



GREYTHORN PRIMARY

"Engaging hearts, equipping minds, opening doors"

Spring Term

Weekly Newsletter

30th January 2026

DATES FOR THE DIARY

MONDAY 2nd – 4th FEBRUARY

Year 5 Whitemoor Lakes

WEDNESDAY 11th FEBRUARY

4.30pm–6pm KS2 Pyjama Party

THURSDAY 12th FEBRUARY

4.30pm–5.45pm Foundation/KS1
Pyjama Party

FRIDAY 13th FEBRUARY

9.15am Toddler Stay & Play

WEDNESDAY 25th & THURSDAY 26th FEBRUARY

Year 1/2 Chocolate Making

FRIDAY 6th MARCH

Year 3/4 Tropical Butterfly House

MONDAY 16th MARCH

Year 5/6 National Space Centre

TUESDAY 28th – 30th APRIL

Year 3/4 Ilam Hall

MONDAY 11th – THURSDAY 14th MAY

KS2 SATS 2026

2025/26 TERM DATES

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,

Once again, a huge congratulations to our girls' football team for their outstanding victory in the Primary Stars Football Tournament. This is a fantastic achievement and winning it for the second year in a row is truly remarkable! 😊😊

At Greythorn, our pupils consistently work hard to embody the Greythorn values in all aspects of school life. The team showed exceptional confidence, mutual respect, and immense pride in their performance and achievements.

How do you and children show your Greythorn values at home and in the community?

Greythorn values:- Aspiration, Confidence, Creativity, Kindness, Pride, Respect, Resilience, and Responsibility.

Mrs Carpenter

SPORTS NEWS



Flying High Partnership Sports Event

Our Greythorn team had a great time at this year's Flying High Partnership Sports Event. Overall we came joint third. Congratulations to Pearl Hollingworth, who shone through the events and was awarded the Sports Performer of the Day trophy. Well done to all the children who competed, you showed determination and represented the school brilliantly.



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



SPORTS NEWS

Premier League Primary Stars Girls Cup

Our Greythorn girls took part in the Premier League Primary Stars Girls Cup competing against eight other schools from across Nottingham City and Nottinghamshire. The event started brightly for Greythorn with their opening group match against the team they faced in last year's final. Despite it promising to be a tough start, Greythorn secured a convincing 3-0 victory.

The girls did not concede a single goal throughout the entire tournament and scored over 25 goals in total. Greythorn took a squad of eight players to represent the school at the six a side event, with the majority of our team scoring at least one goal on the day. Players took turns playing as goalkeeper and the defenders contributed to an outstanding record of a clean sheet in every game.

The girls went on to **win the final** with an impressive 5-0 score line, showcasing both their skill and teamwork, and there were smiles all round at the presentation.

We are delighted that our girls' team has **won the district round** of this competition for the **second year running** and will now progress to the regional round, where they will represent Notts County and the Notts County Foundation, which is a fantastic achievement.



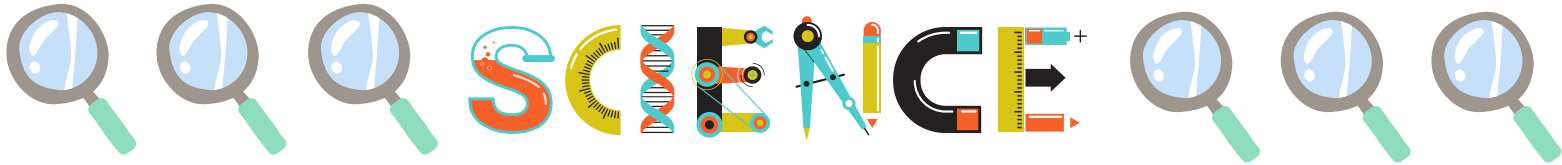
THIS WEEK'S HIGHLIGHTS

Foundation

This week in Foundation, the children have been learning about habitats, comparing different climates and animal homes. They explored a range of hot and cold places around the world, discussing how these environments differ from each other and from where we live in Nottingham.



