



MANOR ROAD  
BOTTFESFORD  
SCUNTHORPE  
NORTH LINCOLNSHIRE  
DN16 3PB  
TEL. NO: 01724 867906  
EXECUTIVE HEADTEACHER: MISS R BUSBY

## **Friday 6th March 2026**

### **Easter Non Uniform & Raffle:**

We will be holding a non-uniform day on Monday 23rd March 2026. Children are invited to come to school in their own clothes in exchange for a donation for our Easter Raffle (for example: Easter eggs, chocolate and treats).

The Easter Raffle will be drawn on Wednesday 1st April.

Raffle tickets will be available to purchase from Monday 23rd March to 12:00pm Tuesday 31st March via Parentpay. Alternatively, a member of staff will be on the playground most mornings selling tickets. Tickets will be £1 per strip.

### **Comic Relief:**

We will be raising money for Comic Relief 'Red Nose Day' in school on Friday 20th March 2026. Children can come to school in non uniform on this day, we are following the theme 'Go red for red nose day' however please do not feel the need to buy anything special if your child does not have something red to wear.

Donations can be made direct to Comic Relief via the link HERE:

<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=20763>

### **Year 3 and Year 6 PE day changes:**

For the next half term, we have arranged an exciting collaboration with Holme Hall Golf Club to introduce specialist golf coaching for our Year 3 and Year 6 pupils. This means there will be a slight adjustment to our PE lesson schedule to accommodate these expert-led sessions.

The new PE days will be as follows:

- Year 3 pupils will have PE lessons on Mondays and Thursdays
- Year 6 pupils will have PE lessons on Wednesdays and Fridays

As always, on these designated PE days, pupils should arrive at school dressed in their PE kits, ready to participate in these engaging sporting activities. The golfing coach will be teaching a range of golfing skills, providing our pupils with an opportunity to learn from a specialist instructor.

### **Parent Pitstop Lending Library**

Each morning, the lending library trolley will come out with the Pitstop team, giving you the chance to borrow a book. It's very simple to use—just sign the clipboard sign-out sheet when you borrow a book and tick it again when you return it. We have a wide range of books available, covering topics from e-safety and wellbeing to learning support and growing up. We have attached a catalogue of all the books that are available to borrow. We hope you find this new resource helpful and enjoyable.

### **PE kits**

With the cold weather firming with us, we'd like to reassure parents that we do our best to keep children comfortable and happy during PE lessons. Children are very welcome to wear thermal layers under their PE

kits, and for outdoor sessions they may also wear coats, hats and gloves. Our PE team often take children onto the field for Rugby and Football, and at this time of year the grass can sometimes be damp or wet. To help with this, we kindly encourage children to bring a spare pair of socks so they can change into dry ones if needed. We are also more than happy for children to bring their school shoes in their bags to change into after PE when the ground is particularly wet.

### **Water bottles**

Can we please remind parents/carers to provide their child with a water bottle for School.

### **Weather changes**

Now that the weather has changed, can we please ask that all children bring a warm coat to school every day. Can we also ask that children have a spare pair of socks in their school bags in case of rain.

### **Parking:**

We kindly ask that extra care is taken when dropping off and collecting children via the rear car park. We have received reports of instances where people are parking in areas which are not designated parking spaces, cars are being damaged and where children have narrowly avoided being hit by cars. Please see the attached photos below which identify areas which are not designated parking spaces. We ask that you do not park in these areas as this causes significant safety issues. By parking in these areas it can cause cars to drive over pedestrian walkways and cause additional difficulties for cars to enter/exit the car park safely.



We ask that this message is shared with anyone who may also use the car park for dropping off/collecting from school such as Grandparents, Aunties and Uncles. In addition to this we advise that any children using scooters/bikes dismount before entering the car park and walk these into the school grounds and store them in the correct areas.

Alternatively, why not leave the car at home. On the fine spring mornings it would be a lovely, healthy way to start the day.

