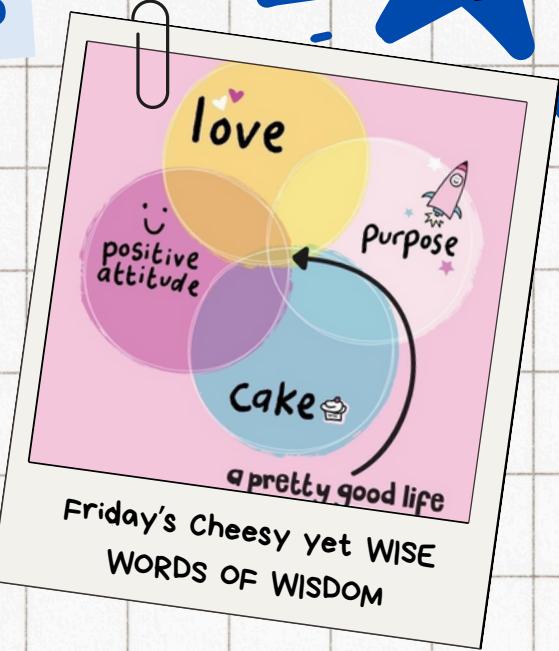


The shuttle

29/01/2026

WEEK 4 COMPLETE!

Our Peer Wellbeing Champions have done a great job of launching their Mindfulness Monday and Wellbeing Wednesday Clubs! All the children who attended had a lovely time!



Thank you to Mrs Charlesworth for organising the sponsored Ready Steady Read! We can't wait to see how much reading you have been doing and of course, how much money has been raised! Thank you for taking part and supporting!

DIARY DATES

Children's Mental Health Week
9th-13th Feb

Friday 13th Feb
Dress to Express Day

Friday 13th Feb
Break up for half term



Did you know that it's
NATIONAL STORY TELLING WEEK?

Because we are committed the NATIONAL YEAR OF READING, we'd love you to take a look at this website to find out more! <https://literacytrust.org.uk/resources/national-storytelling-week/>

WELL DONE TO OUR Y5 AND Y6 SWIMMERS!

The children have had a great time and really enjoyed their sessions! They have developed their skills and have behaved so well as always!

Have a read of this helpful advice for parents...

WHAT IS... SEPARATION ANXIETY?

WHAT SEPARATION ANXIETY REALLY IS

Separation anxiety is not misbehaviour, manipulation, or a lack of independence. It is a child's nervous system responding to perceived threat when they are apart from their safe adult. For some children, separation activates the brain's alarm system, flooding their body with fear signals even when they logically know their caregiver will return. This reaction is automatic, not chosen.

WHY IT FEELS SO INTENSE FOR CHILDREN

A child's brain is still developing the ability to hold onto emotional safety when a caregiver is not physically present. When separation happens, their body can react as though safety has been lost entirely. This can show up as panic, distress, tears, clinginess, anger, or shutdown. The fear is real in their body, even if the situation looks small to adults.

WHAT SEPARATION ANXIETY CAN LOOK LIKE

Separation anxiety does not always look like crying at the door. It can appear as tummy aches, headaches, school refusal, meltdowns before leaving home, sleep difficulties, or strong reactions to transitions. Some children mask their fear all day and release it later, while others express it loudly and urgently in the moment of separation.

WHY SOME CHILDREN EXPERIENCE IT MORE STRONGLY

Some nervous systems are more sensitive to change, unpredictability, or perceived loss of connection. Separation anxiety can be more intense for children who are highly sensitive, neurodivergent, have experienced stress or disruption, or who rely heavily on co-regulation to feel safe. This is not a flaw in the child; it is information about how their nervous system works.

WHAT SEPARATION ANXIETY IS NOT

Separation anxiety is not defiance, attention-seeking, or something a child will simply "grow out of" if ignored. Pushing through distress without support does not teach independence; it teaches the nervous system that separation is dangerous. Independence grows from safety, not pressure.

WHAT HELPS CHILDREN FEEL SAFER OVER TIME

Children move through separation anxiety when they feel emotionally held, understood, and supported. Predictability, gentle transitions, calm goodbyes, reassurance without dismissal, and consistent reconnection all help the nervous system learn that separation can be survived safely. When we support the fear instead of fighting it, the anxiety softens — and confidence follows.

