



CASSIOBURY JUNIOR SCHOOL

NEWSLETTER No 3

Friday 26th September 2025

Dear Families,

Messages from Miss Sherry

It has been lovely to see so many of you in the mornings and after school. Please can I politely remind adults that you should not be cycling on the pavement and no one (child, adult or toddler) should be cycling or scooting within the school gates. Please support us with this. Thank you.

School Inset Days

This is your friendly reminder that the school is closed on Friday 24th October. 2025.

Jeans for Genes Day

We raised **£265** for our Jeans for Genes Day – thank you for your kind donations!

Parent Reps open meeting – Friday 3rd October 2025 – 9am – School Hall

Over the last few years, we have been having monthly Parent Rep meetings and I found the feedback and dialogue really helpful over the year. If you are interested then please feel free to join us at 9am on Friday 3rd October 2025 for a friendly meeting. We would really encourage you to try it. I don't expect you to do lots of jobs just pass on some information and gather feedback from other parents in your child's class.

Parent/Teacher Consultation Bookings are open!

Please see the separate correspondence regarding the Parent/Teacher Consultations for week commencing 20th October 2025. To book a consultation, either face-to-face or online, please follow the following link: <https://cassioburyjm.schoolcloud.co.uk/>

If both parents/carers would like to attend the online meeting, then one parent/carer would need to share the link to the other parent/carer and they will be able to join via the shared link for the meeting.

South West Herts Partnership Family Support Service – Parenting Course Flyer

Please see attached.

South West Herts Partnership – Tips and Advice – Child Mental Health

See flyer below.

The Mental Health Support Team - Please see the letter below.

If you **do not** wish for your child to be involved in any provision being offered by Hertfordshire Mental Health Support Team, please inform your educational setting. If you have any questions or concerns, please contact Mr Rutherford.

Special Mentions

3 Alder - **Nikolas G** - for being a kind member of the class and helping his peers when needed and **Jake S** - for great engagement and focus when completing independent learning.

3 Apple - **Harry P** - for having a great attitude to learning, always being focused and presenting his work well in his books - keep it up! **Hadi A** - for contributing well to class discussions as well as showing he is hard-working and a role model - well done!

3 Ash - **Mahi S** and **Freddie E** - for their efforts in class to work their hardest and give thoughtful, creative answers to questions - keep it up!

4 Hawthorn – **Adhira N** - for writing a thoughtful poem including expanded noun phrases, prepositional phrases and Year 4-worthy vocabulary and **Andrea L** - for giving insightful answers in our guided reading sessions.

4 Hazel – **Anousha A-M B** - for always being ready to learn and adding a lot of effort into her guided reading.

4 Holly - **Muhammed Hassan M** and **Mathilda B** - for rising to the challenges given to them to improve their handwriting.

5 Pear – **Maysa M** - for her participation and effort in all lessons and **Gabby T** - for settling well into 5 Pear.

5 Pine – **Byron C-A** - for doing his Mini Police HW and contributing in the group discussion when asked questions by PCSO Gunn and **Alice C** - for her contribution in English and Guided Reading sessions and asking insightful questions.

5 Poplar – **Sienna S** - for contributing to class discussion and listening and responding to feedback and **Liyang R** - for writing a great letter in English this week, well done!

6 Beech – **Sharoze Q R** and **Abigail J** - for giving some very thoughtful answers in reading lessons.

6 Maple - **Nana-Yaw K-Y** and **Sophie W** - for sustained effort and consistent participation in maths.

6 Oak – **Thea K** and **Libby R** - for excellent descriptive writing and full participation in lessons.

Thank you to..

Charlotte B and her family – **3 Alder** – for making use of the apples from our school grounds to create such delicious apple juice! The staff have thoroughly enjoyed drinking it. We really appreciate your efforts and creativity in making the most of our resources.

Diya P and **Praanav P** – **6 Oak** – for being excellent Office Monitors this week – thank you!

Well done to..

Anousha A-M B - **4 Hazel** – her poem has been selected as one of the winners in the Hertfordshire Library Centenary Poetry challenge. Her 100 word poem 'Lovely libraries' was selected out of 400 entries within Hertfordshire. She will receive a prize of children's poetry books & a Centenary badge & her poem will be published in the online & published booklets celebrating 100 years of Hertfordshire libraries.



