

NEPTUNE NEWSLETTER

July 2026

Headteacher Updates



Dear Parents and Carers,

Welcome to our September newsletter. A warm welcome to our new pupils and newest team member as they join the Neptune community.

We have had a busy start to the term, with weekly visits to Age UK and the launch of Enrichment Fridays, both proving to be a great success. Our HEART value this term is Honesty, and it has been wonderful to see pupils demonstrating this across the school.

This month, pupils have also taken part in activities linked to Second Hand September, Recycle Week, European Day of Languages, International Day of Older Persons and Black History Month.

Thank you for your continued support. I hope you enjoy reading about the highlights from across the school this month.

Julie Norris



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

October

1-31 Black History month

October

7 Flu vaccinations

October

19-20 Parent/Carer evening

October

22-23 INSET day

SPOTTED IN NEPTUNE

Pupil's Gallery



THERAPIES TEAM

Some thoughts on anxiety and emotional regulation through creativity

Anxiety is something we all experience from time to time. For some children, worries can feel especially intense, particularly when there are changes, uncertainty, sensory challenges, social situations, or communication difficulties to navigate.

Anxiety does not always look like worry. It can sometimes show itself through frustration, avoidance, withdrawal, tears, difficulty concentrating, or an increased reliance on routines. When children are feeling anxious, they are often doing their very best to manage emotions that may feel overwhelming.

Creativity can be a powerful way of supporting emotional wellbeing and regulation. Drawing, painting, building, music, movement, storytelling, and sensory play can offer children opportunities to express and explore feelings in ways that do not always require words.

When children engage in creative activities, the focus does not have to be on producing a finished piece of work. The process itself can help create moments of calm, organise thoughts and feelings, and provide opportunities for connection with others.

We know that supporting a child who is struggling with anxiety can sometimes feel challenging. Many parents and carers will recognise the feeling of wanting to make worries disappear as quickly as possible. At times, some children may find it helpful simply to have an adult alongside them who acknowledges and accepts how they are feeling. Being listened to and having feelings validated can be incredibly reassuring.

Some children also enjoy creative wellbeing activities that help them think about their worries in a different way. One example is creating a "Worry Monster".



A drawn, painted, or three-dimensional Worry Monster can give worries a shape, character, or personality. For some children, this can make worries feel easier to talk about, understand, and manage.

You might like to explore some of these questions together:

What does your Worry Monster look like today?

How big is your Worry Monster today?

What makes it grow?

What helps it shrink?

If you have concerns about your child's emotional wellbeing, please remember that you are not alone. Small moments of connection, play, creativity and understanding can make a meaningful difference. Together, we can help children feel safe, valued and supported as they learn and grow.

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
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19	20	21	22	23	24	25
26	27	28	29	30	31	

November '26

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9	10	11	12	13	14	15
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23	24	25	26	27	28	29
30						

December '26

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21	22	23	24	25	26	27
28	29	30	31			

January '27

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

February '27

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15	16	17	18	19	20	21
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March '27

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29	30	31				

April '27

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May '27

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24	25	26	27	28	29	30
31						

June '27

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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
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26	27	28	29	30	31	

August '27

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