket, a pair of small discreet noise-cancelling headphones

**Remember it is also ok to say no!** If there is just one trip out too many, then don't go. It doesn't make you a bad parent/friend/family member to say 'I've need to take a break'. Communicate with a child's school. Do they have to take part in EVERYTHING?

The festive time brings with it many traditions, particularly around the food. It often involves lots of different textures and tastes. Party buffets, chocolates, sweets and socialising may mean some people may:

- Struggle to recognise when they are full
- Over-eat
- Hoard and hide food away
- Be pre-occupied by the food and unable to leave the area alone

Food can be a complex and emotive topic so keep it simple:

- Offer small and regular portions of food and treats interspersed throughout the day
- Add regulating crunchy and chewy food.
- Encouragement to move away from food after eating
- Avoid labelling food as having to be eaten 'because it's Christmas'. It's perfectly acceptable to stick to your normal food routine.



This time of year is generally busier with more people going out, shops are busier, lights are flashing and reflecting off of decorations, loud music and Christmas songs are played everywhere!

Some practical ideas might be:

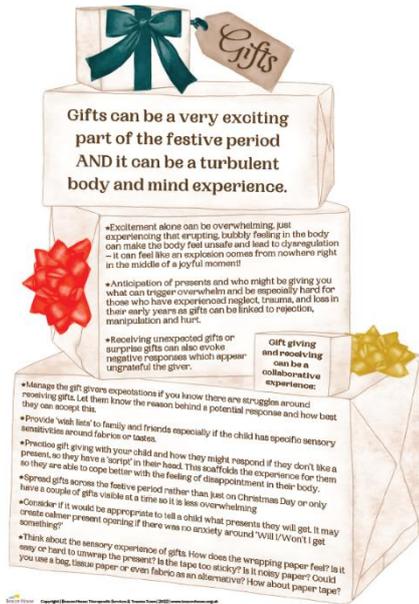
- Wearing a hoodie so ears can be subtly covered
- Listening to your own music with headphones
- Using noise-cancelling headphones
- Avoid having multiple devices playing at the same time
- Switching fairy lights to not flash
- Use less decorations on the tree

To help regulation it may be helpful to incorporate some heavy work based-activities into the routine such as:

- Incorporate more walks outside in nature into the daily routine
- Do jobs in the garden or park: carrying logs, raking leaves
- Carrying the Hoover upstairs or downstairs
- Hoovering, cleaning

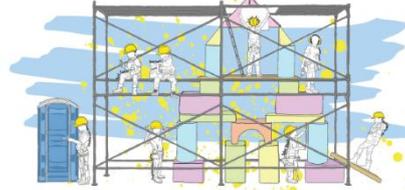
Or add some organising activities which help with the body and mind:

- Going for scavenger hunts - can you find something shiny, round, prickly, red?...
- Setting the table, sorting out cutlery, arranging dishes
- Sorting out gifts by size, colour or family members
- Do some mindful colouring, word searches, spot the difference or jigsaws



Children's sensory systems are impacted when they survive extreme loss, trauma or attachment disruption. They can become 'stuck' over-experiencing or under-experiencing their senses. This affects how they move, play, communicate... in fact all aspects of their everyday lives.

This creative live remote training will introduce participants to the eight sensory systems: giving an overview of what they are, how they develop and what happens when there is early disruption. It will explore what happens in the sensory systems when children are responding to their environment from the survival (fight, flight, freeze or collapse) part of their brain. Participants will be offered a range of hands-on ideas and practical tools to support children at home, in the classroom and in other settings. This is a real 'how to' training which will help any adult supporting a child with sensory disruption to regulate and settle their brain and body.



BOOK ONLINE AT [WWW.BEACONHOUSE.ORG.UK/TRAINING](http://WWW.BEACONHOUSE.ORG.UK/TRAINING)

## New Lunch Menu Starting January 2026

We are pleased to share that a new and exciting school lunch menu will be launching in January. We have gathered feedback from the children about their favourite school meals and are also excited to trial paninis as part of the new offer.

The menu will now operate on a two-week cycle, with the aim of keeping meal costs at the current price while including popular choices and ensuring a balanced, nutritious diet. We have worked closely with the County Catering team to develop a menu that meets the needs of our school, and we are pleased to have seen an improvement in portion sizes for our older children.

In addition, we have made a change to our lunchtime routine so that children having school dinners and those bringing packed lunches can eat together. This means all children can enjoy lunchtime with their friends, regardless of their lunch choice.

We hope these changes will be warmly welcomed by both children and parents.

	WEEK 1	WEEK 2	Additional daily choices
MONDAY	Margherita Pizza Potato Wedges Peas and Baked Beans ***** V Chocolate Brownie Fresh Fruit or Fruit Yoghurt	Chicken burger in a bun Diced potatoes Baked Beans & Peas ***** Iced Sponge cake Fresh Fruit or Fruit Yoghurt	Jacket potato with either Cheese Beans or Tuna ***** Tuna Melt Panini With Side Salad
TUESDAY	Chicken Korma with 50/50 Rice Seasonal Vegetables Naan Bread ***** Fruit sponge & Custard Fresh Fruit or Fruit Yoghurt	Pasta Bolognese Seasonal Vegetables Crusty Bread ***** Apple Flapjack & Custard Fresh Fruit or Fruit Yoghurt	Jacket potato with either Cheese Beans or Tuna ***** Cheese and Tomato Panini With Side Salad
WEDNESDAY	Minced Beef & Dumpling Mashed Potatoes Seasonal Vegetables 50/50 sliced bread ***** Shortbread Fresh Fruit or Fruit Yoghurt	Roast Chicken & Stuffing Mashed Potatoes Gravy Seasonal Vegetables 50/50 sliced bread ***** Chocolate and Vanilla swirl Fresh Fruit or Fruit Yoghurt	Jacket potato with either Cheese Beans or Tuna ***** Cheese and bean Panini With Side Salad
THURSDAY	Hot Dog Potato Wedges Ketchup Veg Sticks ***** V Toffee Apple Muffin Fresh Fruit or Fruit Yoghurt	V Crunchy Topped Mac & Cheese Seasonal Mincey 50/50 sliced bread ***** V Lemon Drizzle Shortbread Fresh Fruit or Fruit Yoghurt	Jacket potato with either Cheese Beans or Tuna ***** Ham and cheese Panini With Side Salad
FRIDAY	Fish Fingers Chips Ketchup Peas & Sweetcorn 50/50 sliced Bread ***** Oaty cookie Fresh Fruit or Fruit Yoghurt	Harry Ramsdens Fish Chips Ketchup Peas and sweetcorn 50/50 sliced bread ***** Chocolate Krispie Fresh Fruit or Fruit Yoghurt	Jacket potato with either Cheese Beans or Tuna ***** Cheese Panini With Side Salad

## What should I do if I am worried about a child?

How to report your safety concerns

If you believe that a child is immediate danger from significant harm, dial 999 to report it to the Police.

How do I make a referral?

Referrals can be made via the universal referral form or following an Early Help Assessment. Both can be located on North Yorkshire Safeguarding

Children Partnership website:

<https://www.safeguardingchildren.co.uk/professionals/forms-and-tools/>

Urgent referrals can be made via telephone to the Customer Resolution Centre on 0300 131 2 131.

or alternatively call the NSPCC Helpline: 0808 800 5000 or email: [help@NSPCC.org.uk](mailto:help@NSPCC.org.uk)

## Dates for the Diary

Start of term – First day back

Tuesday 6<sup>th</sup> January

Parent's meeting – Residential Trip

Thursday 8<sup>th</sup> January 4pm