



GREYTHORN PRIMARY

"Engaging hearts, equipping minds, opening doors"

Autumn Term

Welcome Back

12th September 2025

DATES FOR THE DIARY

FRIDAY 19th SEPTEMBER

9.15am - 10.15am
Toddler Stay & Play

SATURDAY 20th SEPTEMBER

Opening Morning for new parents

MONDAY 22nd SEPTEMBER

Fun Run

WEDNESDAY 24th SEPTEMBER

Fire Service visiting Year 1/2

THURSDAY 25th SEPTEMBER

Individual School Photos
Macmillan Cake Sale 3.30pm

MONDAY 29th SEPTEMBER

Harvest Assembly



2025/26 TERM DATES

Autumn Term

3 September - 17 October 2025
3 November - 19 December 2025

Spring Term

5 January - 13 February 2026
24 February - 27 March 2026

Summer Term

13 April - 21 May 2026
1 June - 24 July 2026

INSET: 1 Sept, 2 Sept, 23 Feb, 22 May, 27 July

A MESSAGE FROM YOUR HEADTEACHER

Dear Parents and Carers,

What a fabulous first full week back we've had at Greythorn!

A big well done to our new Foundation children for settling in so confidently. It was also lovely to welcome back so many of last year's Year 6 pupils, who popped in to say hello and share stories about their first day at secondary school.

I've had the pleasure of spending time in every classroom this week, and I'm so proud to see our enthusiastic children engaged in wonderful learning and exciting lessons. Everyone is looking Greythorn-smart, and I can't wait to see what next week brings!

Kind regards,

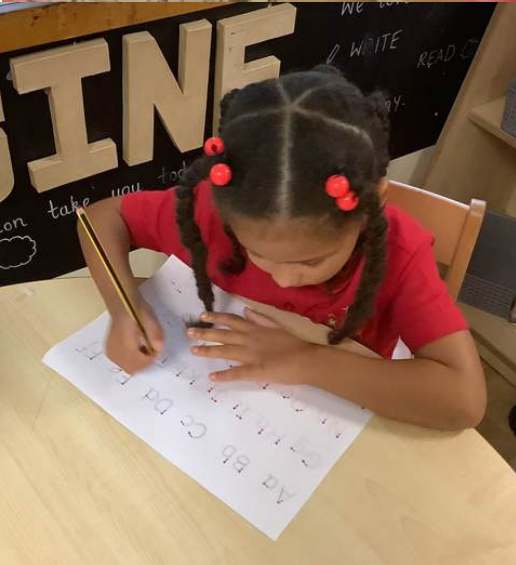
Mrs Carpenter



THIS WEEK'S HIGHLIGHTS



Foundation
The children are developing their sense of self as they settle into school life. They have been working together to problem solve and are building positive relationships with one another each day.
This week, we launched our new enquiry, 'What makes me so special?' We began by discussing our carpet rules and routines and why they are important.



THIS WEEK'S HIGHLIGHTS

Year 1/2

This week in Year 1/2 Art, we started our drawing topic. For our first lesson, we explored line and texture. We investigated by making rubbings of various objects and materials we found around the school playground. Everyone had a wonderful time and thoroughly enjoyed creating art in the sunshine!



