

Parents and Carers,

We have had another lovely two weeks at Bingham Primary School and we are nearly in to February!! A link has been emailed out and posted on dojo. This is so that you can help us to improve even further. We are after suggestions for different fundraising, anyone who would be interested in being part of a PTA and any holiday clubs you use when the children are off school. Our recent parent survey was overwhelmingly positive but we are always looking to improve. Please look out for the diary dates below that are for the rest of this term. Spring Term 2 dates will be out next week for you all.

As always, if you have any questions or queries, you can find me on the gate each day, message on dojo or send an email to enquires@bingham-cit.co.uk. I hope that you have a lovely weekend!

Mrs Pask- 30.01.26

1.

CHILDREN IN NEED



Finally the medals have arrived from Children In Need. Apologies that they have taken so long. Ms Wells has been emailing and her persistence has paid off! Thank you for being so patient.

NUMBER DAY

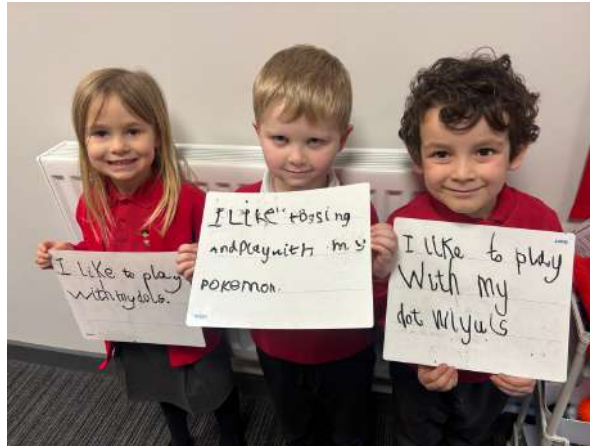
2.

It is Number Day on Friday 6th February. Children are invited to dress as a number for the day. There is a £1 donation as we are raising money for the NSPCC.



3

ROBIN CLASS (EYFS)



The children have enjoyed learning the story Handa's Surprise and tasting fruits. They have also wowed Mrs Pask with their sentence writing!

4

SWAN CLASS(YEAR 1)



Year 1 have worked their socks off with their writing this week! In fact, it was so good that I thought it was Year 2 writing!!!!

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5



BARN OWL CLASS (YEAR 2)

Year 2 have had a busy week. They have been learning all about money. They have been weaving in Art and using the Bee bots in Computing.



6

STAR OF THE WEEK



Every week, a teacher chooses a child for Star of the Week and Mrs Pask chooses a child who has shown the Bingham Values.

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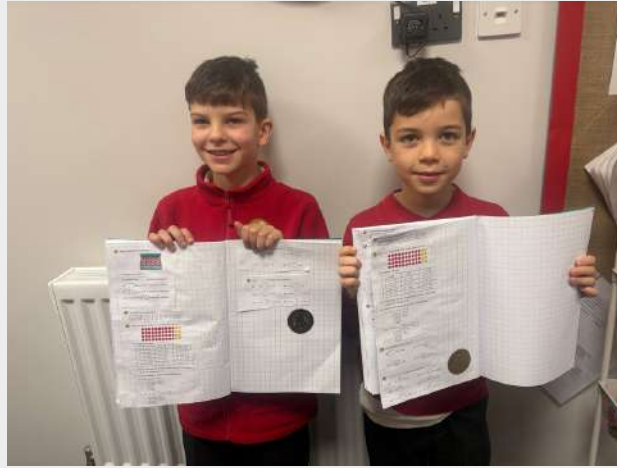
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7

KINGFISHER CLASS (YEAR 3&4)

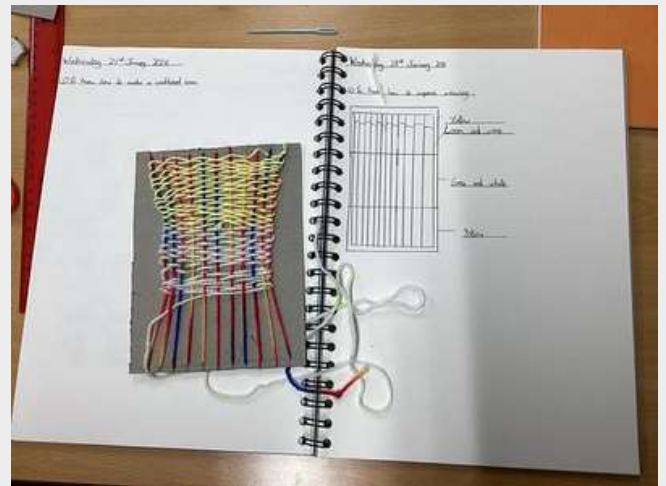
Year 3 and 4 have enjoyed their Science experiment this week as well as their Maths. Over the last two weeks, Mrs Pask has been lucky enough to have lots of pupils from this class to receive a real golden Headteacher Award.



8

STARLING CLASS (YEAR 5&6)

Year 5 & 6 have worked incredibly hard on their weaving this week. They have all shown the Bingham Belief as it was not always easy to do.



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Your paragraph text

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DIARY DATES

Family Bingo- Thursday 5th February

Tickets will be available on your child's MCAS until Wednesday 4th February at 4pm. This is to allow Mrs Pask time to buy the refreshments. Tickets are £3.00. If you would like a hotdog and drink this will be an extra £1.

Y5&6 Recycling Centre- Thursday 5th February

This is a free trip for pupils that has been organised by school.

Number Day- Friday 6th February

Children can come to school dressed as a number with non- school uniform. Ideas will be sent out nearer the time. A donation can be sent with your child as it is part of the NSPCC charity.

KS2 Young Voices- Wednesday 11th February

KS2 Choir who are in Young Voices will be singing alongside lots of different schools at the Sheffield Arena.

EYFS- Pizza Express- Wednesday 11th February

EYFS will be making pizzas at Pizza Express and then they will be bringing them back to school to taste.

Friday 13th February- Chinese New Year activities

Our amazing volunteers are going to do support us by leading some exciting Chinese New Year Activities.

End of term

The last day of term is Friday 13th February 2026. Pupils return on Monday 23rd February 2026.

Here are the diary dates for Spring Term 1.

10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Your paragraph text

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



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