



Headteacher writes:

“When little people are overwhelmed by big emotions, it’s our job to share our calm, not join their chaos.”

— L.R. Knost, *The Gentle Parent*

I have said before that being a parent is the best and hardest job in the world. I've not changed my mind... Parents and carers want to do the best for their children but it is not always easy to know what to do. Some parents copy what their parents did, some parents read books for advice, some parents talk to other parents and some parents will go on specific courses to support and develop parenting skills. “There is no way to be a perfect parent, but a million ways to be a good one.” — Jill Churchill. This is a lovely quote that highlights there will be many ways to be a great parent. Parents sometimes worry about being a good parent. Maybe a parent might compare themselves to another parent, be unsure about boundaries or worry about their child's friendships. These are all normal worries and most parents will at some point have a concern about being a parent.

If we want to get better at art, we may enroll on an art course. If we want to learn to understand nuclear physics, we might learn about elements and their nucleus, study forces, learn about; alpha, beta and gamma decay, what happens in fission and fusion as part of nuclear reactions and how this all links to E=MC². When it comes to getting better at being a parent, we may be more resistant to learning... 'Are you saying I'm a bad parent?'

Parenting, like any skill can improve. Our newsletters often highlight parenting courses. But by calling a parenting course 'A Parenting Course,' many parents will be put off or feel judged.

Over the years, system leaders have tried to get around this by rebranding and renaming parenting courses; Parenting with Purpose, EmpowerED Parents, Roots and Wings, Family Circle, The Village Approach, Families First...Do these really work? If you want to be a better parent, you will be! Going on a course can provide some useful structures and guidance but YOU will be the one who makes the difference. If you are interested on going on a parenting course, details of what Bristol has to offer are detailed below.

Bristol run a range of evidence-based programmes for parents of children aged 3 to 17 years old.

The programmes are for parents and carers of: young children, children with challenging behaviour, children with anxiety, teenagers and teenagers with aggressive or abusive behaviour or who've been involved in the criminal justice system.

These are run by the Family Help (formerly Families in Focus) Parenting Team Specialists who are all part of Improving Access to Psychological Therapies or CYP-IAPT.

This means we deliver accessible and evidence-based parenting services based on principles of participation and collaborative practice.

These programmes include:

[The Incredible Years](#): for parents and carers of children aged 3 to 10 years with challenging behaviour

[Timid to Tiger](#): for parents and carers of children aged 3 to 12 years with anxiety

[Parents Plus Adolescents Programme](#): for parents and carers of children and teenagers aged 10 to 17 years with adolescent behaviours

[Non-Violent Resistance or NVR](#): for parents or carers of children aged 8 to 17 years with violent, controlling or self-destructive behaviours

[Parents Plus Parenting When Separated Programme](#): for parents who're preparing for, going through, or have gone through a separation or divorce

Yours in partnership,
Mike, Headteacher

Harvest Donations—Thursday 25th September 2025

We will be thinking about Harvest and are asking families for a donation which will go to the Julian Trust foodbanks. Please send this in with your child in the morning ready for collection.

Please can all foods be in date! Julian trust have this on their website as their current needs:

- *Tinned vegetables (sweetcorn, peas, chopped tomatoes)**
- *Custard, tinned fruit and tinned rice pudding**
- *Tinned curry, chilli con carne & stewed steak**
- *Biscuits and sugar**
- *Coffee and hot chocolate**
- *Squash and lifelong milk**

We hope you will be able to support us!



World Car Free Day

Coming up this month is national World **Car Free Day!** This year, this national event is being celebrated on the 22nd September 2025.

We invite you to join us in making a positive impact on our environment and community on **Car Free Day** on **Friday 22nd September**.

Why support Car Free Day?

Healthier lifestyles – Walking, cycling, or scooting to school helps children stay active and alert.

Cleaner air – Fewer cars mean less pollution around our school and neighbourhood.

Safer streets – Reduced traffic makes the journey to school safer and more enjoyable for everyone.

Environmental awareness – It's a great opportunity to teach children about sustainability and caring for our planet.

How can you help?

Leave the car at home and walk, cycle, or scoot to school.

If you live far away, consider parking a short distance from school and walking the rest.

Encourage friends and neighbours to take part too!

Let's work together to make Car Free Day a success and show our children the power of small actions to make a big difference.

For more information and for free resources and ideas, visit: <https://www.livingstreets.org.uk/get-involved/world-car-free-day/>

WORLD CAR FREE DAY

Well Done Hattie & Lottie!

This month, Incredible Kids have been celebrating two very special supporters: Hattie and Lottie.

Hattie & Lottie are twin sisters who attend the Junior school. They have been attending Incredible Kids for two and a half years, recently they decided to raise money for craft supplies and lollies for the clubs families.

From baking biscuits and making lemonade to running their own stall, these young entrepreneurs showed amazing creativity and determination.

Their efforts didn't stop there. They've been promoting Incredible Kids at school, nominating them for fundraising opportunities, and sharing their passion with friends.

