

This week...

Year 3 had a great time at the Natural History museum on Tuesday. We explored the museum's displays of fossils and rocks and got hands on with many different kinds of rocks during our workshop. Class 8 really enjoyed looking at the Plesiosaur fossils. Class 9 enjoyed identifying the different sedimentary, metamorphic and igneous rocks.

Our **Nursery** children were very lucky to have a special visit from two police officers on Wednesday. The officers showed us all of their equipment and how it's used. We used the radio to speak to each other and the highlight was being allowed to sit in the police car and set the sirens off!



Year 1 and 2 children were incredibly lucky to have an author visit from Simon Murray, author of *Icky Doo-dah*. Simon read some of his books to us and then we had an opportunity to draw along with him the character from his stories. Have a look at some of our drawings! Simon has given the children a leaflet, if you would like to purchase one of his books. These are in the children's book bags and money and slip to be returned to school by next Friday 6th February.



Year 4 Hill End Parent Meeting

Thank you to all those who attended the Year 4 Hill End Parent Meeting on Wednesday- it appeared to be almost the whole year group. A copy of the presentation can be found on our website here - [Hill End Presentation](#).

Assembly

This week we discussed the 'Space Dive' which took place a few years ago. We watched parts of the video which showed Felix Baumgartner riding a special balloon into the stratosphere and then jumping, in a space suit, back to earth. What's the link? This time it was linked to our green rule 'Attitude'. Without a positive attitude and a motivation to strive forward, events like this would not take place. Felix was only one part of a huge team of mathematicians and scientists working on achieving a safe and successful event which had never been attempted before. So the green rule is important for life as well as school- addressing challenges with the best possible mindset will help you achieve.

Parent Meetings - taking place during the week of the 9th February, appointments start after school

Online Parent Meeting booking links were sent home yesterday, please check your emails for instructions on how to book. If you have not received this link, please contact the school office. If you haven't yet booked, please do so as soon as possible as appointment slots are filling fast!

Just a reminder that for children on the SEND Register:

Years 1-6 Parents: Your class teacher will contact you directly to arrange a separate appointment time. You do not need to book an appointment using the email sent. If you have booked in error, your teacher will cancel the appointment.

Reception Parents: Please arrange an appointment using the link sent yesterday. Your class teacher will also be in contact to arrange a separate SEND appointment.

PALS

The money has been counted and we are very pleased to tell you that Break the Rules Day raised a fantastic **£646.81**! Thank you all for your support and kind donations.

Tonight is the PALS Quiz Night, another great event in the PALS calendar, bringing parents (and staff) together for an evening of fun. We hope that goes well and look forward to hearing who wins!

The next event taking place is the Non-Uniform Day on the last day of term, **Friday 13th February**. Children are welcome to come to school wearing something Red, White or Pink (maybe even something with hearts on!). Suggested donation of £2 per child. PALS reps will be on the gates to take any card payments, or your child can hand cash to their teacher in the morning.

Tickets now also on sale for PALS Spring Disco - 20th March 2026

Nursery and FS: 3.15 - 4pm

Years 1 and 2: 4.15 - 5pm

Years 3 and 4: 5.15 - 6pm

Years 5 and 6: 6.15 - 7pm

Tickets cost £4 per child.

For more information and to book go to: <https://forms.gle/yf1XL2VknstDnQ1s5>

Celebrating Success

Congratulations to Niamh from Class 14 who spent all weekend at the All England's Championship for her Irish dancing. She did an awesome job. It was her first time competing in her Ceili team and their 4-hand got 2nd place and she got a 4th place in her 2-hand. Then in her solos she did amazingly well, and topped it off with a 3rd place in the major trophy competition! Well done Niamh!



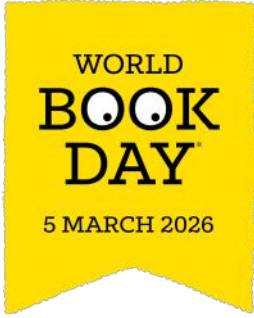
Dates for Spring Term 1...

Please keep checking these dates for any additions or amendments!

