SPIRES FEDERATION

To provide an aspirational education which inspires all to SHINE in our community so that they are happy, confident and equipped for life in all its fullness.



OPENING DOORS OPENING MINDS

WELCOME TO TERM 1

Dear Parents and Carers,

What a wonderful start we have had to the new academic year! It has been fantastic to welcome everyone back after the summer break and to see so many smiling faces around our schools. The children have settled back into routines exceptionally well and have quickly embraced all aspects of school life.

We would also like to extend a very warm welcome to the many new families who have joined our Federation this term. We are delighted to have you as part of our school community and look forward to getting to know you over the coming months.

As we move through the autumn term, we are looking forward to a year filled with exciting learning opportunities, memorable experiences and continued success for all our children. Thank you for your ongoing support and partnership as we work together to give every child the very best educational experience.

WELCOME TO TERM 1

We were delighted to welcome **Pudsey Bear** and **BBC Radio Lincolnshire** to our Federation recently as part of this year's **Run for Pudsey** campaign in support of **Children in Need**.

The excitement started at **Digby Church of England Primary School**, where Pudsey made a surprise visit to officially sign the school up to take part in Run for Pudsey 2026. The visit was kept secret, making it a wonderful surprise for both children and staff, who were thrilled when Pudsey arrived!

The BBC Radio Lincolnshire presenters then set themselves a challenge of their own. **Karl** ran from **Digby to Dunston**, encouraging Dunston to sign up to the campaign, before **Scott** took on the next leg of the journey, running from **Dunston to Nocton** to ensure all schools within the Federation were involved in the challenge.

The entire adventure was recorded and broadcast on BBC Radio Lincolnshire, capturing the enthusiasm, excitement and community spirit shown by our children and staff throughout the day.

Why not relive all the excitement by listening back to the radio features?

BBC Radio Lincolnshire - Scott Dalton, 08/10/2026

BBC Radio Lincolnshire - Scott Dalton, 13/10/2026

BBC Radio Lincolnshire - Scott Dalton, 14/10/2026

Keep an eye out for further information over the coming weeks about how our Federation will continue to support **Children in Need** through our Run for Pudsey activities this year. We are looking forward to getting active, having fun and raising money for this fantastic cause! 🐻🏃‍♂️🏃‍♂️💛



runPudsey 2026

BBC RADIO Lincolnshire















HAPPINESS INSPIRATION NURTURE SUCCESS EVERYONE
SHINE
OPENING DOORS OPENING MINDS

SENIOR LEADERSHIP TEAM



Miss D Winters
Executive Head Teacher



Mrs E Toulson
Executive Deputy Head



Miss N Vaughan
Senior Federation Lead and SENDCo







CONKERS



Conkers have had a fantastic start to school. We have quickly learned the rules and routines of school life and have thoroughly enjoyed rolling up our sleeves and getting stuck into our learning. The children have enjoyed learning all about autumn and exploring how to keep their teeth healthy. Conkers have also loved using our outdoor classroom to take on exciting new challenges, from building ships to creating dens and working together through imaginative play.







CONKERS

The children loved exploring pumpkins and transforming them into glittering volcanoes. We enjoyed spending time in our outdoor classroom, where we learned how to look after and care for our resources. We have also begun our Mastering Number learning and have been developing our subitising skills, helping us to recognise quantities quickly and confidently. Conkers have worked incredibly hard on the challenges within the classroom and should be very proud of all they have achieved. We are excited and ready for all the new learning and adventures that next half term will bring









FOREST SCHOOL

Conkers Class have been fantastic at Forest School this term. We have learnt about fire safety and have enjoyed some hot snacks and drinks from the campfire. We have had the opportunity to use palm drills and have created some lovely conker creatures. The children have also enjoyed exploring the equipment – the hammocks and rope swing are always popular. During every session we find time to play games in the trees; the children have enjoyed learning some new games this term and even creating some of their own! Well done Conkers.