### **Year 4 Multiplication parent workshop:**

We will be welcoming Year 4 parents into school on **Tuesday, 31st March at 2:30 pm** to discuss the National Multiplication Tables Check. This workshop will serve to articulate our expectations for Year 4 pupils and to equip you with strategies to provide meaningful support at home. The session will include a demonstration of Times Tables Rock Stars (TTRS), followed by an opportunity for parents to access TTRS alongside their child and to participate in additional multiplication-based activities within the Year 4 classrooms.

Please note all year 4 pupils need to carry out the national check during the week of 1st June. It is very important that no holidays are booked that week. Thank you

### **Jewellery:**

Rings, necklaces, bracelets and earrings are a hazard in school:

- Wearing of jewellery can result in tearing or piercing of flesh;
- There is a potential for injury to the wearer due to inadvertent contact of jewellery with other people, clothing etc;
- There is a risk to other people especially at playtimes and PE lessons where injury could occur due to contact with jewellery worn by another person.

Jewellery may be worn if required for medical reasons, e.g. a medical bracelet. Please can we ask that children only wear stud earrings to school (no hoops or dangly earrings) also please could these be removed on PE days or your child be provided with plasters to cover these during PE.

Watches should not be smart watches and not linked to mobile phones. No other bracelets, necklaces or rings should be worn. Thank you

### **Big Junior Bottesford Federation Park Run:**

Our Junior Parkrun Bottesford Schools Federation meet up takes place on Sunday 22nd March 2026 at 9am. This is a 2k fun run where all family members can participate if you wish. If you are joining us and have not yet registered, please go to this website: <https://www.parkrun.org.uk/brumbywoodrecground-juniors/> Please park in the Central Park car park before walking up to Brumby Wood Rec Ground. If you use 'what3words', it can be found by using the words: short.notes.adopt. We cannot wait to see as many of you as possible then!

### **Anisa Lewis:**

Please see below some helpful tips from Anisa Lewis, along with details of the next free parenting clinic on power struggles. Please note once registered for the clinic, if you can't attend live a recorded link will be sent to you to watch at a convenient time.

Parenting Tip: Get Curious, Not Reactive

Before you correct, pause.

Ask yourself, what is this behaviour really about?

Curiosity reduces conflict. Reactivity escalates it.

Parenting Tip: Offer Two Clear Choices

Power struggles shrink when children feel some control.

"Shoes on now" becomes

"Trainers or boots?"

Choice builds cooperation without giving in.

Parenting Tip: Drop the Rope

If it feels like a tug-of-war, stop pulling.

Calm your tone. Slow your pace. Step back.

You cannot control your child's emotions, but you can lead by example after reading the temperature of the room.

Parenting Tip: Connect Before You Correct

A child who feels heard is more likely to listen.

Name the feeling first. Hold the boundary second.

Connection makes boundaries stick.

### **School Lunches**

Recently, we are seeing an increase of monies owed to school, please can we remind parents to keep a credit balance on their parent pay account in order to cover the cost your child's school meal. Thank you.

### **Mobile phones/devices:**

We understand that in some cases, it may be necessary for your child to bring a mobile phone to school, for example, if they are travelling to and from school independently. However, we have noticed an increasing number of pupils bringing their phones to school unnecessarily, without a valid reason. As such, we would like to remind all parents and carers that mobile phones should only be brought to school if they are absolutely necessary. Pupils who do not have a valid reason to bring a phone to school should leave them at home. If your child does need to bring a mobile phone to school, it must be switched off at the school gates on Manor Road.

Unfortunately, we have seen an increase in pupils using their mobiles on the school premises on their way in/out of school – this breaches the signed mobile phone agreement. Can we please ask you to remind the children that they must have their phone turned off whilst on the school site.

By working together, we can ensure that our school remains a safe and focused learning environment, free from the distractions and potential issues that can arise from the use of mobile phones.

