

October 25

Northborough Roundup



A message from Mr Pattison

Dear Parents and Carers,

As we approach the end of this term here at Northborough, I wanted to take the opportunity to share some of our highlights and to thank you for your ongoing support.

Our new EYFS children have made a fantastic start to their school journey. They have settled in remarkably well, building friendships, exploring their newly redeveloped environment, and embracing all aspects of school life with enthusiasm. It's been great to see their confidence grow each day.

Year 5 pupils had an unforgettable experience at Hilltops. They challenged themselves with new activities, developed their teamwork skills, and created lasting memories. Thank you to staff and parents for making this trip possible.

Year 3 enjoyed a fascinating trip to Flag Fen last week, where they explored ancient history and archaeology. The children were engaged and curious and represented our school brilliantly.

A huge well done to Year 2 for our inaugural class assembly. The children amazed us with their acting, dancing, and ambitious singing, and it was a joy to see so many parents, carers and family members attending.

Once again we were overwhelmed by the generosity of our school community for the Harvest Festival appeal. The amount of donations we received was truly incredible – thank you for helping to support local families in need.

Finally, we are delighted to share that we doubled last year's number of participants in the Summer Reading Challenge at the library! Thank you for encouraging a love of reading at home and supporting your children in this achievement, who knows what we can achieve next year.

Thank you once again for your continued support. We wish all our families a restful break and we look forward the exciting Christmas term ahead.

CROSS COUNTRY SUPERSTARS!

Our 21 strong team of sporting hopefuls attended the annual SOKE cluster cross country competition at AMVC on the 25th September.

Children had to run either 1400m or 1900m - a huge challenge against approx. 100 children in total running from other schools in each category.

Despite the daunting length of the course, as always, Team Northborough rose to the challenge and gave their very best with a number of high finishes, with medals being awarded!

Northborough came 2nd overall and missed out on 1st place by only 35 points.

Congratulations to the entire team, we are so proud of you all.

What a team!

Eva, Bay, Jessie, Isabella, Ella, Emily, Jacob, Sammy, Harry K, Dottie, Roman, Lincoln, Pip, Olivia, Eleanor, Jake, Freddie, Millie, Alexia, Dylan and Harry J.



All school news

PE news

This term – Year Six went to AMVC for a basketball workshop run by AMVC and boosted their skills ready for future tournaments.

Also this term, Years Three, Four, Five and Six went to AMVC for the annual cross country event. Overall we finished in second place out of ten schools. Well done to all involved!

Events coming up:

Sports Hall athletics – 21st November

Year Three dance competition – 5th December



Harvest Festival 19th September, 2025

Thank-you for all your generous donations for the Deeping Foodbank.





Feeding local people in crisis

To everyone a Nine Bridges Benefice

**Thank you for your generous
donations from your Harvest Festival
of 450.50 kilogrammes of food**

**This will enable us to continue
supporting people in crisis|**

**Without your support and generosity
this would not be possible**





Year 2 performed 'The Little Red Hen'. They worked really hard to learn their lines and sang beautifully. What a great performance. Well done, Year 2!

Key Stage 1 and EYFS

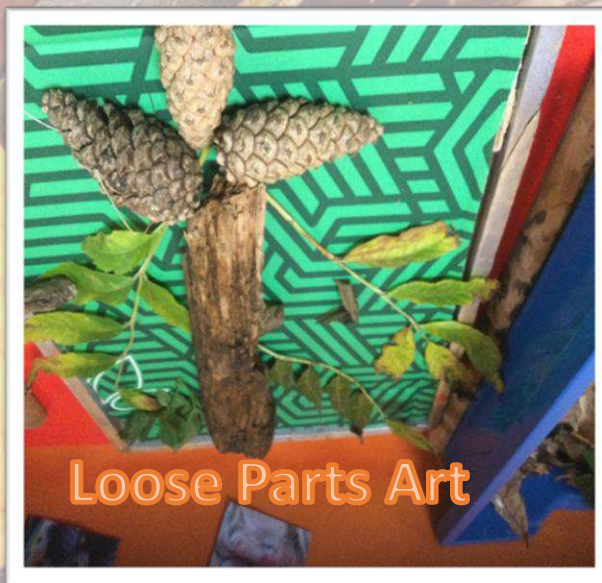
Pattern Repeating



Picking Apples In Our Orchard



Loose Parts Art



All About Me Art



EYFS Autumn Term Highlights

2D shape



Construction



Making Magic Reading Wands



Paint Mixing



Playing on the new equipment



Construction



Collage



Year 1s Autumn Term news!

