



# GREYTHORN PRIMARY

*"Engaging hearts, equipping minds, opening doors"*

Autumn Term

Weekly Newsletter

3rd October 2025

## DATES FOR THE DIARY

**WEDNESDAY 8th OCTOBER –  
MONDAY 13th OCTOBER**  
3.30pm School Book Fair

**SATURDAY 11th OCTOBER**  
Open morning for Sept 26 parents

**WEDNESDAY 15th OCTOBER**  
Year 1/2 Partake History- The  
Great Fire of London

**FRIDAY 17th OCTOBER**  
Toddler Stay & Play

**WEDNESDAY 19th NOVEMBER**  
School Disco  
5pm – 5.45pm FS & Year 1/2  
6pm – 7pm Year 3/4/5/6

**MONDAY 24th NOVEMBER**  
Year 5/6 The National Holocaust  
Museum

## 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,

A huge thank you to everyone who contributed to our Harvest Collection! Your generous donations are making a real difference to the incredible work the Friary does to help end homelessness – we're so grateful for your support.

It was fantastic to see so many Foundation and Year 1/2 parents at our Phonics Information Workshop after school this week! We hope you found it helpful and left feeling inspired, full of practical tips, and excited to continue supporting your child's reading journey at home.

We also had the absolute pleasure of welcoming prospective Foundation parents for September 2026 on Wednesday morning. It was wonderful to share what makes our school so special – thank you for coming!

Mrs Carpenter



# THIS WEEK'S HIGHLIGHTS

## Harvest Assembly

Thank you to everyone for your wonderful donations towards The Friary. It is great that we can support this local charity as a school community. The children enjoyed a Harvest assembly from Tim and Lesley at St Paul's all about sowing seeds. Thank you to them for giving up their time to come in to school.



the Friary Working locally to end homelessness

September 2025

Dear Friends

Thank you for your generous donations to our Harvest Appeal 2025. These contributions at harvest time are vital for maintaining our food stocks and helping us meet the expected demand from local homeless and vulnerable adults who will need our services this year.

Due to the challenges arising from the increase in the cost of living, we are especially mindful that your contributions will be vital during these uncertain and difficult times.

Like everyone, the Friary is adapting to changing situations, but we have been enabled to continue to provide hot breakfasts twice a week for rough sleepers and food parcels that are stocked differently depending upon whether an individual has access to cooking facilities. Everything is appreciated by those who need it, and nothing goes to waste.

On behalf of the Friary, please thank everyone who contributed in any way. All donations make a vital difference to those we support and help us continue our work.

With much thanks and appreciation for your support.

Yours sincerely

Ann Bremner  
General Manager MBE

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Registered in England and Wales Number 3150740 Registered Charity Number 1056823