BLOSSOM

One of our favourite parts of this term was our Geography learning. Blossoms explored maps and different ways of travelling, as well as learning about our local area. We also developed our understanding of cardinal points and practised using them to give directions. We had the opportunity to say goodbye and wish Jake, the guide dog in training, lots of luck as he continued his journey. Blossoms also enjoyed taking part in the Harvest Festival and learning about why harvest time is important and how it helps communities come together. The children have worked incredibly hard this half term and have much to be proud of. Blossoms are looking forward to a well-deserved rest over the break and returning ready for more exciting learning and fun next half term.

OAK



Oak class have had a super busy term of learning!

We have enjoyed learning all about volcanoes and earthquakes in geography, as well as exploring shadows and light in our science topic.

The children produced some amazing artwork, looking at portrait artists and creating their own style..

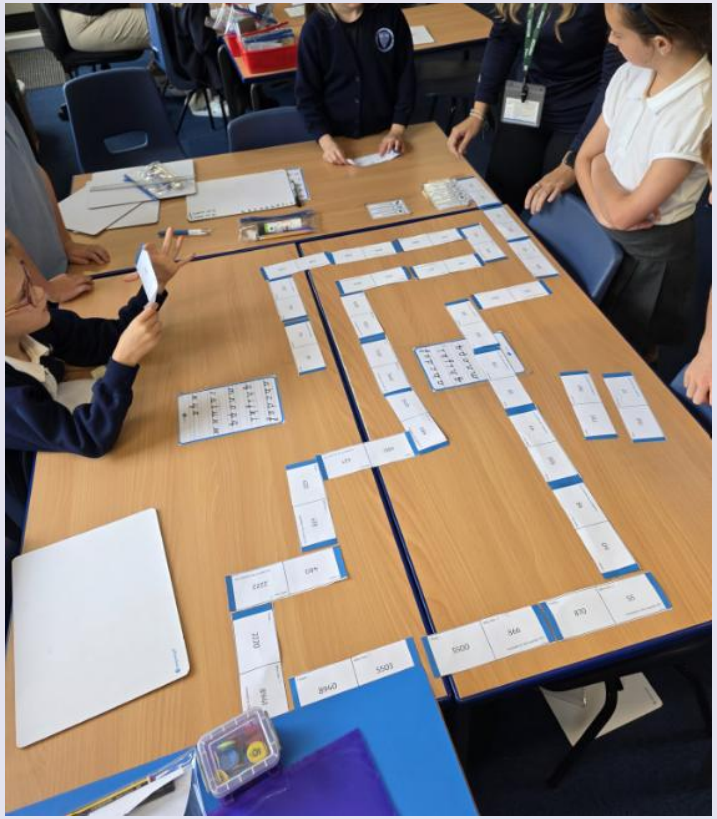
PE has seen us play some amazing games of tag rugby, showing amazing team skills and resilience! We also had some fun in OAA.

Have an amazing half term Oaks!





OAK



REDWOOD



Our topic this term has been all about extreme Earth. We have learnt about natural disasters: volcanoes, earthquakes and tsunamis, which the children have really engaged in.

We have worked hard to develop our understanding of a range of punctuation and grammar terms, before applying this into our independent writing.

PE has been hugely popular, with the children excelling at Tag Rugby as well as in our first swimming lesson.

We've also been fortunate to have Lincs Music Service with us playing a range of percussion instruments to great effect!



REDWOOD











SEND INFORMATION

At The Spires Federation, we are committed to ensuring that every child receives the support they need to thrive. Our approach to Special Educational Needs and Disabilities (SEND) is inclusive, proactive, and continually evolving to meet the needs of our pupils and their families.

We understand that navigating SEND support can be overwhelming, which is why we've created a dedicated Padlet resource for parents and carers. This Padlet is regularly updated with useful links, guidance, local services, and practical tools tailored to a wide range of SEND needs—from autism and ADHD to speech and language support.

Whether you're looking for advice or professional contacts, the Padlet is designed to be a one-stop hub for SEND support. We encourage all families to explore it and check back often as new resources are added.

🔗 **Visit the SEND Padlet here**: SEND at the Spires Federation

If you have any questions or need help navigating the Padlet, please don't hesitate to reach out to your child's class teacher/SENDCo or contact the Family Information Service listed on the Padlet.

Together, we can ensure every child feels supported, understood, and empowered



NEW ADVICE GUIDANCE FROM THE COMMUNITY PAEDIATRICIANS



Ideas of where to get further support...