We painted fruits when learning about harvest.



We have had a busy start to year 1.



We worked together as a team to place the continents on the world whilst learning to recognise the continents and oceans of the world.

In maths we have been working on building our confidence when working with numbers to 10. We began by sorting objects in different ways.



Using our observation skills when looking at signs of Autumn.



In Science we have been learning about trees – We explore and identified the parts and function of a tree.



Year 2

We visited a water mill at Sacrewell farm and learnt all about the journey of growing wheat to becoming flour and then being baked into tasty treats!

In lessons we have also looked at the traditional tale of 'The Little Red Hen' which was performed for our families and the school.

It's been an amazing start to Year 2!



Key Stage 2

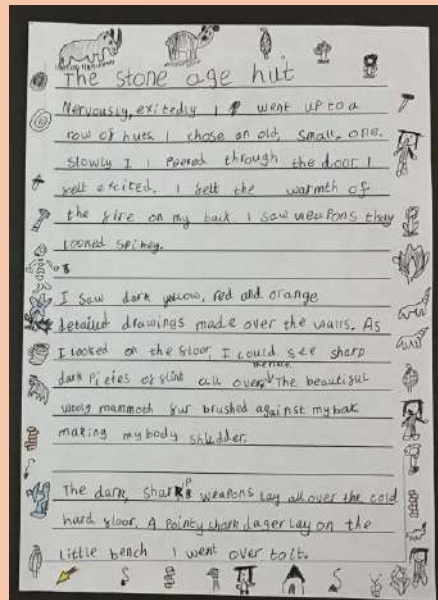
Within Music we have started to learn a new instrument, violins!



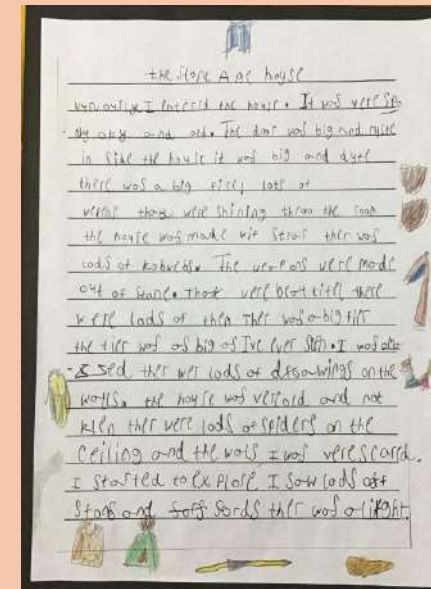
YEAR THREE

Term one

Year 3 have loved Science this term, looking into 'Rocks and Materials' as well as lots of experimenting!



Within writing we have worked hard on creating first person narrative stories.



For our History about the 'Stone Age', we visited Flag Fen and explored around the grounds. We created clay pots, tried spear throwing and sat round a fire in a round house!

Term One Year Four



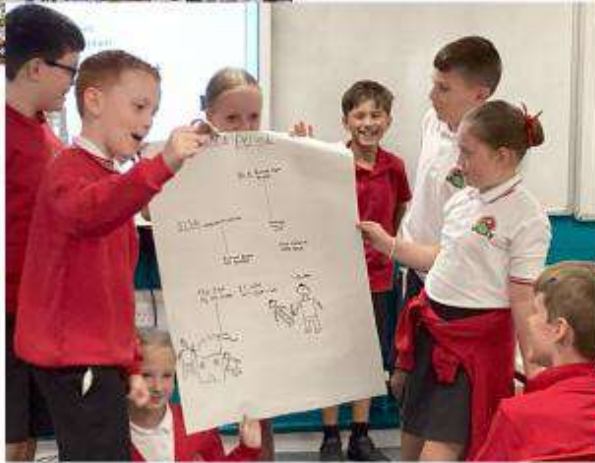
We enjoyed our swimming sessions this term.

Careful and creative art work with water colours.

In Science we explored changing pitch, volume and duration of sounds.



A busy term in Year 5!



Year 5 have had a really busy term. The highlight has been their study of Ancient Greek history, learning about philosophers, myths and fables, theatre and the Olympic Games. They have also looked at poetry with word play and in science investigated the properties of materials.

Year Six's residential to Hilltop

During the first term of school, Year Six set off on their 2 night residential stay to Hilltop Adventure Centre. It was a great stay with the class conquering fears, pushing their boundaries and building their independence. It was a great trip for all involved!



SEND information

This may a useful newsletter
for some of you to sign up to.
There is always something
interesting in it.

PCC SEND NEWSLETTER FOR FAMILIES



***SCAN THE QR CODE
ABOVE TO SIGN UP
TO THE TERMLY
NEWSLETTER***

Signing up to this newsletter will enable you to receive lots of content around support and general updates from around the city



Dyslexia Outreach

Parent/Carer Workshop: Supporting Your Child At Home

A free, online workshop, sharing strategies to support learning



Aimed primarily at parent/carers of children in KS1-3, but open to all who would like ideas on supporting their child(ren) with reading, spelling, maths, memory and organisation.

Monday 10th November 2025 at 7:00 – 8:00pm

If you would like to attend, please email Odette Read, stating your child's school and year group:
odette.read@lincolnshire.gov.uk

The following information about masking may be useful to some of you.

WHEN I COME OUT OF SCHOOL, I NEED YOU TO KNOW...

The Child Who Masks

"I've pushed down my feelings so I didn't stand out"

"I've smiled even when I didn't feel OK"

"I've been holding it together all day"

"I've tried to remember all the rules so no one gets cross"

"I've worked hard to look calm when I was really anxious"

"I've kept my stims small and hidden"

"I've ignored the things that felt too loud or too bright"

"I've copied what others do so I could fit in"

"I've been guessing what people mean, and it's exhausting"

"I've been so good at pretending, I'm not sure who I am right now"



Want to understand more about masking and neurodivergent wellbeing? Explore the full Masking Toolkit by The Contented Child for visuals, guides, and practical tools that help uncover what's behind the mask — and support children to feel safe being their true selves.

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A quick guide to Masking

What is masking?

- Masking - saying you're okay when you're not, to avoid attention and blend in
- Camouflaging - acting like other people to fit in and to avoid being spotlighted. For example, a person who seems sociable might just be wearing their "sociable mask"
- People pleasing - doing things to make others happy even if you don't want to



"Masking is when I wear a metaphorical mask that gives me the appearance of being neurotypical"



Look for signs of maskers:

- Often quiet
- high personal standards
- reluctant to ask for or access support because they don't want to appear different
- feel a need to be very near friends (their "anchors")

"Long term masking can lead to shutdown, withdrawal and eventually complete burnout"



Why do people mask?



"Masking is a survival instinct and it's absolutely exhausting"

- Not all neurodivergent people consciously mask.
- If your natural way of being is widely viewed as "wrong" you may mask in order to appear like everyone else.
- For example, if you have been told to look at someone when you talk to them, you may do this even when it's very uncomfortable for you
- 94% of autistic adults say that they mask (NAS, 2022)

"I find it hard to distinguish between me and my mask if I've been wearing it for a while"

How can you help?



- Listen to parent carers when they say their child expresses anxieties at home, but you don't see these at school. Never say "well they seem okay at school" (because they're not!)
- Don't spotlight - make them feel the centre of attention, e.g asking them to answer a question in front of a class
- Offer feedback very sensitively and support discreetly
- Make sensory adjustments in a covert way
- Respect different communication styles, e.g talking without looking
- Celebrate their successes - however small, but do so quietly
- Value and incorporate special interests
- Sit them with supportive peers or safe people
- Offer non-direct way to express anxieties: drawing, log-books, walk- and-talk, emails
- Talk about your own triggers, responses and ways to regulate - make it okay to not be okay
- Find out anxiety triggers (sensory and non-sensory) and reduce or remove
- Create an environment welcoming to everyone with good representative neurodivergent role models within classroom decoration

COSY UP



A half termly newsletter for by the Autism Advisory Teacher Service for Peterborough's Autism community

SENSORY SMILES

Rob Emery (Autism Advisory Teacher)

For many of us, brushing our teeth is a simple part of the daily routine. But for children and young people with autism, it can be a deeply uncomfortable and distressing experience. In this issue, we explore practical strategies to help parents navigate this challenging aspect of daily life.



