



Gooderstone Church of England Primary Academy

Executive Headteacher: Mrs Sarah Godbold

The Street, Gooderstone, Kings Lynn, Norfolk, PE33 9BP

Tel: 01366 328280 Email: office@gooderstone.dneat.org Web: www.churchsidefederation.norfolk.sch.uk

Tuesday 3rd June 2025

Welcome Back!

Dear Parents/Carers,

Welcome back to school, everyone! I hope you had a restful half term and are ready for all the fun that Summer 2 brings. This half term is always jammed packed full of trips, sports days, events and of course transition into our new classes. More details about all of these events will be on the upcoming newsletters so make sure you keep an eye on them. This academic year we will be moving up for the last week and two days so children will have a chance to get to know their new teacher and surroundings before the summer holidays. This transition works well in helping children feel less anxious about the move over the summer holidays.

Owls.

It was lovely to see lots of you at Woodland Wildlings today despite the winter like weather. We feel super lucky to be able to keep Mrs Cross for a little while longer this half term and will let you know as soon as this situation changes. For the time being everything in Owls will run as usual.

Class Structure.

In September we will continue to be in three classes. I am sure you have seen in the news that schools nationwide are having to make staffing cuts due to a falling birth rate and chronic under funding from the government. Our local MP Terry Jermy is coming to meet with me in the coming weeks about this funding crisis and the many other challenges schools are facing in the current climate. Luckily for us we are able to keep the staff with have and still have a large adult to child ratio for a school our size. Moving into the new school year 2025-2026 we will be staying with our three class structure and it will be arranged like this:

Owls and Goslings:

Nursery and Reception

11 children

Mrs Dunkley (Tues, Wed & Thurs am) & Mrs Chisman (Mon am, Thurs pm & Fri all day) Mrs Sayers (Mon, Tues & Wed pm).

Miss Wilson & Mrs Stanbridge. (Mrs Cross has been training Miss Wilson and Mrs Stanbridge up so Woodland Wildlings will still be able to take place).

Skylarks:

Year 1 & 2

23 children

Mrs Buckley

Mrs Groom

Kestrels:

Year 3, 4, 5 & 6

18 children

Miss Stanley

Mrs Patrick

Mrs Sayers

Cognitive Behaviour Triangle.

As you know this year we have been looking at training our brains to be our best friends. This half term we are looking at the Cognitive Behaviour Triangle and how we can help ourselves be positive.

What Is the CBT Triangle?

The CBT Triangle is a simple model used in therapy to show how our thoughts, feelings, and behaviours are linked. It's like a three-way conversation happening in our minds:

Thoughts: What we think about ourselves, others, or situations.

Feelings: The emotions we experience based on our thoughts.

Behaviours: How we act or react, influenced by our thoughts and feelings.

These three elements form a triangle because they constantly interact with each other. For example, a negative thought can lead to a sad feeling, which might result in withdrawing from others.

🌀 How It Works

Imagine your child thinks, "I'm not good at this." This thought might make them feel frustrated or sad, leading them to avoid trying again. This avoidance reinforces the original thought, creating a cycle that's hard to break. Recognising this pattern is the first step. Once your child understands how their thoughts influence their feelings and actions, they can start to change the cycle by adjusting their thoughts.

✂️ How You Can Help

Here are some ways you can support your child in using the CBT Triangle:

Talk About Thoughts: Encourage your child to express what they're thinking. Help them identify if these thoughts are positive or negative.

Explore Feelings: Discuss how certain thoughts make them feel. Are they happy, sad, anxious, or angry?

Observe Behaviours: Notice how their feelings influence their actions. Do they avoid certain situations or act out?

Challenge Negative Thoughts: Teach your child to question unhelpful thoughts. For example, if they think, "I'll never make friends," help them find evidence to the contrary.

Practice Positive Thinking: Encourage your child to replace negative thoughts with more balanced ones, like, "Making friends takes time, but I can try."

As part of this we also be watching this video to help us be like the pig of happiness and spread joy all around:

<https://www.youtube.com/watch?v=uoilYlww8M4>

Hot Weather

As we move further in to the summer term the weather will (fingers crossed) start to get hotter. Please ensure that children come to school with sun cream applied, a named sun hat and a named water bottle to keep them hydrated and safe from the sun's rays.

Looking Ahead Together

As we approach the final stretch of this academic year, I am filled with gratitude for the dedication and enthusiasm that our entire school community has shown. Working together—staff, students, and families—we have created an environment where every child is encouraged to explore, learn, and grow.

A heartfelt thank you to our Year 6 students. Your journey with us has been filled with achievements and memories that will last a lifetime. As you prepare to take the next steps in your educational journey, know that you leave behind a legacy of kindness, determination, and curiosity. We are incredibly proud of all you have accomplished and wish you every success in the future.

Embracing Respect and Kindness

As we continue our journey through this summer half-term, let's remember that every member of our school community—students, staff, and families—deserves to be treated with respect and kindness. These values are not just ideals; they are the foundation of a supportive and nurturing environment where everyone can thrive. Let's commit to treating each other with the same respect and kindness we wish for ourselves, recognising that we are all integral parts of this community. Together, we can continue to build an atmosphere where everyone feels safe, supported, and inspired to reach their full potential.

Best wishes,



Mrs Godbold