# THIS WEEK'S HIGHLIGHTS

## Foundation

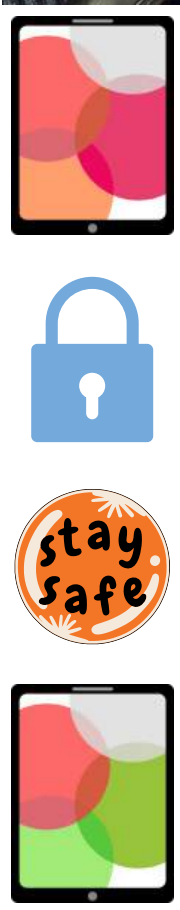
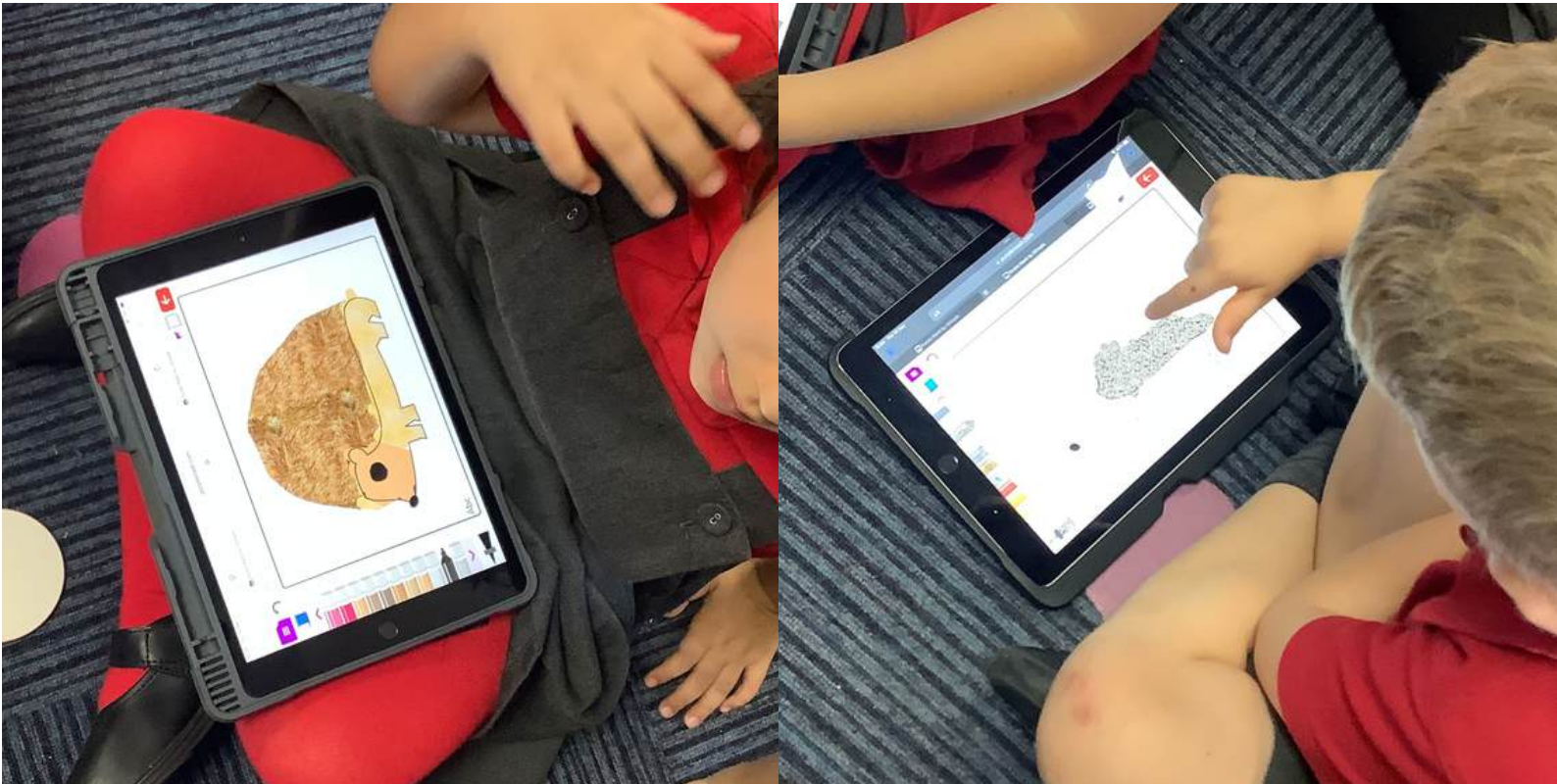
This week in Foundation, we have been learning all about our Greythorn Gem Powers and values. We learnt all of the names for each value and what they represent. We talked about how we can demonstrate these values each day both in school and at home. The children then had lots of fun spotting each other using their different Gem powers.



# THIS WEEK'S HIGHLIGHTS

## Year 1/2

In Year 1/2, we have been learning how to use the iPads safely. We all have our own passwords and can now log on independently, we can save work to our individual folders and have been investigating all the wonderful features Purple Mash has to offer.



# THIS WEEK'S HIGHLIGHTS


## Year 3/4

This week, Year 3/4 have been practising their sketching skills, inspired by Minty Sainsbury. We looked at the different pencil grades and how we could use these to create different effects. They look brilliant.


Wednesday 24th September  
 Lo: To compare the work of different architectural artists.

architectural  
 architectural

Minty Sainsbury




Minty Sainsbury is a British artist who is well known for her highly detailed sketches of architecture using her pencil. Her artworks close ups of famous buildings.



St Paul's Cathedral, London

I like this drawing because it is very realistic and extremely detailed. She has used shading in many different parts of the building.

I like this drawing because it is also realistic and detailed, she has probably used a ruler.



Big Ben, London



## Year 5/6

As part of their Enquiry, 'Is war ever justified?', Y5/6 created Battle of Britain posters. They explored the who took part, where it took place, when it happened and why.







Monday 29th September 2025 10:15:15

Lo: To know about a significant historical battle.

WHO fought?	WHAT was it?	WHERE was it?
The Battle of Britain was a battle in WW2 fought between Britain and Germany.	The Battle of Britain was the biggest battle ever fought in the air. It was fought with planes from both sides (Royal Air Force and the Luftwaffe).	The English Channel was mainly the place where the war was fought. Since it was in the sky, any aircraft that got into the water could really stay there.

BATTLE OF BRITAIN

WHEN did it happen?	WHY did it occur?	HOW did the battle happen?
The Battle of Britain happened in May of 1940, 8 months after WW2 started. It lasted for three months and ended in August 1940.	The war occurred because Hitler wanted a ceasefire with Britain so they would surrender, but the UK said NO, so it happened.	After Britain denied to surrender, Hitler started sending the Nazi Luftwaffe, so the British sent the RAF. As a result, a giant battle was fought in the sky, but eventually the British won because of their new radar system and observation decks along the coastline.

Monday 29th September

Lo: To know about a significant historical battle.

## BATTLE OF BRITAIN

May-June/July 1940

What???

The Battle of Britain was a fight which took place mostly in the air and was between Britain and Germany. It happened in 1940 during WW2.

Who???

Adolf Hitler commanded his Luftwaffe army to destroy the RAF (Royal Air Force) so that he could invade.

