



GREYTHORN PRIMARY

"Engaging hearts, equipping minds, opening doors"

Spring Term

Weekly Newsletter

27th March 2026

DATES FOR THE DIARY

MONDAY 30th MARCH - FRIDAY 10th APRIL

School Holidays

MONDAY 13th APRIL

Summer Term - Back to School

FRIDAY 24th APRIL

9.15am Toddler Stay & Play
FOGSA BINGO Night

TUESDAY 28th - 30th APRIL

Year 3/4 Ilam Hall

FRIDAY 8th MAY

9.15am Toddler Stay & Play

MONDAY 11th - 14th MAY

KS2 SATS 2026

FRIDAY 5th JUNE

9.15am Toddler Stay & Play

FRIDAY 19th JUNE

9.15am Toddler Stay & Play

SUNDAY 19th - 23rd JULY

Year 6 - York Residential



A MESSAGE FROM YOUR HEADTEACHER



Dear Parents and Carers,

As we reach the end of a busy and exciting term, I wanted to take a moment to celebrate how well our children have worked and to thank our wonderful staff for their continued energy and dedication. We're also incredibly grateful for all your support throughout the term. Wishing all our families a restful break and a very happy Easter to those who are celebrating!

Mrs Carpenter

2025/26 TERM DATES

Spring Term

24 February - 27 March 2026

Summer Term

13 April - 21 May 2026

1 June - 24 July 2026

INSET: 22 May, 27 July



COMIC RELIEF

Thanks For
Your Support

Thank you for supporting our
'Wear Something Funny for Money'
non uniform day in aid of Comic
Relief.

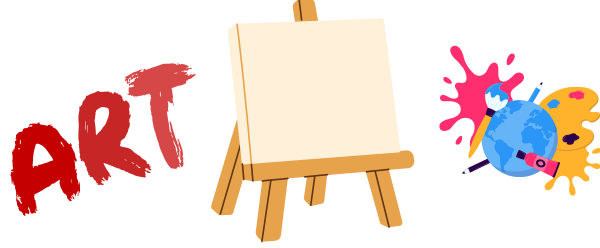
We raised a fantastic £391



THIS WEEK'S HIGHLIGHTS

Foundation

Foundation children have created beautiful artwork inspired by Tang Yau Hoong, exploring minimalism, negative space, and visual illusions. We are very proud of their creativity and the fantastic results they have achieved.



THIS WEEK'S HIGHLIGHTS

Year 1/2

Year 1/2 have been developing their hockey skills this week in PE. They have focused on holding the hockey stick, passing the ball, and practising dribbling. They have all done an amazing job working as a team and supporting each other.

We finished the session with one of their favourite tag games, "Chaos Tag", which they all played brilliantly. Fabulous work Key Stage 1!



THIS WEEK'S HIGHLIGHTS

Year 3/4

In PE, Year 3/4 have been focusing on their gymnastics skills. They have been making the most of the nicer weather while learning different jumps, balances, rolls and bunny hops (even taking part in some bunny hop races)! They are looking forward to starting their swimming lessons in the summer term!



