



# Parklands Community Primary & Nursery School Bulletin



## SPRING 2 WEEK 2

### SCIENCE

We're excited to celebrate Science Week with a range of creative, curious and problem-solving activities across the school. This starts on Monday, with an opportunity for children to dress up (see page 2).

In celebration assembly on Friday, we'll be presenting the Mrs Trezise Science Awards. Many families will know that Mrs Trezise was a former pupil and a much-loved teacher here for over 30 years. She sadly passed away in November 2024, and these awards help us honour her passion for Science and her kindness, enthusiasm and dedication.

Each class teacher will recognise one child who has shown exceptional curiosity, kindness or enthusiasm for learning, especially in Science, and we'll also award the overall shield winner.

We're looking forward to a fantastic week of learning and discovery.



### GOLD AWARD WINNERS

Sandi, Arya D & Jewel  
Eileen-Mary-Anne  
Imogen  
Noah HS  
George D  
Libbie



### WEEKLY CLASS ATTENDANCE

Whole school target - **96%** or above.  
Whole School Attendance this year -

**94.66%**

This week's whole school attendance -

**94.88%**

Year R		97.4%
Year Y1		97.2%
Year Y3		96.4%
Year Y4		96.3%
Year Y2		95.7%
Year N2		94.8%
Year Y6		92.1%
Year Y5		89.2%

A week's worth of dojos to Reception children present on Friday!

### TERM TIME HOLIDAYS

Taking holidays during term time is not allowed unless the headteacher agrees there are exceptional circumstances. Family holidays and travel are not considered exceptional. If leave is not authorised, the absence is recorded as unauthorised. Under the national rules introduced in August 2024, parents must be fined once a child reaches five days (10 sessions) of unauthorised absence **within a rolling 10-school-week period.**

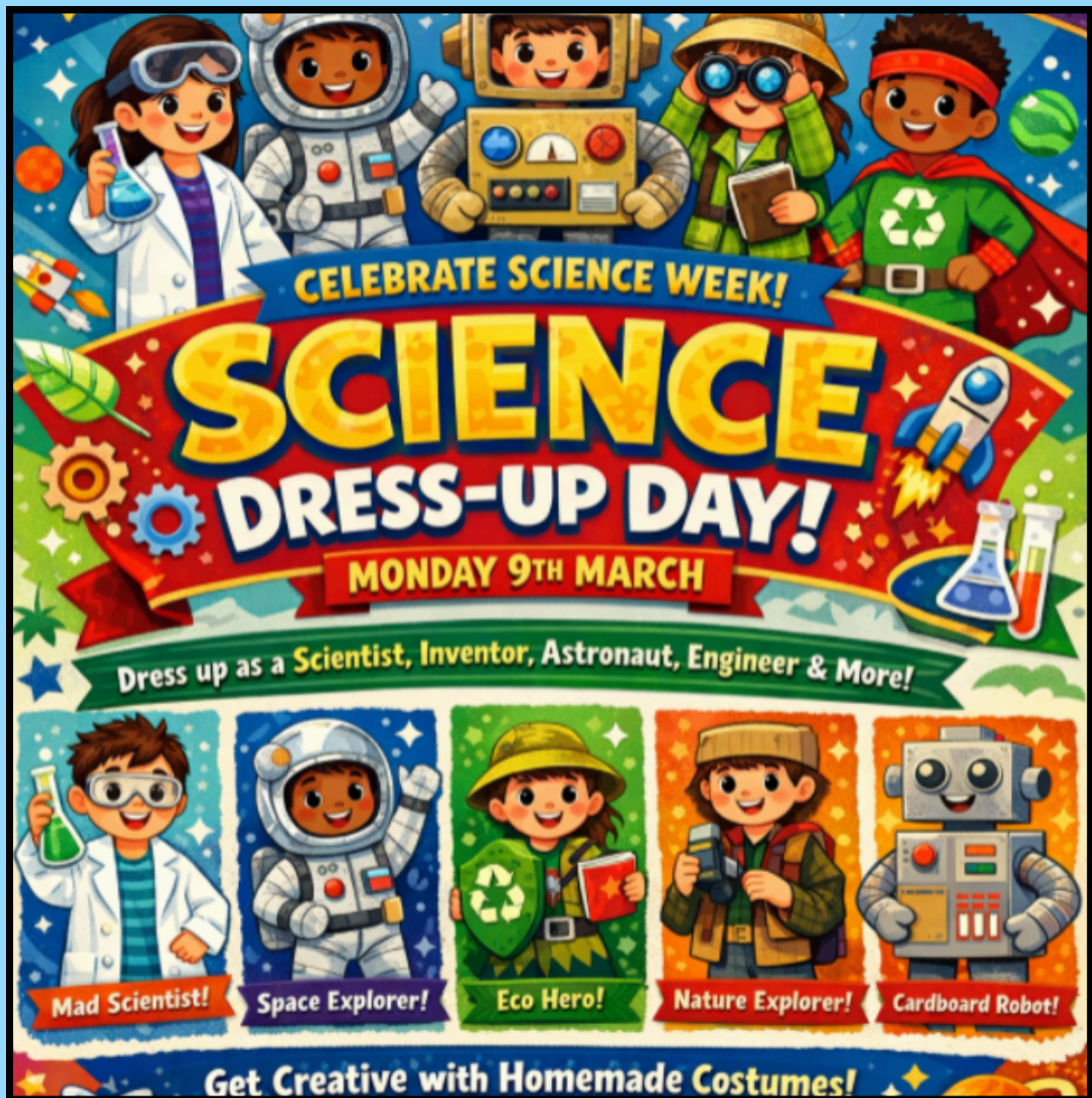
Current fine levels are:

- £80 per parent per child if paid within 21 days
- £160 if paid within 22-28 days

A second offence within three years is fined at the higher rate, and a third offence may lead to prosecution, with potential fines up to £2,500 or other legal action.

### DATES FOR YOUR DIARY

Every at Friday 2:45pm - Celebration Assembly  
Monday 9<sup>th</sup> March - Science Week  
Thursday 26<sup>th</sup> March - Parents Evening  
Wednesday 1<sup>st</sup> April - Poetry Recital & last day of term  
Thursday 2<sup>nd</sup> April - Easter holidays  
Monday 20<sup>th</sup> April - Summer term starts



## SCIENCE WEEK

On Monday 9th March, children are invited to come dressed as a scientist, engineer, inventor, astronaut, or anything science-related. Costumes can be simple and homemade – no need to buy anything new.

Easy homemade ideas:

- Scientist: lab coat or oversized white shirt
- Astronaut: foil, badges, or a homemade helmet
- Recycling superhero: recycled materials
- Nature explorer: binoculars and notebook
- Robot: cardboard boxes or silver paper

Please make sure outfits are safe and comfortable for a normal school day. We can't wait to see everyone's creative science-themed costumes and enjoy a great week of learning!

# AFTER-SCHOOL RESTRAINT COLLAPSE

# AFTER-SCHOOL HUNGER & EMOTIONAL REGULATION

Why being starving magnifies dysregulation and how to support it

## AFTER-SCHOOL HUNGER & EMOTIONAL REGULATION

By the end of the school day, many children are not just tired — they're hungry. And when blood sugar drops, emotional regulation becomes significantly harder. What looks like attitude, tears, or irritability is often a nervous system running on empty.

## LOW BLOOD SUGAR SHRINKS THEIR WINDOW OF TOLERANCE

When a child is hungry, their brain has fewer resources to regulate emotions, process information, or manage frustration. Small stressors feel big. Noise feels louder. Demands feel heavier. A hungry nervous system is more reactive because it's trying to function without enough fuel.

## WHAT HELPS RIGHT AFTER SCHOOL

Offering a predictable, protein-rich after-school snack can make a noticeable difference: yoghurt, fruit, crackers with cheese, nuts, smoothies, or whatever your child tolerates. The goal is to stabilise blood sugar quickly so their emotional system can settle too.

## CREATING A SAFE LANDING AT HOME

Pairing food with low-demand connection — quiet time, a calm activity, a consistent routine — helps the nervous system reset. When a child's body is refuelled, their brain becomes far more capable of regulation. A snack is not spoiling them; it's supporting their biology.

## WHY SCHOOLS DAYS DRAIN ENERGY FAST

Children burn through energy rapidly at school: focusing, navigating social dynamics, managing sensory overload, sitting still, following instructions, and coping with constant transitions. Even if they've eaten lunch (which many rush to get out to play), the long gap until hometime means their brain has used up most of its available fuel.

## WHY EMOTIONS EXPLODE ON THE WALK HOME

The moment the school day ends, the nervous system shifts out of 'hold it together' mode. Combine that release with low blood sugar, and you often get tears, irritability, snapping, shutdowns, or 'out of nowhere' meltdowns. It's not misbehaviour — it's biology.

