



Runnymede St Edward's Catholic Primary School



Inspire



Challenge



Support



Faith

Newsletter Thursday 12th February 2026



This week in preschool, we have loved learning all about Chinese New Year and even held our own Chinese New Year parade. We finished our Gingerbread Man topic by carrying out experiments with gingerbread and making boats to help the Gingerbread Man cross the water. We also made shakers and practised listening carefully to find matching sounds. In RE, the children continued to explore the theme of belonging. We thought about how to take care of our minds by being kind to ourselves and to each other. We talked about how we all belong together and how each of us is special, kind and brave.



This week in Reception we have explored the story of Jesus feeding the 5000. We talked about miracles and how they are all around us everyday. Outside we looked for evidence of miracles. We shared bread together and talked about how Jesus knows what we need. We enjoyed IT this week using iPads and Beebots to further our knowledge on directions and prepositional language. We also made Valentines cards for our loved ones and talked about what it feels like to be loved.



To celebrate **Children's Mental Health Week**, we've been active, calm, and wonderfully mindful. This week, Year 1 took part in metball to get our bodies moving, enjoyed belly breathing with our teddy bears to help us relax, and followed a lovely Valentine's yoga flow to stretch and unwind. All of these activities helped us to calm our bodies, regulate our emotions, and look after our wellbeing. The children showed fantastic enthusiasm throughout the week.



Today, Year 2 have been recognising **Children's Mental Health Week**. We brought our *Breathing Buddies* to school and took part in a special breathing exercise to help us feel calm, focused, and ready to learn. Taking a few quiet moments to breathe deeply can make a big difference to how we feel. We are proud to be learning simple ways to look after our minds as well as our bodies.

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Year 3 enjoyed a lovely Chinese feast today at lunchtime to celebrate Chinese New Year.



As part of **Children's Mental Health Week**, Year 4 have enjoyed a range of activities designed to promote well-being, including yoga, arts & crafts and sports. Children also reflected on the importance of **belonging** and supporting one another, taking part in discussions and activities that encouraged kindness, teamwork, and self-awareness



This week in RE, Year 5 have been revisiting the story of Passover. We retold the story beginning from the Israelites enslavement up until how Pesach is celebrated today.



Year 6 participated in a wonderful, calming yoga session.
It was amazing to stretch, relax and take a breath after such a busy half term!

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At The National College, we understand the importance of open and safe conversations with the children and young people who are able to learn, develop and grow. We have created this guide to help you encourage open conversations at home.

10 Top Tips for Parents and Educators ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk, honestly and bravely. However, encouraging such conversations helps to develop trust – helping children to express even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

- 1. CREATE A SAFE SPACE**
Children, knowing or sharing any personal information about themselves can be a vulnerable experience. A safe space is one where a child can be honest about their feelings, thoughts and experiences without fear of judgement or criticism. It's important to provide a safe space for children to express their feelings and thoughts. A child may feel that their feelings and thoughts are not being heard or that they are being judged. A child may feel that their feelings and thoughts are not being heard or that they are being judged.
- 2. CONSIDER OTHER OUTLETS**
Some children may find it easier to talk to a friend or a sibling than to a parent. It's important to consider other outlets for children to express their feelings and thoughts. A child may feel that their feelings and thoughts are not being heard or that they are being judged.
- 3. NORMALISE CHATS ABOUT FEELINGS**
Children may feel that talking about feelings is a taboo subject. It's important to normalise chats about feelings. A child may feel that their feelings and thoughts are not being heard or that they are being judged.
- 4. LISTEN ACTIVELY**
When children are talking to you, listen to what they are saying. Don't interrupt them. A child may feel that their feelings and thoughts are not being heard or that they are being judged.
- 5. ASK OPEN QUESTIONS**
Encourage children to share their thoughts by asking open questions. A child may feel that their feelings and thoughts are not being heard or that they are being judged.
- 6. RESPECT THEIR BOUNDARIES**
If a child isn't ready to talk to you about something, respect their boundaries. A child may feel that their feelings and thoughts are not being heard or that they are being judged.
- 7. LEAD BY EXAMPLE**
Model open, honest and healthy conversations. A child may feel that their feelings and thoughts are not being heard or that they are being judged.
- 8. HAVE REGULAR CHECK-INS**
Check in with children regularly to discuss how they're feeling and what's going on in their lives. A child may feel that their feelings and thoughts are not being heard or that they are being judged.
- 9. PROVIDE RESOURCES**
It's often beneficial to let children know about resources that are available to them. A child may feel that their feelings and thoughts are not being heard or that they are being judged.
- 10. CELEBRATE EMOTIONAL EXPRESSION**
It's important to praise children for expressing their feelings and thoughts. A child may feel that their feelings and thoughts are not being heard or that they are being judged.

