

# Codnor Community Primary School



## Newsletter

### Summer 2025

After a very long (and very hot!) summer term, it would appear that the weather is cooling down just in time for the summer break! However, I'm sure we'll all appreciate the chance to have some time doing the things we enjoy!

#### Key dates

28th July...National Milk Chocolate Day

13th August...International Left Handers Awareness Day

19th August...World Photo Day

#### **Supporting your child's transition to a new class or school**

It's natural for some children to experience a range of emotions during this time...

- **Excitement:** Anticipating new experiences and opportunities.
- **Nervousness:** Feeling unsure about the new environment and expectations.
- **Overwhelmed:** Adapting to many changes at once can be daunting.
- **Confidence:** Feeling ready and capable of handling the new challenges.
- **Insecurity:** Doubting their abilities to succeed in the new environment.

Validating their emotions is crucial in supporting your child. In addition, try to be positive—how you react to change will influence your child and if you feel anxious, they will too. Talk about the positive elements of change—meeting new people, having new experiences, learning new topics.

Try to keep in touch with their friends over the holidays too, so that those connections remain strong.

Above all, remember that most children will be excited about the move and are more than ready for it. Listen to their concerns but don't go looking for them.



A big thank you to whoever decided we should have a National Milk Chocolate Day! A whole day where you're invited to indulge in the creamy delight of milk chocolate...as if we need an excuse!  Here's some chocolatey ideas to help you celebrate...

- **Enjoy a Classic Treat:** Savour your favourite milk chocolate bar or try a new brand to experience different flavours.
- **Bake with Milk Chocolate:** Incorporate milk chocolate into your baking recipes, such as cookies, brownies, or cakes, for a delightful twist.
- **Host a Chocolate Tasting:** Gather friends and family for a milk chocolate tasting session, comparing various brands and types.
- **Share the Joy:** Gift milk chocolate treats to family or friends. You could even donate some to your local care home or charity.

**Now for the science bit...**In moderation, milk chocolate can boost mood and provide essential nutrients like calcium and anti-oxidants!!!



Taking pictures is a wonderful way to create memories...It's also the perfect opportunity to practise mindfulness by being more aware of our surroundings.

**World Photo Day** is a great opportunity to get snapping! You could encourage your child to create a 24 hour photo journal—taking one image every hour to document their day. Alternatively, you could try a one day photo challenge with a theme... e.g. Things that bring joy or are coloured green. See how many different pictures you and your child can take - do any of your images match?

Finally, what about recreating a classic—either a family or historical photo 'with a modern twist'.

**Strike a pose!**