Anousha also completed the summer reading challenge & I have attached the certificate – well done!



Anaahat K – 3 Apple – has completed her Level 3 Learn to Swim Award – well done!

Have a lovely weekend!

Miss Sherry and the School Office Team

DATES FOR YOUR DIARY

OCTOBER 2025	
3 rd	Parent Rep Meeting – 9am – School Hall – find out more about becoming a Parent Rep!
9 th	Year 4 Theatre Trip to The Lion, The Witch and The Wardrobe – see separate correspondence
13 th	Year 6 Height and Weight – see separate correspondence
15 th	Flu immunisation – see separate correspondence to follow
20 th	F2F - Parent/Teacher Consultations – more details to follow
23 rd	Paterson Joseph – Author Visit – see separate correspondence
24 th	Inset Day – school closed
27 th – 31 st	Half Term
NOVEMBER 2025	
6 th	Autumn Term Concert @ 6pm – more details to follow
7 th	Year 4 Anglo Saxon Day – more details to follow
25 th	Year 6 First Aid training – see separate correspondence
25 th	Flu immunisation catch up day
26 th	Year 4 Advent visit to St Luke's Church – more details to follow
28 th	Occasional Day
DECEMBER 2025	
8 th	Year 3 & 4 Pantomime – more information to follow
9 th	Year 5 & 6 Pantomime – more information to follow
12 th	Christmas Jumper / Festive Outfit Day / Christmas Dinner Day
19 th	Autumn Term 2025 ends at 1.05pm
JANUARY 2026	
5 th	Inset Day – school closed
6 th	Back to School for the Spring Term 2026
FEBRUARY 2026	
4 th	Young Voices 2026 – Year 6
16 th – 20 th	Half Term
MARCH 2026	
27 th	Spring Term 2026 ends @ 1.05pm
APRIL 2026	
13 th	Back to school for the Summer Term 2026
MAY 2026	
4 th	Bank Holiday
25 th – 29 th	Half Term
JUNE 2026	
JULY 2026	
23 rd	Summer Term 2026 ends @ 1.05pm
SEPTEMBER 2026	
1 st	Inset Day – school closed
2 nd	Inset Day – school closed
3 rd	Autumn Term starts
OCTOBER 2026	
23 rd	Author Visit – Paterson Joseph visiting – see School Gateway
26 th – 30 th	Half Term

NOVEMBER 2026	
27 th	Occasional Day – school closed
DECEMBER 2026	
18 th	Autumn Term 2026 ends at 1.05pm
JANUARY 2027	
4 th	Inset Day – school closed
5 th	Spring Term 2027 starts
FEBRUARY 2027	
15 th – 19 th	Half Term
MARCH 2027	
25 th	Spring Term 2027 ends at 1.05pm
APRIL 2027	
12 th	Summer Term 2027 starts
MAY 2027	
31 st – 4 th June 2027	Half Term
JUNE 2027	
25 th	Inset Day – school closed
JULY 2027	
21 st	Summer Term 2027 ends at 1.05pm
22 nd	Inset Day – school closed

September 2025

Dear Parent/carer,

Introducing: The Mental Health Support Team (MHST)

The Mental Health Support Team has been commissioned to work in educational settings across Hertfordshire to support children/young people/parent and carers with their emotional wellbeing. Your child's educational setting is supported by trained Mental Health Practitioners, working in collaboration with school staff. We aim to help all children and young people to succeed and achieve their full potential by providing a range of services, including:

- Group Work
- Workshops
- One-to-one sessions
- Drop-in sessions
- Supporting 'peer mentoring' programs,
- Signposting children with higher needs to access the right support,
- Offering training and consultation to school staff,
- Building on schools' current wellbeing provision.

Interventions offered by the MHST are evidence based and tailored to the individual needs of each setting. We use Cognitive Behavioural Therapy (CBT) strategies and Guided Self Help for mild to moderate mental health to support children and young people.

One-to-one referrals are made to MHST by educational settings. Please speak to your educational setting if you/ your child would like to access this support.

If you **do not** wish for your child to be involved in any provision being offered by Hertfordshire Mental Health Support Team, please inform your educational setting.

