



# Manor Park CE (VC) First School

*Love for God ~ Love for Each Other ~ Love for Learning*

## Weekly Newsletter

### Monday 13<sup>th</sup> October 2025

Dear families

Manor Park First school had a wonderful week and on Friday, Team H-A-P visited each classroom and other parts of the school as part of our unit "meet your brain" and in support of HELLO YELLOW DAY. Manor Park would like to thank all parents for supporting our fundraising and I am sure we will reveal the amount raised soon.

This week we will be hosting part of the Literary Festival at Manor Park and the children will have the opportunity to work with authors. We can't wait to learn about their stories and how they work and write. Mrs. Collier, our reading champion, is very excited.

On Friday, we invite all parents to join their children at 2.45pm to celebrate the learning this term and to talk about their brain. School will end as normal at 3.15pm.

Have a wonderful week

Manor Park First School

DATE	EVENT
13th/ 14 <sup>th</sup> October	Teacher and SENDCo meetings
15th October	Buds PTA Annual General Meeting (6:30pm)
15th/ 16 <sup>th</sup> October	Literary Festival
16th October	Reception New Parent Tour (10:30am)
17 <sup>th</sup> October	Open Afternoon for all parents @ 2:45pm
17th October	Buds Disco
20th October	Parents' evening
21 <sup>st</sup> October	Parents' evening
22nd/ 23 <sup>rd</sup> / 24 <sup>th</sup> October	INSET Days
27 <sup>th</sup> -31 <sup>st</sup> October	Half Term

*\*Further detailed information will be sent out via Arbor for specific events closer to the time.*

**THANK YOU!**  
for your donations!

Hello Yellow  
 M&S | YOUNGMINDS  
 I'm wearing yellow  
 on 10th October to raise vital funds for YoungMinds





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## HIGHLIGHTS of the WEEK



Reverend Cora visited us and led our Harvest Service. Thank you for all your donations..



The children in Year 2 have been delving into life in 1666 and The Great Fire of London.



Dorchester Library came to visit all of our Early Years children.



We're thrilled to share that each child in Reception now has their very own Reading Teddy to take home! These cuddly companions are here to make reading even more fun and special.



Year 3 have been getting into their times tables each morning as their first activity of the day.

During Outdoor Learning, Year 3 children have explored taking natural colours and transferring it onto fabric using mallets and pebbles.



The Mayor and Mayoress of Dorchester visited Manor Park





**Manor Park**  
CE (VC) First School



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# Limited Preschool spaces available



**Are you looking for a preschool place for your child?**

We have a few limited spaces available for our 3-year-old intake and can put you on the waiting list for our 2-year-old intake.

If you are interested in joining our wonderful school, please contact the school office. We welcome visits so that you can meet our enthusiastic Preschool team and see the excellent provision we offer to ensure your child reaches their full potential.

Please contact the school office on 01305 268741 or email [office@manorpark.dorset.sch.uk](mailto:office@manorpark.dorset.sch.uk)



Check out our social media pages



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## Meet our Eco Warriors



Last year, our school proudly achieved Eco-Schools Green Flag accreditation, and this year, we are actively working towards maintaining this prestigious recognition once again.

The Eco-Schools programme helps young people take action to protect the environment. It gives them the chance to choose important issues, plan projects, and involve the whole school and community. This process takes about a year and ends with an assessor recognising our efforts. Since

1994, schools around the world have joined in, planting trees and making a real difference.

You'll hear more from us in newsletters and invitations to join environmental activities. We hope this will inspire our pupils to care for the planet and build valuable skills.

You can find out more about the Eco-Schools programme by scanning the QR below. If you'd like to know more or help out, please contact the school office.

Thank you for your support!



# SUPPORTING CHILDREN'S MENTAL HEALTH

## 10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off dark, this guide is designed to help you confidently talk about mental health, so they feel

 National Online Safety®  
#WakeUpWednesday

### 1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

### 2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

### 3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

### 4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

### 5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

### 6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

### 7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

### 8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

### 9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

### 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

## Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



## Sources of Information and Support

Your GP  
[Young Minds https://youngminds.org.uk/v](https://youngminds.org.uk/v)  
<https://www.nhs.uk/conditions/stress-anxiety-depression/>  
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>  
<https://www.themix.org.uk/mental-health>



**Buds**  
of Manor Park

**Buds needs you!**

We are looking for a:

- Vice Chair
- Secretary
- Vice secretary
- Vice treasurer

On Wednesday 15<sup>th</sup> October, we have our Annual General Meeting (AGM). This is where all committee roles will be voted in. We have a number of roles that need to be fulfilled. If you are interested in any of the roles, please leave your contact details with the office before 15<sup>th</sup> October and we will be in touch.

Buy your disco tickets online.

Buds of Manor Park and Encore Entertainment invite you to join our

*Autumn Discos*

£4 per ticket

Friday 17th October 2025



<https://www.pta-events.co.uk/budsmanorpark/>

@Budsofmanorpark

BudsOfManorPark





# Open Days!

Visit us on 16th  
October or 6th  
November at  
10:30am

Are you looking for a school place for your child who is due to join Reception in September 2026?



We are delighted to invite you to our school on **Thursday 16<sup>th</sup> October** or **Thursday 6<sup>th</sup> November** at 10:30am, where you will have the opportunity to: have a tour with Mrs Sterck, our Head of School; meet our enthusiastic Reception team; and see the excellent provision we offer to ensure your child reaches their full potential.

\*If you are unable to attend on the above dates, please call the school office to make an appointment at a time to suit you.

To book a tour, please contact the school office on 01305 268741 or email [office@manorpark.wessex.ac](mailto:office@manorpark.wessex.ac)



@manorparkfirst



ManorParkDorchester

YOUNGMINDS

**Hello Yellow**  
FRIDAY 10 OCT

**Wear YELLOW**  
on 10 October  
to show young people  
how they feel matters.  
#HelloYELLOW @YoungMindsUK

#HelloYellow



Our school took part in Hello Yellow on Friday 10th October (World Mental Health Day) to raise awareness and funds for YoungMinds, the UK's leading charity for young people's mental health. No young person should feel alone with their mental health, and that's why Hello Yellow matters. We took this opportunity as a school community to come together and show our children that we're with them and they're never alone with their mental health.



Our Happiness Heroes (School Councillors) collected donations on the gate on Friday morning for #HelloYellow day.



Team H-A-P visited every class and other parts of the school as part of the myHappyMind unit that we have been learning, "Meet Your Brain". This links very well with World Mental Health Day



It's not too late to donate.

**THANK YOU!**

**Manor Park School**

**Please Help Me Reach My Goal**

Raised **£129**  
+ £26.53 GiftAid

**#HelloYellow**  
10 October

My Goal **£250**

Wear yellow to show young people they're not alone with their mental health

<https://fundraise.youngminds.org.uk/s/310/310>



*Love for God ~ Love for Each Other ~ Love for Learning*



*Attendance Winners  
this week are...*

- EYFS
- Hazel Class: 100%
- K.S.1
- Ash Class: 98.0%
- K.S.2
- Sycamore Class: 100%

100%  
100%

*“Love is a safe place of shelter,  
For it never stops believing the best for  
others. Love never takes failure as defeat,  
for it never gives up. Love never stops  
Loving. 1 Corinthians 13: 7-8*

**01305 268741**

**[www.manorpark.dorset.sch.uk](http://www.manorpark.dorset.sch.uk)**



**@manorparkfirst**



**ManorParkDorchester**