We are very proud of their kindness and hard work and maybe they can inspire us all to get involved with community work.



Friends of Chester Park Schools Annual General Meeting

Monday 13th October 2025

3.30pm held at the Junior School









The FOCPS will be holding their AGM to elect this year's committee and to discuss upcoming events and planning for this school year.

All parent/carers from the Infant and Junior schools are welcome to attend the AGM. We look forward to meeting new members and to sharing ideas for events.

We hope you can join us!

Weekly Celebrations

	Dojo Hero 	Pot of Gold 		Dojo Hero 	Gold Card 
Class	Infant School		Class	Junior School	
Badger	River		Pine	Lyra	Louie, Reggie
Rabbit	Gloria		Willow	Gracie	Muneer, Kaden
Squirrel	Peggy		Cedar	Xintong	Elijah, Leon
Bumblebee	Tara	Joseph, Adriana, Mohamad	Hazel	Riya	Aisha, Rhamel, Kai
Hedgehog	Ariah	Rosie	Chestnut	Ismaiel	Sophia, Aleena
Otter	Alan	Romy	Hawthorn	Radina	Damilola, Amelia
Owl	Eshal	Xavier, De'Mari, Leander, Bodhi	Sycamore	Abundance	Theo, Roka
Fox	Freya		Maple	Amelia	Thandie, Evan
Ducklings			Ash	Bethan	Cora, Elaina
			Whitebeam	Destiny	Theo, Leah
			Hornbeam	Jacob	
Congratulations to this weeks winners!			Oak	Naomi	Zaiyan, Hassan

Class	Weekly Attendance	Class	Weekly Attendance
Badger	100%	Pine	96.2%
Rabbit	92%	Willow	94.6%
Squirrel	91.9%	Cedar	96.6%
Bumblebee	97.3%	Hazel	95.4%
Hedgehog	89.3%	Chestnut	91.0%
Otter	89.3%	Hawthorn	91.3%
Owl	90%	Sycamore	95.7%
Fox	100%	Maple	86.6%
		Ash	86.9%
		Whitebeam	96.6%
		Hornbeam	97.5%

Book Fair at Junior School

The Book Fair will be at the Junior school next week from 23rd –26th September.
It will be open from 8.30-8.55 and 3.30 - 4pm in Cypress Class.

Books are 3 for the price of 2.

This is CASHLESS, please bring a contactless method of payment



Dates for your Diary

Thursday 25th September—Harvest Donations
Friday 3rd October—Inset Day—School Closed to all pupils
Monday 6th October—Inset Day—School Closed to all pupils
Tuesday 14th October—Individual School Photos
Tuesday 14th October—Share our Learning Evening 3.30-6pm
Thursday 16th October— Share our Learning Evening 3.30-6pm
Friday 24th October—Black History Month Event—More information to follow
Friday 24th October—Friends of Chester Park Silent Disco—More information to follow
Friday 24th October—End of Term 1
Monday 3rd November—Start of Term 2
10th 14th November—Anti Bullying Week—More information to follow
Tuesday 11th November—Remembrance Day
Friday 14th November—Children in Need Day
17th—21st November—Road Safety Week
Monday 1st December—Christmas Singalong —All Welcome
Wednesday 3rd December—Friends of Chester Park Winter Fair from 2pm
Wednesday 10th December—Year 5 & 6 Christmas Performance 9.30am & Year 3 & 4 Performance at 2pm at Junior School
Thursday 11th December—Year 3 & 4 Christmas Performance 9.30am & Year 5 & 6 Performance at 2pm at Junior School
Friday 12th December—Christmas Lunch & Festive Jumper Day
Tuesday 16th December—Year 2 Christmas Performance—2pm
Wednesday 17th December—Year 1 Christmas Performance—2pm
Thursday 18th December—Reception Year Christmas Performance—2pm
Friday 19th December—Christmas Party Day
Friday 19th December—End of Term 2
Monday 5th January—Start of Term 3
Tuesday 10th February—Share our Learning Evening 3.30-6pm
Thursday 12th February— Share our Learning Evening 3.30-6pm
Friday 13th February—End of Term 3
Monday 23rd February—Start of Term 4
Wednesday 4th March—Friends of Chester Park Holi Colour Run—More information to follow
Thursday 5th March—World Book Day— Children can dress as a book character for the day!
Friday 13th March—Red Nose Day
Thursday 19th March— Inset Day—School Closed to all pupils
Friday 20th March—Inset Day—School Closed to all pupils
Monday 23rd March—Eid Party & Coffee Morning—More information to follow
Week Beginning 30th March—Easter Cake Sale—More information to follow
Thursday 2nd April—End of Term 4
Monday 20th April—Start of Term 5
Tuesday 19th May—Infant School Sports Day
Wednesday 20th May—Junior School Sports Day
Friday 22nd May—End of Term 5
Monday 1st June—Start of Term 6
1st—5th June—Chester Park Belonging Week—More information to follow
Friday 5th June—Belonging Picnic and Summer Fair from 2pm
Tuesday 21st July—End of Term 6