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|-------------------------------|--|
| Tuesday 3rd February | <ul style="list-style-type: none">Year 6 Cycle Training - remember bikes and helmets!Reception Drawing Club (selected pupils), 3-4pm - last one! |
| Wednesday 4th February | <ul style="list-style-type: none">Year 1 Sing & Sign Club (selected pupils), 3.10-4pm - last one this term!Year 5 & 6 Crochet Club (selected pupils), 3.10-4.15pm - last one this term! |
| Thursday 5th February | <ul style="list-style-type: none">Reception Early Reading/Phonics Session for parents/carers, 8.45 - 9.30am. Sign up required - refer to letter here |
| Mon 9th - Thurs 12th February | <ul style="list-style-type: none">Online Parent Meetings - please refer to your email for the booking links. |
| Friday 6th February | <ul style="list-style-type: none">Class 10 Swimming, remember towels and costumes! |

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| | <ul style="list-style-type: none"> Year 6 Cycle Training - remember bikes and helmets! - Additional date |
| Tuesday 10th February | <ul style="list-style-type: none"> Year 6 Cycle Training, Test day - remember bikes and helmets! |
| Wednesday 11th February | <ul style="list-style-type: none"> Year 6 Artwork Showcase for Parents and Carers, 2 - 2.30pm in the hall. Refer to email sent on ParentPay 30/01. |
| Friday 13th February | <ul style="list-style-type: none"> PALS Dress Up Day, more details above. Class 10 Swimming, remember towels and costumes! Last Day of Term 3 - normal finish time |

Notices

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| Attendance Please email the school office. <u>Do not email the year group.</u> | <p>If your child is not in school, you must notify us by leaving a message on our answer phone or by emailing office.2609@ladygrove-park.oxon.sch.uk before 9am on each day of their absence. Email is preferable as we are finding it increasingly hard to understand due to unclear messages and poor telephone signal.</p> <p>Please state clearly and concisely your child's full name, class and their reason for absence - <u>being specific about the illness or medical needs</u>. You must inform the school in advance by email above, if you need to take your child for an educational setting visit, religious observance or similar. These absences will need to be pre agreed by us. No birthdays, cheaper holidays, altered holiday arrangements or similar will be agreed. In line with strict government legislation, they will be recorded as unauthorised on your child's attendance record.</p> |
| ParentPay Payments Reminder | <p>A reminder to login to ParentPay to make any outstanding payments for trips, school lunches and extended schools.</p> <p>Also a reminder to Year 6 parents to make payment for the SATs revision guide.</p> <p>Many thanks!</p> |
| World Book Day Thursday 5th March  | <p>World Book Day is on Thursday 5th March and we will be celebrating books in all their glory. The children (and staff) are welcome to dress up as an interesting adjective from their favourite book (e.g. sparkly, stripey, graceful, dazzling). We strongly encourage you to use what you already have at home to create these costumes. The children are welcome to bring in their book to share with their class. If they do not wish to dress up they can come in school uniform. Each class will be spending the whole day off timetable, exploring, reading and celebrating books. Teachers will be sharing some of their favourite books with the children and as always, children will be given World Book Day tokens on the day to purchase this year's World Book Day books, or towards another book of their choice at most book shops.</p> <p><u>Sponsored Read</u></p> <p>Alongside all the activities we will be completing in school on World Book Day, we are also encouraging the children to participate in a 'Sponsored Read' in the week running up to it. The children can read or be read to 'anything with words' - for example this could be a recipe book, an instruction manual or magazine/comic! We are asking that all sponsor forms and money (cash only please) are handed in on World Book Day. If your child completes this they will earn 5 Gold Stars! A sponsorship form will be sent home soon, please look out for these in your child's bag. The money we raise from the sponsored read will be used by the school to purchase new reading material for the children. Thank you!</p> |
| Oxford Literary Festival | <p>The Oxford Literary Festival is taking place on the first week of the Easter holidays - 28th and 29th March and they are holding lots of children's events. Click on the link below for more information:</p> <p>https://oxfordliteraryfestival.org/literature-events/2026/children+%26+young+people</p> |
| SJ Multisports February Half Term Camp | <p>SJ Multisports will be running their Holiday Camp on 16th, 17th and 18th February. See the flyer at the end of this newsletter for further information.</p> <p>If you would like to book a place, please visit https://sj-multisports.classforkids.io.</p> |

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| | For any queries, please contact sjmultisportscamp@gmail.com |
| External Clubs and Activities | <p>If you are looking for external clubs and activities taking place in the local area, or for any upcoming holiday camps, please visit this page on our website - https://www.ladygrove-park.oxon.sch.uk/parents/external-clubs-activities</p> <p>New additions this week:</p> <ul style="list-style-type: none"> ★ WR Sports February Half Term Camps ★ Angels Performing Arts - February Half Term Holiday Workshop ★ The North Wall Centre - February Half Term Activities ★ Harwell & Hendered Youth football - Year 4 Footballers Wanted! ★ Didcot United Rugby Free Taster Sessions ★ Elite Sports February Half Term Camps |

All children have periods of dysregulation, and it is normal for them to need some adult support to return to a state of calm.

