



Cuppa and Chat

23rd June 2026



Welcome!

Thank you for popping along today – it's
lovely to meet you! 😊

Please take a moment to sign in, grab a cuppa and snack...

Who we are....

What Cuppa and Chat is....

Plan for this session.....

MJS's Wellbeing Team

Our team is made up of:

Mrs Gregory – Senior Mental Health Lead and Teacher



Mrs Smith – Welfare and ELSA



Mrs Bayles – LSA and ELSA



Mrs Shutler – SENDCo



We work together to ensure that Mental Health and Wellbeing is an integrated part of life for our children, their families and our staff. Please make contact with us should you need to discuss any concerns you may have.



Mrs Allen



Mrs Mort



Mrs Llewellyn

Our fabulous office team 😊

Our wonderful year 3 team 😊

Y3 Team

* Miss Taplin and Mr Southwell



* Mrs Roach, Mrs Halford,
Mrs Coxall and Mrs Kitson



Moving into year 3 at MJS....

You may already have a child/ren at MJS...

You (and your family) may be coming into MJS for the first time...

You may be totally new to the area...

You may have heard things / read things etc....

You may be excited, worried, unsure what this next stage will mean, how you can help etc....

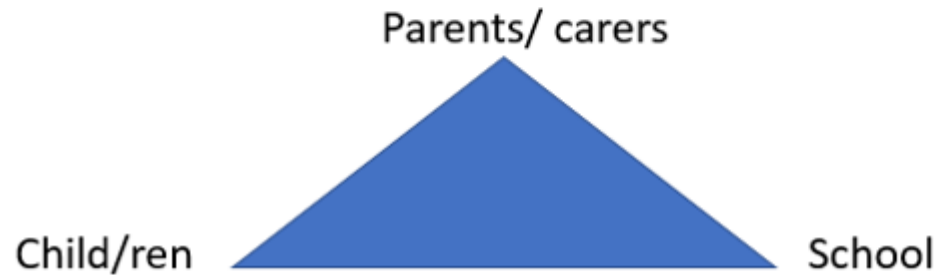
We're all coming from different starting points!

But, ultimately, our goal is the same – a calm transition from infant to junior school, so that the children are able to be their best selves as they start, and throughout their time at, junior school.

Every child is different – they all have different skills, qualities, needs etc and, together, we will do the very best we can to enable them to bloom over the next 4 years.

We understand that they are the most precious things in your lives. Please be assured that we all want the very best for them.

As such, it is important that we are a team. That we work together. Evidence has shown that those parents who engage with their children's education, boost the outcomes. Think of it as a triangle:



'Engagement' is different to 'involvement'.

So what might this 'engagement' look like?

- Regular reading (and signing study log)
- Homework help
- Times tables, numbers bonds
- Asking questions about what they've done
- Topical discussions
- Thinking about out of school fun you can have to embed learning in school

We all love it when people are interested in our lives and our points of view.

Children are no different and love it when they know we are interested in what they've been up.

This gives value to what they are doing (because we place value on it too).

It facilitates opportunities for us to offer help.

It gives chances for us to say well done! Building self esteem and confidence is invaluable.



Engaged and involved....

When your child is with us, there are various opportunities to come into school and experience what your child does as well as learn how to support them – engage- further...

- * ACE times
- * Parent / carer evenings
- * Yr 3 parents after school parent event
- * Chances to attend sessions about things such as maths strategies



There is lots of information on our website too – videos to help understand strategies, reading etc

In addition to this there are chances to for you to touch base with people and share your worries or, to ‘keep learning’ yourself, for example by attending sessions regarding a range of topics from sleep to dealing with conflict.

- * Cuppa and Chat
- * Outside speakers

You can also, support our school, by getting involved in many ways! Eg

- * PTFA
- * Listening to readers
- * Perhaps you can run or support a club – eg gardening
- * Supporting on trips/ cookery/ sewing etc
- * Governors

POSITIVE THINKING



Moving into the next stage seamlessly....

Simple ways to help and support your child (we do this too! 😊):

- Positive mindset.... 'I know you're going to have an amazing time...' 'I look forward to you telling me all about it later!' 'I will wave you off, then I need to go to work too! We can both talk about the best bits of our days tonight...' 'I wonder what you will learn about tomorrow?'
- Be prepared.....develop independence eg 'Is your uniform ready for tomorrow?' 'Have you popped your study log into you bag – remember you need it every day...' (Make sure your part of the bargain has been done too! eg – study log is signed / forms have been completed etc) Some children benefit from having a simple timetable stuck up somewhere at home with their clear jobs for the morning eg eat breakfast, get washed and dressed, brush teeth etc (this not only gives them responsibility and builds independence, but also can avoid the busy morning grumbles which can occur at home and can then make mornings harder for everyone...)
- Building routines...children (and adults) generally do better if they know what's going on/ what's expected/ eat a balanced diet / get enough sleep/ exercise/ get outside etc!
- Can your child do up their shoes? Get changed in and out of their uniform? Can they put their belongings back into their bag? Can they open up their lunch box etc....

Parents and carers can help by....

- Labelling everything! Things do go missing, but we can normally match belongings up with children if they have a name and class in them 😊 Thank you!
- Communication – Email: You can contact your child’s teacher via email. But please be mindful that their primary job is teaching the children in their care....
 - Letters: Please read our communications with you – there are always key dates on there
 - Office: email / phone/ pop in.....
 - notice board
- Following key procedures – eg go to class teacher first....call in for absences...
- Positive goodbyes! A prompt goodbye with a big smile is invaluable – especially if your child is one who sometimes finds these transitions tricky..... Positive hellos! When your child comes out of school – remember to be present in the moment! Smile! Talk!
- Keeping us up-to-date with contact information
- Please don’t grumble online! If you are unhappy, concerned, have a question, PLEASE contact us. There may be a reason for something/ we may have done something wrong/ you may have heard the wrong thing etcbut we cannot do anything if you don’t let us know...

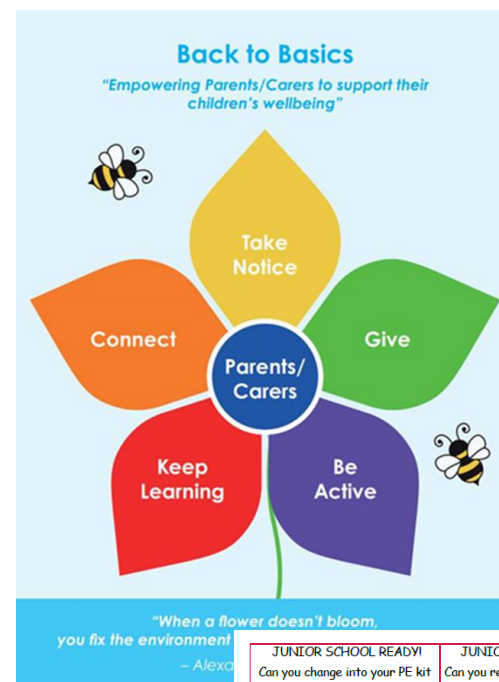
Back to Basics

Back to Basics is exactly what it says on the tin! It's a Hampshire initiative and is being rolled out across schools and other support networks to support all families by encouraging a balanced life by following the principles of each petal....

We have been developing this programme as a school over the past few years.

Your child will bring home our Summer Challenge which is full of fun challenges that you can do as a family over the summer to ensure those 'basics' are in place. It also has some 'Junior School Ready' challenges to ensure they are all ready for their new adventure!

In September, send your child in with their challenges signed off and they will receive a special WAM voucher and get entered into our prize pot!






















Read about something you love....what can you tell me?

Connect with something/ someone new....what did you do? Who did you meet?

