



Lowerhouse Junior School Newsletter

Friday 11th September 2026



At Lowerhouse Junior School, we build everything we do around our four key values of **Aspiration, Integrity, Resilience** and **Respect**

Our School Motto is 'Inspiring a lifelong love for learning.'



Dear Parents/ Carers,

It has been wonderful to see the children working with such effort and enthusiasm this week. Many have been showing teachers their fantastic work, and it's clear they are determined to build on their strong start to the school year. We really appreciate your support with our early changes and uniform days as we set up consistent routines for the children.

Best wishes

Mr G Lloyd

Headteacher



The School's Attendance

Target is 96%

Class	Attendance
Elm	91%
Willow	100%
Maple	99%
Rowan	98%
Chestnut	93%
Oak	93%
Ash	99%
Sycamore	94%
This week's winners are... Willow and Ash	

Headteacher's Value of the Week – RESPECT

Yr3 Elm Harmony	Yr3 Willow Amelia
Yr4 Maple Charlie	Yr4 Rowan Paul
Yr5 Chestnut Leo	Yr5 Oak Whole Class
Yr6 Ash Joseph	Yr6 Sycamore Emmanuel
Class Dojo Winners	
Lower Juniors Willow	Upper Juniors Ash



Stars of the Week



Yr3 Elm Whole Class	Yr3 Willow Whole Class
Yr4 Maple Shae	Yr4 Rowan Sophia
Yr5 Chestnut Ivy-Rose	Yr5 Oak Billy
Yr6 Ash Whole Class	Yr6 Sycamore Lily
Maple Winner Charlie	
Rowan Winner Isaac	



School Councils and House Captains for 2026-2027!

This week, we demonstrated the British value of **Democracy** by voting for our new **House Captains** and **School Council Members**. Children listened to speeches, made thoughtful choices, and showed respect for each other's voices. We're proud of every child who took part.

Calder - Theo

Gawthorpe - Nnamdi

Rosegrove - Ash

Towneley - Jacob

	Elm	Willow	Maple	Rowan	Chestnut	Oak	Ash	Sycamore
School Council	Nathaniel Maddie	Henry Holly	Shae Thomas	Freya Reggie	Verity Esme	Kiaya Hollie	Archie Gracie	Myla Rudi
Sports Council	Albie Nancie	Alfie Emma	Ava Henry	Lincoln Teddy	Myles Seb	Harper R Freddy	Ella Henri	Louis Quandeel
Happy Heroes	Harmony Alan	Connie Amelia	Mia Alexia	Tommy Lilya	Jacob Elsie	Jack Harper F	Amelia Taylor	Halle Jensen
Eco Council	Chloe	Ezra	Ola	Sophia	Sophie E	Casper	Reece	Oliver

Mad Science Assembly and Club Launch

What an amazing morning we had this week! **Mad Science** burst into assembly with a whirlwind of experiments The hall was buzzing with excitement, and the children loved every moment. Even better, the **Mad Science Club** launches on **5th November**, and it's set to be fantastic! Letters with all the details went home this week—if your child would like to join the fun, just return the completed form to secure their place.



Curriculum In Action: PE – Netball (Yr3 Willow)

Mr Pope took advantage of the autumn sunshine to get Yr3 Willow outside for PE! They warmed up, paying particular attention to changing direction in the right way. They then learned how to perform a chest pass to their partners. Well done, Willow – Miss Lee and Mr Pope was impressed by how well you listened!



Dates for The Diary

14th September – Yr6 PGL Parent Meeting (5:30pm)

16th September – MHST Children's Mental Health in Digital Age Yr6

24th September – Non-Uniform Day
Macmillan Cake Sale
Donations

24th September – European Day of Language

24th September – Yr5/Yr6 Football Festival @ Broadfield

25th September – Macmillan Coffee Morning
Cake Sale (School Council)

5th-7th October – Yr6 PGL Residential

9th October – **Hello Yellow Day** (YoungMinds) Non-Uniform

13th October – Year 3&4 OAA Bonanza TBC

21st October – Panathlon Ten Pin Bowling Competition @ Discobowl

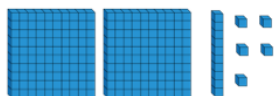


Maths Problems of the Week – Yr3

$$5 \times 5$$

How many hundreds are in 453?

Write the number represented in words.



Compare the measures using $<$, $>$ or $=$

1 litre ○ 100 ml

How many quarter-turns are there in a full turn?