THE DO'S OF CO-REGULATION

- 1 STAY CALM, EVEN WHEN THEY CAN'T**

Your nervous system is their anchor — when you stay steady, their brain begins to feel safe again.


- 2 LOWER YOUR VOICE, NOT RAISE IT**

Soft tones signal safety. The quieter you are, the more likely they are to tune in.


- 3 OFFER PRESENCE BEFORE WORDS**

Sit nearby, breathe slowly, and let them feel your calm before you try to talk or teach.


- 4 VALIDATE THEIR FEELINGS**

"I can see that was really hard for you." Feeling understood helps their body release tension and move towards regulation.


- 5 FOCUS ON SAFETY, NOT SOLUTIONS**

In the heat of dysregulation, your goal isn't to fix — it's to help them feel secure enough to come back to calm.



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WHAT HELPS YOU STAY REGULATED AS THE ADULT

THE CHILD'S MELTDOWN IS NOT A REFLECTION OF YOU

When a young person is overwhelmed, they are not being difficult on purpose. Their nervous system is in survival mode. If we interpret the meltdown as a personal attack, a parenting failure, or something to control, our own stress response rises. Your first job is not to 'fix the moment' — it is to stay steady enough to co-regulate.

NOTICE YOUR OWN SENSATIONS

Your body will give you early signals: tight chest, held breath, clenched jaw, heat rising, urgency to act. These are signs of your nervous system being pulled into the child's overwhelm. The moment you notice these sensations, pause. The pause is the regulation.

LOWER YOUR PHYSIOLOGY

Before you speak, lower your heart rate. Slow exhale. Unclench shoulders. Drop your voice. Your nervous system communicates safety far more loudly than your words ever can. When you are able to settle, the child's body receives the message: We are safe. I can come back.

REDUCE INTERNAL PRESSURE

You do not need to solve anything in this moment. You do not need to teach, correct, or explain. The meltdown is not the learning moment — connection is. The only goal right now is safety.

ANCHOR PHRASES FOR YOU

Silently (or quietly) repeat:

- "This is not an emergency."
- "I can go slow."
- "We will move through this together."
- "This moment will pass."

Your internal script shapes the child's external reality.

REPAIR STARTS WITH REGULATION, NOT REPAIR

Once the child has returned to calm, and you are also grounded, then reflection, guidance, and learning can happen — without shame and without fear. When adults lead with steadiness rather than reactivity, the message becomes: Big feelings do not break connection. This is the heart of emotional safety.

Want to learn more about the timeline of a meltdown? Explore the Timeline of a Meltdown resource by The Contented Child for visuals, tools, and resources that explain the cycle. ©TheContentedChild. For personal use only. Not to be reproduced, shared, distributed, or altered without written permission.

School Vacancies

Teaching Assistant

We are looking to appoint a Teaching Assistant for the remainder of this academic year 2025-26 to start as soon as possible, ending 31st August 2026.

[Click here for vacancy details](#)

[Click here for Person Specification for Teaching Assistant](#)

[Click here for an Application Form](#)

Deadline Date for Applications: Monday 2nd February - by 9am

Interview Date: Thursday 5th February

Start Date: As soon as possible

Ladygrove Park Primary School is committed to safeguarding and promoting the welfare of all children. All staff are expected to share this commitment and take on this responsibility. The successful candidate will be required to undertake all necessary safer recruitment checks, including an enhanced DBS (Disclosure and Barring Service) check. We reserve the right to carry out an online search as part of our due diligence on shortlisted candidates. All school based jobs are exempt from the Rehabilitation of Offenders Act, as the work brings employees into contact with children. Applicants for the job must, therefore, disclose all spent and unspent convictions. The possession of a criminal record will not necessarily prevent an applicant from obtaining this post, as all cases are judged individually according to the information provided.

It is an offence to apply for the role, if an applicant is barred from engaging in regulated activity relevant to children. Ref. Child Protection and Safeguarding Policy on the school website. Ladygrove Park Primary School is an equal opportunities employer and we welcome applications from a range of backgrounds to represent diversity in line with our schools' community. Satisfactory DBS checks and references satisfactory to the school are conditional to appointment.

