



GREYTHORN PRIMARY

"Engaging hearts, equipping minds, opening doors"

Autumn Term

Weekly Newsletter

17th October 2025

DATES FOR THE DIARY

MONDAY 3rd NOVEMBER

Back to school after half term

TUESDAY 4th NOVEMBER & THURSDAY 6th NOVEMBER

Parents Evening

FRIDAY 14th NOVEMBER

9.15am - 10.15am Toddler Stay & Play

Wear something spotty or yellow for Children in Need £1

WEDNESDAY 19th NOVEMBER

9.30am - 11.30am Open Morning for Sep 2026 parents

School Disco

5pm - 5.45pm FS & Year 1/2
6pm - 7pm Year 3/4/5/6

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

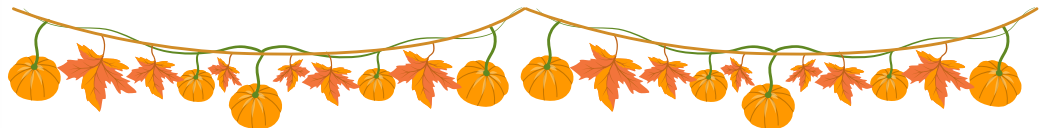
Summer Term

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,

As we come to the end of a busy and exciting first half of the autumn term, we want to take a moment to thank you all for your continued support. The children have settled in brilliantly and have embraced their learning with enthusiasm and curiosity. We're so proud of all they've achieved so far!

We hope you and your families enjoy a well deserved break over the half term holiday. Whatever your plans, we wish you a restful and enjoyable week.

A quick reminder to please book your Parents' Evening slot if you haven't already done so. Appointments are filling up quickly, and we'd love the chance to talk with you about your child's progress.

Finally, don't forget to take a look at our *Children in Need 25 Challenge*. It's a fun and meaningful way for children to get involved over the holidays, and we'd love to see what they get up to.

Mrs Carpenter



MEET OUR FOUNDATION TEAM

FOUNDATION STAGE



About Us

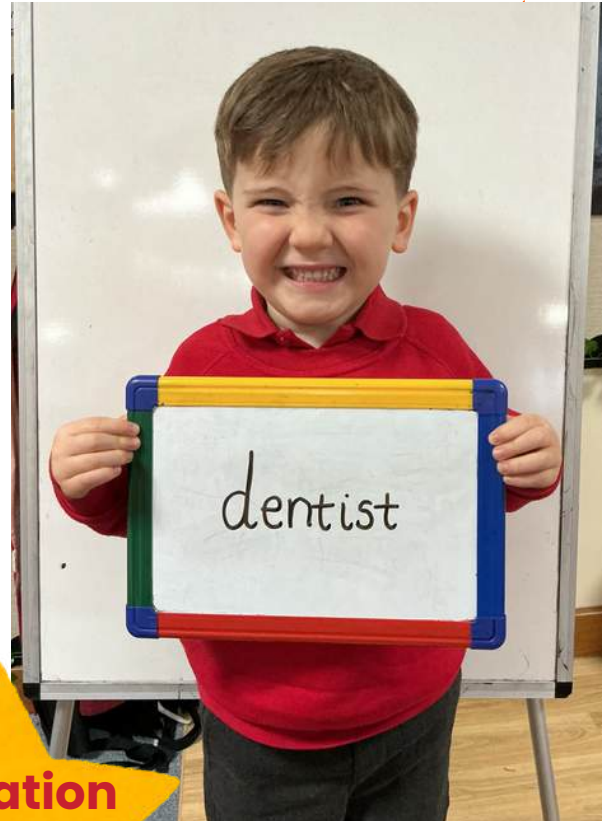
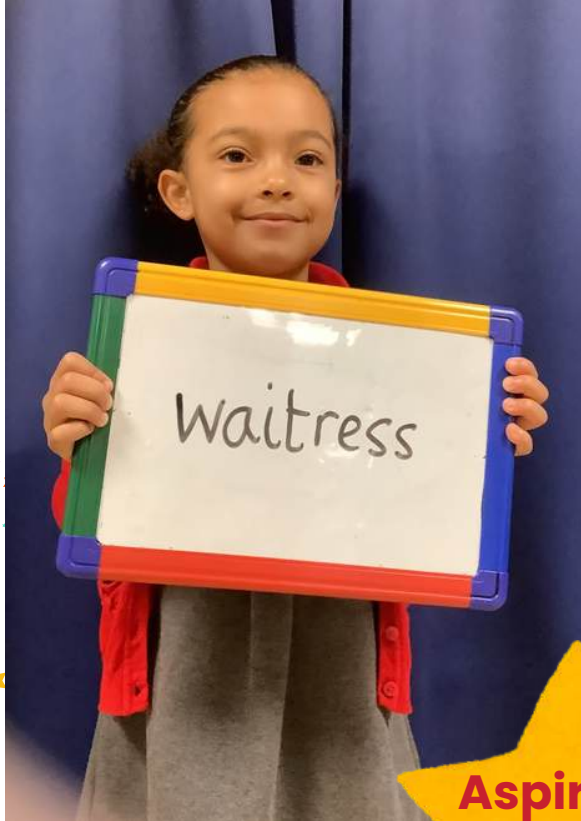
Hi Everyone, we are Mrs Gell and Miss Johal the class teachers in Foundation. We both love teaching here at Greythorn and have great fun everyday. The best thing about teaching in Foundation is that every day is different and full of endless learning opportunities wherever you turn. From learning how to spell and write words one minute to bug hunting with magnifying glasses in the next one. What we love about Greythorn is the big family feel within our community and the kindness everyone shows each other, all whilst learning and achieving amazing things.