### **Clubs – Starting w/c Monday 2nd March - 26<sup>th</sup> March \*please check weekly for exceptions\***

#### **CLUBS – SPRING TERM 2 Monday 2<sup>nd</sup> March – Thursday 26<sup>th</sup> March unless stated otherwise (see below)**

MONDAY	DANCE – ALL YEARS *	3.25 – 4.15
MONDAY	BOYS FOOTBALL – Y3/4	3.25 – 4.15
TUESDAY	COOKERY – Y3**	3.25 – 4.30
TUESDAY	SPORTS HALL ATHLETICS ALL**	3.25 – 4.15
WEDNESDAY	BOYS FOOTBALL - Y5/6	3.25 – 4.15
WEDNESDAY	GIRLS FOOTBALL – ALL YEARS	3.25 – 4.15
THURSDAY	Y5 ART	3.25 – 4.15
THURSDAY	SAT'S CLUB – Y6 (until 7th May)	3.25 – 4.15

\*Dance Club, continuing from last term until The Dance Showcase  
(last session Monday 16<sup>th</sup> March)

\*\*Tuesday Clubs will commence Tuesday 10<sup>th</sup> March due to an all  
staff Federation Meeting on 3<sup>rd</sup> March

Year 3 Cookery Club will continue for a couple of weeks after the  
Easter Holidays, the extra dates will be confirmed nearer the time.

All other clubs will run w/c Monday 2<sup>nd</sup> March until Thursday 26<sup>th</sup>  
March inclusive

Please note that if your child is signed up for any of the Football  
Clubs, football boots and shin pads are advisable but not compulsory

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### **Attendance:**

All children of primary school age are expected to achieve the government's national expectation for primary schools, which is 96% attendance. The list below shows the approximate attendance figures:

- 1 day off in a 6 week period = 96.5% attendance
- 2 days off in a 6 week period = 93% attendance
- 3 days off in a 6 week period = 90% attendance
- 4 days off in a 6 week period = 86.5% attendance
- 10 days off in a school year = 85% attendance

We are committed to providing a high-quality education for all of our children. In order for a child to reach their full potential, it is essential that their attendance is of a very high level. For this reason, holidays in term time are classed as unauthorised. A leave of absence form must be filled in, and returned to the office for all term-time leave. Please be aware that the Education Inclusion Service may issue a Penalty Notice or prosecution to multiple responsible adults with whom the child resides, regardless of circumstances. The Department for Education have updated the guidance related to school attendance which came into effect on 19th August 2024:

[https://assets.publishing.service.gov.uk/media/65f1b048133c22b8eecd38f7/Working\\_together\\_to\\_improve\\_school\\_attendance\\_applies\\_from\\_19\\_August\\_2024 .pdf](https://assets.publishing.service.gov.uk/media/65f1b048133c22b8eecd38f7/Working_together_to_improve_school_attendance_applies_from_19_August_2024.pdf)

### **Community News (All posters below):**

- Parent Clinic:** Power struggles
- Nextgen MCC:** Junior Easter Camps
- North Lincs Council:** Mini Music Makers
- SCJC –** Junior Cooperative Choir
- Directions Dance:** Classes available
- North Lincolnshire Council –** Walk to school scheme
- North Lincolnshire Council –** EA Sports parent info leaflet
- North Lincs Council –** Dealing with traumatic and challenging events

### **Parent/Carer data**

Please remember to keep us updated with any changes that may be needed for your child's file. You can make changes to your (and your child's) information via your Arbor account. Alternatively, you can inform the school office [admin.bottesfordjuniors@northlincs.gov.uk](mailto:admin.bottesfordjuniors@northlincs.gov.uk)

### **Childcare:**

Here are the details for the wraparound providers that serve our local schools.

