

Weekly Bulletin

28th November 2025



Puffin Class Nature Detectives

Christmas has truly arrived at Meldreth Primary School this week. This week's Decoration Day marked the start of our festive celebrations, filling the school with excitement as we prepare for our Christmas productions – [take a look here!](#).

This year, the school has been transformed through the children's wonderful journey into Winter Stories. We'd love for you to come and enjoy the magic at **our Christmas Event from 2pm on Saturday 13th December!** We can't wait for you to see how the children's creations have brought the school to life for the festive season.

A huge thank you to everyone who helped make this possible, and to all who have contributed so far and so generously to our magnificent Christmas Class Hampers. The raffle will be drawn at our Christmas Celebration.

Keeping Children Safe Online: Addressing Online Influences

We are increasingly noticing unacceptable language and inappropriate descriptions coming into play among pupils, often influenced by online content, gaming, and social media. We want to work closely with parents and carers to ensure children understand what is and isn't appropriate in school, both in their language and behaviour.

To help families manage this at home - especially with new devices, apps, or games - [our online safety pages](#) offer practical guidance on filtering, parental controls, conversations to have with children, and tips for keeping online experiences positive and age-appropriate. This includes step-by-step help on:

- Setting up parental controls on popular devices
- Choosing appropriate filtering and monitoring options
- Managing screen time and online boundaries
- Talking to children about safe and responsible online behaviour
- What to do if something goes wrong online

Your support makes a real difference in helping us maintain a safe, respectful school environment for all pupils.

Christmas Lunch Wednesday 17th December

The children will be celebrating Christmas with a special Christmas lunch at school. Children are invited to wear **Christmas jumpers** and enjoy the festive atmosphere with staff, crackers, and seasonal cheer.

Those having a school dinner will be treated to roast turkey or a roast Quorn fillet with roast potatoes, a plant or chipolata sausage, vegetables, gravy, and a festive dessert. For children in Puffin, Wren, and Swift classes, the Christmas meal will be free of charge. For all other children, the cost will be £3.20. **Book now on MCAS** to join in the fun!



Next week in school...

Our **Christmas Post Box** opens on **1st December**, on the front railings. Please ensure all cards include the recipient's **forename, surname and class** to help our busy Year 6 'pixies' with deliveries.

Elf Stamps cost **50p for 10** and will be delivered to classrooms for children to take home and use. Stamps can be purchased via your **MCAS account**.

Tickets for our Nativity performance are now available, with a limit of **two per family**, bookable via MCAS. To help our performers give their very best, the **dress rehearsal is for parents with children under five only**. We look forward to seeing you there!


Preschool Post



Preschool have enjoyed a busy and festive week across both rooms as the children began getting into the Christmas spirit. Throughout the week, the caterpillars took part in a range of creative activities such as decorating paperchains, designing gingerbread people, decorating candy canes. These experiences supported their fine-motor skills, creativity, and self-expression.

The butterflies enjoyed biscuit decorating, puzzles, winter shape activities and looking at our topic words during group time. This supported the children in developing their early maths and literacy skills. Outdoors, both the Caterpillars and Butterflies engaged in lots of garden play. The Caterpillars particularly enjoying playing hide-and-seek and the Butterflies took part in bug hunting with magnifying glasses, promoting curiosity, physical development and early investigative skills. The year 6's joined us again for our weekly buddy reading session on Wednesday and again this was a huge success.

Both rooms mixed for shared play across the week enjoying stories, singing, dancing and lots more festive activities. When we join for some sessions during the week we find this supports all children's social skills, confidence and positive relationships.

					
Daisy B	Sebastian C	Luna H	Skye P	Sonny S	Ava R
Elliot M	Lucas P	Zoe F	Mason A	Evie W	Ivy I
Genevieve M	Finn W	Finley H	Skylar W	Daniel M	Eli W
	Abby N		Arthur S		Bethany P

Please check [our website calendar](#) for upcoming events and important dates

From the Team at Meldreth Primary School – we wish you well!



The
Children's
Society



Let's come together to **celebrate** **Christingle**.

Christingle is a great way for communities everywhere to get together this Christmas to catch up, make some special memories, and have fun.

Come and join us!

Location:

All Saints' Church, Melbourn

Date: 7 December 2025 **Time:** 3.30pm

To find out more, contact:

Diane Blundell on 01763 221415

christingle.org

Scan the
QR code
to find
out more.



10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

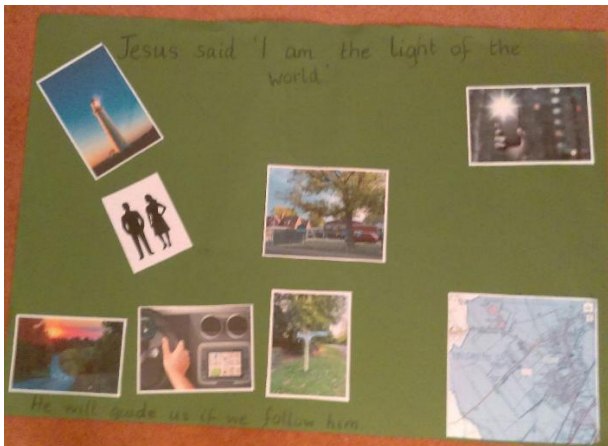
Make Praise & Story @ Meldreth Primary School

3.10p.m. till 4.10p.m. second Thursday of the month in term time

Hello and for those of you who don't know we are a team of people from Holy Trinity Church and All Saints' Church and we come into School once a month to run an after school club. Our next session will be on **11 December** at **3.10p.m.** when the topic will be The Nativity, hearing about the birth of Jesus.

We usually start off with a biscuit or two to recharge batteries after a busy day at school. Then we might listen to a story from the bible and we will make a large craft to go on display in Holy Trinity Church in Meldreth. The children then make a personalised item to bring home that is related to the topic/story we've been working on.

On 13th November we heard that Jesus said "I am the light of the world" and we looked at lots of pictures and put them on a card as seen below along with our individual Jesus light of the world lamps that we made.



If you enlarge the collage picture you can see that they are all images of things that can guide us and help us find the right path or way to somewhere. This is what Jesus promises us when he says he is "The light of the world" – if we follow him he will guide us on how to live.

Then the children had fun looking through a pinhole in a box and they couldn't see anything until we put a light in the box. It reminds us that Jesus can make a difference if we let his light shine.

If you would like to come to the **next session on 11th December** please contact Pat Smith on reader.asmhtml@gmail.com to sign up, letting us know if your child has any additional needs and if you are collecting them or they are to go to The Lookout club afterwards. If you'd like to know more please email and ask or tel. 01763 262575