ART



THIS WEEK'S HIGHLIGHTS

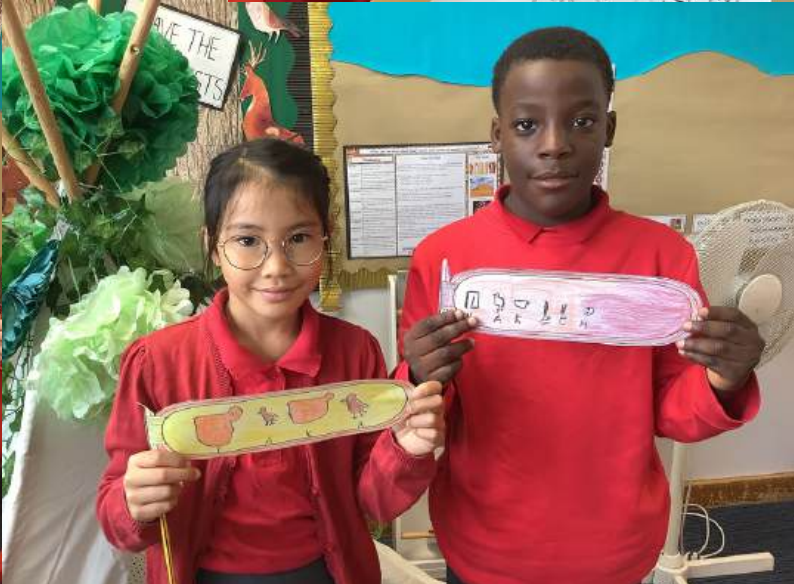


Year 3/4

We have had a brilliant start to the year and to our enquiry 'What can we learn about belief, power and culture in ancient civilisations?' Already, we have learnt about hieroglyphics and practised writing our names using them. We also explored the Egyptian number system and applied our maths skills to understand how it worked.

The children have completed timelines showing key events from the Ancient Egyptian civilisation too.

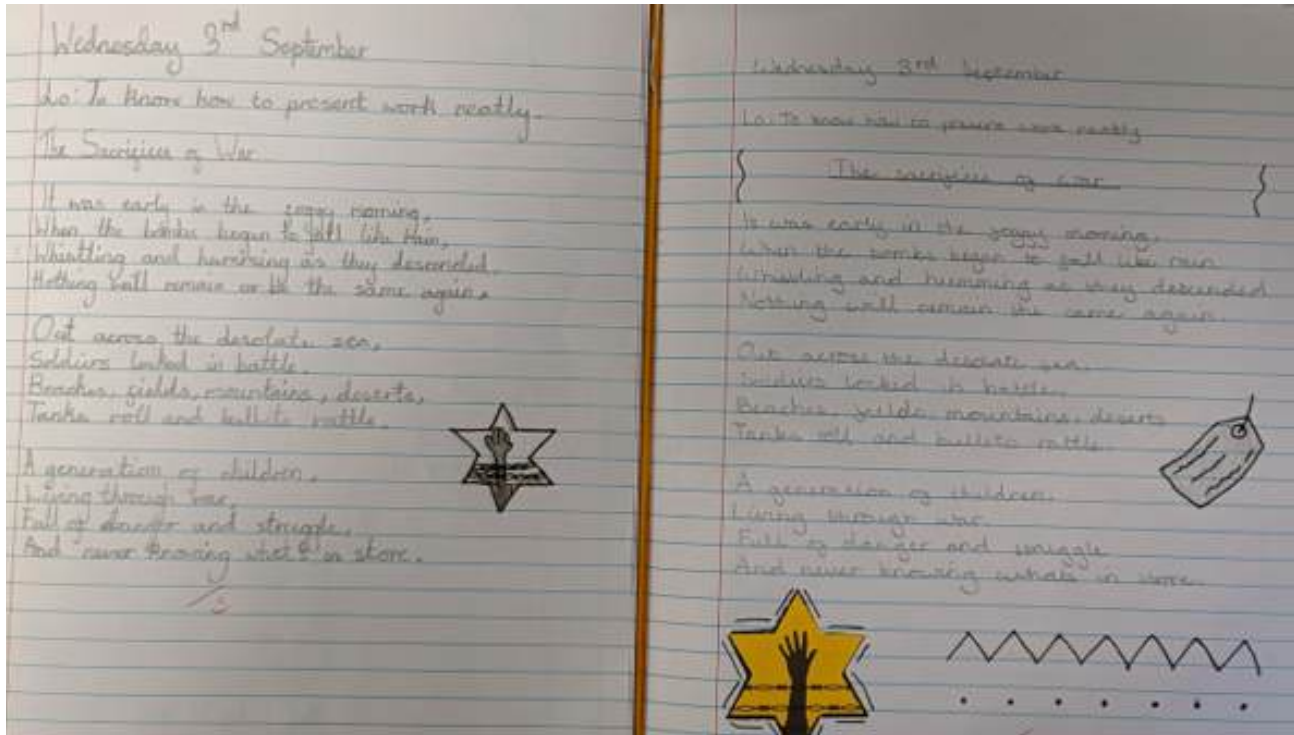
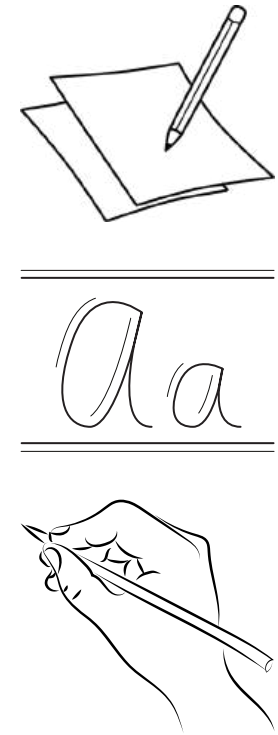
We can't wait to learn even more about Ancient Egypt over the next 6 weeks!