- After Bell Club - 07505675454
- Little Imps - 01724 761316
- Emma Cobb - 07812 567 594
- Natalie Watson - 07738 015 976

### **Dates for your diary so far (subject to change if the need arises):**

- Wednesday 11<sup>th</sup> March - 3C Forest School
- Thursday 12<sup>th</sup> March – 4SP Forest School
- Thursday 19<sup>th</sup> March – Dance Showcase at The Baths Hall (Dance Club)
- Friday 20<sup>th</sup> March – Non Uniform Comic Relief
- Monday 23<sup>rd</sup> March – No Uniform Day in exchange for a chocolate donation towards the Easter Raffle.
- Monday 23<sup>rd</sup> March – Easter Raffle sales open until 1<sup>st</sup> April.

Monday 23<sup>rd</sup> March – Group 3 Bikeability AM only  
Tuesday 24<sup>th</sup> March – Group 3 Bikeability AM only  
Wednesday 25<sup>th</sup> March – Group 3 Bikeability AM only  
Thursday 26<sup>th</sup> March – Scunthorpe Concert Band Evening with Mr Robson and Choir (details to follow)  
Thursday 26<sup>th</sup> March - Group 4 Bikeability all day  
Friday 27<sup>th</sup> March - Group 4 Bikeability all day  
Friday 27<sup>th</sup> March – 5D Forest School  
Wednesday 1<sup>st</sup> April – Easter Raffle drawn  
Wednesday 1<sup>st</sup> April – Swimming Gala  
Thursday 2<sup>nd</sup> April – School closes for Easter holidays  
Tuesday 21<sup>st</sup> April – School re opens

Rachel Busby  
Executive Headteacher  
Bottesford Schools Federation

# PARENTING CLINIC

## POWER STRUGGLES

# 23 MARCH

12.00 TO 12.30PM

**HOSTED ON ZOOM**

*Come live or catch the replay*

So often, what we label as "behaviour" is actually communication, unmet needs, or a child pushing back because they feel powerless.

In this month's Free Parenting Clinic, we're zooming in on power struggles:

- What's really going on underneath the outburst?
- Why did that escalate so fast?
- And how to step out of the tug of war without giving in or giving up.

I'll share practical, realistic strategies you can start using straight away to reduce conflict, support emotional regulation, and bring more calm back into family life.

Join Anisa Lewis, Parenting Coach, for a relaxed, supportive 30-minute online talk, designed for busy parents who want tools that actually work in real family life.

**Book your free place here:**

<https://anisalewis.as.me/theclinic>

or email: [hello@anisalewis.com](mailto:hello@anisalewis.com) for the booking link.



### NHS Pharmacy First Service

Did you know that the NHS Pharmacy First Service enables children and adults to get convenient access to healthcare advice and treatment where appropriate, for seven common conditions without the potential delay of having to wait for a GP appointment? Accessing the service may mean that we can help children feel better and get back to school as quickly as possible, as well as supporting parents/carers to also get better if they are unwell with one of the conditions covered under the service.

There is no need to make an appointment; parents or carers can pop into their local Boots pharmacy with their child and ask for help under the service.

Support for the following conditions can be accessed under the service, free of charge (unless NHS prescription charges apply):

Common condition	Patient eligibility
Earache	1 to 17 years
Impetigo	1 year and over
Infected insect bites and stings	1 year and over
Sore throats	5 years and over
Sinusitis	12 years and over
Uncomplicated urinary tract	Women 16 to 64 years
Shingles	18 years and over

If you're constantly locked in stand offs with your child.

If everyday requests turn into arguments.

If you find yourself repeating the same thing louder and louder and still not being heard.

You're not alone. And you're not doing it wrong.





