



# Burton Buzz

Issue 76

date: Friday 8th May 2026

## A busy fortnight of enrichment activities

*The last fortnight at Burton End has been busy, with the children and staff enjoying lots of exciting experiences in their classrooms aswell as some enrichment activities both off site and in school. I am particularly proud of the way that the children continue to work on our school value of respect. This week we have talked about how we can all do our bit to look after our school envrionment and children have visited me with their silver stars to celebrate their efforts-we are a fab team! We look forward to seeing you over the course of the summer term to enjoy the variety of events and celebrations that we have planned-please see the dates page for further information.*

*Have a great weekend!*

*Kelly Mace - Headteacher*

## Our children continue to display our school value of Respect

### Whole class attendance

Each Friday in assembly we celebrate whole class attendance with each class who achieves above 95% attendance being awarded a gold star to display proudly on their classroom door. Once a class has 6 stars they discuss ideas and vote for a whole class treat. Last week the children in Australia class enjoyed an afternoon of cookie making, dodgeball while they cooked, then some delicious treats washed down with a glass of milk.



Well done Australia

### Year 6 SATs

Good luck to our Year 6 pupils who will be sitting their SATs tests next week. We are all really proud of you already. You have been working hard to prepare for these all year and we know that you will do your very best next week. While we want all of the children to achieve their full potential, we do not want them to feel under any undue pressure so as we approach SATs week please focus on encouragement, self-belief and support with sleep, diet, exercise and creating the best conditions that you can to enable your child to feel confident and settled. If you have any concerns or need any support, please speak to the Year 6 team who are on hand to support you and your children.

Final reminder all children in Year 6 are invited to attend breakfast club at 8:25am next week-a support offer that is proven to be highly successful for all.



We are proud of you!

Good mental health isn't about feeling happy all the time. It's about having the emotional, psychological, and social resources to navigate everyday life. Here's what good mental health commonly looks like in practice:

### **Emotional well-being**

You can experience a full range of emotions (joy, sadness, anger, excitement) without feeling overwhelmed by them

You're able to recover from setbacks and cope with stress in healthy ways

Your emotions generally feel proportionate to the situation

### **Psychological well-being**

You have a sense of purpose or meaning in your life

You feel reasonably confident in yourself and your abilities

You can make decisions, solve problems, and adapt when things change

You recognize your strengths as well as your limits

### **Social well-being**

You're able to form and maintain supportive relationships

You can communicate your needs and listen to others

You feel some sense of belonging or connection, even if your social circle is small

### **Balance and functioning**

You can manage daily responsibilities such as work, study, or caregiving

You maintain routines around sleep, eating, and activity that support your health

You know when to rest and when to ask for help

### **Knowing when something's off**

When life starts to feel consistently harder than usual—such as ongoing low mood, constant anxiety, withdrawal from others, or difficulty coping with everyday tasks—it's often a sign that your mental health needs extra care and attention. Reaching out for support at that point is a sign of strength, not weakness.

# Mental Health week: 11.05.2026 - 17.05.2026



**Mental Health Week and the theme is 'Take action, for yourself, someone else, for ALL of us'. Here are 8 tips for looking after your mental health.**

## What we will be doing as a School:

During Mental Health Awareness Week, we will be focusing on supporting wellbeing, building resilience, and encouraging open conversations about mental health. Throughout the week, pupils will take part in a range of activities designed to help them understand emotions, manage stress, and support themselves and others.

### Monday:

An assembly led by our Mental Health Champions, introducing Mental Health Awareness Week and sharing why looking after our mental health is important.

### Tuesday:

A "My Happy Place" activity, giving pupils time to reflect on a place that makes them feel calm, safe, or happy and express this through drawing and writing.

### Wednesday:

Workout Wednesday - a focus on physical activity to support mental wellbeing, with fun movement-based activities that highlight the positive link between exercise, mood, and mental health.



### Thursday:

A Mindful Walk for parents, offering a calm, supportive opportunity to connect with others, enjoy gentle movement, and experience mindfulness in a relaxed outdoor setting. Bring a cuppa and come along. We will set off from school at 2:45!