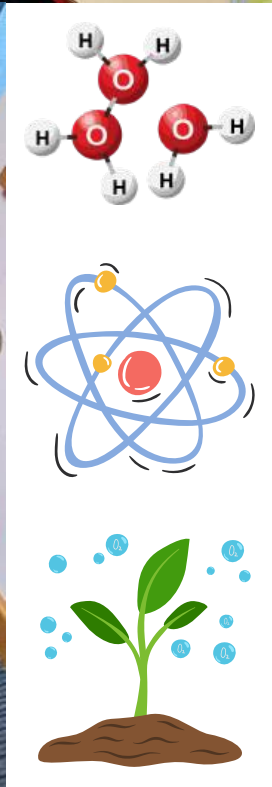
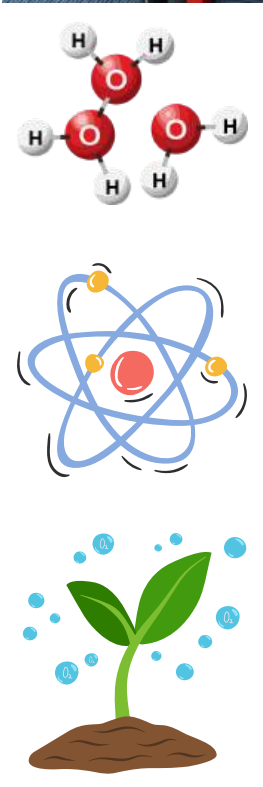
THIS WEEK'S HIGHLIGHTS



Year 1/2

This term in science, we are learning about what animals, including humans, need to survive. We have discovered that all living things need food, water, oxygen and shelter. A couple of weeks ago, the children enjoyed designing their own islands with everything they would need to survive and we have since been exploring each of these needs in detail.