THIS WEEK'S HIGHLIGHTS

Year 5/6

Year 5/6 have been practising their handwriting skills, with a specific focus on letter formation, sizing and joins.



ATTENTION

IMPORTANT



Year 6 parents Secondary School applications

Please be aware that the secondary transfer form needs completing online by **31st October**. It is really important that you complete all 4 school choices on your application form. In the past we have had children placed at Hall Park in Eastwood and Chilwell School because their parents didn't put 4 local choices. If you need any help or advice, please contact Mrs Parkin or Mrs Cox. Secondary school open evenings:

West Bridgford School 2/10/25 6pm-8pm

South Wolds School 18/9/25 5:30pm-8pm for further details see website Open Evening - The South Wolds Academy and Sixth Form

Emmanuel School 23/9/25 5pm-8pm

East Leake Academy 25/9/25 5pm-6:30pm for further details and to book on see website Open evening Thursday 25 September - East Leake Academy

Rushcliffe School 17/9/25 from 5:45pm booking system in place- please see website Year 6 Open Evening - Rushcliffe Spencer Academy

Farnborough School 16/9/25 4:30-7pm

MENU AUTUMN TERM 2025

Menu

w/c
15 September 2025

Please find attached our current lunch time menu.

If your child would like a school lunch they will be able to order on the day, the cost is £3.16 and needs to be paid in advance.

Week 3

Week commencing
5 May, 26 May,
16 June, 7 July,
28 July, 15 Sept,
6 October

Main



Pudding



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Margherita pizza Soya Gluten Milk with potato balls, baked beans & sweetcorn | Vegetarian roll Soya Milk Gluten with French fries, seasonal vegetables & gravy | Beef Bolognese Mustard Soya Gluten OR Quorn Bolognese Mustard Soya Gluten Egg with garlic bread, Gluten Milk Soya pepper & cucumber sticks | Bangers & mash Gluten Sulphur Dioxide OR plant based sausage Soya Sulphur Dioxide with seasonal vegetables & gravy <small>Supporting our Nottinghamshire Schools Plan to help teachers reduce their carbon footprint</small> | MSC Fish fingers Fish with oven chips, baked beans & peas OR Jacket potato with baked beans, cheese Milk or tuna mayonnaise Fish Egg |
| Yoghurt pot Milk | Golden syrup flapjack Gluten | Iced sprinkle cookie Gluten | Strawberry fairy cake Egg Gluten with ice cream Milk | Ice cream tub Milk |

Nottinghamshire
County Council

CAKE SALE

Cake sale

KS1 Playground at 3.30pm

Thursday 25th September

Raising money for

Macmillan Cancer Support

Please bring cakes (home made
or from a shop) into school on

Thursday morning



No nuts please!