Picture News & British Value!



Staff Shout Out

Each week we like to celebrate our amazing staff and the hard work they put in for everybody at school. Our winner this week is.....



Mrs Halstead
because she is a wonderful new addition to the Lowerhouse team.

Lowerhouse Junior School Facebook

Follow the link below to like and share our school Facebook Page.

<https://www.facebook.com/share/12FgqYkUfLH/?mibextid=wwXlfr>



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips, please visit nationalcollege.com.

Top Tips for SUPPORTING CHILDREN'S RETURN TO ROUTINE

Returning to school after the holidays can be challenging for some children and young people, and both families and education settings can play an important role in helping them readjust. Consistent routines, clear expectations, and supportive communication can support children and young people's wellbeing, self-regulation, and academic success. These practical tips can help make the transition back to school feel more manageable.

1 START EARLY

Gradually reintroduce school-day sleep, meal, and wake-up routines around a week before term begins. In education settings, familiar routines and expectations can also be introduced from the start of term to help pupils settle back in. A gradual and predictable approach can make the transition feel less abrupt and give children and young people the time they need to readjust to the structure of school life.

2 REBUILD ROUTINES TOGETHER

Involve the children and young people in your care in the rebuilding of familiar routines at home and in education settings. Having a say in their daily schedule can increase predictability for them and give them a greater sense of control. This might include discussing morning routines at home or reviewing classroom timetables, expectations, and activities together at the beginning of the school day.

3 ENCOURAGE RESPONSIBILITY

Giving children and young people age-appropriate responsibilities can help foster their autonomy and engagement. For younger children at home, this might include getting dressed independently or checking their school bag. In education settings, children and young people could organise their learning materials, complete simple classroom tasks, or follow a familiar morning routine. These manageable responsibilities can help them feel more involved in the school day while developing useful skills.

4 RECONNECT WITH PEERS

Re-establishing friendships can help children and young people feel more confident and connected when they return to school. Families might arrange opportunities for their children to speak to or spend time with school friends, while educators can use group activities, 'buddy' systems, or collaborative tasks to help rebuild classroom connections.

5 SUPPORT HEALTHY NUTRITION

Regular, balanced meals, particularly at breakfast, are linked to improved concentration, behaviour, and academic outcomes. Families can gradually return to familiar school-day mealtimes, while education settings can reinforce healthy eating routines at the start of term and signpost breakfast provision where available. Consistent access to food can help support children and young people's energy levels and concentration throughout the day.

6 COMMUNICATE OPENLY

Talk to the children and young people in your care about how they feel about the return to school and give them the opportunity to share any worries or questions. Anxiety around going back to school, particularly when starting a new year group, can be common, and children and young people may benefit from your reassurance and support. Parents and educators can all help with this by listening calmly to concerns and questions, and sharing relevant information with one another where appropriate.

7 RECONNECT WITH LEARNING AND PEERS

Light educational activities before term begins can help children become familiar with learning routines again without creating any unnecessary pressure on them. In school, low-pressure recap activities and familiar tasks from the previous year group can serve a similar purpose during the first few days back. Keeping learning positive and achievable can help rebuild children's concentration, confidence, and academic motivation as they settle back into their usual routine.

8 PRIORITISE SLEEP

Ensure the children and young people in your care get age-appropriate sleep and begin returning to their usual bedtime habits before term starts. Reducing screen use before bedtime may also support better sleep quality. Educators can also be mindful that tiredness may temporarily affect children's concentration, behaviour, and emotional regulation as they readjust to school routines.

9 PREPARE AHEAD

Organising uniforms, bags, lunches, and other school essentials in advance can reduce unnecessary stress when school mornings begin again. Educators can also help by preparing pupils for any changes to classrooms, timetables, staff, or behaviour expectations. Giving children clear information about what to expect ahead of time can make the return feel more familiar and help build up their confidence and independence.

10 BE PATIENT AND FLEXIBLE

Children adjust to changes in their routines at different rates, so your patience and flexibility can be important during the first days and weeks back. Some may settle quickly, while others need longer to adapt to earlier mornings, classroom expectations, or busy schedules. Parents and educators can support children and young people's readjustment by maintaining consistent routines, all the while recognising that concentration, behaviour, or confidence may temporarily look different for them.

WELCOME BACK!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School, and a business development specialist for Minds Ahead, which works with schools to improve their mental health provision.



#WakeUpWednesday

The
National
College®

See full reference list on our website

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 26.08.2026