

Codnor Community Primary School



Newsletter

September 2026

We hope you had a fabulous summer break and made the most of the beautiful weather. The start of a new school year is always exciting but may also come with a degree of anxiety. Hopefully your child has settled well into their new class and is adapting to new routines. However, please do not hesitate to contact your child's class teacher with any concerns you or your child may be having.



Key Dates

World Mental Health Day...10th October

World Kindness Day...13th November

Anti-Bullying Week...16th-20th November



Focus on...Building resilience

Resilience is extremely important for children—it gives them the mental and emotional tools they need to cope with stress, overcome everyday challenges and bounce back from setbacks. These tips can help you to support your child:

Model healthy behaviour: Children learn by watching adults. Show them how you stay calm during a stressful moment, admit your mistakes, and work through frustration.

Allow safe failures: Do not rush to fix every problem or rescue your child from minor discomfort. Experiencing small failures teaches children that they can survive setbacks and bounce back.

Encourage problem-solving: Instead of giving answers, ask guiding questions like, "What's one small step you can take to fix this?"

Validate emotions: Let children know it is okay to feel sad, scared, or angry. Label the emotion together before trying to fix the situation.

Encourage connections: Build a strong network of family, supportive adults, and peer relationships so children feel safe, seen, and supported.

Promote routines: Maintain a steady daily schedule to provide comfort and predictability, especially during major life transitions.



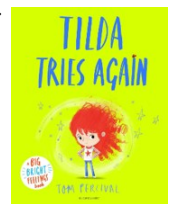
Book Recommendation

Tilda Tries Again

written by Tom Percival.

Tilda's world is just as she likes it...until one day it turns completely upside down. All of a sudden nothing feels right and things that were once easy now seem incredibly challenging. Can Tilda discover a new way to approach her problems and believe in herself?

An inspiring story about coping with difficult situations. An ideal book for helping children to build resilience and embrace a 'can do' approach to life.



Awesome Autumn



Make the most of the crisp Autumn days by getting out and about on some fun family adventures!

Go conker hunting—then have a game!

Collect some rocks and paint them like autumnal animals.

Go on a colour walk—collect as many different things in different colours as you can.

Collect leaves and create a leafy collage.

Go for a nature walk. Who can find the crunchiest leaf?