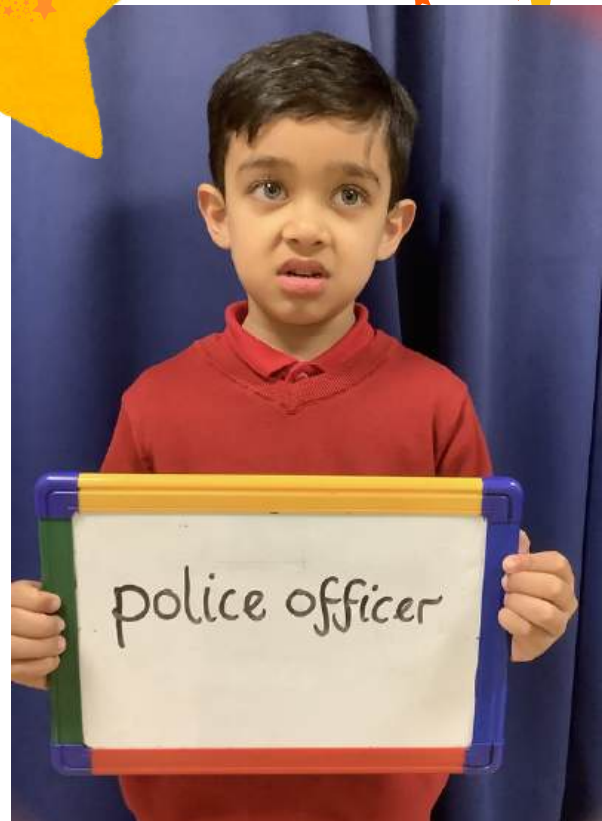
THIS WEEK'S HIGHLIGHTS

Foundation

In Foundation this week, we have been learning about aspiration. The children learnt the meaning of aspiration, and we talked about what being aspirational looks like at home and at school. We talked about it being one of our Greythorn Gem powers. The children then had a discussion about their future aspirations, sharing what they want to be when they grow up.



Aspiration



THIS WEEK'S HIGHLIGHTS

"I wish I could do it again because I loved it!"



Year 1/2

DRAMA:



Year 1/2 had another very exciting visitor this week. We had a visit from Partake Theatre Company and were lucky enough to get dressed up and act out the events of the Great Fire of London! We all had so much fun!



THIS WEEK'S HIGHLIGHTS



THIS WEEK'S HIGHLIGHTS

States of matter

melting
 This piece of candy was staying in the heat for too long so it had melted to a liquid.

Evaporation
 This fizzy drink has turned into gas since the bubbles are fizzing inside the drink.

States of matter

Solids
 Solids are strong and sturdy. It holds its own volume and shape. The particles that make up a solid are all condensed and can only vibrate.

Liquids
 Liquids are runny and you can pour it from cup to cup. You can make the amount smaller and bigger. The particles can float about.

Gases
 Gases are a type of air that has shape but no volume. The particles can move free and bounce about.

Year 3/4
 In Year 3/4 this week, we have been finishing our Science unit on the States of Matter. Pupils have created posters for the end of the unit to show off their knowledge of the properties of solids, liquids and gases! We are looking forward to beginning the second part of our Enquiry unit on the Ancient Greeks after the half term.

STATES OF MATTER

Solids
 Solids have organised particles. They don't move they vibrate.
 Examples: ice, River Nile.

Liquids
 Liquids have unorganised particles. They move slowly but freely.

Gases
 Gases also have unorganised particles. They move quickly and freely.

Sometimes solids, liquids and gases can change state.

States of matter

Solids
 Solids are something that has a fixed shape and can't gain a division only fit was small.

Liquids
 Liquids are a type of matter that can spill on the floor and they can be drunk.

reversible changes
 reversible change is like ice to water or water to ice so snow to water.