In Our Place

You can access some great online learning (understand your child's feelings, understand your child with additional needs, understanding your children mental health and wellbeing) through In Our Place:

https://inourplace.heiapply.com/online-learning/courses

All you will need to do is put in the password WE_CAN and put in your Lincolnshire postcode and you will be able to access a wealth of support!

ESCO

ESCO (Early Support Coordination) offer virtual drop in appointments via the phone where you can discuss support and services that are available.

Ring 01522 782111 and say that you want to book a drop in session with an ESCO Key Worker.

Lincolnshire Local Offer

The Lincolnshire Local Offer brings together information for children and young people with special educational needs and disabilities and their families.

https://www.lincolnshire.gov.uk/send-local-offer

PAACT

Parents and Autistic Children Together are a friendly and informal group based in Gainsborough and Lincoln.

https://paactsupport.com/

Liaise

Liaise is Lincolnshire's Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS).
They provide confidential and impartial information, advice and support to children and young people (0-25 years) with SEN and disabilities, and their parents and carers.

https://www.lincolnshire.gov.uk/liaise

Virtual Autism Hub

https://www.lpft.nhs.uk/our-services/virtual-autism-hub

Useful Websites

Autism

https://www.autism.org.uk/advice-and-guidance/what-is-autism

Behaviour

https://www.family-action.org.uk/family-monsters/support/challenging-behaviour/

https://behavioursupporthub.org.uk/

https://www.123magic.com/parenting-tips/what-is-123-magic.html

https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/challenging-behaviour/

ADHD

https://adhduk.co.uk/

https://www.adhdfoundation.org.uk/

Mental health

https://parentingsmart.place2be.org.uk/

Sleep

https://thesleepcharity.org.uk/

https://podcasters.spotify.com/pod/show/lpft-nhs/episodes/MHST-Top-tips-on-getting-extra-Zzzz-et79fn/a-a50tdbi

https://thesleepcharity.org.uk/information-support/children/childrens-sleep-ebook/

Lincolnshire Parent Carer Forum
https://www.lincspcf.org.uk/

Autism East Midlands Hub
https://www.autismeastmidlands.org.uk/

Family Hubs
https://www.lincolnshire.gov.uk/directory-record/62596/gainsborough-market-arcade-children-s-centre-part-of-the-family-hubs-programme

Here 4 You
https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/self-referral

EYE TESTS AND HEARING TESTS

As children grow and learn, their ability to see and hear clearly plays a vital role in their development—both academically and socially. That's why regular **eye and hearing tests** are so important, even if your child hasn't shown any obvious signs of difficulty.

👁️ Eye Tests: More Than Just Vision

Children may not always realise they're struggling to see clearly. Poor vision can affect:

- Reading and writing
- Concentration in class
- Confidence and behaviour

Routine eye tests can detect issues like short-sightedness, long-sightedness, or even more subtle conditions that might impact learning. These tests are quick, painless, and often available for free through the NHS.

👂 Hearing Tests: Catching the Quiet Clues

Hearing problems can be harder to spot, especially if they're mild or intermittent. But even slight hearing loss can lead to:
Speech and language delays
Difficulty following instructions
Social withdrawal or frustration
Early detection through hearing tests can lead to simple interventions that make a big difference—whether it's temporary treatment for glue ear or support for longer-term hearing needs.

🏫 What You Can Do

Book regular eye and hearing checks, especially before your child starts school or moves into a new year group.

Watch for signs like squinting, frequent ear infections, or difficulty understanding speech.

Talk to your GP or school nurse if you have any concerns.

Let's work together to give every child the best start in life—by making sure they can see and hear the world around them clearly.

