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NEPTUNE NEWSLETTER

Decemberr 2025

Headteacher Updates

This December has been full of joy and celebration at Neptune! We kicked off the festive season with our Christmas Fayre, raising an incredible £262.91. It was wonderful to see so many parents and carers supporting the event and sharing in the Christmas spirit.

Our pupils truly embraced the season, decorating classroom trees and recording a fantastic rendition of "Jingle Bells", which was an absolute hit! We also celebrated Christmas Jumper Day on 11th December and enjoyed a delicious Christmas Dinner together on the 18th December, creating special memories for all.

Alongside the festivities, we focused on important global themes, marking Human Rights Day and International Volunteers Day, and continued to embed our Empathy Value throughout the school. A big congratulations goes to Cove Class, who triumphed in this term's TT Rockstars challenge! We were also delighted to welcome our directors, Tom and Paula, for a visit during this busy and exciting month.

Thank you to everyone who helped make December so magical. Here's to carrying this spirit into the New Year!

Safeguarding Team

Julie Norris – Headteacher /DSL 0330 135 8202
Jamie Wright – Deputy Head/ DDSL 0330 135 8202

Darren Jackson :07587747868
Operations Manager (Senior Education Designated Safeguarding Lead)

Key Dates

Jan
5 Inset day

Jan
6 First day of term

Jan
15 Coffee morning

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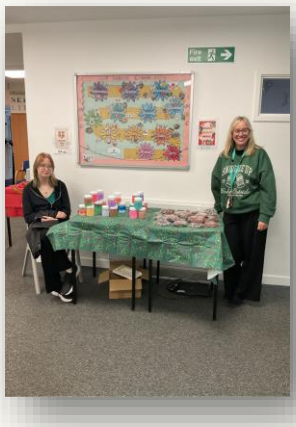
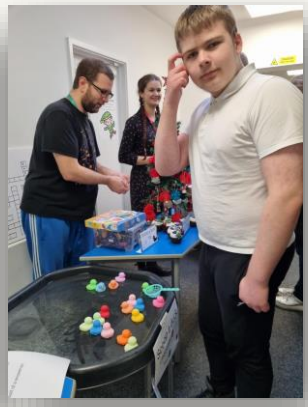
SPOTTED IN NEPTUNE

Pupil's Gallery





Sophie Megan Sarah

THERAPIES TEAM

Hi everyone,

The holiday season can bring joy, but it can also feel overwhelming so for this newsletter, we've put together some gentle tips to help create a safe, calm, and connected break for everyone.

Practical Tips for the winter break

1. Keep Predictability Where Possible

- Use visual schedules for holiday activities.
- Give advance notice of changes (e.g., visitors, outings).

2. Create Calm Spaces

- Designate a quiet corner with comforting items (soft blanket, favourite toy).
- Encourage breaks when things feel too busy.

3. Offer Choices

- Let children choose between two activities or foods.
- This helps them feel in control and reduces anxiety.

4. Mind Sensory Needs

- Lower noise levels when possible if needed.
- Use soft lighting and avoid overwhelming decorations.

5. Validate Feelings

- Acknowledge that it's okay to feel excited, worried, or tired.
- Use phrases like: *"I see this feels big for you. Let's take a moment together."*

6. Fun, Low-Stress Activities

- **Calm crafts:** Paper snowflakes, colouring pages.
- **Movement breaks:** Gentle stretching, dancing to soft music.
- **Mindful moments:** Breathing exercises or listening to nature sounds.

We've also put together our winter wellbeing packs for all pupils, full of activities to offer mindful breaks throughout the holidays. Each pupil will bring one of these home at the end of the week, so do have a look through. There are activities to do individually and activities to do together!

We wish you a peaceful and joyful holiday season.

Sophie, Sarah and Meg

THE ONLINE WOLRD AT CHRISTMAS

1

Dame Rachel de Souza* told the Press Association children were "crying out" for engagement with their relatives over the festive break, and urged them to have "phone-free time".

2

Christmas is a good time to lean into conversations with children about developing healthy relationships with tech.

3

It can be hard to keep up with the fast-changing digital world your child moves through every day.

4

The following guides aims to make those conversations easier and help you support your child with confidence.

Click here

Support Guide

Click here

Activity Pack

*Dame Rachel de Souza DBE is the Children's Commissioner for England.

