



Outstanding In All Areas



All Souls CE Primary School School Newsletter Spring Term 1 Week 1



Our School Vision: *Experiencing life in all its fullness, we grow to be the best that we can be* – Based on John 10:10

Friday 9th
January 2026



Dear Parents and Carers,

Happy New Year to you all! Despite all the cold weather we have had this week, the children have been quick to settle back into the school routines after the festive break. It was lovely to be greeted by lots of smiles on Tuesday morning, and it sounds as if a good time has been had by many of our families over the holidays.

Regarding the cold weather, please ensure your child comes to school with a warm coat, a hat and gloves. We have been teaching the children how to look after all their winter extras, particularly our younger ones, by putting gloves in pockets, and hats and scarves down a sleeve so they don't get lost.

I have reviewed our school attendance for last term, and I am very pleased to report that we have seen a big improvement this year, despite all the illness at the end of last term. Thank you for your continued support with this, it is so important in terms of the long term impact on your child's educational journey. There will be certificates and badges for all the children with attendance above 98%, last term, given out on Monday, along with our attendance raffle.

Finally, a reminder that on Tuesday morning, next week at 9:10am, I am holding a coffee morning about all things to do with safeguarding - so if you want to learn more, please do come along.

Have a lovely weekend everyone!

Jo Plesniak - Head of School



We have noticed that lots of the children have come to school this week looking tired and sleepy. As we get back into our school routines, here is a reminder about the importance of sleep for all of us.

SLEEP

Hygiene Poster

Sleep hygiene includes both your sleeping environment and your sleeping behaviour. Good sleep hygiene can impact your wellbeing promoting better quality sleep.

Sleep hygiene includes:

- setting a sleep and wake schedule;
- following a bedtime routine;
- being consistent with healthy habits;
- creating a calm environment for sleep.

Top Tips for Sleep Hygiene

Maintain a Consistent Sleep Routine

Go to bed and wake up at the same times every day, even on your days off and on weekends.

Create a Relaxing Bedtime Routine

Engage in a calming or relaxing activity such as reading, gentle stretching or meditation to calm your mind and body.

Organise Your Sleeping Environment

Clear away clutter and put any laundry away. Have a cool, dark and quiet room to settle down in.

Consider Nutrition

Avoid large meals, caffeine and alcohol a few hours before bedtime. These may cause sleep disturbances, indigestion and headaches.

Limit Screen Exposure

Aim to avoid screens for at least an hour before bedtime. The light emitted from screens can trick your body into thinking it is not time for bed and stimulate your brain.

Clean Bed Linen

It is recommended you change your bedlinen at least every two weeks, and once a week in warmer weather. Rotate and vacuum your mattress each month to keep it fresh too.

Remember, sleep hygiene will not cure sleep problems - it is important to talk to a medical professional about any concerns you have.

Y6
Keano
Cavarli
Shanice
Ridwan
Cirae-Hannah
Anika
Nusaiyba
Yousef
Zahra
Aria

Y5
Eshaan
Haruka
Anoushka
Ted
Melina
Elisa
Melissa
Thomas
Ahmad
Hannah
Amiyah Grace

Y4
Jesus
Nana
Umar
Fumi
Hugo
Skye
Felicity
Nasir
Ibaad
Anaiyah-Mae
Atley



Y3
Wajihah
Siting
Roel
Amirah M
Amira I
Tasmia
Sydney

Y2
Jude
Charlotte
Dea
Yasir
Arabella
Sofiane
Cora
Alice
Lucas

Y1
Dhawani
Giorgia
Isabella
Brienne
Noora
Amelia (Bibi)
Isadora
Grayson

Parents' Autism Awareness Course (PAAC)



- Is your child in the Early Years or Primary School?
- Has a diagnosis of autism been made?
- Would you like to know more about how to support your child?

- Delivered by: Bi-Borough Inclusion Service - Autism Advisory Team, Early Years Speech and Language Therapy and Occupational Therapy
- The sessions will be run online via MS Teams over 6 weeks
- Start Date: 28th January 2026
- Time: 10.00am - noon
- To book your place on the course – or for further details, please email:

AEYIT@rbkc.gov.uk



Central London
Community Healthcare



City of Westminster



Federation of
Westminster Special Schools
Training and Outreach



THE ROYAL HOSPITAL
OF KENSINGTON
AND CHELSEA

Bi-borough
Inclusion Service

Timetable



Session	Theme	Dates
Session 1	What is Autism?	28th January 2026
Session 2	Autistic Communication	4th February 2026
Session 3	Autistic social interaction	11th February 2026
Session 4	Sensory processing	25th February 2026
Session 5	Autism and Behavioural Communication	4th March 2026
Session 6	Wellbeing, discussing diagnosis and looking ahead	11th March 2026

Butterflies 90%	Year One 96%	Year Two 92%	Year Three 95%	Year Four 95%	Year Five 95%
Year Six 95%	Willow 94%	Sycamore 95%			

Well done to Year 1 for their excellent attendance this week

Please use the email absent@allsoulsprimary.co.uk to let us know if your child is unwell or is unable to attend school



UPCOMING EVENTS



Monday 12th January - Celebrations Collective Worship including Attendance Presentations

Tuesday 13th January - Parent Coffee Morning at 9:10am in RHH - 'All you need to know about safeguarding' with Mrs Plesniak

Friday 16th January - Y6 meeting the Lord Mayor of Westminster at Westminster City Hall

Monday 19th January - Museum Ambassadors starts for some of Y5/Y6

Friday 23rd January - Eco Team taking part in the Great British Bird Watch

Tuesday 27th January - Parent Coffee Morning at 9:10am in RHH - 'How we teach RE at All Souls' with Mrs Legg

Thursday 29th January - Choir visit to see HMS Pinafore

Friday 30th January - The Village at Forest School

Please join us in Riding House Hall at 9:10 am on Monday morning.

Red on the Rainbow: Letian (Y5) and Noora (Y1)

This Week's Commendations go to...

Butterflies: Alfie and Lara

Year One: Grace and Luna

Year Two: Yasir and Charlotte

Year Three: Umaima and Elliot

Year Four: Aya and Alerckson

Year Five: Elisa and Ahmad

Year Six: All of Y6

Willow: All Of Willow

Sycamore: All of Sycamore



Whole school focus - Kindness and Friendship Awards:

Y1: Dhwani

Y2: Cora, Jude, Ayaan and Alice

Y3: Evia, Tasmia and Oisin

Y4: Sheku, Umar and Nana

Y5: Amiyah and Maisie

Y6 School Ambassadors for Spring Term:

Adele, Iraaz, Hana and Zahra

BE
the best
YOU CAN BE

This week in pictures:

