



Monksdown Mail

Where Children Come First

Designated Safeguarding Leads :



Mrs Russell and
Mrs Stewart
Deputy-Mrs Price

Friday 3rd October 2025

Our Stars!

Dear Families of Monksdown,

We're thrilled to share that each year group will be supporting a dedicated charity throughout the school year. This exciting new approach allows pupils to connect their learning with real-world causes, while reducing the number of one-off fundraising events that can sometimes be costly or disruptive. Each class will take the lead in planning their charity event and will share details with families ahead of time.



This is a wonderful opportunity to shine a light on charities that may not always receive national attention but are close to the heart of our school community.



Whether linked to a curriculum theme, a class interest, or a cause that matters locally, these events will help pupils develop empathy, citizenship, and a sense of purpose.



Here's a quick look at the year group charity links and event dates:

Year Group	Charity & Event	Date
EYFS	NSPCC Number Day	6 Feb 2026
Year 1	Deaf Awareness Day	4 May 2026
Year 2	Down Syndrome Day	20 Mar 2026
Year 3	Endangered Species Day	15 May 2026
Year 4	CF Awareness (Wear Yellow)	12 Jun 2026
Year 5	Diabetes Awareness Day	14 Oct 2025
Year 6	Petrus Sleepover	January 2026
Year 6	UNICEF Rights of the Child – Takeover Day	20 Nov 2025

We can't wait to see the creativity and compassion our pupils bring to these events. Thank you for your continued support. Monksdown Families are the best

Mrs. Price

Nur	George Walsh
R1	Marcel Kwiatkowski
R2	Carter Hamlett
R3	Ursula Linto
1.1	Logan Dawes
1.2	Lily Mae Ricketts
1.3	Laken Grice
2.1	Jeff Wong
2.2	Isla Williams Cain
2.3	Millie Hodge
3.1	Ajay Sikipa
3.2	Arlo Webster
3.3	Oliver Krzewinski
4.1	Miguel Lawal
4.2	Sara Kilic
4.3	Raitis Grinvalds
5.1	Hamzat Adisa
5.2	Quinton Yip
5.3	Reiss Almond
6.1	Kai Norton
6.2	Bonnie Brierley
6.3	Steven Emerson

Important Dates

Y1 and Y2 Parents Phonics and Reading Workshop

Wednesday 15th October 9am

New to Reception 2026 visits

Friday 17th October 10am

Monday 20th October 1:15pm

Parents evening 3:15pm-6pm

Tuesday 21st October

Wednesday 22nd October

School closes for Half term on

Friday 24th October at 2pm

Y5 Charity Day

Diabetes Awareness

Friday 14th November

Junior Park Run—Come along

We're excited to share that families from our school community are warmly invited to take part in the Norris Green Junior Parkrun, a free, weekly running event for children aged 4–14. It recently celebrated its 1 year anniversary!

It takes place every Sunday at 9:00am in Norris Green Park, providing a safe and supportive space for children to get active, build confidence, and enjoy the outdoors. Whether your child is a keen runner or just wants to give it a go, everyone is welcome!

Junior Parkrun is all about fun, fitness, and friendship. It's a brilliant way to promote healthy habits, boost wellbeing, and celebrate personal achievement—no matter the pace. Children can walk, jog, or run the 2km course, and families are encouraged to cheer them on or even volunteer to help. It's a lovely way to spend a Sunday morning together and connect with others in the local community.

To get involved, simply register your child online at www.parkrun.org.uk/register and bring their printed barcode to the event. There's no cost and no pressure—just a chance to move, smile, and be part of something positive. We'd love to see more of our pupils and families taking part, so why not give it a try this weekend?



Mrs Russell needs a favour...

Mrs Russell needs a little favour from our fantastic families! If you've got any unwanted or unloved LEGO lying around at home – hiding under beds, stuck behind the sofa or just gathering dust in a box – we'd love to take it off your hands. She's on a mission to collect as much as possible to get a LEGO Club up and running in school and she needs your help to make it happen.