Specsavers offer free eye tests to children under 16 in full-time education. Book your here - https://www.specsavers.co.uk/free-eye-test?srsltid=AfmBOopdYa_fNESrPgxQ38XPfG6ZGvNirpH1zdy3AGxoGiJSPmVPf1TZ

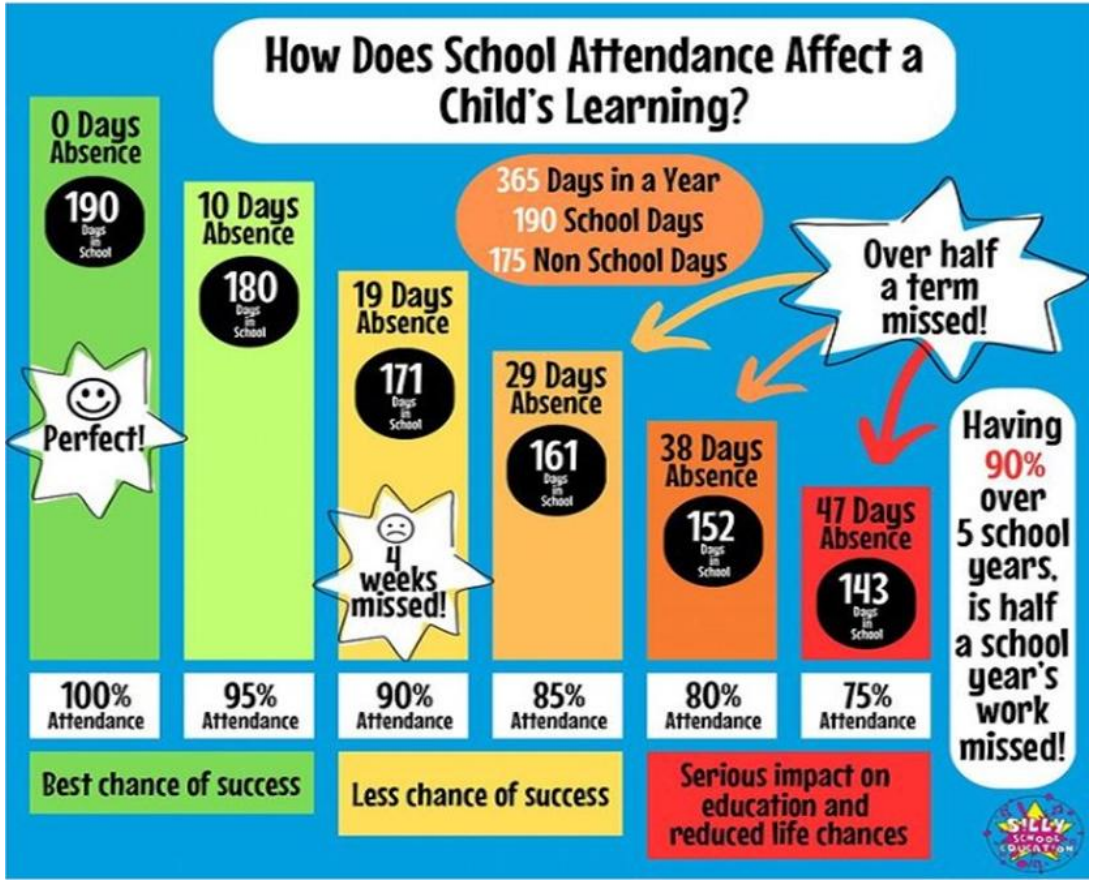


Helping Your Child Decompress After the School Day

School can be tiring. Children work hard all-day managing learning, friendships, routines, expectations, noise, and sensory experiences. A **soft landing** is a gentle, low-stress transition that helps children relax and regulate when they get home.

ATTENDANCE

CONKERS – 98.87%
BLOSSOM – 98.49%
OAK – 96.52%
REDWOOD – 98.93%
WHOLE SCHOOL – 98.11%



Starchy Foods

Base each meal on a starchy food, such as bread, potato, rice, pasta, couscous.
Starchy foods give energy, fibre, vitamins and minerals.



- ✓ Bread, try different types, such as pitta bread, wraps, bread sticks or bread rolls.
- ✓ Other starchy foods, such as pasta or rice.
- ✓ Whole grain varieties are best for fibre, which is vital for a healthy digestive system.

Meat & Alternatives



Add some protein, for example meat, fish, eggs, beans or pulses. Protein foods build muscles and provide minerals.