GYMNASTICS



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



THIS WEEK'S HIGHLIGHTS



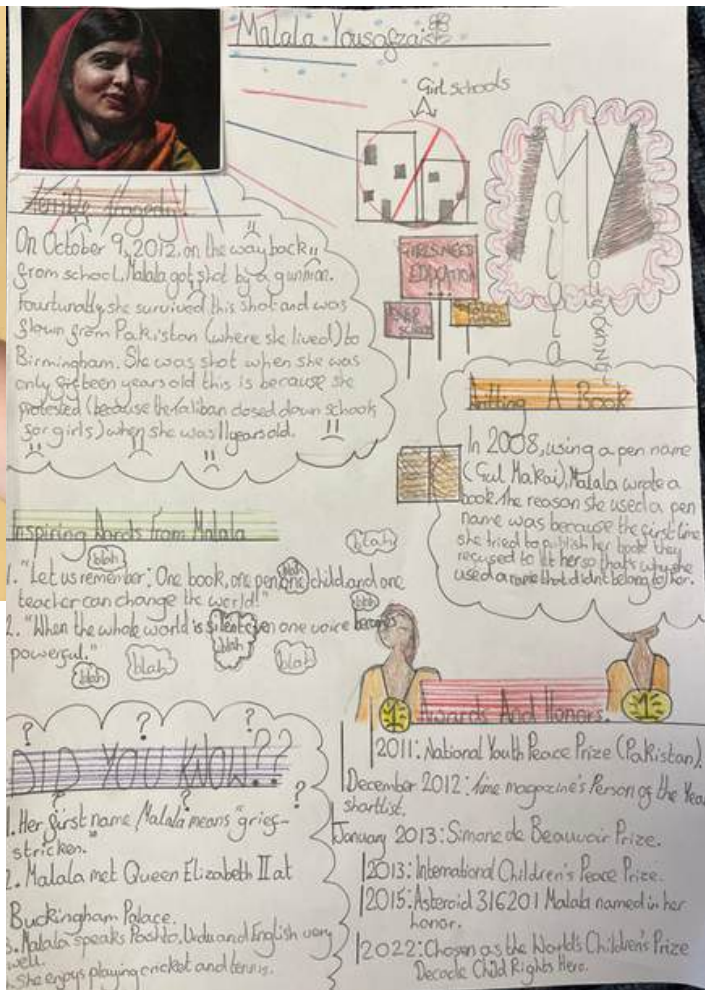
Year 3/4

This week, Year 3/4 have been busy designing and creating their pneumatic rainforest animals. The children carefully followed step-by-step instructions to construct a moving head mechanism using card. They then attached a syringe and tubing system, using air pressure to bring their animals to life.

It was wonderful to see their excitement and sense of achievement when their creations worked successfully!



THIS WEEK'S HIGHLIGHTS



Year 5/6

As part of our AREP (Anti-racism education programme) lessons, Year 5/6 have been finding out about some inspirational people. This poster is all about Malala Yousafzai, who fought the right for girls to be educated.



FOGSA

SAVE THE DATE!

BINGO!

night

FUN FOR ALL THE FAMILY!

**DJ GAMES PRIZES
REFRESHMENTS**

**FRIDAY 24TH APRIL
GREYTHORN SCHOOL HALL**



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



Week 1



SPRING Summer MENU 2020



Week commencing
13th April, 4th May,
15th June, 6th July

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Option	Cheesy tomato pasta <small>Gluten Milk Mustard Sauce</small> with garlic bread <small>Gluten Milk Sauce</small> & vegetable sticks	Pinwheel pizza <small>Gluten Milk</small> with diced potato & mixed salad	Beef burger <small>Gluten Sesame Sulphur</small> <small>Diets</small> OR Southern Style Quorn Burger <small>Gluten Sesame</small> with potato balls & crunchy vegetable sticks	Venison, Beef & Pork sausage <small>Gluten Sulphur Diets</small> OR Linda McCartney™ sausage <small>Gluten Soya Sulphur Diets</small> with mashed potato & gravy	Fish <small>Gluten Fish</small> OR Fishless fingers <small>Gluten</small> with chips, peas & tomato ketchup
Available daily: Sliced bread <small>Gluten Soya</small> & fresh fruit					
Pudding	Fruit ice lolly	Iced school cake <small>Gluten Egg Milk</small> & custard <small>Milk</small>	Chocolate crispie <small>Gluten</small>	Yoghurt <small>Milk</small>	Banana mousse <small>Milk</small> with a shortbread crumb <small>Gluten</small>

FOOD HYGIENE RATING



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

24th April

8th May

HALF TERM

5th June

19th June



COMMUNITY NEWS

Friends of Sharphill Wood

Café on the Corner

Sharphill Wood Scavenger Hunt

Saturday 18th April

To celebrate the Day of Action for Nature

Collect Treasure  Experience Nature  Be Inspired

Collect an activity sheet from the Café on the Corner between 10am and 1pm then head up to Sharphill Wood for a day of fun!
All materials provided

Get in touch: st.paulschurchconnector@outlook.com



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

mum2mum market

BABY AND CHILDREN'S

NEARLY NEW SALE

THE BECKET
SCHOOL
WILFORD LANE
WEST BRIDGFORD
NG2 7QY

22 MARCH
14 JUNE
11 OCTOBER

SUNDAYS
12.00PM-2.00PM



BUY BUY top quality preloved baby and children's goods at our award winning pop-up markets. Entry £2 on the door - everyone is welcome! Stall booking and info

SELL Book your stall online, and keep 100% of the proceeds



www.mum2mummarket.co.uk

Wilford Hill Residents Association tinyurl.com/WHRAS

Wilford Hill Easter egg hunt

Maps from: St Paul's Cafe on the Corner*  £1 per child

Saturday 28th March - Thursday 2nd April

Exchange completed sheets for an Easter treat at the Cafe on the Corner!