Year 1 and Year 2 Parents Phonics and Reading Workshop

We're delighted to invite parents and carers to our upcoming **Phonics and Reading Workshop** on **Wednesday 15th October at 9:00am**, held in the Key Stage 1 hall. At Monksdown Primary, we know that you are your child's first and most important teacher, and this session is designed to help you feel confident in supporting their learning at home. Please check in at the school office on arrival, and they'll guide you to the right place.

During the workshop, we'll share practical tips and key information to help boost your child's progress in reading, writing, and phonics. You'll also receive a helpful resource pack to take away, filled with ideas and activities to use at home. The session will last around 45 minutes, and we know it will be both informative and encouraging.

A letter has come home with your children—all we ask is to return the slip so we know how many people are coming. We can't wait to see you there!



School Uniform Reminder

As we settle into the new term, we'd like to gently remind families about our school uniform and footwear expectations. A consistent approach helps pupils feel part of the school community, ready to learn, and confident in their day-to-day routines.

Please ensure children come to school in the correct uniform and wearing suitable footwear—comfortable, safe, and appropriate for active learning and play. We know mornings can be busy, and we appreciate your support in helping pupils arrive feeling prepared and proud.

If you're ever unsure about what's required or need help sourcing items, please don't hesitate to get in touch. We're here to help and want every child to feel included and supported.

- Navy blue cardigan/jumper with grey stripe at the neck with school logo
- White shirt
- Navy blue and silver grey striped tie
- Grey skirt / Grey trousers
- Grey or Navy socks or tights
- **Black sensible school shoes (suitable for polishing)**
- **No trainers**



Nuts in school

We'd like to gently remind families to be mindful when packing lunchboxes, especially when it comes to foods containing nuts. Several children in our school have serious nut allergies, and even a small trace can cause a severe reaction. That's why we ask everyone to avoid sending in items like peanut butter, cereal bars with nuts, or homemade treats that might contain them. It's a small change that makes a big difference in keeping all our children safe and well.



We know how much care goes into preparing your child's lunch each day, and we really appreciate your support in helping us create a safe and inclusive environment. If you're ever unsure whether a food item is suitable, feel free to check the label or ask us. Together, we can make sure lunchtime is a happy, healthy time for everyone.

Please see page 5 for the next two week's menu

Parent Pod—Uniform Recycle

We're really pleased to share that our Parent Pod is now up and running in the large playground at the front of school! This cosy little space is there for families to pop by, connect, and make use of some helpful resources—including our **uniform recycle rail**, lovingly looked after each week by the wonderful Mrs Prescott. She keeps everything neat, fresh, and ready to go, so if your child needs a spare jumper, trousers, or even a PE top, please feel free to take what you need. No forms, no fuss—just a helping hand when you need it.

Using the uniform recycle isn't just practical—it's also a great way to support the environment. By reusing good-quality clothing, we're helping to reduce waste and avoid sending perfectly wearable items to landfill. It's a small step that makes a big difference, and we're proud to be building a more sustainable school community together. Thank you for your support, and do stop by the Parent Pod next time you're on the playground!



Lunch Menu










w/c 6 th Oct		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Leek & Potato	Red Pepper Soup	Tomato & Basil	Chef Choice
HOT MAINS	Asian Noodles 	Chef Daniel's Beef & Bean Quesadillas	Jewel's Chicken Karahi with Rice, Green Beans & Naan Bread	Wholemeal Spaghetti Bolognese with Salad & Garlic Bread	Fish Cake or Fish Fingers with Chips & Mushy Peas
	Meat Free Burritos 	Chef Daniel's Quorn & Bean Quesadillas with Salad 	Pesto Pasta 	Cheese & Onion Plate Pie with Peas 	Veggie Fingers 
CHEF SPECIAL	Ask Chef about today's special!				
DESSERT	Sponge Cake & Custard 	Ginger Biscuits 	Fresh Fruit Salad 	Fresh Fruit Trifle 	Cheese & Crackers 



Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

Please speak to a member of staff about dietary requirements. All menus are checked by a nutritionist and adhere to School Food Standards.