### Friday: #WearItGreen

Everyone is invited to wear **non uniform** with some green to show support for mental health awareness and to help spark conversations about wellbeing across our school community. If you are able to and wish to donate to this cause, please follow the link/QR code below:

<https://www.mentalhealth.org.uk/get-involved/ways-donate/donate-mental-health-foundation>



Focussing on supporting wellbeing, building resilience & open conversations

## Cancer Research UK

We raised an amazing £280 by going purple for Cancer Research UK relay for life.

Thank you for your donations!



## Mr Newman's Sporting Roundup....

A couple of weeks ago our Burton End year 6's came up against Place Farm in the Prestige Football League. It was a game that summed up a lot of our season with lots of chances and good football but struggling to finish them off, however the team kept going and managed to come out 2-1 winners. Our Year 5 yellows have had 2 games, the first a very close and unlucky game where they just lost 1-0 to St Felix with a lot of chances and some great saves from Grayson keeping us in it. This week they came up against a very good New Cangle team and despite the heavy scoreline we never stopped trying and Braxton and Samuel scored a couple of very good goals for us!

No fixtures next week as it is SAT's week (good luck to all of our Year 6's!) but over the next couple of weeks we have a girl's tag rugby festival, a visit to the new Padel club and the highly anticipated fixture of Burton End vs Burton End in 2 weeks!

Showing determination and resilience

## SEND Spotlight with Mr Austin-Guest



This week we focus on difficulties associated with:

### Sleep

Like many adults, some children may exhibit sleep difficulties from time-to-time including problems falling asleep, staying asleep, waking very early, or feeling tired during the day. Children may find sleep challenging due to anxiety, sensory sensitivities, changes in routine, or difficulty winding down.

In school



We support children who experience sleep difficulties by:

- Recognising how tiredness can impact **attention, emotions, and behaviour**
- Using **consistent routines** and clear expectations to provide predictability
- Offering **movement breaks and calm activities** to support regulation during the day
- Working closely with families to understand how sleep may be affecting learning and wellbeing

At home



Small changes can help improve sleep:

- Keep bedtime routines **calm, predictable, and consistent**.
- Reduce screen time before bed and create a quiet, soothing sleep environment.
- Use visual routines or bedtime checklists if helpful.
- Reassure children using simple, calm language and recognise that progress may be gradual.

Useful links



<https://thesleepcharity.org.uk/information-support/children/>

<https://www.wsh.nhs.uk/CMS-Documents/Patient-leaflets/PaediatricDepartment/6339-1-Sleep-a-guide-for-school-age-children.pdf>

Spotlight on sleep

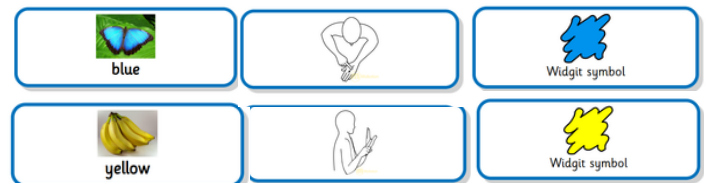
## Role playing careers at Burton End

Little City is a mobile role play 'city' for children to explore and enjoy. With bespoke backdrops children can immerse themselves in make-believe worlds, becoming hairdressers, firefighters, builders, cafe owners and much more!



The children enjoyed their experience of Little City

## Makaton signs of the week



Sign the colours 'blue & yellow'

## Year 2 enjoying their DT lesson

Year 2 have been learning about wheels and axles in DT. They designed and made their own vehicles, choosing how many axles and the size of their wheels. The children then had fun testing the vehicles in the hall!