- ✓ Lean meats, such as chicken, turkey or ham.
- ✓ Include oily fish, such as pilchards, sardines or mackerel at least once every three weeks
- ✓ Cheese, such as cottage cheese, edam or soft cheese.
- ✓ Egg, such as quiche or omelette.
- ✓ Meat alternatives, such as tofu or tempeh.
- ✓ Dishes containing pulses, beans or meat, for example dahl, stew or bean salad.
- ! Use butter, margarine, mayonnaise or salad dressings sparingly, because these can be high in fat, or use lower fat alternatives.
- ✘ The school does not allow nuts in packed lunches.

Healthier Swaps



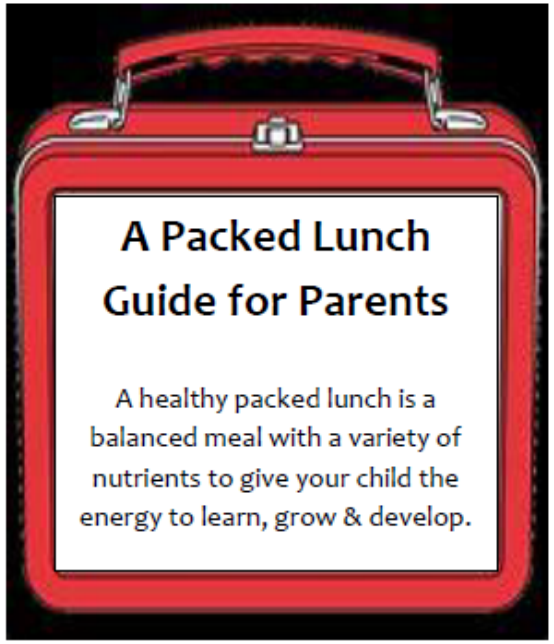
- ✓ Replace sweets and chocolate with dried fruit, a small bunch of grapes or fruit salad or sugar-free jelly.
- ✓ Replace cakes and pastries with fruit bread or malt loaf.
- ✓ Replace salted savoury snacks with rice cakes or breadsticks.

Milk & Dairy Foods

Up to the age of 5, milk is provided for children who want it and after that, parents can purchase it if they wish. Ask your school for information.



- ✓ A side dish of a low fat, low sugar yoghurt or low sugar rice pudding provides calcium necessary for strong bones and teeth as well as providing protein and vitamins



Fruit & Vegetables



Don't forget to include fruit and vegetables. You can use fresh, frozen, tinned or dried. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy.

- ✓ Add tomato, lettuce, cucumber or beetroot to a sandwich
- ✓ Include a portion of salad or roast vegetables
- ✓ Fresh fruit, such as apple, banana or pear.
- ✓ Dried fruit, such as raisins, apricots or figs.
- ✓ Fruit salad (fresh or tinned in juice) or vegetable salad.
- ✓ Finger foods, such as cherry tomatoes, cucumber sticks or celery are good with a dip, such as hummus or guacamole.



Using fresh fruit and vegetables, which are in season can help the environment

Drinks

Drinks, especially water, help children to concentrate and feel well. Water is freely available in school.



- ✓ You could try adding chopped fruit into water bottles to create new flavours
- ✘ Avoid squash, fizzy drinks and flavoured water, even those labelled 'sugar free' or 'no added sugar' as these can contribute to tooth decay and have little nutritional value

Snacks & Confectionery

Snack foods may be included occasionally but aim to make healthier choices. Snack foods tend to be high in fat, sugar and salt. Foods high in fat can cause excessive weight and may lead to heart disease. High sugar foods are high in calories and bad for teeth. High salt foods may increase blood pressure, which can lead to heart disease and some cancers.