Please click this link [Your information](#) for further information about how your data is stored and your legal rights in relation to this. If you have any questions about the MHST, please feel free to contact us.

Yours sincerely,

Prince Nwosu (Pronouns: He/Him)
Watford Team Leader
Hertfordshire Mental Health Support Teams
[Schools Mental Health Support Teams \(MHST\) | Healthy Young Minds in Herts](#)



Co-parenting with Care programme for parents with children with SEN.

This 6-week online programme offers a structured approach to help you navigate your unique challenges, improve your relationship, and create a more supportive environment for your SEN child/ren.



The programme covers themes including:

- Understanding SEN and its impact on children and family dynamics
- Effective Communication Skills
- Managing Emotions & Stress
- Collaborative Problem Solving
- Building a Supportive Network
- Creating a Unified Parenting Approach

These 2 courses will be delivered via MS Teams, over 6 sessions on the following dates/times:

Date: Wednesday 15, 22 October and 5, 12, 19 & 26 November

Time: 9.30am to 11.30am

Date: Thursday 16, 23 October and 6, 13, 20 & 27 November

Time: 7.00pm to 9.00pm

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699

SCAN ME



We build better family lives together

www.familylives.org.uk



@FamilyLivesHertsandBeds



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South West Herts Partnership

Tips & Advice:

CHILD MENTAL HEALTH

INTRODUCTION

Child mental health refers to the emotional, psychological, and social well-being of children, which influences how they think, feel and behave. Family life, school experiences and trauma are all factors that can significantly impact a child's mental health. Early recognition and support are essential to help build resilience and cope with life's challenges to enable them to grow into healthy, well-adjusted adults.

IMPORTANT FACTS

- Mental health issues are common and can affect anyone regardless of age, genders and backgrounds.
- Most common mental health disorder in children is Anxiety & depression. Prevalent conditions include: ADHD, Autism, Conduct and Eating disorders
- Children with mental health conditions are more likely to struggle academically, experience bullying or exclusion, have poorer physical health and face difficulties in later life.
- Early intervention is crucial for improving outcomes and preventing long term affects. Help & support is available.
- Having strong supportive relationships are vital and can significantly impact mental health.

SIGNPOSTING

- ⇒ [NHS https://www.nhs.uk/contact-us/out-of-hours-helpline/](https://www.nhs.uk/contact-us/out-of-hours-helpline/)
- ⇒ <https://www.hertsmindnetwork.org/services-for-young-people/>
- ⇒ <https://www.justtalkherts.org/just-talk-herts.aspx>
- ⇒ <https://www.childline.org.uk/>
- ⇒ <https://firststepsed.co.uk/>

TIPS/TOOLS

- **Open Communication** - provide a safe space - use active listening - non-judgemental - show empathy.
- **Healthy routines**— regular sleep, nutritious meals and limiting screen time.
- **Creative Activity**
 - ⇒ **journaling** - record thoughts, feelings and self-reflection.
 - ⇒ **Art therapy** - enable children to express themselves in a non-verbal way through various art forms e.g. painting, collage.
 - ⇒ **Music** - listening or creating music is a powerful way to reduce stress and improve mood.
- **Mindfulness Practices** such as mindful breathing or movement can help manage stress and overall well-being.
- **Positive Affirmation** - short positive statements that children can repeat to themselves to help boost self-esteem and confidence.

Access free printable resources:

- [GoZen.com/printables/](https://www.gozen.com/printables/)
- [Free Occupational Therapy Worksheets and PT Resources - Your Therapy Source](https://www.freeoccupationaltherapyworksheetsandptresources.com/your-therapy-source)
- <https://connect.kooth.com/for-families>

We can offer support with mental health and emotional wellbeing (school referral only):

- We can support with **CAHMS/PALMS referrals**.
- We can provide emotional support with **1:1's, Drop-in sessions, Coffee mornings and group work**.
- We can provide **workshops in emotional wellbeing, exam stress, protective behaviours and transition**.
- Produced the **SWHP 'All About me Game'** to use with our schools and promote self-esteem, help relationships and support young people's sense of self-worth.



<https://www.southwesthertspartnership.org.uk/>

Please visit our website as above or click on the QR code and start following us for more guidance, support and signposting.

