



Whole School Values

This half term we will be focusing on our school value of **Healthy**.

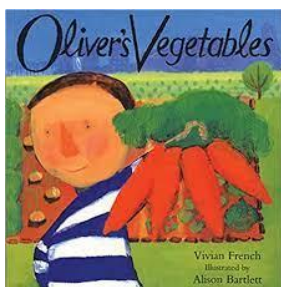
My mind and body are well and I look after them so I am ready to grow.

Thinking of how we can have active and healthy bodies and minds.

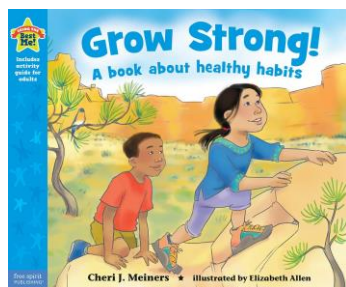


Being healthy is important as it allows us to live our life to the fullest: being positive, happy and successful by challenging ourselves and living for as long as we can.

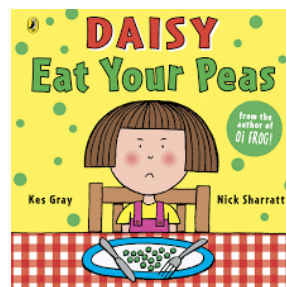
Stories to share about HEALTHY



[Oliver's Vegetables | Story About Healthy Eating For Children | Learn From Home | Read Aloud](#)



["Grow Strong! A Book About Healthy Habits" by Cheri J. Meiners, illustrated by Elizabeth Allen](#)



[Read Aloud - Eat Your Peas - Children's Book - by Kes Gray](#)

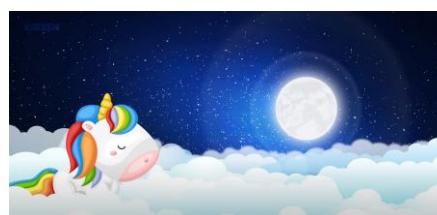


[Happy: A Children's Book of Mindfulness](#)

Other videos and songs about Healthy



[Wellbeing for Children: Healthy Habits](#)



Relaxing sleep music to help you get a good nights sleep which is important to staying healthy. [10 Hours Of Sleeping Music For Kids | Unicorn's Dream](#)

Welcome back to Spring Term!

We hope you all enjoyed the snowy weather and that the children had lots of fun embracing the wintery days. It has been wonderful to start the term with our sporty Health Week, where the children took part in a wide range of activities to help them learn how to look after their bodies and minds. From keeping active to talking about wellbeing, the children showed great enthusiasm and teamwork, and it has been a joy to see them learning about being healthy in such a fun and positive way. We're really looking forward to the term ahead and continuing to work together to support our children's wellbeing and learning. Keep checking, liking and commenting on Tapestry to keep up to date with what your child is learning and doing in school!

January 2026							February 2026							March 2026							April 2026						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
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26	27	28	29	30	31		23	24	25	26	27	28		23	24	25	26	27	28	29	27	28	29	30			
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KEY:	- schools open to pupils	- bank holiday
	- pupil holiday	- Wensum Trust Inset Day

Be Safe

Be Brave

Be Kind

We've refined our school code to three simple rules: **Be Safe, Be Brave, Be Kind**. This clear language helps children make positive choices and enjoy their time at school. We will be using this video to explore the rules and why they are important: [Be Safe, Be Brave, Be Kind Video](#).

E- Safety

Some children may have received new devices for Christmas so we wanted to share and remind all children of our rules to stay safe online, whether this be on phones, tablets or game consoles. We revisit this regularly when we use technology in school to access the internet as well as our half termly e-safety lessons.

BE SMART ONLINE!

S

SAFE

Keep your personal information PRIVATE!

M

MEET

NEVER meet a stranger you met online.

A

ACCEPTING

Think BEFORE you click! Do you know what you're clicking on?

R

RELIABLE

You cannot trust everything you see or read. Ask or check 3 places.

T

TELL

ALWAYS tell a trusted adult if you get upset or worried.

♥

BE SMART WITH A HEART!

Always be kind and respectful. REMEMBER our school code.

www.thinkuknow.co.uk



Please remember there is no parking in Arden Grove. We want all of our parents to park and be respectful to local residents. Please park considerably well away from the school gates, ensuring that our local residents can still access their driveways.

Whole School Attendance for Autumn Term 93.2 %

Our school attendance is currently below the expected 96%, and while we will continue to work closely with families where attendance is lower than expected, we warmly encourage everyone to try their very best to be in school every day so children don't miss out on valuable learning and friendships.

If your child is going to be absent, please contact the school office as soon as possible to let us know why. This is an important part of our safeguarding responsibility, helping us ensure every child is safe and accounted for.

Thank you for your support in working with us to keep all children safe.

A gentle reminder about being on time

We know mornings can be busy, and sometimes being a little late can feel like no big deal. However, even arriving just 10 minutes late means children miss important settling-in time, greetings with their friends, and the start of learning.



Those minutes really add up:

- 10 minutes late each day = almost 1 hour of learning lost each week
- Over a school term, that's around 10 hours
- Over a school year, it adds up to over 30 hours — nearly a whole week of school

Being on time helps children feel calm, confident, and ready to learn, and it supports strong routines that benefit them both now and in the future. Thank you for working with us to give every child the very best start to their day. This lateness also can cause disruption in the busy office.

As part of our school support we will continue to invite in families who are regularly late to come in to school to unpick how we can help every child arrive on time.

We kindly remind families that the school day finishes promptly at **3.00pm**, and it's really important that children are collected on time. Being met promptly helps children feel safe, settled, and reassured at the end of their day. When children are not collected on time and no reason has been shared with the school, they will be placed into After School Club to ensure they are properly supervised, and the relevant charge will be added to parents' Scopay account. We completely understand that unexpected delays can happen, and we ask that families contact the school as soon as possible if they are running late. Thank you for your continued support in helping us keep all children safe and cared for.