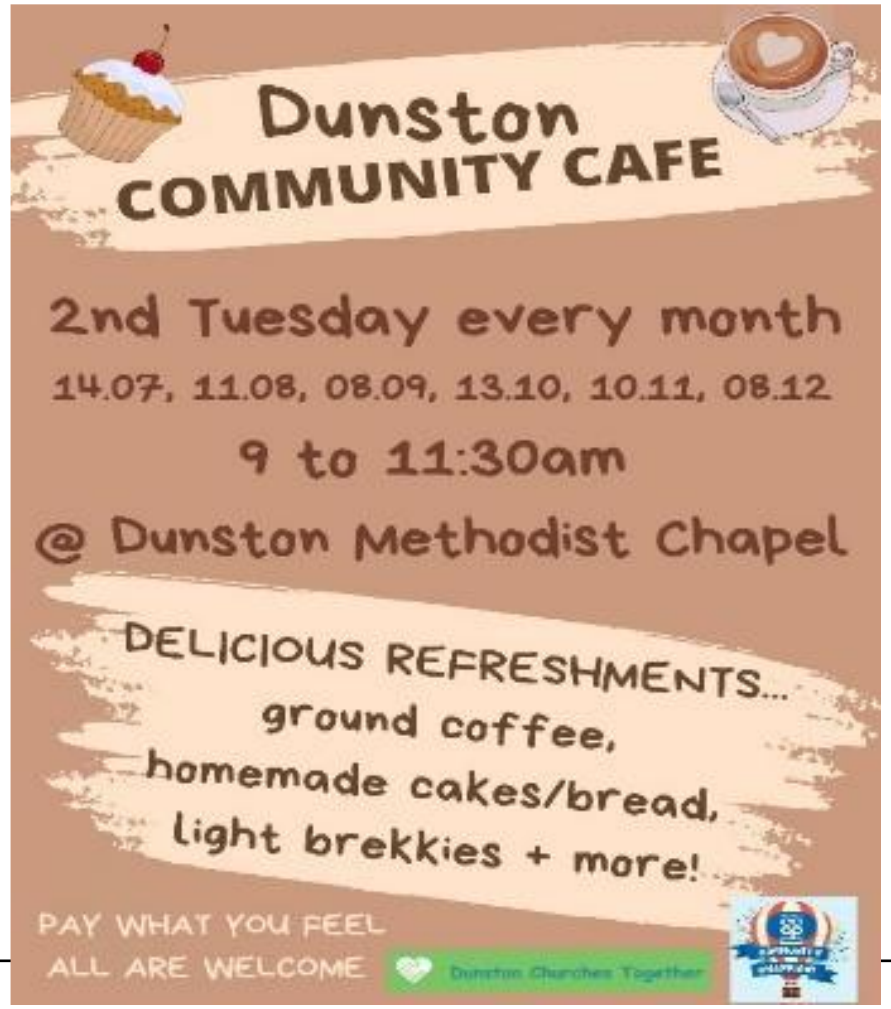
✘ Chocolate, sweets, chocolate spread, jam, salted savoury snacks and crisp like products should not be included in lunch boxes. Hot school lunch desserts are only allowed cocoa powder and no confectionery.