Autumn Winter
2025 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

03/11/25
24/11/25
15/12/25
19/01/26
09/02/26
09/03/26

Option One

Creamy Coconut &
Chickpea Curry
Served with Rice

Beef Lasagne with
Garlic Bread

Roast Chicken, Roast
Potatoes and Gravy

BBQ Chicken
Pasta

Fishfingers
with Chips

Option Two

Vegetable Curry served
with Rice

Vegetable Lasagne with
Garlic Bread

Quorn Roast with Roast
Potatoes and Gravy

BBQ Quorn
Pasta

Cheese and Bean Pasty
with Chips

Vegetables

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Baked Beans

Dessert

Cheese and Crackers

NEW Apple Crumb Cake

Fruit Medley

Jelly with Mandarins

Cookie

WEEK TWO

10/11/25
01/12/25
05/01/26
26/01/26
23/02/26
16/03/26

Option One

Classic Cheese and
Tomato Pizza
with Wedges

Spaghetti
Bolognaise



Roast Chicken or
Quorn Roast Potatoes
and Gravy

Meatballs in Tomato
Sauce with Rice

Fishfingers
with Chips

Option Two

Vegetable Pizza with
wedges

Vegan Spaghetti
Bolognaise

Vegetables of the Day

Plant Balls in a Tomato
Sauce with Rice

Cheese Whirl
with Chips

Vegetables

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Peas

Dessert

NEW Gingerbread
Cookie

Chocolate and Beetroot
Brownie with Chocolate
Sauce

Fruit Salad

Sticky Toffee Apple
Crumble

Vanilla Shortbread

WEEK THREE

17/11/25
08/12/25
12/01/26
02/02/26
02/03/26
23/03/26

Option One

Jacket Potato served
with Cheese

Beef Pasta
Bolognaise

Roast Chicken with
Roast Potatoes and
Gravy

Mild Caribbean Chicken
with Rice

Fishfingers
with Chips

Option Two

Jacket Potato served
with Baked Beans

Tomato Pasta

Quorn Roast and Roast
Potatoes and Gravy

Caribbean Stew with
Rice

Cheese Omelette
with Chips

Vegetables

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Baked Beans

Dessert

Oaty Cookie

Pear Crumble

Fruit Salad

NEW Jamaican Ginger
Cake

Cookie

MENU KEY



Added Plant Protein



Wholemeal



Vegan



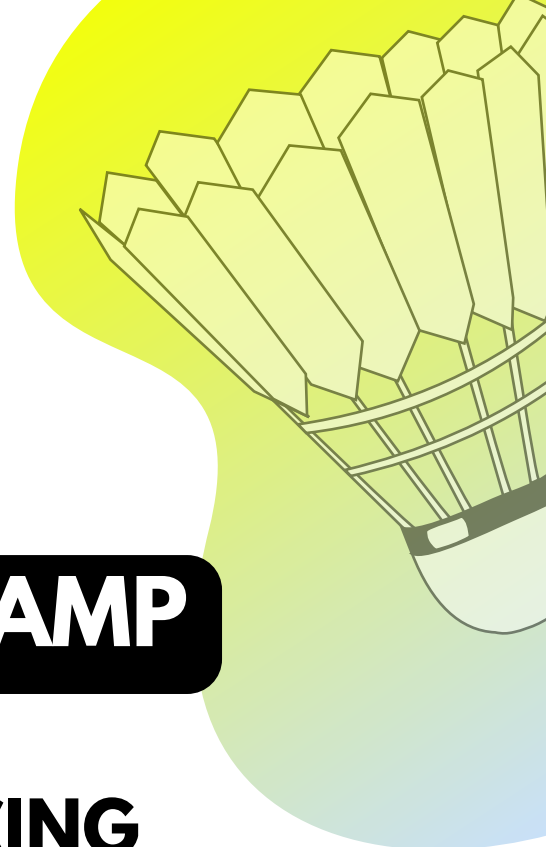
Chef's Special

ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.



Scan to book



MULTISPORTS CAMP

○ TIME SLOTS & PRICING

8:30-15:30 (£25)

8:30- 16:30 (£27)

○
**FOR ALL GENDERS
KS1 & KS2**

**LPPS PUPILS ONLY
SIBLING DISCOUNT 10%**

○
**DBS CERTIFIED
FIRST AID TRAINED
SAFEGUARDING TRAINED**

What to bring:

- Packed lunch
(No nuts)
- Water bottle
- Sports wear

**MAX 30 SPACES
PER DAY!**



sj-multisports.classforkids.io



sjmultisportscamp@gmail.com



07572240036 / 07875102598



**Ladygrove Park Primary School
Entrance & exit via hall doors**

February dates:
Monday 16th
Tuesday 17th
Wednesday 18th