Be active – run around the garden/ outside space....stomp in the forest or at the beach....play a sport

Try something new....eg a nature hunt....painting a picture with

<p>JUNIOR SCHOOL READY! Can you change into your PE kit in 3minutes? Keep trying! :-)</p> 	<p>JUNIOR SCHOOL READY! Can you read a range of texts eg stories, facts, recipes, comics...</p> 	<p>JUNIOR SCHOOL READY! Can you dress yourself in your school uniform and do up your shoes?</p> 	<p>JUNIOR SCHOOL READY! Can you cut out different shapes and use scissors safely?</p> 	<p>JUNIOR SCHOOL READY! Can you carefully use a glue stick to stick something down neatly?</p> 
<p>Helping Hand - what can you do to help someone today?</p> 	<p>A day without any screen time</p> 	<p>Learn and play an outdoor game...can you teach someone else too?</p> 	<p>Nature hunt—look for bugs, twigs, stones, flowers, wildlife etc. Record what you find!</p> 	<p>Make a den—inside or out! Be creative!</p> 
<p>Research something which interests you eg a footballer/ shells / cats / a country etc</p> 	<p>Cloud busting -lay down and watch the clouds making pictures in the sky</p> 	<p>Movie night - struggle up and watch a favourite film</p> 	<p>Imagine that you are the main character in a book ... Can you write the blurb for it?</p> 	<p>Star gazing—enjoy the moment or learn about what you can see!</p> 
<p>Connect with friends or family—why not write a letter, call, meet up or zoom!</p> 	<p>Create! Can you make something out of a cereal box or playdough or Lego? Let your imagination run wild!</p> 	<p>Spend time in nature—what can you hear? Try different times of day!</p> 	<p>Mindful colouring—take a pen or pencil and let it move across the page, overlapping other lines. Then colour in the gaps/spaces with other colours.</p> 	<p>Help to make a picnic and enjoy eating it outside—in the garden, at the park, in the forest, at the beach, round a friend's house...</p> 
<p>Nature art —sketching / bark rubbing/ use twigs, leaves, petals, shells, seaweed, pebbles etc to create art work</p> 	<p>Play a board game /card game with your family—can you take turns and follow the rules?</p> 	<p>Star Qualities -You do so many amazing things! Draw a star and put yourself in the middle. In each point, write/draw what you are good at!</p> 	<p>Sort out your toys and give some to charity / friends / family</p> 	<p>Grateful Jar— can you and your family write down things you are grateful for?</p>  <p>Pop them into a jar and read them at the end of the holidays!</p>

Self care....

It's important to look after yourself!!! Parenting is hard!

Remember..... You can't pour from an empty cup....

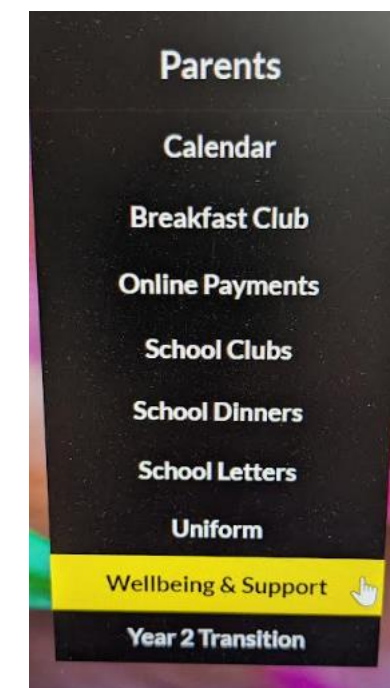
Your mental health and well being is important too. (Those petals on the flower are for you too 😊)

We are not here to judge you, but we can offer help and support if you need it. If you feel that you need additional support please contact us and we can work together to determine next steps. My email address is:

tgregory@marchwoodjun.co.uk

On our website is a parent section and, under that tab, is a whole wealth of information which is there for you to delve into to help you and your family. Please take a look!

We are also an MHST school so can refer children to their services if we feel they need additional support. Just reach out 😊



Our schools rules....

Ready.....respectful.....safe.....

We promote 'Marchwood Manners' – we expect all of our staff and children to say please, thank you etc and be respectful to each other.

Please help us by modelling our school rules too 😊

Please don't be a stranger!

We are a friendly staff who are committed to supporting your child in partnership with you.

Any questions?
Anything you'd like to share?