

The Adderley Post

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www.adderleyprimary.co.uk • 🐦 @adderleyschool

PARENTS' AFTERNOON Reception to Year 5 Only



Friday 17th April 2026 - 2:00-5:30 pm

We would like to invite Parents/Carers to attend a 'Parents Afternoon' on Friday 17th April 2026.

The aim of this meeting is to offer all Parents/Carers the opportunity to receive curriculum information, discuss children's learning and be clear about the expectations for the rest of this year.

Appointments are available on **ParentMail** for you to book, please ensure you have booked your appointment by **Tuesday 14th April 2026**.

YEAR 6 SATs Test Dates



Year 6 SATs will be held in the week beginning **11th May 2026**, the test will be taken on the scheduled following days, please ensure your child is in school and on time everyday.

Parents can find further information on the school website at the following link <https://adderleyprimary.co.uk/assessment>. Below are links to websites that will also help your child revise.

Monday 11th May	Paper 1. English Grammar, Punctuation and Spelling Test. Paper 2. Spelling.
Tuesday 12th May	English Reading Test, Reading Booklet and associated answer booklet.
Wednesday 13th May	Paper 1. Mathematics Arithmetic test. Paper 2. Mathematics Reasoning.
Thursday 14th May	Paper 3. Mathematics Reasoning.

- www.primarytools.co.uk/ks2-sats-papers-year-6/
- www.satspapers.org/mathKS2SATS.htm
- <https://primary.lbq.org/hub/ks2-sats-guide-parents>
- www.gov.uk/government/collections/national-curriculum-assessments-information-for-parents

Adderley Primary School Inclusion Noticeboard

Adderley Primary School Inclusion Noticeboard is an information sharing email distributed to Parent/Carers through ParentMail.

Through the Inclusion Noticeboard we are sharing resources, workshop information, and other useful information to support you and your children with Special Educational Needs and Disabilities (SEND). Our aim is to provide guidance, signposting, and opportunities that help families access the support available for their children.

Mental Health & Emotional Wellbeing

Your mental health is important – just as important as anyone else’s and you deserve as much love and compassion as you give your children. Regularly taking time for yourself can help you manage your own mental health, preventing things like anxiety and depression.



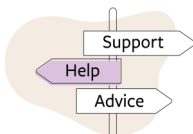
Anxiety is an emotion characterised by feelings of tension, worried thoughts and physical changes like increased blood pressure. When you become anxious, you may experience symptoms such as sweating, trembling, dizziness, nausea or a fast heartbeat.

Grounding Technique to manage Anxiety & Stress

There are times in life, you might feel stress or have anxious feelings. Grounding techniques are coping strategies that help you refocus on the present. Often times, when we’re experiencing stress or anxiety, we focused on past experiences, negative thoughts, or worried about future events. These exercises can help you reconnect with the here and now away from negative thoughts and overcome anxious feelings.

For further advice and information about Mental Health & Emotional Wellbeing;

1. Contact your G.P
2. Visit the NHS website
3. Contact Samaritans — 116123
4. Text Shout to 85258
5. The Waiting Room - Directory for health wellbeing services across Birmingham Solihull—Website: www.the-waitingroom.org
6. Online Safety - Skips Educational - www.skipsafetnet.org/Tel: +44 121 227 1941
7. NSPCC - TEL: 0808 800 5000/Email: help@NSPCC.org.uk



Grounding Using Your 5 Senses

Relax your body, take a few deep breaths, and focus on the following;

5 Things you can SEE

4 Things you can FEEL

3 Things you can HEAR

2 Things you can SMELL

1 Thing you can TASTE

- List your favourite things
- Clench your fists and release x10
- Spell a word backward
- Imagine your favourite place
- Focus on your breath—inhale for 3 seconds and exhale for 3 seconds

In an emergency dial 999



DATES FOR YOUR DIARY

**FRIDAY 27TH MARCH —END OF TERM
SCHOOL REOPENS ON
MONDAY 13TH APRIL**