NEXTGEN MCC

# JUNIOR EASTER

APRIL 9<sup>TH</sup>, 10<sup>TH</sup>, 16<sup>TH</sup>, 17<sup>TH</sup>

# CAMPS 2026

£20 PP  
PER DAY

Learn & develop your cricket skills 🏏

Open to all genders & abilities – no experience necessary

Led by ECB Qualified Coaches

All equipment provided

Ages 7–15 | 9:30am–2:30pm



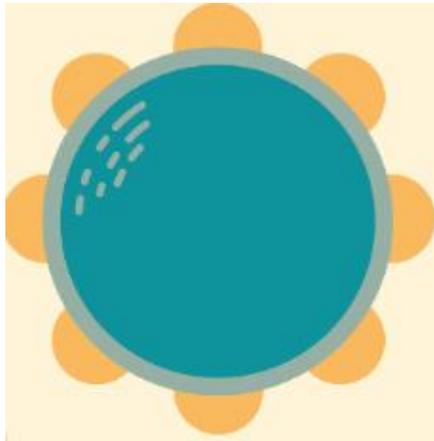
Scan this QR to sign-up!

Facebook: @nextgenmcc

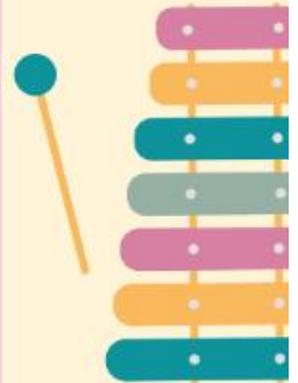
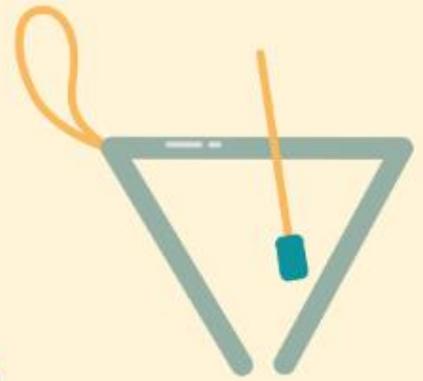
email: [messinghammcc@gmail.com](mailto:messinghammcc@gmail.com)



LOCATION 📍 : MESSINGHAM RECREATION GROUND,  
DN17



# MINI MUSIC MAKERS



**Thursday** - Term time only



**11:00 - 11:45** (Mixed ages class)



**North Lincolnshire Museum**



**£2.00** No booking required



Supported in part by  
**ARTS COUNCIL  
ENGLAND**



**North Lincolnshire Music**

**North  
Lincolnshire  
Council**



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**LITTLE CHOIR: 3 - 8 yrs**  
5:30pm - 6:00pm

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**TRAINING CHOIR: 8 - 9 yrs**  
5:30pm - 6:30pm

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**MAIN CHOIR: 9 - 19 yrs**  
6:30pm - 8:00pm

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**NO EXPERIENCE  
NECESSARY**



**WE ARE LOOKING  
FOR NEW SINGERS**

**FRIDAYS, IN TERM TIME,  
AT OASIS ACADEMY  
HENDERSON AVENUE,  
DN15 7RW**

**DANCE  
CLASS**

**DIRECTIONS  
DANCE**



**BEGINNER CLASS - SATURDAYS 9.15 - 10.00AM**

**AGES 4+**

ADDITIONAL CLASSES AVAILABLE

**45A NEWDOWN ROAD**

**SCUNTHORPE**

**DN17 2TX**

**CONTACT FACEBOOK**

**@DIRECTIONS SCUNTHORPE**

**@KIRSTY RICHARD**

**GET FIT, HAVE FUN, MAKE FRIENDS**



**DIRECTIONS-DANCE@HOTMAIL.CO.UK**

North  
Lincolnshire  
Council

**DITCH THE CAR IF**

**IT'S NOT THAT FAR**



**Introduce walking into your daily routine**

Go to [www.northlincs.gov.uk/walk-to-school](http://www.northlincs.gov.uk/walk-to-school) for links, tips and information

# What Parents & Educators Need to Know about EA SPORTS FC 26

AGE RESTRICTION  
PEGI  
3

Our guide looks at the risks surrounding EA Sports FC 26 and our top tips to minimise them. This marks the third year since EA left the FIFA licence, and the game is mostly unchanged from last year. While Kick-Off mode is great for playing with friends and Career Mode allows players to fulfil long-term ambitions as a manager or player, Ultimate Team remains the main draw for many players – and it can get out of hand in terms of how much money players can invest.