UNDERSTANDING SENSORY PROCESSING

The mouth is one of the most sensitive parts of the body, and brushing teeth can trigger a range of sensory responses. Children with autism may experience sensory input differently—some may be hypersensitive (over-responsive), while others may be hyposensitive (under-responsive). Below, we outline ways to support different sensory systems to help make tooth brushing more tolerable.

PROPRIOCEPTIVE INPUT

Proprioception helps us understand where our body parts are and how much force we're using. Supporting this system can help prepare the jaw and mouth for brushing.

- Apply firm pressure to the jaw and neck before brushing.
- Encourage biting down on a towel or cloth several times beforehand.
- Use fingertips to gently press around the cheeks and gums.
- Consider using a vibrating toothbrush for added sensory feedback.



VESTIBULAR SUPPORT

The vestibular system controls balance and head position. Stability can help reduce anxiety during brushing.

- Have your child lean against a wall while brushing.
- Make sure they can see themselves in a mirror to stay oriented.

TACTILE SENSITIVITIES

Texture and touch can be overwhelming. Gradual exposure can help build tolerance.

- Start with a Nuk training brush before introducing bristles.
- Use soft bristles initially, then transition to firmer ones.
- Try chewable toothbrushes for a different sensory experience.
- Use warm water instead of cold to reduce discomfort

AUDITORY CONSIDERATIONS

The sound of brushing—especially in an echo-prone bathroom—can be unsettling.

- Play calming music or use a countdown timer to distract.
- Try ear defenders or noise-cancelling headphones during brushing.

TASTE AND SMELL

Strong flavours or smells can be off-putting.

- Encourage regular rinsing if needed.
- Experiment with mild, flavourless, or differently flavoured toothpastes.

BUILDING POSITIVE HABITS

Establishing a consistent routine early on can make a big difference.

- Make tooth brushing a regular part of the day from a young age.
- Brush your teeth together to model the behaviour.
- Use apps like the Aquafresh Brush Time app to make brushing fun and rewarding.

dhiverse everybody matters You're invited to Dhiverse's Annual General Meeting!

Not just an AGM – join us for free talks and workshops!

- 3:00pm – 6:00pm: **Mini Marketplace**
- 3:15pm – 3:45pm: **Keep the Conversation Going: Talking About Relationships & Sex** – Workshop with Marisol Sanchez-Blesa, Education Manager
- 4:00pm – 4:30pm: **Good Kids Can Do Bad Things – Talk on Harmful Sexual Behaviours** by Rian Perry, Sexual Behaviour Service, Peterborough City Council
- 4:45pm – 6:15pm: **Annual General Meeting** – Hear what we've been up to, discover our plans for the year ahead, and see how our support makes a difference. Ask questions, get involved, and enjoy refreshments throughout!

Thursday 13th November 2025 3:00pm – 6:15pm

Can't attend in person? Join virtually – just let us know when you RSVP. [RSVP: enquiries@dhiverse.org.uk](mailto:RSVP.enquiries@dhiverse.org.uk)

The Maple Centre 6 Oak Drive, Huntingdon PE29 7HN

College Open Days:

Peterborough College:
13th November, 27th November.
5:30pm [register online](#)

City College:
18th November, 11th December
[Click here](#)

John Mansfield College:
18th November, 11th December
[Click here](#)

Stamford college:
19th November
5:30pm [register online](#)

Out & About

Half term at Nene Park
Holiday Trail, Pop-up fun park, boat trips.
[Click here](#) for more info

Inflationation SEN
Friendly sessions
[Click here](#)

Dr. Who at Peterborough Museum
Including a sensory friendly session.
[Click Here](#)

Burghley Halloween Trail
[Click here](#)

Sacrewell Farm
The Big Halloween Mashup!
[Click here](#)

Rainy Days In

Try these...

- Autumn Scavenger Hunt ([click here](#))
- Autumn Spice Playdough ([click here](#))
- Coding Ghost Game ([click here](#))

Make floating ghosts!
[Click here](#)



EXAM ACCESS ARRANGEMENTS WORKSHOP

What? Learn about what school can put in place for your young person to support their exam access.
Who? For parents of secondary aged pupils
When? Tuesday 4th November 1:30-3pm

Where? Nene Park Academy
How? Email to sign up: Rhys.Baker@peterborough.gov.uk

NOTICE BOARD

To do:

- Apply for school places by Oct 31st (secondary places)
- Apply for School Places by January 15th (Primary places) [Click here](#)

