

25th August 2026

Dear Parents and Carers,

As we get closer to the start of the new school term, many of us will have fallen out of our normal routines over the summer – myself and many other teachers included!

Later nights, longer mornings and less structure are all part of enjoying the summer break. However, suddenly going from holiday mode to getting up early and being ready to learn can be difficult for young people.

There are a few simple things you can do over the next couple of weeks to help make the return to school easier.

Getting back into a routine

Sleep

Start moving bedtimes and wake-up times a little closer to the normal school routine. You do not need to change everything overnight. Even moving bedtime 15–30 minutes earlier every few days can help.

Getting up in the morning

Encourage your child to start getting up earlier rather than sleeping late every day. This will make those first few school mornings much easier!

Meals

Try to get back into regular breakfast, lunch and evening meal times. A healthy breakfast before school can help students with their energy and concentration.

Phones and screens

Try to reduce phone, gaming and screen use late at night. Encourage your child to put their phone away before going to sleep, particularly as we get closer to the start of term.

Get organised

A few days before school starts, check that uniform, shoes, bags and equipment are ready. Knowing everything is prepared can remove some of the stress from the first morning.

Talk about school

Have a positive conversation about coming back. Ask your child what they are looking forward to – seeing friends, a favourite subject, sport, clubs or simply getting back into a routine.

What if my child is worried?

It is completely normal for some students to feel worried or nervous about returning to school. After several weeks away, even students who normally enjoy school may feel a little unsure.

If your child tells you they are worried, encourage them to talk about what specifically is worrying them. Sometimes a big worry becomes much more manageable once we know exactly what it is.

Try to listen and reassure them, but also remind them of times when they have managed similar situations successfully before.

Rather than focusing too much on the worry, help them think about the things they can control:

- Getting their uniform and bag ready
- Going to bed at a sensible time
- Arriving at school on time
- Knowing where they need to go
- Speaking to an adult if they need help
- Thinking about something they are looking forward to

Most importantly, please talk to us if there is something we need to know. If your child has a particular concern about returning to school, getting in touch early means we can work together to support them.

A good start makes a difference

The first few days back are important. Getting back into good routines around sleep, punctuality and attendance can help students settle quickly and start the year positively.

We are really looking forward to welcoming everyone back and starting the new school year together.

Enjoy the rest of the summer, and we look forward to seeing our students again soon.

Kind regards,



Mr W Bradley

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