States of matter
 How particles change

ice to water
 water to ice

solid to liquid
 liquid to solid

gases
 gases are like a smoke or hot balloon which has air what as we also breathe out gas.

puddle -> ice
 solid -> water
 hot air balloon

THIS WEEK'S HIGHLIGHTS

Year 5/6

Year 5/6 have been practising the Blues. They have been applying the Blues scale and learning to play along to a famous blues song: Sunshine of Your Love.



PUPIL PARLIAMENT

Rushcliffe Pupil Parliament

Afiq and Theo represented Greythorn at the Rushcliffe Parliament last Friday. They went to the chamber at County Hall and first of all heard about our Parliament in London and the roles of the different people who work there. They also took part in a debate about school uniform. It was great to be in a real council chamber with pupil parliament members from across Rushcliffe.



DEBATE

DEBATE

DEBATE

DEBATE



CHILDREN IN NEED



Challenge Yourself to 25

This year, as well as our usual fundraising events, we are asking children to 'Challenge Yourself to 25' and ask friends and family to sponsor them. Please see Class Dojo for the challenge 25 progress tracker and a sponsorship form. If you would like a paper copy, please request this from your child's class teacher.

We are asking children to choose a challenge that involves doing 25 of something. Here are some ideas (but feel free to come up with your own!):

- Read 25 books
- Run or walk 25km before 13.11.25
- Complete 25 acts of kindness
- Go on 25 slides
- Swim 25 lengths
- Make 25 cakes/keyrings/pictures bracelets for others
- Do a 25 minute (or 25 hour!) silence
- Give up electronics for 25 hours
- Hula hoop for 25 consecutive minutes



Please then return the money raised through sponsorship by no later than **Thursday 13th November**, to the school office. All money raised will go to Children in Need. The top 5 fundraisers in school will also be awarded with a plush Pudsey keyring.

Thank you for your support!

Other events to look out for:

Week commencing 3rd November - colouring competition

Week Commencing 10th November - Merchandise on sale before and after school

Friday 14th November - Wear something spotty or yellow and bring £1



Week

1

My School Menu

Winter 2025 - 2026

Week commencing

3rd November, 24th November,

15th December, 5th January,

26th January, 9th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	<p>Margherita pizza Soya Gluten Milk with potato balls, baked beans & sweetcorn</p>	<p>All day brunch Nottinghamshire sausage Gluten Sulphur Dioxide & bacon OR Plant based sausage Soya Sulphur Dioxide with hash browns, baked beans & scrambled eggs Egg Milk</p>	<p>Beef burger Egg Sesame Gluten Sulphur Dioxide OR Southernfried Quorn burger Milk Egg Sesame Gluten with French fries, pepper & cucumber sticks</p>	<p>Bangers & mash Gluten Sulphur Dioxide OR plant based sausage Soya Sulphur Dioxide with seasonal vegetables</p>	<p>MSC Fish portion Fish Gluten OR Fishless fingers Gluten with oven chips, baked beans & peas</p>
Pudding	<p>Chocolate Crispie Gluten</p>	<p>Yoghurt pot Milk</p>	<p>Gingerbread cookie Gluten</p>	<p>Iced sprinkle muffin Gluten</p>	<p>Ice cream tub Milk</p>

Menu

w/c

3 November 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.

FOOD HYGIENE RATING

0 1 2 3 4 **5**

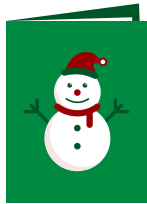
VERY GOOD

FOGSA NEWS



Christmas Cards

The festive season will soon be upon us! Your child will be bringing home an order slip so that you can buy Christmas cards of their very own creation! Orders must be submitted by **27th October** and will be delivered to the school by 18th November. Not only will your Christmas cards have that extra special personal touch, but you'll be contributing funds to the school to help your child succeed.



COMMUNITY EVENTS


BOOK NOW





SPOOKY HOLIDAY CLUBS

BOOK 5 DAYS FOR THE PRICE OF 4

Offer available for a limited time only.

Halloween Light Night

A family-friendly celebration

Friday 31st October • 4-5.30pm

- 🎃 Spooktacular crafts
- 🍬 Treats, sweets & games
- 🤝 Warm welcome & safe space to hang out

Whether you're dressed as a superhero, a pumpkin, or just yourself, there's a place for you here. Come connect, create, and kick off your night with light, laughter, and love! Let's make Halloween a time of friendship, fun, and faith.

All ages welcome ❤️ Costumes encouraged ❤️ Smiles guaranteed!

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



**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

**WEDNESDAY 19TH NOVEMBER 9.30AM - 11.30AM
SATURDAY 10TH JANUARY 10AM - 12 NOON**

✉ 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

14th November

28th November

12th December



Please email/telephone to reserve your place

✉ office@greythorn.notts.sch.uk

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10 Top Tips for Parents and Educators

DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College®