Find the colourful egg posters around the Wilford Hill estate

*<https://tinyurl.com/CAFEOTC> for opening hours

Café on the Corner

Craft Club

FREE art, craft and play sessions for children to enjoy with their parents and carers

 **30th March 9.30-11am: Spring**
Painting with candles
Making windmills
Wooden frog puppets

31st March 9.30-11am: Easter
Easter cards, egg rolling and colouring
Play dough
Fridge magnets

 **7th April 9.30-11am: Growing**
STEM activities- upright marble mazes
Shaving foam painting
Grow your own beans and cress

Lego/ train track, games and sensory box at all sessions

Get in touch: st.paulschurchconnector@outlook.com

Supported by:

 COMMUNITY FUND  RUSHCLIFFE BOROUGH COUNCIL  ASDA  FareShare Fighting hunger, tackling food waste

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

COMMUNITY NEWS



Adventures
AT MILL WATERS

BOOK NOW!



GET 10% OFF YOUR BOOKING WITH THE CODE BELOW
"SCHOOLSOUT26"

OPEN TO THE PUBLIC, WEEKENDS AND SCHOOL HOLIDAYS
Terms & Conditions apply

Notts Outdoors  Nottinghamshire County Council  Mill Waters
Reservoirs

Easter at Adventures



'find the clues whilst 6m high!'

Adventures

Adventures await in the Easter holidays at King's Mill Reservoir

If you're looking for an amazing experience during the Easter break, head to **Adventures at Mill Waters!** Open daily Sat 28 March – Sun 12 April.

The following activities are available:

- **High Trek +** (£18) ropes courses at 6m & 10m (including tricky obstacles and zip wires)
- **Net Park** (£8)
- **Zip Line Experience** (£12) fly solo or with a friend on our dual 100m wires

And we will have our **eggs** special 'egg hunts' at height available for a small extra fee!

- Follow our trail up high on our High Trek + to win a prize
- or bounce around our Net Park to find our clues to win a prize

Whether you're planning a family day out, or just looking to burn off some energy, this is the place to be. It's all about fresh air, confidence building, and making lifelong memories.

Get 10% off activities using the code 'SCHOOLSOUT26'. *Standard booking terms and conditions apply.*

We're also available for:

- birthday parties
- team building days

 Adventures, Kings Mill Reservoir, Sutton-in-Ashfield, NG17 4PA

adventures@nottscc.gov.uk 0115 804 2603

Booking in advance is recommended but walk-ins are also possible if sessions have space

<https://adventures.nottinghamshire.gov.uk>



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** and **Regents Park Close**. 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.





EASTER



HOLIDAY CLUB VENUES

OPERATING FROM MONDAY 30TH MARCH UNTIL FRIDAY 10TH APRIL
EXCLUDING GOOD FRIDAY AND BANK HOLIDAY MONDAY

GREYTHORN PRIMARY SCHOOL - NG2 7GH
8 DAYS AVAILABLE TO BOOK

MANOR PARK PRIMARY SCHOOL - NG14 6JZ
7 DAYS AVAILABLE TO BOOK

RADCLIFFE ON TRENT INFANTS - NG12 2GA
8 DAYS AVAILABLE TO BOOK

ST JOHN THE BAPTIST COLWICK - NG4 2ED
7 DAYS AVAILABLE TO BOOK

WEST BRIDGFORD JUNIORS - NG2 6DB
7 DAYS AVAILABLE TO BOOK

WILLOW FARM PRIMARY SCHOOL - NG4 4BN
8 DAYS AVAILABLE TO BOOK

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BOOKINGS
NOW LIVE

MONDAY - THURSDAY
8AM - 6PM - £20.50

FRIDAY
8AM - 5PM - £23.99

BOOK NOW
PAY IN 7 DAYS



10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort - and even failure - leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Giblett is Associate Vice Principal for Personal Development at Penlone Grammar School and works on a secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College