



GREYTHORN PRIMARY

"Engaging hearts, equipping minds, opening doors"

Autumn Term

Weekly Newsletter

12th December 2025

DATES FOR THE DIARY

TUESDAY 16th DECEMBER

Carol Concert

THURSDAY 18th DECEMBER

Year 3/4/5/6 Savoy Cinema

FRIDAY 19th DECEMBER

Last Day Of Autumn Term

MONDAY 5th JANUARY

Back To School

SATURDAY 10th JANUARY

10am - 12pm Open Morning For
New Parents September 2026

TUESDAY 13th JANUARY

Year 5/6 Young Voices

MONDAY 2nd - 4th FEBRUARY

Year 5 Whitemoor Lakes

**MONDAY 11th - THURSDAY 14th
MAY**

KS2 SATS 2026

2025/26 TERM DATES

Autumn Term

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: 23 Feb, 22 May, 27 July



A MESSAGE FROM YOUR HEADTEACHER

Dear Parents and Carers,

Well, we are right in the heart of the Christmas magic now! The festive spirit has truly taken over this week with dazzling Nativity plays and fabulous singalongs!. Our Foundation and Key Stage 1 stars have been absolutely brilliant in their performances, filling the halls with laughter and cheer. The audiences were glowing with pride and thoroughly enjoyed every moment!

A huge thank you to our amazing staff for planning, directing, and coordinating these wonderful shows and to you, our fantastic parents and carers, for your help with costumes, learning lines and for coming along to share the joy.

🌟 We can't wait to see you all at our Winter Festive Fair tomorrow from 4pm to 6pm, it's going to be merry and bright!



Mrs Carpenter

THIS WEEK'S HIGHLIGHTS



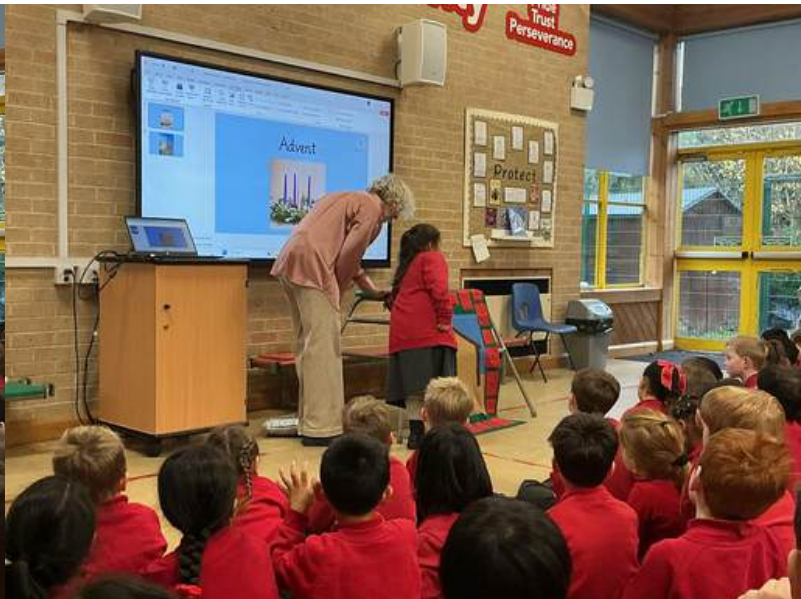
Foundation

This week in Foundation we have been learning all about the Christian celebrations Christingle and Advent. We learnt all about how each festival is celebrated, when it is celebrated and how special each celebration is to those who celebrate it. The children enjoyed making their own version of an advent wreath and Christingle, sharing their new knowledge with each other.

THIS WEEK'S HIGHLIGHTS

Year 1/2

We all enjoyed a very special assembly from Mrs McDonald about advent. We loved seeing her very special advent calendar telling the Nativity story.

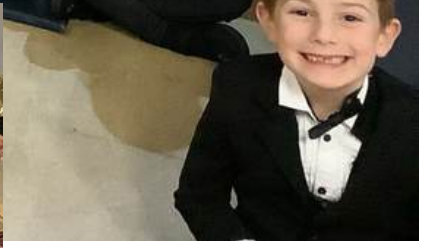


Year 1/2

What a week of wonderful Knock, Knock Nativity magic from Year 1/2! Our brilliant performers lit up the stage with sheepy sheep, sky-high stars and angels twirling with true angelic flair. The Year 1/2 team couldn't be prouder. Every child shone with fantastic acting, singing and dancing. We hope you enjoyed the show as much as we loved putting it on! A huge thank you to all the adults who came along to cheer us on and helped with the amazing costumes. What a festive treat!



THIS WEEK'S HIGHLIGHTS



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	Margherita pizza <i>Soya Gluten Milk</i> with potato balls, baked beans & sweetcorn	Vegetarian roll <i>Soya Milk Gluten</i> with roast potatoes, seasonal vegetables & gravy	Quorn dipper <i>Gluten</i> Tortilla wrap <i>Gluten</i> with French fries, Pepper and cucumber sticks	Bangers & mash <i>Gluten Sulphur Dioxide</i> OR plant based sausage <i>Soya Sulphur Dioxide</i> with seasonal vegetables	MSC Fish portion <i>Fish Gluten</i> OR Fishless fingers <i>Gluten</i> with oven chips, baked beans & peas
Pudding	Yogurt pot <i>Milk</i>	Chocolate crispies <i>Gluten</i>	Gingerbread cookie <i>Gluten</i>	Iced sprinkle muffin <i>Gluten</i>	Ice cream tub <i>Milk</i>

FOOD HYGIENE RATING



VERY GOOD



**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 10TH JANUARY 10AM - 12 NOON

✉ office@greythorn.notts.sch.uk

☎ 0115 914 9779

🌐 www.greythornschoo.co.uk

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

COMMUNITY NEWS



St Paul's Boundary Road

Free!

FOOTBALL CHURCH

**FSM NOTTINGHAM, Rushcliffe
School, Boundary Rd, NG2 7BW**

3rd Sunday of the month (except August)

1.30PM- 2.30PM:

AGE 6-11 (Y2 TO Y6) AND THEIR CARERS

2.30PM-3.30PM

AGE 11-17 (Y7 TO Y13)

PRE-REGISTRATION ESSENTIAL

*These sessions are fully funded and no fee is required. Thanks to
Ambassadors Football and St. Paul's for their ongoing support*

2026 18th January
15th February
15th March
19th April

Scan to book



stpaulsboundaryroad.com/football-church • SueBCYF@outlook.com

COMMUNITY NEWS



St Paul's Boundary Road

Bible stories

Arts & crafts

Singing together

Messy Christmas

Meal included!

Festive fun for children of all ages and their parents and carers.

Come along and get creative!

**Saturday 20th December
3:45pm - 5:30pm**



Scan to book your **FREE** place >>>

or visit stpaulsboundaryroad.churchsuite.com/events/2hlq1f3c

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

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College