Practical learning in Year 2

# Diary Dates

## May 2026

20th	3pm	Wow Wednesday	all years
22nd	all day	Thurlow Farm	Year 3
25-29th	all week	May Half term	All Years



### Term Dates 2025-2026

September 2025							October 2025							November 2025						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7			1	2	3	4	5						1	2
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
29	30						27	28	29	30	31			24	25	26	27	28	29	30

December 2025							January 2026							February 2026							March 2026						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
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8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8
15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15
22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22
29	30	31					26	27	28	29	30	31	23	24	25	26	27	28	23	24	25	26	27	28	29		

April 2026							May 2026							June 2026							July 2026						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
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27	28	29	30				25	26	27	28	29	30	31	29	30						27	28	29	30	31		

Bank holidays  Staff PD Days (school closed to pupils)  School Holidays



### Term Dates 2026-2027

September 2026							October 2026							November 2026										
wk	Mo	Tu	We	Th	Fr	Sa	Su	wk	Mo	Tu	We	Th	Fr	Sa	Su	wk	Mo	Tu	We	Th	Fr	Sa	Su	
36			1	2	3	4	5	6	40				1	2	3	4	44							1
37	7	8	9	10	11	12	13	41	5	6	7	8	9	10	11	45	2	3	4	5	6	7	8	
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40	28	29	30					44	26	27	28	29	30	31	48	23	24	25	26	27	28	29		
																49	30							

December 2026							January 2027							February 2027							March 2027										
wk	Mo	Tu	We	Th	Fr	Sa	Su	wk	Mo	Tu	We	Th	Fr	Sa	Su	wk	Mo	Tu	We	Th	Fr	Sa	Su	wk	Mo	Tu	We	Th	Fr	Sa	Su
49		1	2	3	4	5	6	53					1	2	3	5	1	2	3	4	5	6	7	9	1	2	3	4	5	6	7
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53	28	29	30	31				4	25	26	27	28	29	30	31									13	29	30	31				

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wk	Mo	Tu	We	Th	Fr	Sa	Su	wk	Mo	Tu	We	Th	Fr	Sa	Su	wk	Mo	Tu	We	Th	Fr	Sa	Su	wk	Mo	Tu	We	Th	Fr	Sa	Su	
13				1	2	3	4	17						1	2	22			1	2	3	4	5	6	26				1	2	3	4
14	5	6	7	8	9	10	11	18	3	4	5	6	7	8	9	23	7	8	9	10	11	12	13	27	5	6	7	8	9	10	11	
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17	26	27	28	29	30			21	24	25	26	27	28	29	30	26	28	29	30					30	26	27	28	29	30	31		
								22	31																							

Bank holidays  Staff PD Days (school closed to pupils)  School Holidays

To be confirmed

# Summer term overview



## May 2026

4<sup>th</sup>  
Bank Holiday



6<sup>th</sup>  
EYFS + HUB  
Little City workshop in  
school



20<sup>th</sup>  
**WOW  
WEDNESDAY!**

22<sup>nd</sup>  
Year 3  
Thurlow Estate trip



25<sup>th</sup> - 29<sup>th</sup>  
May half term

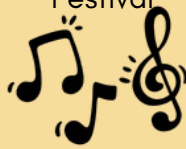


## June 2026

4<sup>th</sup>  
Class photos



15<sup>th</sup>  
Year 5: Music  
Festival



17<sup>th</sup>  
**WOW  
WEDNESDAY!**

22<sup>nd</sup> - 24<sup>th</sup>  
Year 6: PGL



25<sup>th</sup>  
Year 5: Trip to  
Lackford Lakes



25<sup>th</sup> June  
Summer Fete



26<sup>th</sup>  
PD day



29<sup>th</sup>  
Year 6: Gym Visit



30<sup>th</sup>  
Sports workshops  
with local schools



**Active week 29<sup>th</sup> June - 3rd July 2026**

## July 2026

**Active week 29<sup>th</sup> June - 3rd July 2026**

1<sup>st</sup>  
Sports Day -  
Reception + KS1



2<sup>nd</sup>  
Sports Day  
KS2



Nursery & Hub - dates tbc



17<sup>th</sup>  
Last day of school

**School's  
OUT  
Summer is  
ON!**



# WOW WEDNESDAY!

**WELCOME TO OUR CLASSROOMS**

A monthly chance to come and visit your child's classroom to take part in an activity or see the excellent work they have been doing!

**3.00PM  
UNTIL THE END OF THE DAY**

**DATES**

20<sup>th</sup> May 2026  
17<sup>th</sup> June 2026

If you have more than one child in school we ask that you attend only one classroom per WOW Wednesday to allow us to make sure we can manage visitors in school in line with our safeguarding procedures. We have provided the dates so you can plan which child you will visit on which date.