

UNIFORM REMINDER

We kindly ask that all children come to school in the correct uniform each day. We work hard to keep our uniform expectations as simple and as affordable as possible, and we really appreciate your support in helping us maintain these standards.

Our School Uniform:

Green school sweatshirt/cardigan
White or bottle green polo shirt/shirt/blouse
Charcoal grey skirt/ trousers/shorts
Black school shoes

PE Kit

A white T-shirt, navy or black shorts/cycle shorts and suitable trainers/plimsolls will be required.
School jumpers should also be worn on PE days. No branded football kits or t-shirts please

Please make sure all items are clearly labelled with your child's name.

If you are experiencing any difficulties in providing the correct uniform, please don't hesitate to contact the school office in confidence. We're here to help and support where we can.



Mental Health: It's Not All In The Mind

As part of the Mental Health strand of our [Belonging by Design](#) strategy, Anglian Learning is pleased to be offering a series of free webinars across this academic year for parents and carers.

These webinars are an important way for us to launch Anglian Learning's early-intervention approach to supporting young people's mental health and wellbeing. By working in partnership with families and professionals, we aim to strengthen understanding, build resilience and promote positive mental health across our school communities.

The 'Mental Health: It's Not All In The Mind' webinar series shares practical, evidence-based strategies, grounded in the latest research and medical understanding, to support your own and your children's mental health. Topics include: what causes depression, how everyday factors can affect our wellbeing, and ways to create opportunities for positive behaviour change.

The webinars are presented by Peter Templeton and Charlotte Catignani from The Foundation for Young People's Mental Health, whose work is rooted in scientific research and real-world practice. You can read more about their work and research by [clicking here](#).

Recordings will be shared via email and will also be available on your school's website.

We hope you find these webinars helpful in understanding and supporting mental health within your family.

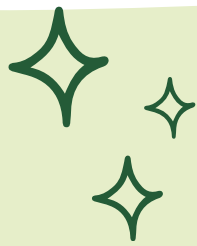
Camilla Saunders

Director of Inclusion at Anglian Learning

Further reading:

- [MindEd For Families](#)
- [How to talk to teenagers about mental health](#)
- [How to talk to primary age pupils about mental health](#)
- [Movement and mental health - Mental Health UK](#)
- [Food and mental health | Tips for everyday living | Mind](#)
- [Depression - It's really not all in the mind | YPMH](#)

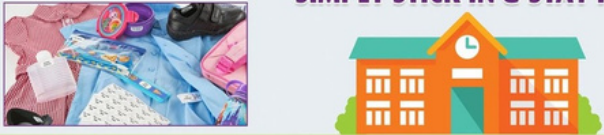




PFA NEWS



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Use Code 36518

The PFA are in need of volunteers to help at events. If you are able to spare some time please email pfa@pinesprimary.org



THE PINES PFA QUIZ NIGHT
ADULTS ONLY

Friday
14th November

Pfa@pinesprimary.org

DATES FOR YOUR DIARY

27th - 31st
Oct

Half Term

4th
Nov

5-6pm - Early Years Open Event for Sept '26 Starters

7th
Nov

PFA Tuck Shop after school

14th
Nov

PFA Parent Quiz

21st
Nov

PFA Tuck Shop after school

28th
Nov

PD Day - No pupils in School

11th
Dec

Virtual Dance Festival

19th
Dec

Last Day of Term