 Vegetarian
 Vegan
 Oily fish

w/c 13 th Oct		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot & Coriander	Broccoli & Cheddar	Chef Choice	Pea	Chinese Sweetcorn
HOT MAINS	Wholemeal Pizza & Wedges with Salad 	Spanish Chicken with Rice & Green Beans	Sausage & Mash with Gravy & Peas	Steak & Vegetable Shortcrust Pie with New Potatoes & Baby Carrots	Fish Fingers with Chips & Garden Peas
	Quorn Mince Cottage Pie with Peas 	Vegetable & Lentil Stew 	Sri Lankan Sweet Potato & Coconut Curry with Rice 	Spanish Omelette with Salad 	Veggie Sausage Roll 
CHEF SPECIAL	Ask Chef about today's special!				
DESSERT	Fresh Fruit Salad 	Flapjacks 	Iced Sponge Cake with Custard 	German Apple Cake 	Cheese & Crackers 



Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

Please speak to a member of staff about dietary requirements. All menus are checked by a nutritionist and adhere to School Food Standards.

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 Vegan
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What's on in Liverpool Autumn 1 2025

ADDvanced Solutions Community Network



ADDvanced Solutions Community Network is an open access offer that supports the emotional health and wellbeing of neurodivergent children and young people, their families and the professionals that work with them. **No diagnosis or referral is needed to access the offer.**

Belle Vale Community Network Group

The face-to-face Belle Vale Community Network Group is an informal, open access learning opportunity to seek advice and support around challenges at all stages of your journey. **No need to book, just come along**, to meet the team and visiting professionals.

Day: Tuesday

Time: 9:30am – 11:30am

Venue: Belle Vale Children's Centre,
Hedgefield Road, Liverpool L25 2RW



Tuesday Mornings

9:30am–11:30am

No need to book – just drop in!

9 th September	Identifying Problems, Finding Solutions
16 th September	Choosing a School
23 rd September	Difficulties attending School
30 th September	Introduction to Autism
7 th October	Liverpool Independent Travel Training Team
14 th October	Autism with Demand Avoidant Profile
21 st October	Steps to Work (Strawberry Fields)

Online Community Network Groups

An informal, online opportunity to seek advice and get support around challenges at all stages of your journey.

Monday mornings

9.30am – 11.00am

[Click here to register](#)

8 th September	Identifying Problems, Finding Solutions
15 th September	Puberty and Neurodiversity
22 nd September	Supporting Organisational Skills
29 th September	Autism and Girls
6 th October	Choosing a School
13 th October	Encouraging Independence
20 th October	Communicating with your Child

Wednesday afternoons

5.00pm–6.30pm

[Click here to register](#)

10 th September	Identifying Problems, Finding Solutions
17 th September	Introduction to Autism
24 th September	Choosing a School
1 st October	Difficulties Attending School
8 th October	Puberty and Neurodiversity
15 th October	Zones of Regulation
22 nd October	Encouraging Independence

Neurodevelopmental Conditions Learning Programme - Face-to-Face

This three session programme will run during the daytime. The sessions equip parents and carers with:

- **A greater understanding of Neurodevelopmental Conditions - including Autism, ADHD, Sensory Processing Difficulties, Specific Learning Difficulties.**
- **Practical strategies to manage everyday challenges and behaviours - including sleep, toileting and eating.**
- **Knowledge around your Local Offer, disability welfare rights and SEND, Early Help and EHCPs.**

Please contact us to register your interest for our next available face-to-face Neurodevelopmental Conditions Learning Programme in Liverpool.

Neurodevelopmental Conditions Learning Programme - Online

An online, evening alternative to the face-to-face learning programme. The programme is delivered as a webinar, with the ability to engage with the facilitator and other parents/carers through the Q&A and chat.

