



Hillborough Infant and Nursery School

Newsletter – 2nd October 2026

Value of the month – our value of the month is **community (safe space to learn and play)**.

Language of the month – Romanian

Dear parents and guardians,

We would like to thank you again for ensuring your children get enough sleep. I am sure 10 hours can sometimes feel like a great challenge, but I cannot emphasise enough the impact sleep has upon your child's learning. If you need any further support, please click on [The Sleep Charity](#) link.

As we move further into autumn, please send your child to school with a coat or raincoat. Physical Health is a crucial part of our curriculum, and it is important for your children's learning for them to be outside and moving every day despite the weather. We also ask they come to school wearing appropriate footwear for the day, so they can move at ease.

School uniform - please ensure that your children are wearing the correct uniform and suitable footwear. Hair accessories should be kept to a minimum and in the school colours. If you are unsure, do check out our website - <https://www.hillboroughinfants.co.uk/uniform/>

Term Time Leave – we would like to remind you that term time leave is only granted in **exceptional circumstances** and **MUST** be agreed by the Headteacher. Any application **MUST** be completed and returned to school, no later than 14 days prior to the request. You will be expected to attend a meeting, in school, to discuss the request before a decision is made. All details can be found by clicking on the following – [Term Time Leave of Absence](#).

School lunch ordering via Swift - recently we sent out a reminder about lunch ordering and it has been repeated again below.

- **The following is a gentle reminder that all meals must be selected in advance by 9.00 p.m. on Sundays for the coming week.**
- **Using Swift means that you can:**
 - View the three-weekly menu with your child/children and discuss the options on offer.
 - Select your child/children's preferred choice either one week at a time or a month at the beginning of each term in advance for more than one child using one email account.
- If a choice is not made for your child, they might not get to have the meal they would like. To avoid upset, please ensure you book their meals in advance. A school lunch is critical to pupils' health and well-being, and they also have significant benefits on learning and academic performance.

World Mental Health Day (10th October 2026) – this day, as is every day, is important to both children and adults, and in addition to our PSHE/RHE programme we led on the focus for this year of **'lived experiences heard: real voices, real change** and that everyone around the world would hopefully be looking after their mental health. Even our youngest children have big emotions that they are still learning to understand! We can support their mental well-being every day by simply pausing, listening to their stories, and validating their feelings. Try asking your child today: *"What made you feel happy today, and was there anything that felt a bit tricky?"* Giving them space to share their "real voice" builds confidence and resilience that lasts a lifetime.

Luton Food Bank / Harvest Festival week – we will be focusing on others for the week beginning the **5th October 2026** and we will be sending out details of items that you may wish to bring in to support this wonderful cause and those who need their support. Here is a link to their website -

<https://lutonfoodbank.org.uk/>. If you are struggling, you can contact them directly or do contact our Family Support Worker who can also support you and signpost you to other agencies that can provide support.

School bags and charms – we are unable to allow bag charms and this is due to health and safety reasons all children and especially those with SEND or learning needs. We kindly ask that you remove them from your child's bags as soon as possible. School will be removing them and either placing them in the bag or giving them to you personally at the end of the day.

Updates from year groups:

- **Nursery & Reception** – produce a wonderful weekly newsletter with all the exciting information about what they are working on and how you can best support your child during the week.
- **Year One & Year Two** – want to share all their exciting learning experiences and do see the infographic.

Inclusion Team - The most important skills needed for **communication** are **attention and listening skills**. All other communication skills are based upon the ability to pay **attention and listen**. Here is a link to some really useful advice on how to support your child to develop this further - [Attention and listening skills](#)

Behaviour – the NSPCC, have alerted us to a new webpage, with a focus on anger in children and how to deal with it, according to age. The following link will take you to the page and then you can select the correct age for your child and then find some easy and practical ideas - <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/arguments-conflict-family-tension>

Importance of sleep – again we will highlight how much sleep all of us need, whether you are child, parent or grandparent. Sleep is so vital for all of us and really helps all to function well, learn more, solve problems and be less reactive to small niggles. There is plenty of advice on the following link - <https://thesleepcharity.org.uk/information-support/children/>

What's on in Luton this October 2026 – please find below a link to The Culture Trust Luton, which provide a lot of free entertainment and activities for children and adults - <https://www.culturetrust.com/>



Wishing you a lovely weekend

Hillborough Infant & Nursery School Team