



# Parent Pages

September 2025



Welcome to the latest edition of **Parent Pages**; and a very warm welcome back to the wonderful world of Westfields! I hope you all had an enjoyable summer break and feel refreshed and ready to start the new school year. A welcome return to routine for some and for others mixed emotions which can result in feelings of worry or anxiety, hence why this edition focuses on: **'Calm before class' - Back to School Nerves!**

We all know that it can be difficult getting back into the swing of routine and earlier mornings and evenings for parents and children alike. It is very normal for everybody to have a sense of worry after a long period of absence (although some might say "absence makes the heart grow fonder!"). For some, this worry can be significant and therefore I have suggested some strategies to support you and your child in returning to school.

If you feel you may need further support with this, or any other parenting topic, please do not hesitate to contact me using the details below.

Best Wishes,  
Katie Kirby,



## Parent Focus - 'Calm before Class' - Back to School Worries



Returning to school after the long summer break can sometimes feel overwhelming, particularly if you are starting at a new school, even when it is a familiar one. Children may say they feel sick, have trouble sleeping, experience a headache or stomach ache. Rest assured these are very normal feelings that can even manifest as physical symptoms. (However, if your child is experiencing these physical symptoms on a daily basis, I would recommend visiting your GP.) The science behind this leads back to the days of cavemen and women, when our bodies would alert us of danger and tell us to run from predators. The worst thing you can do (in this back to school scenario) is to avoid what is making you anxious. Research shows the more we avoid what we are concerned about, the more nervous or anxious we can become, remember **anxiety is a fear of the unknown**. It is natural for children to feel apprehensive about new classrooms, new staff and new expectations, the same as you would feel on your first day in a new job.

I can almost guarantee that after the first day their levels of anxiety will decrease and furthermore with time. By allowing our children to avoid what it is they are anxious about we are reinforcing to them that we also believe there is a risk of danger. By encouraging your child to 'face their fears' you are supporting them in building their resilience.

To support your child in a smooth transition back to school (and possibly when facing other new experiences!) you could try:



- ⇒ Talk to your child about what is worrying them and encourage them to find solutions (such as arranging a play date before coming back to school, or who they could ask at school if they were unsure);
- ⇒ Practice some deep breathing techniques with your child to help them manage their feelings - Click [here](#) for ideas and techniques from Learning Resources;
- ⇒ Keep conversations about school positive, list all the exciting things your child may do this year in their new class; residentials, class trips, learning something new etc;
- ⇒ Role model behaviour - Your child feeds off your behaviour, if they can see you are feeling anxious, they will absorb this and act accordingly;
- ⇒ Organise everything your child will need the night before, pack bags and prep lunches, lay uniform out ready to put on.

During that first initial day parents often spend the whole first day worrying with how their child got on, wondering; 'how are they feeling?' or 'what are they doing?' So much so that when they come out at the end of the day we are desperate to bombard them with a list of questions and you may find you are met with nods, grunts, one word answers or "nothing". I can assure you their day has been filled building new connections, seeking out existing friendships to discuss their summer activities, and a Miss Redman 'Welcome Back Assembly'.

**Mrs Katie Kirby - Family Support Worker**

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## Local events and places to visit...

In addition to these there are other events so it is also certainly worth googling to find some further ideas but to get you started why not consider the below, click the images or links for more information:



Visit the Hawk Conservancy Trust on Saturday 6th September for International vulture awareness day. They will be celebrating with even more vultures in flying demonstrations and plenty of other vulture-themed activities throughout the day.



**DARBY GREEN CRAFT FAYRE**  
Saturday 27<sup>th</sup> September 2025  
12:30-15:30  
Darby Green Centre



**INFLATABLE THEME PARK**  
SOME OF ENGLAND'S BIGGEST AND BEST BOUNCY CASTLES AND INFLATABLES  
ALL DAY UNLIMITED USE WRISTBAND ONLY £10  
CHILDREN AGED 2-14 ONLY  
FREE ENTRY FOR ACCOMPANYING ADULTS  
STRICTLY 200 OVER 18'S ALLOWED ON EQUIPMENT  
HOT FOOD AND DRINKS AVAILABLE ON SALE  
BACK FOR 2025 BIGGER & BETTER!  
**READING**  
THAMES SIDE PROMENADE RG1 8BD  
(Next To Rivermead Leisure Centre), Caversham  
13<sup>th</sup> & 14<sup>th</sup> SEPT THEN  
20<sup>th</sup> & 21<sup>st</sup> SEPT THEN  
27<sup>th</sup> & 28<sup>th</sup> SEPT  
OPEN DAILY 10AM TILL 5PM






**Medieval Jousting Weekend**  
Events  
Join us at Dinton Pastures  
13<sup>th</sup> & 14<sup>th</sup> September 2025  
10am to 4pm  
Join our knights for a thrilling weekend!  
Enjoy jousting, marvel at birds of prey, and try your hand at archery. Savor treats at the food village. Fun for all ages awaits!  
Ticket prices per day:  
Adult - £8.00  
Child - £4.00  
Family - 2 Adults & up to 3 children - £23.00  
SCAN ME  
SCAN THIS QR CODE TO BOOK OR VISIT  
WWW.WOKINGHAMCOUNTRYSIDE.CO.UK/EVENTS  
EMAIL: events@wokingham.gov.uk

## Quick reference family support & helplines....

### Useful websites...

If you find yourself needing support click the links below for information you may find useful:

- ⇒ [Barnardo's](#) 
- ⇒ [NHS](#) 
- ⇒ [Compass](#) 

### Helpline... Childline



Childline is open 24 hours a day, 7 days a week.

Their counsellors are available to listen and support you with anything you'd like to talk about. You can call for free on 0800 1111 or speak online using the 1-2-1 chats. If you're deaf, you can also use BSL via an interpreter or visit the website: [Childline.org.uk](https://www.childline.org.uk)

## App Recommendation of the Month... Honestly: Wellbeing Coaching

[Click for Google play](#)



[Click for Apple store](#)

**Honestly is your private AI-powered journal designed to improve your mental health, track your mood, and support personal growth.**

**Whether you're managing emotions, reducing anxiety, or simply building a journaling habit, Honestly offers a safe space to reflect in your own words or voice.**

If you have any suggestions for topics or content for these pages in the future, please do not hesitate to drop me an email and I will do my best to include requests...