For more information visithttps://www.childrenscommissioner.gov.uk/

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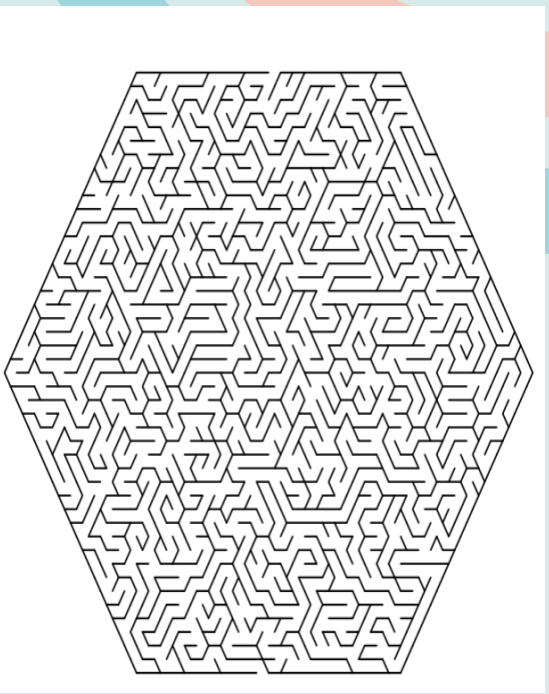
ALFIE'S QUIZZES

WINTER

V	I	R	A	T	H	W	M	A	R	S	H	M	A	L	L	O	W	I	T	B
Z	M	Z	X	P	B	O	R	T	G	H	K	S	Y	B	Y	Q	C	N	B	K
C	P	M	W	Z	S	O	R	T	D	Z	F	X	H	R	K	I	C	U	C	V
G	L	R	I	U	I	D	O	C	R	A	B	I	E	O	C	B	A	P	X	T
K	N	Z	J	B	F	P	I	T	O	Z	X	T	R	L	V	N	R	K	R	L
V	C	I	H	E	K	I	W	W	S	C	A	Y	E	E	D	E	W	R	M	V
N	H	S	D	A	S	L	Y	A	H	E	O	S	X	K	P	M	L	S	J	N
W	I	N	R	D	N	E	B	A	W	H	R	A	T	E	V	L	S	F	Q	R
K	M	O	L	J	E	R	D	S	Q	P	X	M	E	C	S	L	A	P	J	B
Z	N	W	H	I	T	L	X	E	J	K	W	Y	Y	O	K	E	S	C	W	F
N	E	B	V	D	T	R	S	K	F	R	E	E	Z	E	A	N	C	H	E	A
M	Y	A	Q	H	I	C	L	J	J	Y	A	L	G	X	T	N	J	I	R	D
I	N	L	C	E	M	A	O	Z	H	A	T	S	N	D	I	A	O	B	D	R
G	O	L	O	A	B	J	F	R	A	C	S	O	I	F	N	L	H	E	I	A
R	U	Q	A	T	F	S	S	L	N	K	A	X	I	P	G	F	O	R	P	Z
A	P	V	T	E	W	T	E	K	N	A	L	B	K	X	O	D	T	N	F	Z
T	R	O	V	R	B	B	A	Z	E	M	C	Z	S	Y	T	C	S	A	H	I
I	I	N	D	U	C	J	S	S	N	O	W	F	L	A	K	E	O	T	I	L
O	S	U	M	Y	L	S	N	O	W	B	O	A	R	D	X	F	R	E	O	B
N	Z	V	J	S	H	I	V	E	R	H	K	O	Z	N	L	L	F	G	R	O
X	F	U	R	N	A	C	E	F	A	J	A	L	K	S	N	O	W	M	A	N



SNOWFLAKE	SCARF	FREEZE
MITTENS	HAT	FROST
BLIZZARD	COAT	SHIVER
FIREPLACE	SWEATER	FURNACE
ICICLES	BLANKET	HEATER
SLEDDING	COCOA	CHIMNEY
SNOWMAN	MARSHMALLOW	WOODPILE
SNOWBALL	SKATING	FLANNEL
SHOVEL	SKIING	HIBERNATE
BOOTS	SNOWBOARD	MIGRATION

2025-2026

Neptune School

Key
School Holidays
Inset Days
Bank Holidays

September '25

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October '25

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November '25

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December '25

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January '26

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February '26

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March '26

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April '26

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May '26

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June '26

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July '26

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August '26

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						