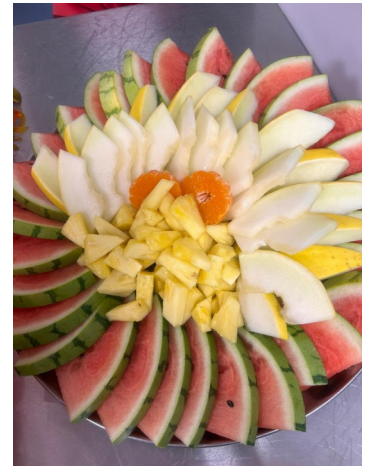
Meet Our Expert
With 15 years experience as a teacher, teacher, consultant and school improvement specialist, Dr. Sarah Jones has a wealth of experience in supporting children and young people. She has also worked as a consultant for The National College.

#WakeUpWednesday The National College

Twitter: @wake_up_weds Facebook: www.thenationalcollege Instagram: @wake_up_wednesday TikTok: @wake_up_weds

Chinese New Year Lunch!

Thank you to Jackie and the team for a beautiful lunch today.



Mental Health Day

The theme for Children's Mental Health Week 2026 is '**This is My Place**', and our aim is to support the systems around children and young people to help them feel they belong.

The children have had a wonderful day of Yoga, relaxation and breathing activities to help soothe and regulate.



We hope you have a wonderful rest and enjoy spending time with family and friends!

Instagram

Please follow us on Instagram

[@runnymedesteds](https://www.instagram.com/runnymedesteds)

We would be very grateful if you can like and share our posts!



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Tuesday Toast Tuck Shop

For ease, toast payments will now will be made via Arbor.

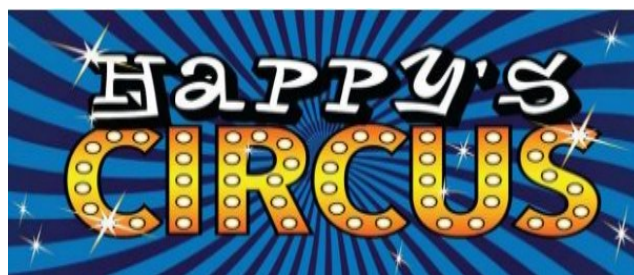
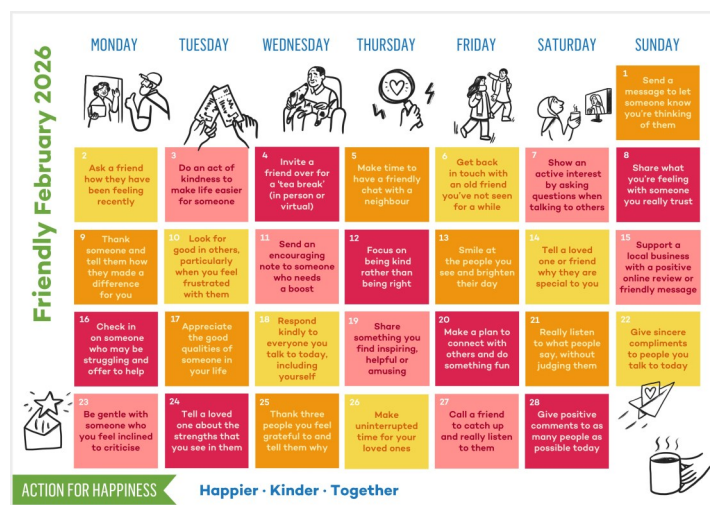
There are 5 weeks next term, therefore there will be a £5 payment. Please pick 'one' in the quantity box per child.

