



DRAYTON MANOR HIGH SCHOOL

**WEEKLY PARENT & CARER BULLETIN**  
**28 APRIL – 2 MAY 2025**

**KEY DATES FOR THE TERM AHEAD**

Events	Dates
Year 13 MFL Speaking Exams and Home Language	29 April
Battle of the Bands	30 April
Year 7 Parents Evening	1 May
Year 11 and 13 Photographs	2 May
BANK HOLIDAY	5 May
Mental Health Awareness Week begins	6 May
Culture Day	7 May
Summer Public Exams Begin	8 May
VE Day Choir Visit	
Year 8 Parents Evening	
St John's College Oxford visit	15 May
Readathon	22 May
Year 11 and 13 Celebration	23 May
<b>HALF TERM BREAK</b>	<b>26 May to 30 May</b>

**1. PE KITS**

We kindly ask Parents and Carers to avoid delivering PE kits during school hours. This helps minimise disruptions to the school day and encourages students to take responsibility for bringing their required items. To assist with planning, you can view your child's PE schedule by [clicking here](#). Thank you for your understanding and cooperation in supporting a smooth and organised school day.

**2. BATTLE OF THE BANDS**

Battle of the Bands is back! Join us on Wednesday 30 April, for an electrifying night of live music as our talented students battle it out for the Trophy. Audience members should arrive between 5.30pm and 5.50pm to join in the preparations in the dining hall. Seating will commence from 5.50pm with a prompt start at 6.00pm. Tickets are £4, with all proceeds supporting the Music Department. We do not want finances to be a barrier, so if you need assistance, please contact [music@draytonmanorhighschool.co.uk](mailto:music@draytonmanorhighschool.co.uk). Please click the poster at the end of the Bulletin to [book your tickets today!](#)

**3. YEAR 7 PARENTS EVENING**

The Year 7 Parents' Evening will be on Thursday 1 May from 4.30pm - 7.00pm. The online appointment booking system School Cloud is now live, please click on this link to book your appointment. During these appointments you will receive key information about your child's progress in each of their subject areas. The evening will focus on how your child progresses in their subjects and we will therefore not be able to facilitate appointments with tutors at this time. You can also [click this link](#) for a short tutorial on how to book your appointments. Please note that all online bookings will close on Tuesday 29 April, at 9.00am.

#### **4. RECEIVING IMPORTANT SCHOOL COMMUNICATIONS**

We are aware that Parents may have unintentionally 'unsubscribed' from the school's communications system, which means you could be missing important updates. If you have not received any messages from us recently, please contact us at [adminoffice@draytonmanorhighschool.co.uk](mailto:adminoffice@draytonmanorhighschool.co.uk) so we can check the system and, with your consent, resubscribe you. As key information such as trip details, consent forms, exam updates, and parents' evening links are primarily shared via the system, we kindly encourage all parents to remain subscribed to stay informed.

#### **5. REPORTING STUDENT ABSENCE**

To report your child's absence or lateness, please use the approved channels, which are the MyEd App or by emailing [studentabsence@draytonmanorhighschool.co.uk](mailto:studentabsence@draytonmanorhighschool.co.uk). Unfortunately, phone calls or voicemails cannot be accepted for reporting absences. Kindly refrain from reporting absences to [adminoffice@draytonmanorhighschool.co.uk](mailto:adminoffice@draytonmanorhighschool.co.uk) If you are unfamiliar with the MyEd App, [click here](#) for a guide to help you navigate it. The app includes a messaging feature for easy reporting, and the school will respond if any additional information is required.

### **PASTORAL**

#### **6. STAY INFORMED WITH EALING MENTAL HEALTH SUPPORT**

We are pleased to share the latest Ealing Mental Health Newsletter with our school community. This platform provides valuable information on mental health resources, upcoming events, and initiatives in the Ealing area. If you would like to stay informed about upcoming news and events related to mental health support, [please click here](#).

#### **7. EALING MENTAL HEALTH WORKSHOPS**

Over the Summer term, the Ealing Mental Health Support Team will be running a variety of workshops for Parents and Carers of children who attend a school in Ealing. If you are interested and would like to register in any of the workshops, please [click this link](#).

### **LIBRARY AND CAREERS:**

#### **6. NEW VOCABULARY INITIATIVE - WEEKLY SPELLING PRACTICE**

We are excited to launch a new initiative this week aimed at enhancing students' vocabulary and promoting accuracy in spelling. Each week, our students will receive a list of 30 keywords, along with associated link words, for both you and your child to practise at home. This initiative will culminate in a Spelling Bee competition at the end of each half term, where the top spellers will compete to be crowned the House Spelling Bee winner. We kindly ask that you take some time each week to go through the 30 keywords with your child in preparation for the competition [here](#). In addition, the words can be further supported through reading materials available in the Aspire Zone of the library. The texts found here are not only designed to foster a love of reading but also challenge students by introducing them to a broad range of themes and topics.

## 10. FREQUENTLY ASKED QUESTIONS: PE KITS DELIVERY DURING SCHOOL HOURS

### **Why are parents and carers being asked not to deliver PE kits during school hours?**

We ask Parents and Carers to avoid delivering PE kits to minimise disruptions to the school day. This encourages students to take responsibility for their belongings and ensures a smoother, more organised school routine. Additionally, as a large school with almost 1,500 students, staff will not be able to leave their reception duties to find students and deliver them.

### **Can my child drop off their PE kit before school starts or during break time?**

Unfortunately not, we kindly request that students bring their PE kits with them at the start of the day to avoid interruptions to lessons. It is important for students to plan and ensure they have everything they need.

### **How can I check when my child has PE lessons?**

You can view your child's PE schedule by clicking [here](#). This will help you plan and ensure they bring the right kit on the correct days.

## 11. TOP TIPS

Today's top tips from the National College focuses on supporting children on returning to their routine.



# 10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

## 1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

## 2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

## 3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

## 4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

## 5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

## 6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

## 7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

## 8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

## 9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

## 10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

## Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>

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DRAYTON MANOR HIGH SCHOOL  
PRESENTS

# BATTLE OF THE BANDS

WHO WILL LIFT THE TROPHY? BE THERE TO WITNESS THE BATTLE!



**WEDNESDAY, 30 APRIL 2025**



ARRIVAL TIME 5.15PM TO 5.45PM

JOIN US FOR SNACKS AND DRINKS IN THE DINING HALL WITH A PROMPT START AT 6.00PM

TICKET AVAILABLE TODAY!  
£4 PER TICKET, [\*\*CLICK HERE\*\*](#) TO  
BOOK YOUR TICKET\*

All proceeds will go towards the  
upkeep of the Music Department,  
helping to keep the music alive!

\*We don't want finances to be a barrier to attendance. So, please feel free to contact Mr Moffett  
at [adminoffice@draytonmanorhighschool.co.uk](mailto:adminoffice@draytonmanorhighschool.co.uk)