DUNSTON CHURCHES TOGETHER

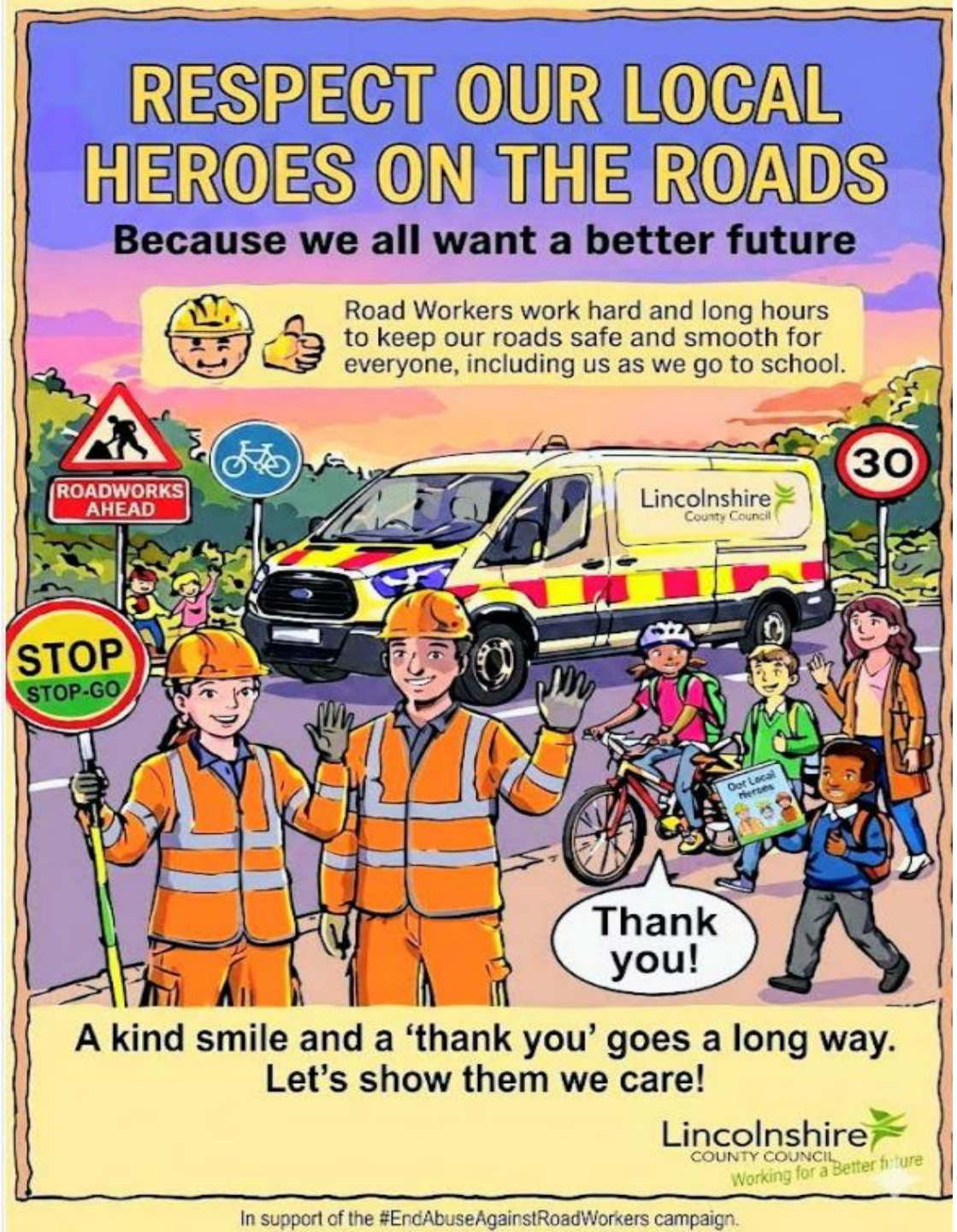
Guide Dogs 100km challenge

- Beth and Jake have now completed the Guide Dogs 100km challenge and would like to thank everyone who has donated
- It is still possible to contribute if you want
- https://www.justgiving.com/id/beth178896796950





28th October – Crafternoon in the chapel 12.30-2.30pm
Lunch and craft activities to celebrate national chocolate day.
Free event for children accompanied by an adult please



Staying Alive !

Lincolnshire Road Safety Partnership

Online safety Q+A
for Early Year and primary parents



Lincolnshire COUNTY COUNCIL

📅 Tuesday 1st December
🕕 6:00pm - 7:30pm
💻 Microsoft Teams
🎟️ Sign-up required

Whether your child is using tablets, gaming online, watching videos, or starting to explore apps, this session is an opportunity to get advice and answers to your questions.

Topics include:
✅ Screen time and healthy online habits
✅ Parental controls and privacy settings
✅ Age-appropriate apps and games
✅ Popular online trends, risks and safety tips
✅ Any online safety questions you'd like support with

Suitable for parents and carers of primary-aged children. Parents of nursery and early years children are also encouraged to attend.

https://www.tickettailor.com/events/staysafepartnership/2476488

ADMINISTRATION TEAM



Mrs T Elliott
Digby



Ms J Hayward
Dunston



Miss Hoddinott
School Business Manager and
Nocton

Dunston St Peter's Church of England Primary School



SCHOOL OPEN DAYS

RECEPTION 2027 -2028

Come meet our teachers, tour the school, and learn about our onsite Forest School and Wrap Around Care !

All families and children are welcome.

OCTOBER 8TH 2 - 6 PM

NOVEMBER 5TH 9 - 12 PM

Back Lane,
Dunston,
LN4 2EH



Contact School to make an appointment: 01526 320027 dunstonoffice@spiresfederation.co.uk

www.spiresfederation.co.uk

LITTLE DUCKLINGS IS COMING BACK TO NOCTON PRIMARY SCHOOL !

Running on the first Thursday of every term