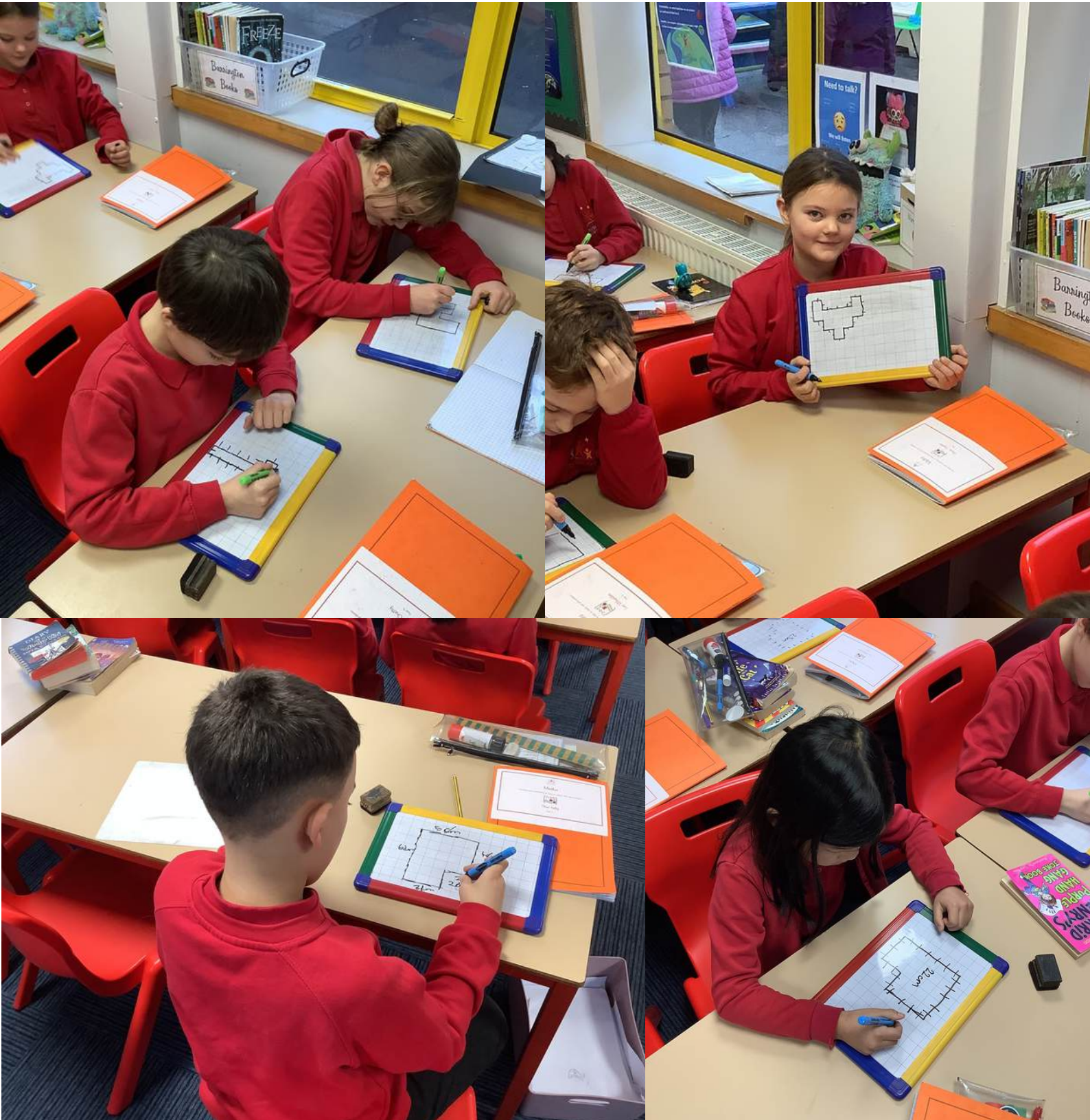
This week, we carried out an experiment to investigate how our bodies need oxygen. The children had 30 seconds to place as many pegs as possible into a peg board. They then completed 60 seconds of exercise before repeating the task to see how their bodies were affected when they had less oxygen. We definitely had lots of fun while learning!



THIS WEEK'S HIGHLIGHTS

Year 3/4

In Year 3/4, we have been learning about length and perimeter. The children have been measuring using different units, choosing appropriate tools and applying these skills to calculate the perimeter of shapes. They have also drawn their own rectilinear shapes with given perimeters, exploring how different shapes can have the same total. Throughout this unit the children have shown great enthusiasm and effort. They are brilliant mathematicians.



THIS WEEK'S HIGHLIGHTS



ART

Year 5/6

In Art, Year 5/6 have been working on creating their space-themed backgrounds, ahead of their final piece. They used different techniques to create a starry night sky.



COMMUNITY RECOGNITION



Thank you for your support!



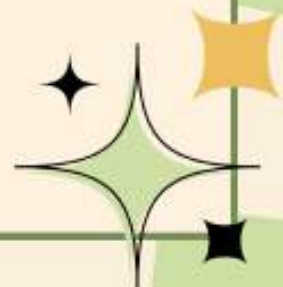
Dear Greythorn Primary School

We would like to offer you our sincere thanks for your support for our Shoebox Appeal 2025. Because of your generosity, the teams at Sewa Day Nottingham and Communities Working Together were able to distribute more than 900 shoeboxes. These shoeboxes full of gifts were given to vulnerable members of our community who otherwise might not have had much this Christmas, supporting charities and organisations such as Broxtowe Youth Homelessness, Chayah Project and Framework. We've had some lovely feedback and we know that the shoeboxes were really appreciated by their recipients.

None of this would have been possible without the support of members of the community like yourselves. Together we have made a huge difference to those in need. For updates on our future appeals please follow us on Facebook: [Christmas Gifts in a Shoebox](#). Thank you for helping us make a difference.