Please visit our school shop on our website for this.

Unfortunately we are unable to make any refunds due to absence.

If you are experiencing financial difficulties, please do not hesitate to contact a member of the pastoral team (Mrs O'Donnell or Mrs Minogue).

Click on the image below to access 'Friendly February' Mindfulness Calendar.



There are only 100 tickets now left for this event!

Tickets are available via the 'School Shop' on Arbor.

Book Swap

After half term if you would like to bring in a book to swap with another young Edwardian please bring it to the table under the stairs outside Miss Peaston's office.

What a wonderful way to get to read some new books!



School Uniform/Coats/Bags

Can we remind all parents/carers to check that pupils have the correct items of uniform and to label all pieces with your child's name.

School coats must be worn from Rec-Y5. Yr6 pupils are the only year group permitted to wear a plain black unbranded coat.

We have spare uniform available if anyone does require a school coat.

Please also do not send in any additional bags for activities after school that are not organised by school.

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- RB:** **Etta C** for super spelling with Fred Fingers and **Riley C** for helping others.
- RP:** **Arabella R** for lovely sentence writing and **Rua F** for always being helpful and kind.
- 1S:** **Molly Mc** for showing great effort in listening and in her work and **Arthur W** for giving thoughtful answers during R.E and PSHE.
- 1W:** **Joseph M** for fantastic reading and **Calla O** for excellent R.E work.
- 2H:** **Beau A** for fabulous timetables knowledge and **Autumn W** for working hard in Maths.
- 2W:** **Teddy B** for excellent listening and **Orla S** for improved spelling.
- 3D:** **Shaun M** for lovely sentence work in English and **Clarence C** for lovely descriptive writing in English.
- 3Mc:** **Leia Mc** for fantastic work in English and **William B W** for trying his bet to stay focussed.
- 4D:** **Luna D** for excellent work in Geography explaining population and **Luca E** for great work in Maths converting kilometres and metres.
- 4Mc:** **Esmee K** for making fantastic progress with division on Century and **Betsy C** for using lots of ambitious vocabulary in her writing.
- 5N:** **Mikey F** for improved focus and concentration during Maths and **Maxwell A** for showing fantastic technique and skills during volleyball.
- 5T:** **Leo G** for amazing singing every week and **Jessica K** for great recall of stories in R.E.
- 6D:** **Sophie P** for her excellent enthusiasm everyday and **Jaxon L** for his brilliant effort everyday.



Attendance—Our target is 97%

Monday 9th February until
Thursday 12th February 2026
is as follows:

96.89%

Every day in school is a step towards success—
thank you for helping your child be here, ready to
shine!

*Happy birthday to all children who have had a
birthday this week and all those due to
celebrate over half-term!*



**Teddy A, Sophia Mc, Noah F, Dexter S, Rua F,
Joachim Mc, Jerzey S, Thea H & Isobella B**

Week commencing 23rd February

- Monday** **Children return to school**
Y1, Y3, & Y5 PE
- Tuesday** Y2, Y4 & Y6 PE
- Wednesday** Ukulele with Mr Tallant
- Thursday:** REC PE
- Friday** KS2 Swimming

RB:	1S:	2H:	3D:	4D:	5N:	6D:
99.25%	95.75%	95.5%	96.75%	96%	98.5%	97.5%
RP:	1W:	2W:	3Mc:	4Mc:	5T:	
92%	100%	99.5%	96.75%	94.75%	97.75%	