Day: Tuesday
Time: 6:30pm - 8:30pm
Venue: Online via Zoom

Tuesday evenings for six weeks 6:30pm - 8:30pm

[Click here to register](#)

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Tuesday 9 th September	Tuesday 16 th September	Tuesday 23 rd September	Tuesday 30 th September	Tuesday 7 th October	Tuesday 14 th October

Online Learning Workshop - Sleep Difficulties

Online Learning Workshops are designed to help parent/carers understand and learn more in-depth about a specific topic relating to neurodevelopmental conditions. This half term's topic will be **Sleep Difficulties**:

Sleep can be a challenge for neurodivergent children and young people, which can have an impact on their day-to-day life and wider family. During this webinar, our sleep practitioners will identify the difficulties that neurodivergent children and young people experience which can impact bed time and sleep. We will also explore what a good bedtime routine looks like, incorporating sleep hygiene, whilst providing advice and strategies for common challenges.

Day: Friday
Time: 9:30am - 12:00pm
Venue: Online via Zoom

Supporting Sleep Difficulties

Friday 26th September
9:30am - 12:00pm

[Click here to register](#)

Sensory Processing and Eating Difficulties Training

Contact us for further information about our upcoming Sensory Processing Difficulties and Eating Difficulties training.

Online community network groups and learning workshops provide parents and carers with an understanding of a particular topic around neurodevelopmental conditions. We provide strategies to support children and young people at home and in school, with an opportunity to interact with our team via the chat and Q&A function. If you are using a phone, you will need to download the Zoom app beforehand. Please be mindful of your data usage. If you do not have an unlimited data plan, you may need to connect to a Wi-Fi connection to prevent charges.

Our online offer is delivered by Zoom for Healthcare, you will need to have a free Zoom account to register. The details we request when you register are kept securely and used in line with our privacy policy: <https://www.advancedsolutions.co.uk/wp-content/uploads/2025/04/Privacy-Policy.pdf>



Autism Learning Programme

This post-diagnostic Autism Learning Programme has been designed to support and empower parents and carers in their understanding of how autism is experienced by children and young people, providing learning, guidance and strategies to better support your child/young person. The programme is for Liverpool and Sefton parents/ carers whose children and young people have received a diagnosis of autism (ASD). This offer is in partnership with Alder Hey NHS Trust, commissioned by NHS Cheshire & Merseyside.

Please select the appropriate programme specific to the age of your child/young person:

3–8 Years

Day: Monday
Time: 9:30am – 2:45pm
Venue: L6, Liverpool

Mondays for three weeks

9:30am – 2:45pm

[Contact us to register](#)

Session 1	Session 2	Session 3
Monday 6 th October	Monday 13 th October	Monday 20 th October

9–13 Years

Day: Thursday
Time: 9:30am – 2:45pm
Venue: L11, Liverpool

Thursdays for three weeks

9:30am – 2:45pm

[Contact us to register](#)

Session 1	Session 2	Session 3
Thursday 4 th September	Thursday 11 th September	Thursday 18 th September

14–19 Years

Day: Tuesday
Time: 9:30am – 2:45pm
Venue: PR8, Southport

Tuesdays for three weeks

9:30am – 2:45pm

[Contact us to register](#)

Session 1	Session 2	Session 3
Tuesday 4 th November	Tuesday 11 th November	Tuesday 18 th November

All Ages

Day: Thursday
Time: 6:30pm – 8:30pm
Venue: Online via Zoom

Mondays for six weeks

6:00pm – 8:30pm

[Click here to register](#)

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Thurs 18 th September	Thurs 25 th September	Thurs 2 nd October	Thurs 9 th October	Thurs 16 th October	Thurs 23 rd October

Neurodevelopmental Conditions Awareness Raising Training for Professionals

Designed to improve professionals' understanding of neurodevelopmental conditions (NDCs), how they may present and how one condition may overlap with another. Professionals attending this training will develop knowledge, skills and confidence to better support neurodiverse children, young people and their families:

- Understand the differences between and the typical behaviours of ADHD, Autism, and other NDCs
- Recognise the impact that unsupported and unmanaged NDCs can have on an individual and their family
- Understand the impact that sensory processing difficulties can have on children and young people
- Identify local support available for professionals, children, young people and their families

Contact us for further information about our next training for professionals.

[Seeking Crisis Support? Click here.](#)

Get in touch with us

