

FALCONS PRIMARY SCHOOL

NEWSLETTER

Autumn Term Issue 2: 12th September 2025

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THE WELL-BEING EDITION

Last academic year at Falcons we joined forces with the **52 Lives** charity and took part in a School of Kindness programme. Each class nominated a Kindness Ambassador who met with Miss Dempsey and came up with ways to encourage and spread kindness in our classes. The Kindness Ambassadors did a great job and we have are now a Kindness Ambassador School!



Would you like to be a Kindness Ambassador?

- We meet every Wednesday lunchtime in Miss Dempsey's room.
- We share ideas about how to spread kindness with other schools.
- We help our classes to put some of our ideas into practice in our classrooms.
- We lead on Seva Projects to help others.

Personal, Social and Emotional Well-Being at Falcons

At Falcons, we teach PSHE through the Jigsaw scheme of learning. This half term we are exploring 'Being me in my world'.

This unit covers a wide range of topics, including: a sense of belonging; welcoming others; being part of a school community, a wider community, and a global community; children's rights and responsibilities; working and socialising with others; and pupil voice.



Wellbeing Tips for a Positive Start to the School Year!

Share your feelings.

Talk about feelings. Remember it's okay to feel nervous or excited. Sharing how you feel with a trusted adult really helps!



Get Plenty of Sleep. A good night's sleep helps you feel ready to learn and play.



Eat a Healthy Breakfast.

Fuel your brain with something tasty and nutritious.



Celebrate Small Wins.

Every step forward is worth celebrating!

Be Kind to Yourself.

Mistakes are part of learning. You're doing great!



At Falcons, we don't stand for bullying!

Check out this great poster to remind you what bullying is. To put it simply bullying is:

1. an **unkind** act
2. done **on purpose**
3. something that happens **several times.**



Is it Bullying?



When someone says or does something unintentionally hurtful and they do it once.

That's RUDE



When someone says or does something intentionally hurtful and they do it once.

That's MEAN



When someone says or does something intentionally hurtful and they keep doing it even when you tell them to stop or show them that you're upset.

That's BULLYING

struggling with work

worried about a family member or friend

worried about a secret

problems with friends

feeling unsafe

changes at home

angry

lonely

upset by something online

upset by something you've seen or read

hungry, cold or unwell

feeling left out

feeling sad or worried for no reason

teasing or name calling

Feeling unhappy? Tell an adult in school. We can work it out together.

No problem is too big!

Your Falcons Safeguarding Team



Mrs Mann



Mrs Young



Mrs Mistry



Miss Southward



Ms Kaur

No problem is too small!



- > Talk to a grown-up you trust.
- > Bring a friend if you want.
- > Tell us before you go home.



Write us a note.

Come to our room.

Grab us for a chat.

