

MALMESBURY NEWSLETTER



MALMESBURY
Primary School
BE THE BEST YOU CAN BE

COMING UP...

Reception hearing and vision checks: 3rd -5th February

Reception Half Moon Theatre trip: Monday 9th February

Children's Mental Health Week
9th February

Safer Internet Day:
Tuesday 10th February

Half term: school closed Monday 16th to Friday 20th February

Reduce, Re-use, Recycle

Last call for applications from Y4-6 children to join our new Eco-Council. Children can collect their applications from Olivia (AHT Yr-Y6). Our new school councillors will be looking at how we can work together to:

- Look after the resources we have
- Reduce Waste
- Recycle as well as we can.

A reminder that our uniform giveaways are an important part of this work already. They are an opportunity to top up on uniform as well as have a chat with other parents/carers.

On Monday 9th, our Trees for Cities 'Healthy Playground' work starts. Some of the main playground will be out of action for 3 weeks as this work happens.

At the end of it, our new eco-council will be helping to plant new trees and flower beds.

Thank you to our families for the PTFA £5,000 donation towards this work.

Inventors's Club fun

Eshan and Louise came to show off the alarm system they have created in our after-school Inventor's Club - here they are testing it out in Ms Stewart's office. Apparently it is also great for waking up older siblings!

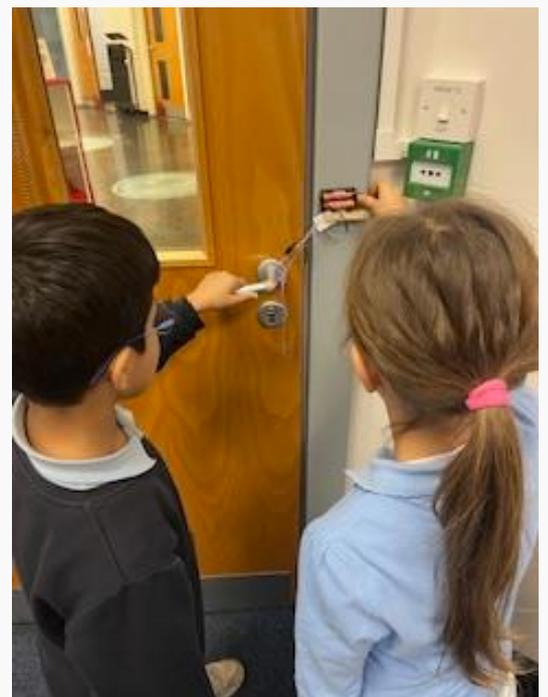
MALMESBURY PTFA UNIFORM GIVEAWAY



Friday 6th February
Friday 6th March

8:40 am to 9:20 am
by Main School Reception

To donate good quality uniform, please email malmesburypta@gmail.com or bring it along to swap. Please also get in touch if there's any uniform you need and would like us to source in confidence.





Spotlight on Inclusion at Malmesbury

Some of our families have shared the challenges of their child having an after-school meltdown. Here's what is happening.

As the information says, our children are using a whole lot of mental energy during the day. Sometimes, they 'wobble' when they get home.

What can you do? Try to strip back what you are asking of them for a little bit, check they don't need a snack/drink. Stay calm and use few words, let them spend a little time doing something that they feel comfortable doing whilst they re-regulate. Talk to us if this is happening often, we can work with you to understand what is happening.

WHAT'S HAPPENING IN THE BRAIN DURING AFTER-SCHOOL RESTRAINT COLLAPSE

THE DAY OF HOLDING IT TOGETHER

Throughout the school day, a child works incredibly hard to manage rules, expectations, noise, transitions, friendships, and big feelings. They use huge amounts of mental energy simply trying to cope. Every moment of masking or pushing down emotions adds strain to their nervous system.

THE STRESS BUILD-UP:

With each small challenge, stress chemicals rise. Executive functioning becomes stretched. Their brain is constantly scanning for what's expected next, keeping impulses in check, and navigating sensory input that may already feel "too much". Bit by bit, their internal capacity fills.

THE JOURNEY HOME SHIFT:

Once school ends, the thinking part of the brain (the prefrontal cortex) begins to fatigue. The emotional brain steps forward. You might see irritability, silence, or zoning out. These are signs of a child finally beginning to let go after hours of tension.

THE SAFE PERSON EFFECT:

When they reach home — their safest place, with their safest adult — the final layer spills over. A tiny request or change can trigger tears, shouting, or shutdown. This release isn't about the shoes, the snack, or the homework. It's the whole day's emotional load crashing down at once.

THE NEUROBIOLOGY OF RELEASE:

This moment isn't "naughtiness" or "overreaction". It's a nervous system overwhelmed and needing co-regulation. Their brain is moving from survival mode into release mode, because home is where they feel safe enough to unravel.

WHAT HELPS MOST:

Connection brings the nervous system back into balance. A calm presence, low demands, warmth, and time help their brain return to regulation. When adults respond with understanding instead of correction, the collapse becomes a pathway back to safety, not shame.

NOT JUST SPORT

FOOTBALL HALF-TERM CAMP

Monday 16th - Wednesday 18th Feb
10am - 2pm

Join us for a fun and engaging 3-day football camp. Sessions are catered for all abilities, boys & girls aged 4-12 years old. Enjoy skill sessions, tournaments and competitions!

Prizes to be won everyday!

Halley Primary School
Halley Street, London E14 7SS

Scan here to book

For more information
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THE STRINGS CLUB

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BUY WOMEN BUILT

www.thestingsclub.org | 0121 296 9204

This week's attendance: 95.85%

Y6 Victorians: 98.40%

Y1 Saxons: 98.33%

Y3 Lancastrians: 97.14%

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