

Newsletter

Autumn Term 2023



a member of
Learning Partners
academy trust

Friday 15th December 2023

We have had a wonderful end to our Autumn Term and the whole school is well and truly embracing the joys of Christmas. Over the last week, we have been so lucky to enjoy and celebrate the wonderful performances from our pupils across the school. On Monday, our Key Stage 2 (Years 3-6) pupils performed their carol concert beautifully. Our wonderful Key Stage 2 choir also visited the Hive to sing to our local community residents there. We received amazing feedback about their visit. Well done all!

The school have also enjoyed watching the dress rehearsals for our Foundation Stage (Nursery and Reception) and our Key Stage 1 (Years 1 and 2) nativities. We were all so impressed with their beautiful singing, their amazing signing and their excellent dancing. Our pupils spoke with great confidence too.

We know our parents/carers will enjoy watching these performances today and next week.



Important dates

Start of the Spring Term – Thursday 4th January

A fond farewell to Mrs Pierce



Next week, Guildford Grove will be saying a fond farewell to Mrs Pierce who will be retiring at Christmas after nearly 30 years of service to schools in the Park Barn community.

Some of you may remember that Mrs Pierce originally worked at Barnwood school until it closed and she joined the new team at Guildford Grove when we opened in 2001. Ann has been a dedicated and incredibly committed member of our office team and we thank her for all her hard work over the years.

She will be greatly missed and I am sure you will join us in wishing her well in her retirement. She is looking forward to spending lots of time with her two lovely grandchildren.

Thank you Ann from everyone at GG!

Scooters and bikes

A gentle reminder to parents/carers that scooters and bikes must not be used on the school site. When entering through the school gates, pupils must dismount off their bikes and scooters and push them until they either store them in the bike shed or leave the school site.

We ask that parents support us with this as we have a lot of young children around at the start and end of the day and their safety is paramount.

Children must dismount off their bikes and scooters at the start of the pathway by the shops if entering the KS2 playground.



A message from Guildford Mental Health Team

Whilst Christmas can be a very exciting time for families, for some it can also be an overwhelming time and present different challenges. Here are some tips for supporting yourself, as well as your children over the festive period:

Managing finances:

- Look out for local events in the community that are free.
- Look for low cost items online or in charity shops- such as facebook marketplace or vinted.
- Avoid comparisons with other families or on social media. These often do not reflect reality and make us feel bad about ourselves. It might help to take a break from social media if you find this is affecting you.

Looking after yourself:

- Be gentle and patient with yourself. If you felt physically unwell during the holidays you would take a break or make adjustments. You need to treat your mental health the same.
- Remind yourself that it won't last forever. You could set a 'start' and 'finish' time for what you count as Christmas.
- Set your boundaries. Try to say no to things that aren't helpful for you.

Supporting your child over the holidays:

- It's really important not to over-schedule over the holidays – plan some quiet days and downtime into the holidays.
- Ensure that your children feel like they're an integral part of all the events that are taking place, rather than feeling like they are getting in the way. Give them age appropriate responsibilities such as making some crafts for the table for Christmas dinner, colouring in some Christmas cards, being in charge of collecting the wrapping paper for the recycling box on Christmas day etc.
- Try to keep to normal routines as much as possible. Children thrive off routine, so if certain things have to change- such as mornings or bedtime- try to keep other things the same.
- Consider early bedtimes/ wind down time. During the Christmas holidays it's very easy for our children to become over-stimulated and emotionally overwhelmed, so they may need longer sleep times. As you get closer to term starting, start to reintroduce normal sleep and wake up times so that it's not a battle in the first week back.
- At the start of the holidays it might help to establish some clear boundaries and expectations around things such as screen time, bedtime and routine. Children might be expecting to do whatever they want over the holidays and some clear communication about boundaries, along with some negotiation if appropriate, can help prevent arguments later into the holidays.
- Every year our children are changing and growing. Why not take the opportunity to ask everyone to share what they value at Christmas and anything they would like to do more or less of. You might not be able to do everything they ask for, but it's a good opportunity to model healthy communication and for them to feel heard and respected.

If you need further support:

Over the holidays you can still access support for you child. Mindworks crisis line is open 24/7 to children or parents wanting support.

Mindworks-surrey.org.uk [0800 915 4644](tel:08009154644).

Childline is also open 24/7 including over Christmas if your child would like to speak to someone online or on the phone and has a lot of other resources and further information.

Childline.org.uk 0800 1111

Thank you from the Guildford Mental Health Support Team



School uniform



Please can all parents/carers ensure their child has the correct uniform when they return to school in January. Pupils in Year 1 to 6 must wear black leather shoes unless it is their allocated PE day. If you are unsure of our policy, please refer to our school website.

www.guildfordgrove.surrey.sch.uk/school-uniform/