



Heckington St. Andrew's C of E Primary School Newsletter

8th January 2026

2026



Dear Parents and Carers,

I hope you have all had a restful and enjoyable break, and I would like to extend a very warm welcome back to everyone as we begin a new term together. It has been wonderful to see the school come back to life again, filled with energy and smiles.

The start of a new term is always an exciting time. It brings fresh opportunities for learning, growth, and achievement, and I am very much looking forward to all that lies ahead. Our staff have been working hard to prepare engaging lessons and experiences that will support, challenge, and inspire our pupils over the coming weeks.

As always, our school values remain at the heart of everything we do. By working together as a whole school community—pupils, families, and staff—we can ensure that our school continues to be a safe, supportive, and ambitious place where everyone can thrive.

Warm wishes,

Mrs. Judith Bentley
Head teacher

Diary Dates

13th January - Y3 Wild Woodcraft experience

2-8 February Year 5 Bikeability

11 February - Year 5 Worship to Parents. 9.00am in school

11th and 12th February - Parents' evenings - booking details to follow

13th February - Last day of term

23rd February - first day back of term

23rd February - Hilltop Residential Trip Year 6

5th March - World Book Day

Maple PE

From January Maple class will have on Wednesday and Thursday

OUR SCHOOL VISION

By our whole school community living by the Christian principles of respect, resilience, relationships, reverence and responsibility, we will produce children ready for the next stage of their lives.

Five Rs = Ready for Life

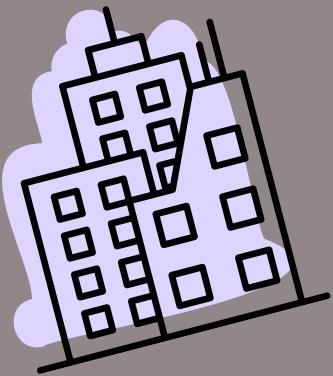
"I have come that they may have life, and have it to the full." John 10:10

! We are a nut free school





Rowan class have been
learning how to build
structures and use cladding
to create pavilions.





Heckington St. Andrew's Primary School

AFTER SCHOOL RESTRAINT COLLAPSE (AFTER SCHOOL MELTDOWNS)

What is AfterSchoolRestraintCollapse(ASRC)?

Meltdowns after school are normal, and not necessarily an indicator that something else is going on. You might get in from work, collapse on the sofa after tea, doomscrolling all evening, and avoiding all the chores that you know need to be done; that's your grown up version, your 'After Work Restraint Collapse'. Children are designed to play and socialise and unfortunately the education system is quite demanding of our little humans, meaning they suppress lots of natural urges all day. Children, in every school, have to hold in the need to talk (a lot!) and move; they are expected to be polite and respectful every minute of the day; they have to interact with lots of people, some of whom they wouldn't choose to. They experience an unavoidable loss of control. Obviously, school wouldn't work without the expectations that the children meet and, they follow the rules of school life really well. School isn't a natural construct, it's man-made, and made in recent history too. It is understandable then, that feelings of anger and ASRC emerge when children return home to their safe people and places.



So, what do you do about it?

Try not to get triggered by their outburst, don't take it personally. They feel secure with you to let the pent up energy out.

Greet them warmly: Smile, hug, tell them you've missed them. Save any questions for later, talk about school when they are ready. Give them your full attention.

Meet basic needs first: Offer a snack and a nice drink. Get changed into comfortable clothes.

Decompressing, calming activities: Fine motor and relaxing activities are best here (Lego, colouring, playdough, reading for pleasure, yoga, helping prepare tea). Walking in nature is also very soothing and good for the whole family.

Keep routine predictable: Support with a visual timetable if that would help. Reconsider after school clubs if they make your child more tired.

Give a regular and reasonable bed time: Primary aged children need between 10 and 12 hours of sleep each night. That's a 7pm bed time for a 7am wake up.

Screens and Phones

We know that phones and screens are addictive and damage mental health (ours too, not just children's). They are a short term solution but become a long term problem. Children need to be able to switch off from school and friends. Social media like TikTok, WhatsApp, Snapchat, and games with a chat function that are aimed at younger children, like Roblox etc, prevent children from getting the break they need and reduce the opportunity for genuine interaction. Some of the apps children use aren't recommended for primary aged children, and for good reason. If we had a falling out when we were at school, it stayed at school. We strongly recommend that you limit screen/phone use to the weekends and that use is never unsupervised. Switching off screens an hour before bed promotes good sleep, and good sleep makes for happier and healthier children! Interaction and quality time with you, using the ideas above, helps you to support your child's emotional development, reducing angry outbursts and ASRC.