

NEPTUNE NEWSLETTER

July 2026

Headteacher Updates



Dear Parents and Carers,
Welcome to our July newsletter and the final edition of this academic year.
It has been a hot, busy, and enjoyable month at Neptune. We are proud to celebrate the success of our team members who were recognised at the annual HEART Awards.

Throughout July, pupils explored World Population Day and Nelson Mandela International Day, and engaged in thoughtful discussions about leadership by considering what it would be like to be Prime Minister. Pupils have also enjoyed a range of end-of-term trips, including visits to Bristol Zoo Project and Puxton Park, creating lasting memories with their peers.

As we reach the end of the year, we would like to say a special farewell to our Year 11 pupils. We are incredibly proud of all they have achieved and wish them every success and happiness in the next stage of their journey. Thank you for your continued support throughout the year. We hope you have a wonderful summer break and look forward to welcoming pupils back in September.

Safeguarding Team

Julie Norris – Headteacher / DSL 0330 135 8202
Jamie Wright – Deputy Head/ DDSL 0330 135 8202
Ellen Ashford-Kelleher – Deputy Head and SENDCo/ DDSL
0330 135 8202

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

Key Dates

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September

1 Inset Day

September

2 First day back for pupils

October

1 Coffee Morning

SPOTTED IN NEPTUNE

Pupil's Gallery



THERAPIES TEAM

We hope the holidays bring rest, fun and time to make some special memories. Whilst summer brings excitement, we also know it brings some uncertainty for many families. A break from routine is always welcome but changes to our familiar routines can feel overwhelming for everyone. Whilst we're sure these things are already in your thoughts the following checklist might be helpful.

☐ Keep familiar routines where possible, such as wake-up times, mealtimes and bedtime.

☐ Use a visual calendar or countdown so your child knows what to expect and when.

☐ Balance planned activities with quiet time to rest and regulate.

☐ Talk positively about the change the summer break has brought about.

☐ Towards the end of the holidays talk positively about returning to school near the end of the holidays, photos can be useful, revisiting memories and focusing on what your child is looking forward to.

Please do share with us what might be useful on your child's return to school. This can be highlights of the summer, difficult moments or anxious worries and thoughts.

We hope you all have a lovely summer. Be kind to yourself. There is no 'perfect' way to spend the summer...

We look forward to welcoming everyone back in September.

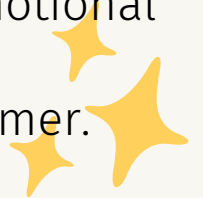
Attachment at school and home.

Whether children are moving from home to school each morning, returning after a weekend, or preparing for a new class after the summer break, strong relationships help them navigate change. When children know that caring adults remain emotionally available, they are better able to manage uncertainty, explore new experiences and return to learning. Small rituals, predictable routines and ongoing communication between home and school help create an important bridge, reminding children that they are supported wherever they are.

When children return to school after a holiday, they are not just transitioning from one place to another. They are moving between relationships, routines, and expectations. Taking a few moments to talk about people who help them feel safe and connected can support a smoother return. Children often cope best with change when they are reminded that important relationships remain available, even when they are apart.

This helps them develop what is called an 'internal working model'. Something we all have and carry in our emotional processes for our whole lives.

Here's an exercise that you might want to do over the summer.



The "Invisible String" Exercise

Based on the book *The Invisible String* by Patrice Karst, this activity helps children hold important relationships in mind when they're apart.

1. Sit together and talk about the people who help your child feel safe, loved, and cared for.
2. Draw a picture with your child in the middle and important people around them (family members, pets, friends, school team).
3. Draw "strings" connecting everyone together.
4. During the holidays, revisit the picture and talk about how connections remain even when people are apart.

Visual Timetables

Visual timetables can help make the day more predictable and support independence by showing what is happening and what to expect next. Many pupils will already be familiar with visual timetables from school and may benefit from using them at home, particularly during less structured times such as weekends or school holidays.

Visual timetables can help pupils to:

- Understand their daily routine
- Prepare for transitions and changes
- Reduce uncertainty and anxiety
- Develop independence and confidence

A visual timetable does not need to be complicated or require special resources. Simple ideas include:

Post-it notes with activities written or drawn on them

- Hand-drawn pictures or symbols
- Numbered or written lists of activities
- Photographs of familiar people, places, or activities
- Pictures cut from magazines or catalogues
- Whiteboards for flexible daily planning
- Objects of reference, such as a spoon for mealtime or a book for reading



There is no single "right" way to create a visual timetable. The most effective approach is one that is meaningful, accessible, and easy to use consistently. The aim is to provide clear, visual information that helps your child/young person understand what is happening now and what will happen next.



Anna Freud
National Centre for
Children and Families

shout

for support in a crisis

0800 111 111

In crisis? Need support?



Text **AFC** to 85258

Text the free, anonymous crisis textline

All texts are answered by trained volunteers,
with support from experienced clinical specialists



neptuneschool
> INSPIRING LEARNING

COFFEE MORNING

01.10.26 • 10.30–11.30

POP ALONG FOR A
TEA OR COFFEE, A
SLICE OF CAKE, AND
A FRIENDLY CHAT
WITH OTHER
PARENTS/CARERS.



2026-2027

Neptune School

Key
School Holidays
Inset Days
Bank Holidays

September '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				

October '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	

November '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						

December '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			

January '27

M	T	W	T	F	S	S
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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 '27

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 '27

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 '27

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 '27

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

June '27

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 '27

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 '27

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					