



Kelsey Primary

Responsibility Determination Respect

Friday 26th June, 2026

To all our Kelsey families,

We have all (just about!) survived the week! The children have been incredible, coping really well with the soaring temperatures. They've been really sensible about staying in the shade, wearing their sun hats and drinking plenty of water. We're really proud of them. Next week looks a little bit more manageable, with temperatures in the low twenties. We'll keep our eye on the forecast, but as things stand, we'll be going ahead with Sports Day on Thursday.

Look at EYFS and KS1 doing a great job of keeping cool at lunchtime today!



Updates this week:

New cooking equipment –

Our PTA have kindly funded a new set of cooking equipment, which the whole school will benefit from – thank you so much. The children are looking forward to getting busy with all these new bits and pieces!

It is hot. The majority of people will find the temperatures we have been experiencing this week very uncomfortable. However, neurodiverse people are likely to find these temperatures intolerable and may become dysregulated more readily than usual. This is a multi-factor problem...

Sensory Overload

Heat physically taxes the brain and amplifies existing sensory processing difficulties. Ordinary sounds and textures can feel significantly more overwhelming when the nervous system is already stressed by heat.

Disrupted Introception

Many neurodiverse people struggle to interpret their body's internal signals. They may not feel thirst, or realise they are overheating until their body is already in a state of thermal distress - exacerbating the difficulties they are already experiencing.

Fight or Flight

Heat is perceived by the brain as a physiological stressor. It triggers an over-activation of the sympathetic nervous system increasing the stress hormone, cortisol levels in the body and can cause people - especially children, to lash out, freeze or experience severe meltdowns over minor triggers.

Communication Breakdown

Neurological fatigue can make it difficult for children to process language or verbally communicate their discomfort, sometimes resulting in total shut-down or increased non-verbal stimming.

So, what can adults do to help?

Much of what you can do to help is common sense and what you are already likely to be doing!

1 - Ensure your child is staying hydrated. Offer water regularly - especially if they don't ask for it.

2 - Create cool, calm spaces. Limit outdoor activities during the hottest part of the day. Provide access to cool, quiet and sensory friendly places.

3 - Dress for Comfort. Encourage your child to wear cool, loose fitting clothes. This in itself could create sensory difficulties if they prefer tight fitting clothes, this will be something you may be able to negotiate on for short periods of time at the hottest part of the day.

Roll of a more British summer of a steady 21 degrees and drizzle!

PTA updates –

Fun Dog Show Cancellation -

Due to the warmer weather forecast for Saturday 27th June, we have made the difficult decision to cancel this year's Fun Dog Show.

The welfare of our four-legged friends is our top priority, and with the high temperatures expected, we feel this is the safest decision for everyone involved. 🤍

🐾 But don't worry – your pooch still has a chance to win! 🐾

Doggie Squares Game -

For just £1 a square, you'll be in with a chance of winning a fantastic goodies hamper for you and your furry friend!

Every entry helps support our Summer Fair, so why not have a go?

Thank you for your understanding, and we look forward to seeing you at the Summer Fair on Saturday 27th June for a fantastic day of fun! 🎡🎪

www.nkpta.com/product-page/where-did-rover-do-his-business

Calendar events –

Week beginning 22.06.26

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch time	Mindful Colouring with Miss Grantham Comic Club with Ezra, Charlie & Ed		Football Club with JB Sports	Pokemon Club with Teddy and Jack Chess Club with Jack and Tristan Fun Field Games with Mrs Massey	Running Club with Mrs Trotter & Mrs Chamberlin
After school (4:30pm finish)	Kick ball rounders with Miss Lowthian	Mini Football with Miss Hunt	Tennis with JB Sports		
	Baysgarth Transition Day Reception Class welcome meeting 3:30pm			Sports Day	Swimming for Year 5 & 6 Elm Class visit to Yorkshire Sculpture Park

Looking ahead:

Baysgarth Transition Day for Year 6 pupils: Monday 29th June

Sports Day: Thursday 2nd July

Year 1 & 2 visit to Yorkshire Sculpture Park: Friday 3rd July

Transition Days (children will spend two days in their new classes): Tuesday 7th and Wednesday 8th July

Caistor Yaborough Transition Day for Year 6 pupils: Tuesday 7th July

Nelthorpe Transition Day for Year 6 pupils: Thursday 9th and Friday 10th July

Reception Class visit to Cleethorpes Beach: Tuesday 14th July

Rock Steady concert for parents: Wednesday 15th July at 9:30am

We Create Music end of year concert: Thursday 16th July at 11am

Colour Run: Thursday 16th July

Kelsey Camp: Saturday 18th July

Year 6 Leavers Assembly: Wednesday 22nd July from 9am

Summer Term ends: Wednesday 22nd July

And finally –

We're looking forward to our annual Summer Fair tomorrow afternoon from 12pm. A huge amount of work has already gone into the planning and organisation, with PTA members hard at work this afternoon beginning to bring things together. We're incredibly lucky to be able to host such a great family event each year, I hope you're able to come along and enjoy the games, food, entertainment and atmosphere.

Warmest regards,
Katie Grantham
Headteacher

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