A VERY WARM WELCOME
AWAITS YOU
AND YOUR CHILDREN



*WE TAKE GREAT PRIDE
IN DEVELOPING HAPPY
CHILDREN WHO
BELIEVE IN
THEMSELVES.*

OPEN DAYS

SATURDAY 20TH SEPTEMBER 10AM - 12 NOON

WEDNESDAY 1ST OCTOBER 9.30AM - 11.30AM

SATURDAY 11TH OCTOBER 10AM - 12 NOON

WEDNESDAY 19TH NOVEMBER 9.30AM - 11.30AM

SATURDAY 10TH JANUARY 10AM - 12 NOON

**COME AND SEE
OUR
WONDERFUL
SCHOOL**

✉ office@greythorn.notts.sch.uk

☎ 0115 914 9779

🌐 www.greythornschoo.co.uk

📍 Greythorn Drive | West Bridgford | Nottingham | NG2 7GH



TODDLER STAY AND PLAY

A VERY WARM WELCOME

AWAITS YOU

AND YOUR CHILDREN

For Parents/Carers with Children (age 0 – 4 yrs) living in the local community

Come and join us for playtime, chat and refreshments



Free of Charge

Friday

9.15AM – 10.15AM

19th September

3rd October

17th October

HALF TERM

14th November

28th November

12th December



Please email/telephone to reserve your place

✉ office@greythorn.notts.sch.uk

☎ 0115 914 9779

🌐 www.greythornschoo.co.uk

📍 Greythorn Drive | West Bridgford | Nottingham | NG2 7GH

FOGSA NEWS

FOGSA Initiatives

1 Easyfundraising
Shop with over 7,500 brands through the easyfundraising website, browser extension, or app, and a percentage of your spend will be donated to FOGSA – at no extra cost to you!

2 Stikins
Help support FOGSA whilst making sure any lost uniform gets back to you! When you order Stikins just quote our fundraising number **8585** and we receive commission at no extra charge to you!

3 FOGSA Swap Shop
This Facebook group is for Greythorn parents to post clothing or other items for donation or swap. If you receive an item, we kindly ask that you consider making a donation via ParentPay.

4 Your School Lottery
Lottery Tickets Just £1! There's a guaranteed cash winner at Greythorn Primary School every week, plus a chance to win the £25,000 jackpot!

5 Preloved Uniform Sale
Bring any clean, outgrown uniforms in good condition to School Reception. They will be added to our preloved uniform rail, where items can be purchased for £1 each.

6 ParentPay Donation
You can make a donation any time through ParentPay by selecting the 'FOGSA Donation' item and adding how much you would like to donate.

To keep up to date with all our initiatives and see how your donations benefit our students visit our website:

Scan the QR code to find out more.
(Select Fundraising on the menu bar)

FOGSA AGM
SEPTEMBER 17TH 6-7 PM
MEET AT SCHOOL RECEPTION

CELEBRATE ALL WE HAVE ACHIEVED IN 24/25!

FIND OUT MORE ABOUT FOGSA

GET INVOLVED OR EVEN JOIN THE COMMITTEE!

PLEASE JOIN US FOR A DRINK AFTER AT THE DORSET*

*NOT FUNDED BY FOGSA

COMMUNITY NEWS

FOUNDATION GIRLS & BOYS COME & JOIN SPIRIT CELTIC FOOTBALL CLUB

Spirit Celtic Football Club; an FA Charter Standard Club based in West Bridgford, are recruiting Foundation & Year 1 aged children. Training Saturday mornings 9am-10am at The Becket School. **First two sessions free.** If your child is interested, please message on: 07801866509

St Paul's Boundary Road

FREE!

Messy Church

Arts and crafts
Bible stories
Singing together
Meal included!

Lots of fun for children of all ages and their parents and carers. Come along and get creative!

Saturday 20th Sept
3:45pm - 5:30pm

Scan to book your FREE place >>>
or visit stpaulsboundaryroad.churchsuite.com/events/zpswsdcm

St Paul's Church, Boundary Road, NG2 7DB



Aspiration. Confidence. Creativity. Kindness. Pride. Respect. Resilience. Responsibility



What Parents & Educators Need to Know about TECHNOLOGY ATTACHMENT

WHAT ARE THE RISKS?

In today's digital age, children are increasingly forming emotional and habitual attachments to their devices. With 96% regularly accessing the internet and nearly half engaging in live streaming or content sharing, their online presence is greater than ever. This guide explores the phenomenon of technology attachment in young people and offers expert advice on fostering healthier digital habits.