Yours sincerely,

Hetvi Parekh (on behalf of the whole volunteer team)



COMMUNITY NEWS



Parking

Please do not use **Hyde Park Close** to park on or for dropping off. The road does not have a pavement and it is not safe to be manoeuvring around pedestrians in such a small space. The same applies to **Uppingham Crescent**. Please do not park on this road or on the pavement. Pavement parking leaves very little space for school pedestrians, making it unsafe, and parked cars are also causing difficulties for vehicles trying to pass along the road.



Wollaton Hall

In partnership with



Natural History Museum

Build THE Change



Calling all families with children 6-14!

Today's dinosaurs need your help.



Calling all families with children 6-14!

Today's dinosaurs need your help.

Join in the fun by putting your creativity and imagination to the test with free hands-on activities with LEGO® bricks

Limited places, please book workshops in advance

Dates: Sunday 15 - Friday 20 February 2026

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COMMUNITY NEWS

Learn to Swim *with* Core Aquatics



**A Multi-Award Winning,
Local Swim School**

Children 3+ Years and Adults of ALL ABILITIES

- Teachers in the Water
- Small Class Sizes (4,5 or 6 Per Group)
- Fun and Engaging Lessons
- Individualised Programmes
- Regular Progress Updates
- Experienced and Supportive Team

Nottingham High School

Children's Classes:

Saturday 1330-1800

Sunday 1400-1800

West Bridgford School

Children's Classes:

Wednesday 1800-1845

Saturday 0800-1000, 1645-1845

Sunday 1530-1900

Adult Classes:

Sunday 1900-1930

We maintain waiting lists for children under 3 years.

Please contact us to register.

hello@coreaquatics.co.uk | www.coreaquatics.co.uk | 07920 687331



PYJAMA PARTY NIGHT

Wear pyjamas or whatever clothing you are comfortable in, bring pillows and blankets, get cozy, and let's party in style!

KS2
11th Feb
4:30-
6.00 pm

**GREYTHORN
PRIMARY SCHOOL
HALL**

FS /KS1
12th Feb
4:30-
5:45 pm

£3.50 INCLUDING ENTRY & SNACK

PLEASE BRING OWN WATER BOTTLE

TICKETS AVAILABLE ON PARENTPAY NOW!

**FS /KS1 showing The Highway Rat and
Wallace and Gromit - A Close Shave
KS2 showing Luca**



Week
2

My School Menu

Winter 2025 - 2026

Week commencing

10th November, 1st December,
12th January, 2nd February,
23rd February, 16th March



	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	<p>Margherita pizza <i>Soya Gluten Milk</i> With potato balls, baked beans & sweetcorn</p>	<p>Quorn dipper <i>Gluten</i> with tomato ketchup, peas & French fries</p>	<p>Cheesy tomato pasta <i>Mustard Soya Gluten Milk</i> with garlic bread <i>Gluten Soya Milk</i> sweetcorn & peas</p>	<p>Bangers, mash & Yorkshire pudding <i>Gluten Egg Milk Sulphur Dioxide</i> OR plant based sausage <i>Soya Sulphur Dioxide</i> with seasonal vegetables & gravy</p>	<p>MSC Fish fingers <i>Fish Gluten</i> OR Fishless fingers <i>Gluten</i> with oven chips, baked beans & peas</p>
Pudding	<p>Donuts <i>Soya Milk Gluten Egg Sesame</i></p>	<p>JimJam 'nut free' chocolate croissant <i>Gluten Milk</i></p>	<p>Chocolate muffin <i>Egg Gluten</i></p>	<p>Vanilla sponge <i>Gluten Egg</i> & raspberry sauce</p>	<p>Fruit ice lolly</p>

FOOD HYGIENE RATING

0 1 2 3 4 **5**

VERY GOOD

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

13th February
HALF TERM
6th March
20th March



Please email/telephone to reserve your place

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

A research study by Ofcom revealed that children aged 9–15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

WHAT ARE THE RISKS?

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help manage exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

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.



The National College