Welcome to the AATS Team: Rhys Baker

My name is Rhys. I have worked in and around schools for 15 years, including 3 years as a SENCO. Most of that time has been in secondary schools where I taught Biology to 11-18 year olds. I have taught in inner-city schools and grammars. I have been classroom based and worked in Alternate Provision. I spend my spare time doing ballet, powerlifting and volunteering. I think bow ties are cool, waistcoats are underappreciated and that the world would be a lot better if we stopped to listen more. Two fun facts about me: I used to work as a children's entertainer for birthday parties, and I had a brief stint playing international dodgeball for Wales. I am married and have two children who take full





The Cambridgeshire and Peterborough 5-19 years school nursing team offers help and advice for a whole host of issues:

Emotional Wellbeing

- Managing emotions, low mood, eating concerns, school transition support & attendance issues for health reasons

Healthy Lifestyles

- Healthy eating, sleep, bed wetting, smoking, drugs and alcohol

Puberty & Growing Up

- Healthy relationships, self image and identity

CALL 0300 029 50 50

cpm-tr.peterboroughschoolnurses@nhs.net

KEY DATES AND INFORMATION

October

- ***Half term: Fri 24th to Fri 31st***

November

- Bags2School collection: Wed 5th
- 2026 prospective parent tour: Thur 6th
- Y6 Swimming starts: Fri 7th (for 5 consecutive weeks)
- EYFS cake sale: Fri 7th
- AMVC sports hall athletics (selected children): Fri 7th
- Poppies on sale until: Tue 11th
- Life Education Bus: 26th to 28th

January

Spring term starts: Tue 6th

2026 prospective parent tour: Fri 8th

Y6 cake sale; Fri 8th

EYFS & Y6 Heights & measures screening: Wed 21st

Y5 table tennis festival at AMVC: Fri 30th

December

EYFS nativity dress rehearsal to whole school & grandparents: Wed 3rd 2.30pm

EYFS nativity to parents: Thur 4th 2.30pm

Y5 trip to the National Space Centre: Fri 5th

Y4 Gym & Dance festival at AMVC: Fri 5th

Sunflower Seeds cake sale: Fri 5th

Flu vaccinations (mop up session): Tue 9th

Christmas lunch (*pre booking essential*): Wed 10th

Y4 assembly showcase: Wed 10th 2.30pm

2026 prospective parent tour: Fri 12th

Church services: Wed 17th

End of Autumn term: Thur 19th



**Poppies will be on sale from Wednesday
22nd October to Tuesday 11th November.**

**The Royal British Legion support over 2 million armed forces veterans for life,
whatever the need, whenever it's needed.**

**Every poppy shows you care about the Armed Forces community and helps
continue vital work supporting serving and ex-serving personnel and their
families.**

PTFA news



A big thank you to the below shops for their tuck shop donations for the summer disco -

- Northborough Premier
- Paston Tesco
- Market Deeping Tesco
- Market Deeping Co-Op
- Walton Morrisons



An amazing £898.12 profit was made from the end of term Summer School Disco!

Save the date!

Christmas Fair,
Friday 28th November
5-7pm.





SHOTBOWL

PE KIT STANDARDS



SHOTBOWL

To maintain consistency and ensure all children are appropriately dressed for PE, we kindly ask for your support in following our PE kit guidelines:

Plain navy or Northborough branded PE T-shirt

Plain navy or Northborough branded PE jumper

Black tracksuit bottoms, leggings, shorts or skorts. Shorts should be of an appropriate length.

Trainers with good tread

Parents and carers are responsible for ensuring their child is dressed appropriately for PE. We appreciate your cooperation in helping us uphold these standards, ensuring all children can participate comfortably and safely in their lesson.

Mr Carr
PE Lead

Branded PE kit can be ordered here: [Northborough Primary School | UK Bowls Shop | Shotbowl](#)

Birthdays

Enjoy your special day– **HAPPY BIRTHDAY!**

Wishing you all a day as brilliant as you!

Birthdays celebrated this half term

EYFS: Harry M, Archie, Albie, Benjamin, Della & Phoebe

Year 1: Eliza, Maisie & Nico

Year 2: Tommy

Year 3: Bay, Violet, Quinn & Francesca B

Year 4: Emily, Benjamin & Layth

Year 5: Charlotte, Thomas, Layla, Sam & Alexia

Year 6: Faolan, Florence P, Sophie, Florence S & Jonah

Staff: Mrs Young



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