WIRED FOR REWARD

Children's brains are particularly sensitive to reward-based stimulation, and some digital platforms, especially those offering quick-hit content like short-form videos, are designed to exploit this. The instant gratification of likes, comments, and rapid scene changes triggers dopamine releases, making these interactions highly addictive. Over time, this may contribute to changes in attention patterns and a reduced inclination towards activities that involve prolonged focus or delayed gratification, such as reading, problem-solving, or creative play.

NIGHT-TIME TECH HABITS

Screen use late into the evening can disrupt natural sleep patterns by suppressing melatonin, the hormone that regulates sleep. Children engaging with stimulating content may experience delayed bedtimes, lower sleep quality, and increased fatigue during the day. Additionally, fear of missing out (FOMO) on online interactions can cause anxiety and resistance to logging off, creating a cycle of late-night engagement and tired mornings.

SHAPED BY SCREENS

For many children, digital spaces have become a key arena for identity exploration and expression. Social media encourages them to curate their image carefully, with likes, comments, and shares serving as social validation. This environment can tie self-esteem to online feedback, making children vulnerable to comparison, self-doubt, and pressure to present a perfect version of themselves, even when it doesn't reflect reality.

DIGITAL WORLD DANGERS

The internet can expose children to unfiltered content, some of which may be inappropriate, misleading, or harmful. Cyberbullying, exposure to idealised lifestyles, and online predators are all risks children face, often without fully understanding the consequences. Misinformation can shape distorted worldviews, while constant comparison to others can erode self-confidence. Without guidance, children may internalise these digital dangers, impacting their emotional and mental health.

DIGITAL DEPENDENCY BUILDS

Devices often become digital comfort blankets. In moments of boredom, anxiety, or loneliness, children may instinctively reach for screens to self-soothe. This reliance on digital distraction limits their ability to develop healthy coping mechanisms, such as mindfulness, conversation or physical activity. As the habit builds, their dependency may displace real-world experiences and emotional resilience.

FRIENDSHIPS & FILTERS

Technology transforms how young people socialise, often replacing face-to-face interaction with text-based or image-based communication. While messaging apps and social media enable connection, they may also limit emotional expression and the development of essential interpersonal skills, such as tone recognition, empathy, and reading body language. As a result, some children may become less confident with exchanges in person and more reliant on digital personas to navigate friendships.

Advice for Parents & Educators

READ THE ROOM

Pay attention to behavioural changes that may signal unhealthy tech attachment. This includes mood swings, increased secrecy about online activity, withdrawal from family time or hobbies, and visible distress when separated from devices. These cues can indicate deeper emotional reliance or even exposure to distressing content. Early recognition allows for proactive support and meaningful conversation.

SHAPE DIGITAL BOUNDARIES

Create a balanced digital environment with clear guidelines on when and how devices can be used. This includes screen-free zones (e.g. bedrooms, dining tables), app restrictions, and time limits. More importantly, involve children in these decisions and explain the reasoning behind them, even reflecting upon your own digital use so they can see it's something we all have to manage. Turning boundaries into a dialogue, not just directives, helps build trust and encourages self-regulation.

DON'T WAIT, REACH OUT EARLY

If a child's relationship with technology starts affecting their emotional wellbeing, school performance, or social connections, don't hesitate to seek help. Open up discussions with teachers, pastoral staff, or digital wellbeing professionals. Early intervention is key, and a supportive network can provide tools, resources, and reassurance for both children and adults navigating this evolving digital landscape.

SET THE STANDARD

Children often model the behaviour they see. When adults demonstrate healthy digital habits, such as prioritising face-to-face conversation, balancing screen time with other activities, and using devices with purpose, children are more likely to follow suit. Share your own positive uses of technology and invite children to do the same. This collaborative approach helps demystify tech use and encourages responsible engagement.

Meet Our Expert

Philippa Wraithmell is an award-winning educator, author of *The Digital Ecosystem*, and founder of EdRuption and Digital Bridge. Digital Bridge supports the relationship between families and technology, empowering everyone to be balanced and digitally well. With over 15 years in digital education and wellbeing, she supports families, schools, and governments to build balanced and safe digital cultures.



#WakeUpWednesday

The National College®