

Dear Parents and Carers,

It has been such a busy week in school.

Today we have celebrated World Mental Health Day in school and Year 1 and 2 have been on a wonderful trip to Milestones Living History Museum. Please read on to find out more details about both!

Next week, we are looking forward to holding our Autumn Term meetings with parents about your children's progress. If you haven't booked a slot yet, please do over the weekend as the booking system will close on Monday afternoon.

I hope you all have a wonderful weekend.

Best wishes,

Mrs Easthope

Dates for this term: *new dates in italics*

Parent Tours for Reception Intake September 2026 – ask office for dates/times or see 'joining our school' on the website

14th and 16th October – Parents evening

20th October – Deaflympics (more details to follow)

21st October – Harvest Festival at St Paul's Church

22nd October – *INSET Day – no children in school*

23rd October – 2nd November *HALF TERM*

3rd November – *Children back to school*

10th November – Odd Socks Day (for Anti-Bullying Week which runs from 10th Nov to 14th Nov)

13th November – *Year 3 and 4 Voices Inspire Event at Salisbury Cathedral (more details to follow)*

11th December – 5.30pm EYFS and KS1 Nativity Play (more details to follow)

16th December – 6pm Christmas Service at St Paul's Church (more details to follow)

17th December – Christmas Lunch Day

19th December – Last day of term. Collection at 1.30pm

FOSSP – Friends of Sarum St Paul's - please join their FOSSP Facebook page.

Sadly we have made the decision to cancel the Car Boot sale as there hasn't been sufficient interest.

We will be sending out information for future events very shortly. Please do try and support these events and raise vital funds for the school. Thank you.



FOSSP Pumpkin trail
Friday 17th October, After school.
More details to follow.

Forest Schools

The next Forest School session will take place on Thursday 16th October with **Year 5**. Please dress for the weather. Your child **MUST** wear long trousers and wellies.

Harvest Festival

Family members are welcome to join us for our whole school

Harvest Festival at St Paul's Church on Tuesday 21st October. The service starts at **9.45am** and will last around 45 minutes. If you are able to help walk to and from church, please let your child's class teacher know.

We are taking donations for Salisbury Food Bank. If you would like to donate, please send your child to school with an item to donate. Any donation would be appreciated. The list below are things they are short of. If the item is food, it must be in date. Thank you in advance for your support.

TINNED MEAT/ FISH, TINNED/ INSTANT MASH POTATOES, TINNED TOMATOES, TEA/COFFEE, PACKET AND SPOUNGE PUDDINGS, RICE PUDDING/ CUSTARD, JAM, LONGFIE FRUIT JUICE, UHT MILK, BISCUITS/ SNACKS

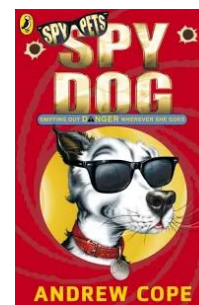


Safeguarding

Each week we share useful safeguarding information for parents / carers. The purpose is to empower you, raise awareness to protective measures you could adopt and provide up-to-date information on trends in order to safeguard your child.



We have been made aware of the following information regarding a set of children's books. The books involved are the series Spy Dogs/Pups and Spy Cat books written by Andrew Cope. These books contain a link to a website which contains highly pornographic content. The book asks children to explore the website to find more about the characters in the book. It appears the website identified on the back or inside page www.Spydog451.co.uk has now been compromised and takes users to a pornographic website with no age verification. Please check to see if you have this book at home and remove it or cross out the link so it is not visible.



Deaflympics

The Deaflympics will be held in Japan starting on November 15th. 21 Sports will be represented including athletics, football and orienteering.

In support of this fantastic event we will be hosting our own mini games to include 7 events from a range of countries taking part. This will take place on Monday 20th October in the afternoon and all children will be taking part, whatever the weather! With this in mind, please make sure your child brings a coat and is wearing their PE kit with a sensible pair of trainers. Please also make sure that they have some wellies in school.



World Mental Health Day

This week, our school community came together to celebrate **World Mental Health Day**, recognising the importance of looking after our minds as well as our bodies. The theme throughout the week was *mindfulness* — taking time to pause, reflect, and appreciate the world around us.

Students and staff enjoyed a range of activities designed to promote wellbeing and self-awareness. Our **mindful walks** encouraged everyone to slow down, notice nature, and take a peaceful break from the busy school day. In the dining hall, we celebrated **mindful healthy eating**, with delicious, nourishing meals that reminded us how food can fuel both body and mind.

Lunchtimes were filled with joy and creativity thanks to **live music performances from the year 5's**, which created a relaxing and uplifting atmosphere across the school grounds. In classrooms, pupils took part in **mindful activities** — from calming art sessions, poetry writing to thoughtful **PSHE lessons** exploring what makes each of us unique and special.

Throughout the week, **staff also shared their own tips and practices for supporting their mental health**, from spending time outdoors and exercising, to journaling, reading, or enjoying quiet moments with family and friends.

The week was a wonderful reminder that taking care of our mental health doesn't have to be complicated — sometimes, it's about simply pausing, breathing, and being kind to ourselves and others.

At SSP, we are proud to nurture not only learning, but also the wellbeing and resilience of every member of our community. 💚



World Mental Health Day continued...

