



Weekly Bulletin 29th Sept 2025

[Headteacher Message](#)

[TREA Value of the Week: RESPECT](#)

"I speak to everyone in the same way, whether he is the garbage man or the president of the university."

— Albert Einstein

This week, we've seen countless examples of students living out our value of Respect — in lessons, during social time, and in interactions with both peers and adults. Whether it's listening

attentively in class, helping a friend, or greeting staff with kindness, our students continue to show that respect is a powerful part of our school culture.

We've been especially proud of the way students are working on the behaviours that show respect, including:

- Speaking politely and kindly to everyone
- Listening without interrupting
- Taking care of shared spaces and resources
- Showing appreciation for others' efforts
- Accepting differences and celebrating diversity

These moments of respect — big and small — are what make TREA a place where everyone feels safe, valued, and supported.

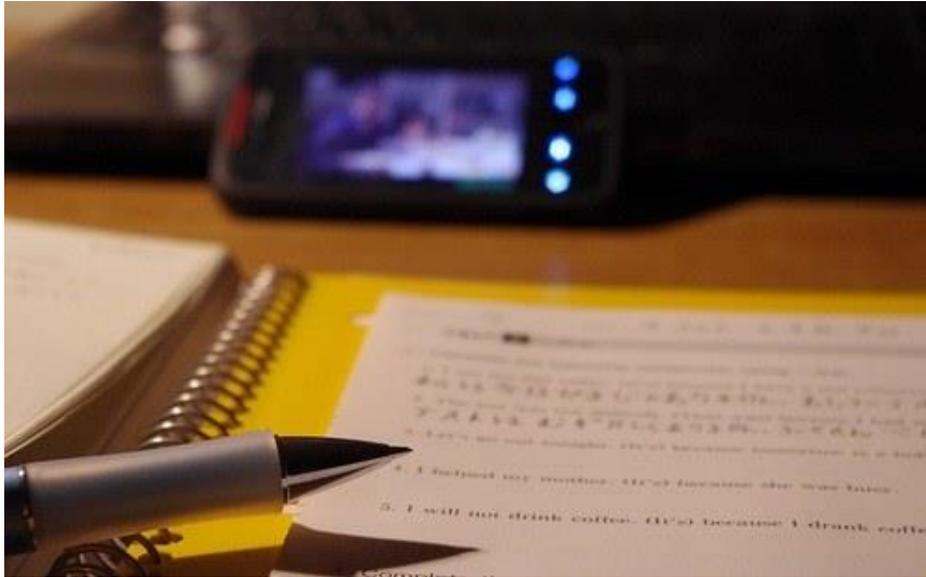
Key Dates



1. Wednesday 1st October SEN coffee afternoon drop in
2. Thursday 2nd October Open evening for Y6 students 5-7pm

3. Thursday 9th October Year 7 settling in meetings with tutors
4. Thursday 16th October Year 11 Parents Evening and Next Steps presentation
5. Friday 17th October Small Steps workshops (students)

NSPCC useful resources



The NSPCC has shared some useful resources for parents: 'Anger Management in children: how parents can help. [Webiste here](#)

Three steps of anger management

1. Recognise

Help a child recognise the early signs of anger.

They may experience:

- a faster heartbeat
- tense muscles
- racing thoughts
- a 'fuzzy' brain
- their stomach churning

By paying attention to these physical and emotional indicators, children can begin to identify when anger is building. It's important to help them understand that while these feelings are natural, the behaviours that follow can be managed.

Recognising these patterns gives them the power to pause, take control, and choose healthier, more constructive ways to express what they're feeling.

2. Reflect

Once emotions have settled, take time to explore the situation with your child. Calm moments offer valuable opportunities to uncover the deeper feelings behind their anger.

Anger may stem from fear, confusion, sadness, or frustration. These underlying emotions can be linked to:

- Unmet needs
- Past experiences or trauma
- Ongoing stress or anxiety
- Unresolved conflicts
- Misunderstandings or distorted thinking

Reflection also involves accepting responsibility for any behaviour that occurred during moments of anger. What this looks like will vary depending on your child's age and level of understanding. Encouraging healthy self-reflection helps build self-awareness and empowers children to take ownership of their actions and reactions.

3. Respond

The third step is to respond to anger healthily and constructively.

Encourage the development of assertive communication skills, where they can express their needs and emotions confidently while still respecting others' boundaries.

Some helpful anger management strategies include:

- Deep breathing
- Mindfulness practices that help ground someone in the present (what can you see, hear and smell)
- Physical activities to release tension and calm the mind
- Regular self-care
- Building routines that include exercise, rest, hobbies, and relaxation

These habits reduce stress and make it easier to manage strong emotions before they escalate.

5 Star food Hygiene rating



Food
Standards
Agency
food.gov.uk/ratings

This scheme is operated
in partnership with your
local authority

FOOD HYGIENE RATING

0

1

2

3

4

5

VERY GOOD

Canteen Receives 5-Star Food Hygiene Rating!

We're delighted to announce that our canteen has been awarded a **5-star rating** following a recent inspection by the Food Hygiene Agency.

This fantastic result is a reflection of the **dedication and hard work** of our brilliant canteen staff. Thank you for your continued commitment to high standards and great service.