The Battle of Britain was fought over the English Channel and many planes were lost in the days.

Why???





Adolf Hitler wanted Britain to sign a ceasefire so that he could invade. They refused leading to this battle.

RAF

LOOK OUT

Good - Britain defended themselves

Bad - Much damage

# MENU AUTUMN TERM 2025

## Menu

w/c  
6 October 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.

# My School Menu

## Spring/Summer 2025

**Week 3**  
Week commencing  
5 May, 26 May,  
16 June, 7 July,  
28 July, 15 Sept,  
6 October

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Main</b></p> <p>Margherita pizza <small>Soya Gluten Milk</small> with potato balls, baked beans &amp; sweetcorn</p>	<p>Vegetarian roll <small>Soya Milk Gluten</small> with French fries, seasonal vegetables &amp; gravy</p>	<p>Beef Bolognese <small>Mustard Soya Gluten</small> <b>OR</b> Quorn Bolognese <small>Mustard Soya Gluten Egg</small> with garlic bread, <small>Gluten Milk Soya</small> pepper &amp; cucumber sticks</p>	<p>Bangers &amp; mash <small>Gluten Sulphur Dioxide</small> <b>OR</b> plant based sausage <small>Soya Sulphur Dioxide</small> with seasonal vegetables &amp; gravy</p>	<p>MSC Fish fingers <small>Fish</small> with oven chips, baked beans &amp; peas <b>OR</b> Jacket potato with baked beans, cheese <small>Milk or tuna</small> mayonnaise <small>Fish Egg</small></p>
<p><b>Pudding</b></p> <p>Yoghurt pot <small>Milk</small></p>	<p>Golden syrup flapjack <small>Gluten</small></p>	<p>Iced sprinkle cookie <small>Gluten</small></p>	<p>Strawberry fairy cake <small>Egg Gluten</small> with ice cream <small>Milk</small></p>	<p>Ice cream tub <small>Milk</small></p>



Nottinghamshire  
County Council

**FOOD HYGIENE RATING**

5

## SCHOOL NOTICES

### Exciting News from Greythorn!

We're delighted to share the news that Mrs Rowe, Miss O'Grady, Ms Wadsworth, Mrs Overton and Ms Chan are all expecting babies, all due shortly after Christmas!

As they prepare for their maternity leave, we are working to ensure their classes continue to receive high-quality teaching and support. Recruitment for suitable cover is currently underway and we will update you once appointments have been made to support a smooth transition for both pupils and staff.



Congratulations!



NO PARKING

### Parking Notice

Parents are kindly reminded to park offsite when accessing TB Sports wraparound care. This helps reduce congestion in the school car park and supports safe movement for pedestrians on site.

# FOGSA

We're busy planning the Winter Fair. This year, based on your feedback, we will aim to extend it into the key stage 2 playground to reduce crowding. We are currently on the lookout for some fabulous raffle prizes! If you have anything you could donate, or work for a company that could either donate or sponsor a raffle prize please get in touch with us at [fogsaemail@gmail.com](mailto:fogsaemail@gmail.com). If you have any ideas or suggestions for stalls, or would generously like to donate your time to make this a fabulous event, please also drop us an e-mail.



**FOGSA**



**IT'S  
DISCO  
TIME!**

**WEDNESDAY**



**19TH NOVEMBER**



**EYFS/KS1 | 5-5.45PM  
KS2 | 6-7PM**

**£3.50 ENTRY, SNACK AND  
TRANSFER TATTOO**

**PLEASE BRING YOUR OWN WATER BOTTLE**

TICKETS WILL BE AVAILABLE ON PARENT PAY FROM  
10<sup>TH</sup> - 17<sup>TH</sup> NOVEMBER



**ADDITIONAL INFORMATION POSTED ON  
CLASS DOJO**



**A VERY WARM WELCOME**  
AWAITS YOU  
AND YOUR CHILDREN



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

**COME AND SEE  
OUR  
WONDERFUL  
SCHOOL**

**OPEN DAYS**

SATURDAY 11<sup>TH</sup> OCTOBER 10AM - 12 NOON

WEDNESDAY 19<sup>TH</sup> NOVEMBER 9.30AM - 11.30AM

SATURDAY 10<sup>TH</sup> JANUARY 10AM - 12 NOON

✉ [office@greythorn.notts.sch.uk](mailto:office@greythorn.notts.sch.uk)

☎ 0115 914 9779

🌐 [www.greythornschoo.co.uk](http://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

17th October

HALF TERM

14th November

28th November

12th December



**Please email/telephone to reserve your place**

✉ [office@greythorn.notts.sch.uk](mailto:office@greythorn.notts.sch.uk)

☎ 0115 914 9779

🌐 [www.greythornschoo.co.uk](http://www.greythornschoo.co.uk)

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

# 10 Top Tips for Parents and Educators

## RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

### 1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

### 2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

### 3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

### 4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

### 5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

### 6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

### 7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

### 8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

### 9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

### 10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

## Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College