## WHAT ARE THE RISKS?

### AN ANNUAL RELEASE SCHEDULE

As was the case with the last two EA Sports FC games and the FIFA series before it, the franchise rolls out once a year with updated squads and new features. This can make it expensive to keep up with, particularly when so many dedicated players are keen to get their hands on the latest edition.

### VOICE CHAT

Voice chat can be enabled across all platforms, meaning young people can speak to anyone they play with or against. While it can be switched off, some children will no doubt want to speak to their friends while they play. This also means they may encounter strangers much older than them, which may expose them to inappropriate language or behaviours.

### IN-GAME PURCHASES THROUGH ULTIMATE TEAM

Ultimate Team is the big draw for EA Sports FC, letting players spend real money on packs that they can open to build a squad of the world's best players. They're not always easy to obtain, and new, improved versions of players will be regularly added as limited-time offerings. Young people could feel pressured into spending money and experience fear of missing out.

### SCAMMERS IN ULTIMATE TEAM

Ultimate Team is managed by EA itself, but that hasn't stopped scammers from looking to dupe players out of money and in-game coins. Some scammers sell their accounts, which is a violation of EA's terms of service, while others will 'sell coins' – something the developer is still working to crack down on. Some try to gain access to others' accounts, potentially giving them access to payment information.

### POTENTIAL FOR ADDICTION

While EA Sports FC is potentially addictive, thanks to its fast-paced gameplay and mimicking of the real world skill and glamour of football, Ultimate Team's focus on limited-time rewards and the lottery of winning packs can make it feel closer to gambling than gaming, which may lead to addiction and impulsive spending of money.

## Advice for Parents & Educators

### PREPARE FOR ANOTHER GAME IN A YEAR

The annual-release cadence aligns with the return of the school year, and can be a great way to incentivise good behaviour at the start of term. If children are applying themselves and preparing for a new year of school, or were particularly well behaved in the summer, EA Sports FC 26 could make a great reward.

### LIMIT SPENDING

If you're worried about children accidentally spending real money in Ultimate Team, whether in game or on the EA Sports FC companion app, don't link a payment card to their account. Reclaiming funds can be a mountain to climb, and the dopamine hit of opening loot boxes with slick animations means one purchase can lead to another very quickly. It's also worth adding a prepaid card if you'd prefer them to make their own choices with their budget.

### MONITOR VOICE CHAT

As in-game chat is open, be sure to adjust the settings in EA Sports FC 26 to lock it down. If children want to chat with their friends while they play, consider setting up a safe space for them to call, to allow them to play without fear of outsiders.

### BE VIGILANT

As with last year, there are ways to keep scammers at bay. Ensure passwords are locked down, and consider using a password manager application to keep them secure. EA will never contact players through the game itself, so be vigilant with incoming messages, and block and report suspected spam. EA will contact players by email if needed, but they will never ask for usernames or passwords. Players should also avoid buying in-game currency from unofficial websites – doing so can lead to accounts being banned and could cost players money in the process.

### Meet Our Expert

Lloyd Coombes is an experienced freelance writer and has been working in the gaming and tech industry for seven years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. He's also a tech and fitness writer and has been published at sites including IGN, TechRadar, and plenty more.



