



# LATEST NEWS

19TH SEPT 2025

## REMINDERS

### Class Assemblies

- Friday 10th October, 9:10am Amazon Class – Year 3
- Friday 17th October, 9:10am Olympic Class – Year 3
- Thursday 23<sup>rd</sup> October, 9:10am Fuji Class – Year 4



## MEET THE TEACHER

Thank you to all the KS1 and KS2 parents who attended our Meet the Teacher sessions. We hope you found them informative and enjoyed the opportunity to see your children in their new classrooms.

All of the presentations shared during the sessions are now available to view on the Bowes website in the [Classes](#) section.

We look forward to another successful and engaging school year with you and your children.



# ADMISSIONS SEPT 2026



Please remember if your child has a sibling who would like to start our Nursery or Reception in September 2026 you will need to make a new application. For more information about the application process and school tours, please visit our [Admissions](#) page.



## MUSIC NEWS

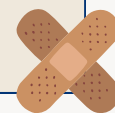


Enfield Music Service (EMS) lessons have now started. Teachers will be in on the following days:

Teacher	Instrument	Day
Maria Kotsi	Piano/Keyboard	Monday & Friday
Sean Turpin	Cello	Monday
Jeff Mindlin	Guitar	Wednesday
Ashley Brammah	Piano/Keyboard	Wednesday & Thursday
Rock Steady (not EMS)	Various	Friday



## MINI FIRST AID



Next week, we will be welcoming Mini First Aid North London to our school! The trainers will be delivering First Aid sessions to all the children, from Reception to Year 6. This is a fantastic opportunity for the children to learn some basic first aid, and to provide them with the confidence and skills to respond calmly and effectively in an emergency. Thank you to the Friends of Bowes for funding this valuable experience. We look forward to sharing some photos of our 'mini first-aiders' in our next newsletter.



# KEEPING CHILDREN SAFE



## Supporting well-being through routines

Establishing consistent daily routines can make a big difference to your child's emotional well-being and sense of security. Routines help children feel safe, supported and ready to learn - all of which are central to safeguarding their mental and emotional health.

### Key routines that support children's well-being:

#### SLEEP TIME

- Regular bedtimes and wake times
- Avoid screens an hour before bed
- Try a calming wind-down routine (story, bath, quiet time)



#### MEAL TIMES

- Encourage family meals where possible
- Predictable meals help children feel nourished and safe



#### SCREEN TIME

- Set clear limits, especially before bed
- Encourage screen-free moments to reconnect



#### MORNINGS

- Keep mornings calm, encouraging and predictable
- Include a healthy, filling breakfast
- Prepare bags, lunches, and clothes the night before



#### AFTER SCHOOL

- Balance homework, play, and rest
- Allow for downtime or creative activities
- Prepare for the following day



## DIARY DATES 2025/26

w/c 22 <sup>nd</sup> Sept	Mini First Aid sessions
1 <sup>st</sup> Oct 2025	Online Safety Workshops
6 <sup>th</sup> Oct 2025	INSET - SCHOOL CLOSED
10 <sup>th</sup> Oct 2025	Amazon Class Assembly, 9:10am
17 <sup>th</sup> Oct 2025	Olympic Class Assembly, 9:10am
23 <sup>rd</sup> Oct 2025	Fuji Class Assembly, 9:10am
27 <sup>th</sup> - 31 <sup>st</sup> Oct	Half Term
3 <sup>rd</sup> Nov 2025	School Starts
19 <sup>th</sup> Dec 2025	School Ends
5 <sup>th</sup> Jan 2026	School Starts
26 <sup>th</sup> Jan 2026	INSET - SCHOOL CLOSED
16 <sup>th</sup> - 20 <sup>th</sup> Feb	Half Term
23 <sup>rd</sup> Feb 2026	School Starts
27 <sup>th</sup> Mar 2026	School Ends
13 <sup>th</sup> Apr 2026	School Starts
1 <sup>st</sup> May 2026	INSET - SCHOOL CLOSED
4 <sup>th</sup> May 2026	BANK HOLIDAY - SCHOOL CLOSED
25 <sup>th</sup> - 29 <sup>th</sup> May	Half Term
1 <sup>st</sup> Jun 2026	INSET - SCHOOL CLOSED
17 <sup>th</sup> Jul 2026	School Ends
20 <sup>th</sup> Jul 2026	INSET - SCHOOL CLOSED

## FRIENDS OF BOWES

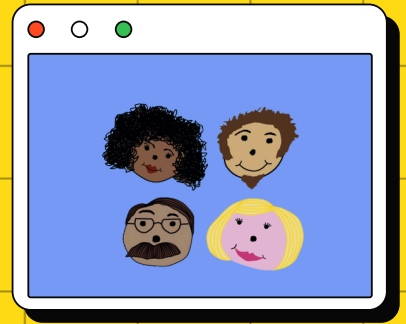


Please continue reading for the latest news from our Friends of Bowes PTA.

**The Pantry Prize!**  
Order a meal every day from 15<sup>th</sup> September to 28<sup>th</sup> November and you could win a Luxury Christmas Hamper!  
Flyer below.



# FRIENDS OF BOWES



**FYI**

## WHO ARE WE?

Friends of Bowes is a registered charity run by parent/carer volunteers and set up to advance the education of the pupils of Bowes Primary School by assisting in the provision of facilities that support and expand the educational opportunities of the pupils.

100% of the money we raise goes towards advancing the education and experiences of our children.



## WANT TO STAY IN TOUCH?

Every class has a WhatsApp group and at least one Class Rep - email us at [friendsofbowes@gmail.com](mailto:friendsofbowes@gmail.com) if you want to be put in touch with your Class Rep!


WhatsApp is our main way of keeping parents/carers informed of events and spending. Look out for our termly newsletter!



## DO YOU FOLLOW US ONLINE?

You can follow us on social media on our facebook or instagram accounts:

 [www.facebook.com/fobnewsouthgate](http://www.facebook.com/fobnewsouthgate)

 [@friendsofbowespta](https://www.instagram.com/friendsofbowespta)

You can also buy tickets for all our events at PTA Events:

[www.pta-events.co.uk/bowes](http://www.pta-events.co.uk/bowes)



## WANT TO DONATE?

CHECK OUT OUR JUST GIVING PAGE:

[www.justgiving.com/friendsofbowes](http://www.justgiving.com/friendsofbowes)



**DONATE**



Want to get involved?  
Contact us at:

[friendsofbowes@gmail.com](mailto:friendsofbowes@gmail.com)



# THE PANTRY PRIZE!



ORDER A MEAL  
EVERY SCHOOL DAY FROM  
SEPTEMBER 15<sup>TH</sup> TO  
NOVEMBER 28<sup>TH</sup>  
AND YOU COULD WIN  
A LUXURY CHRISTMAS  
HAMPER!



The  
**Pantry**  
ThePantryCatering.co.uk