

STAPLES ROAD PRIMARY

November 2025



November News

This past month has been incredibly busy and enriching across Staples Road School! We marked Remembrance in many ways: School Council attended a beautiful memorial service led by Loughton's Mayor Cllr David Wixley; our Year 6 prefects sold poppies; we had Remembrance assemblies and made poppies in class and the whole school observed a minute's silence on the playground.

In our curriculum lessons, our youngest learners in EYFS had an absolute blast and were completely captivated by the Explorer Dome, learning all about light sources, shadows, rainbows, and reflections in a fun, interactive way. Reception classes also had a fantastic time with a special visit from author Natalie Newman. Year 1 and Year 2 both enjoyed inspiring visits to Loughton Library, and Year 2 also completed a fun scavenger hunt. Year 1 recently recreated the Great Fire of London, while Year 3 channeled their creativity designing and making their own Roman mosaics.

Year 4 had an immersive Ancient Greek experience day, designing a Parthenon, decorating necklaces and vases, and exploring artefacts with a museum visitor. Meanwhile, Year 5 welcomed a special guest, Crumpet the Tortoise, which informed their research into how the tortoise's plastron was used for Oracle bones during the Shang Dynasty. In Science, Year 6 had fun exploring the angle of incidence and the angle of reflection using mirrors and torches, and they also completed their valuable Brain Buddies well-being sessions.

Finally, a massive congratulations to our Year 6 Football Team, who played their hearts out at Billericay FC, finishing as runners-up in the Essex School Games—an amazing result! We also want to give a special mention to Mrs Mistry, who donated her hair to the Little Princess Trust—an act of tremendous kindness!

Lastly, we'd like to thank Theydon Christmas Trees for donating our beautiful tree again this year and the Year 6 children who did a great job of decorating it.