The National College

Source: See the reference list on guide page at: <https://nationalcollege.com/guides/ea-sports-fc-26>

X @wake\_up\_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.10.2025

# uniform direct

[www.uniform-direct.com](http://www.uniform-direct.com)



Official School Uniform Suppliers for

## Bottesford Junior School



<b>Navy Sweatshirt</b> with Logo	from <b>£8.00</b>
<b>Navy Cardigan</b> with Logo	from <b>£9.00</b>
<b>White Polo Shirt</b> with Logo	from <b>£7.00</b>
<b>Grey or Black Trousers</b>	from <b>£6.00</b>
<b>Grey or Black Skirts</b>	from <b>£7.00</b>
<b>Sky Blue PE Hoodie</b> with Logo	from <b>£16.00</b>
<b>Sky Blue PE T-Shirt</b> with Logo	from <b>£5.50</b>
<b>Navy Deluxe Bookbag</b> with Logo	<b>£7.00</b>
<b>Navy PE Bag</b> with Logo	<b>£4.50</b>
<b>Black or Navy PE Shorts</b>	from <b>£4.00</b>



Order your School Uniform **Online** at [www.uniform-direct.com](http://www.uniform-direct.com)  
Visit us **in store** Uniform Direct, Market Street, **Gainsborough**  
Ordering for **September?** - Allow plenty of time ✓ Order Now

✓ April-June Best time to order

✓ July Expect Delays

✗ Aug-Sept Extreme Delays  
We guarantee for back to school



[www.shahsuniform.co.uk](http://www.shahsuniform.co.uk)

109 -111 West St, Scunthorpe DN15 6HX

## Official School Uniform Supplier for: **Bottesford Junior School**

<b>Navy Sweatshirt</b>	<b>£13.99</b>
<b>Navy Cardigan</b>	<b>£15.99</b>
<b>Polo Shirt</b>	<i>from</i> <b>£8.99</b>
<b>P.E T-shirt</b>	<i>from</i> <b>£6.99</b>
<b>P.E Hoodie</b>	<b>£16.99</b>
<b>P.E Shorts</b>	<i>from</i> <b>£4.99</b>
<b>Red Sweatshirt</b>	<i>from</i> <b>£11.99</b>
<b>Red Cardigan</b>	<i>from</i> <b>£13.50</b>
<b>Bookbag</b>	<i>from</i> <b>6.99</b>
<b>P.E Bag</b> <i>including zip pocket</i>	<b>£8.50</b>
<b>Grey or Black Trousers</b>	<i>from</i> <b>£7.99</b>
<b>Grey or Black Skirts</b>	<i>from</i> <b>£7.99</b>

All uniform is **available in store and online** -  
**Payment plan available online**



# ATTENDANCE

## WHAT THE NEW RULES MEAN FOR ME

### 1

**I'm a single parent of one child and we want to go on holiday for a week.**

Your holiday will not be authorised and you must talk to the school before you book anything. Because your child will miss 5 school days you will be given a penalty notice fine. The fine is £160 but if you pay it in 21 days it will be reduced to £80.

# £160



### 2

**FOR EVERY CHILD A PENALTY IS GIVEN.**



+ £160 + £160 + £160 + £160

**4 children & 1 parent = £640**

Reduced to £320 if paid in 21 days

### IRREGULAR ATTENDANCE

## 10 IN 10

### 5

If your child is absent for 10 or more sessions in 10 weeks and their absences are unauthorised. The school will consider prosecution.

### 1

**Day = 2 Sessions**

### 2

### 3

### FOR A FAMILY OF TWO PARENTS



+ £160 + £160 + £160 + £160



**4 children & 2 parents = £1280**

Reduced to £640 if paid in 21 days

### 4

#### 2ND TIME

2 parents and 1 child = £320  
2 children = 640  
3 children = 960  
4 children = 1280

No discount for early payment



#### 3RD TIME

A penalty notice fine will not be given. Instead, your case will be taken to court. A magistrate can fine each parent £2500 for each child  
**1 parent & 4 children = £10,000**  
**2 parents & 4 children = £20,000**

# 10 Top Tips for Parents and Educators

## DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

### 1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

### 2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

### 3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one-way' children respond.

### 4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

### 5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

### 6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

### 7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

### 8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

### 9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

### 10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

### Meet Our Expert

This guide has been written by Anna Bokeman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



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