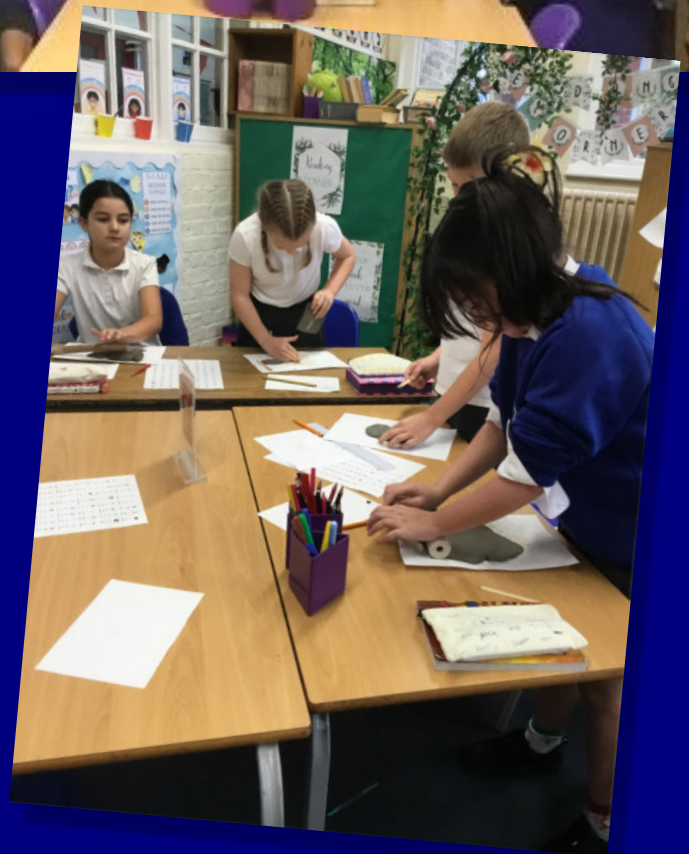
Year 1 and Year 2

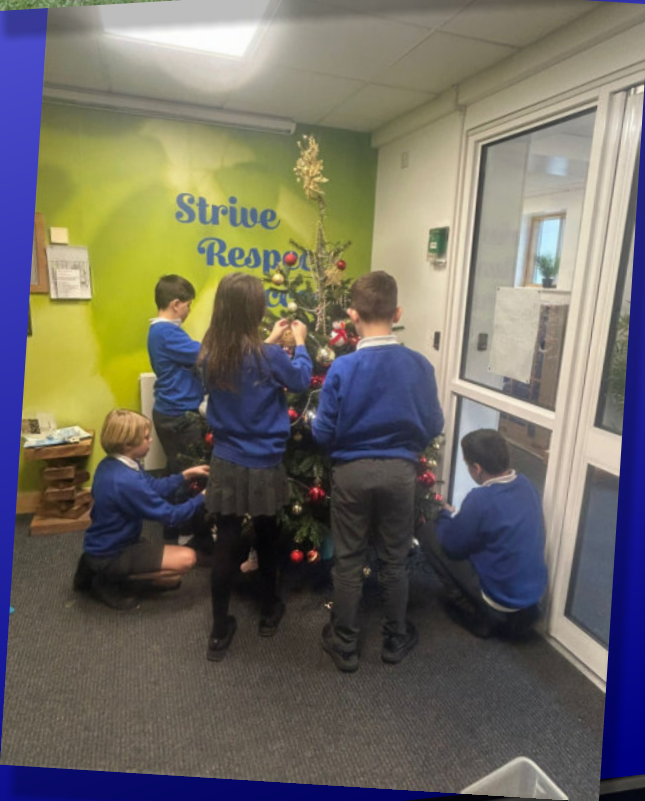


Year 3 and Year 4



Year 5 and Year 6







ST MARY'S LOUGHTON

HIGH ROAD CAROLS

27 NOV 2025 4:15-5pm

Come and join in well known carols and enjoy mulled wine, soft drinks and mince pies!

St Mary's Church | 201 High Road | Loughton | IG10 1BB
stmarysloughton.com | 020 8508 3643

Café Hope **Christmas FAYRE** **ST MARY'S LOUGHTON**

SATURDAY 29 NOVEMBER 2025
10:30 AM - 1 PM

- Drinks, Mincepies, Cakes
- Games and Fun
- Toys, Books, Plants
- Crafts, Prayer & more

St Mary's Church | 201 High Road | Loughton | IG10 1BB
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You are warmly invited to all of our Services

Sunday 21 December
6pm **Carols with Candlelight Service**
(followed by mulled wine and mince pies)

Christmas Eve
4pm **Christingle Service**
(suitable for families with younger children)

5:30pm **Christmas Eve Carol Service**
11:15pm **Midnight Communion**

Christmas Day
10am **Christmas Celebration**

ST MARY'S LOUGHTON St Mary's Church | 201 High Road | Loughton | IG10 1QN
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Emotional Intelligence

Emotional Intelligence helps people to perceive emotions in themselves and others, take control of stress and overwhelming emotions and build and maintain better relationships.

So how can you help your pupils to become more emotionally intelligent and manage exam stress, conflict and promote good mental health?

1. DEVELOP SELF-AWARENESS THROUGH THE CURRICULUM

Provide opportunities through the curriculum for pupils to widen their emotional vocabulary, and understand the emotions of characters through literacy texts and current news.



2. DEVELOP SELF-AWARENESS THROUGH PSHE

Explicitly teach pupils to connect emotional vocabulary with their own physiological experience. Teach pupils that feelings give us information that is helpful, and there are no good or bad feelings, just uncomfortable or comfortable ones.



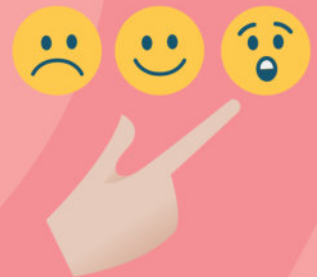
6. APPLY TO CONFLICT SITUATIONS

At times of conflict, it is helpful to remind pupils that they can use these skills to understand, empathize and regulate their own emotions. They can also use problem solving skills to resolve conflict.



3. DEVELOP SELF-AWARENESS IN THE MOMENT

When pupils display a particular emotion, help them name it. When you can name it you can tame it.



5. HELP PUPILS TO PROBLEM SOLVE

Once pupils can understand and regulate their emotions, they can then make healthier choices and problem solve more effectively because they are not hijacked by strong emotions. Help pupils develop the skill of problem solving regularly.



4. MODEL HEALTHY SELF-REGULATION

Self-awareness leads to regulation. Provide pupils, through modelling and discussion, ways of managing and regulating overwhelming feelings i.e. calming down techniques, mindfulness, safe space or walk and talk.



The National College

This guide is part of **The National College staffroom poster series**

A collection of information posters for your school staffroom.



Meet the Expert: Anna Bateman

Anna Bateman, subject matter expert on mental health & wellbeing and school improvement adviser

The National College | Remote video CPD to empower school leaders & teachers

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