

June
2026



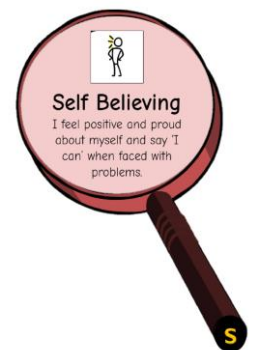
Part of the
WENSUM TRUST
Arden Grove Infant School

We hope you all enjoyed a *super* Sports Day! We were blessed with the weather and it was such a fun day! We hope you all had a wonderful, relaxing and sunny half term together and managed to enjoy some quality time.

We are now into the final stretch of the school year! Where has the time gone! It is always a busy few weeks with trips, events and preparing for the next step on, but it is also full of the moments that bring our school community together. Thank you for your continued support.

This half term we will be focusing on our school value of **Self-Believing**.

This is important because we are all amazing. Overcoming our barriers and saying 'I can do this' is really important. You should be proud of yourself and what you can do well. You can rely on yourself and your skills and knowledge to overcome obstacles, be confident and be happy with yourself and your achievements.



This is so important this time of year as having self-belief helps us feel ready for new challenges, new classes and new schools.

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Aspiration and David Attenborough Day

I wanted to say a big thankyou for all your effort and support for our May events. It was such a wonderful (and wild on Friday) feeling around the school.



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Move of the Month: The Magic of the Monkey Bars

Conquering the monkey bars is a major childhood milestone that does wonders for physical and mental development! Beyond the pure joy of swinging, it builds incredible upper body and grip strength, sharpens hand-eye coordination, and enhances spatial awareness as kids learn to judge distances. Just as importantly, it teaches resilience and determination. Crossing the entire frame delivers a massive boost to their confidence, proving to them that persistence pays off.

Our Summer Challenge, from Moving Smart is to help your child conquer the 8 steps of the Monkey bars below. If you would like a copy your child can colour as they achieve each part they can be collected from the reception area behind the sign in screen.



moving smart **Monkey Bars Certificate** My name is _____

- 1 Hang Two**
Hang on with two hands for 10 seconds.
- 2 Hang One**
Hang one hand at a time for 5 seconds.
- 3 One by One**
Move across one rung at a time.
- 4 Skip One**
Move across skipping every other rung.
- 5 Sidewalk**
Move across sideways on the outer bars.
- 6 Upside Down**
Hang upside down. Supervision required.
- 7 Monkey Moves**
Move across alternating hands.
- 8 Monkeython**
Go across and back without stopping.

Date _____

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Say a Poem: [Monkey bars](#)

Say a poem

<https://schools.ruthmiskin.com/training/view/DJAz2Cmv/QU7Pb2PC>



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Sun safety

As we move into the warmest term, just another reminder to prepare children for the hot weather ahead. Sun cream should be applied before school on hot days as staff will not apply this to children and all children must have a hat and a water bottle.

					
Slip	Slop	Slap	Seek	Slide	Sip
on protective clothing	on SPF30+ or higher sunscreen	on a hat	shade	on sunglasses	water



We are reminding parents that there should be no parking in 'Arden Grove' during pick up or drop off. We need all parents to park respectfully and legally to keep our neighbours and community happy. We have also noticed a growing number of parents using the school gateway to turn around which is extremely dangerous and in full view of leaving families and school staff.

With exciting events in school coming up in this half term, we urge all parents to park with care! We need everyone to help so we can continue to plan lovely, whole school events. If we receive complaints from the community we would need to reconsider how we plan school events.

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Before half term you should have received a jazzier version of this invite as well as a follow up email from the office confirming the date.

To.....

We would like to invite you to Arden Grove's *Awesome Groovy* concert to celebrate 50 years of Arden Grove Infant and Nursery School.

We will be holding a picnic followed by a concert starring me and my friends! This is on Friday 12th June. The gates will open at 12pm so we can have a picnic together and we hope the singing will get underway by 12:45pm.

Children are invited to wear gold/yellow and in the morning, they will complete golden activities to get ready for the concert.

You can order your child a packed lunch from school for this day, bring a packed lunch from home or you can bring a family picnic for us to share. Once the concert is over you can take me home.

I can't wait to see you there!

Love from

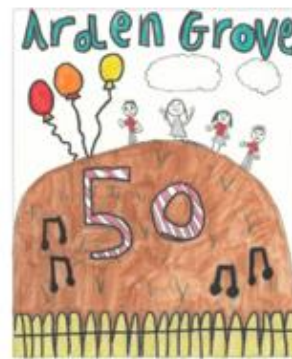
A black and white line drawing illustration for the 50th anniversary. At the top, the words 'Arden Grove' are written in a large, bold, sans-serif font. Below the text, there are several balloons on the left, two thought bubbles in the center, and four simple stick figures of children on the right. The central focus is a large, stylized number '50' with diagonal hatching. Musical notes are scattered around the '50'. At the bottom of the illustration is a simple fence.

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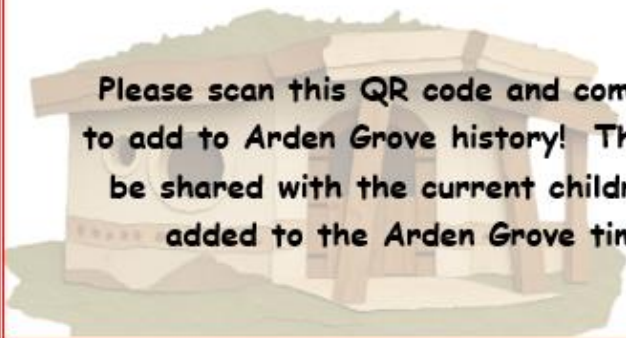
As well as the events for the current children in school we are looking to hear from other previous pupils so if you were a pupil or you have friends or relatives, encourage them to get involved by scanning the below QR code and adding to the Arden Grove Time Capsule.



Arden Grove Infant and Nursery school has been open for 50 years. To mark this exciting occasion, we would love to hear from anyone who has been a member of staff or a previous pupil at Arden Grove.



Please scan this QR code and complete the form to add to Arden Grove history! The responses will be shared with the current children and will be added to the Arden Grove time capsule.





BrightBites Advice for Parents



You can help your child build healthy habits early by:

- Brushing their teeth twice a day with fluoride toothpaste, for 2 minutes each time.
- Supervising brushing to make sure every tooth is cleaned
- Choosing a healthy diet rich in fruit and vegetables
- Limiting sugary snacks and drinks, which can cause tooth decay
- Encouraging them to drink water and milk rather than sweet drinks like squash, juice and milkshakes
- Visiting the dentist every 6 months for check-ups to monitor their oral health



For children aged 0-3 years:

Start brushing your child's teeth as soon as first tooth appears. Use a smear of toothpaste that has a fluoride content of 1000 ppm twice per day.



For children aged 3-6 years:

Supervise your child's brushing. Use a pea-size amount of 1000ppm fluoride toothpaste and brush twice daily. Make sure to brush all of the teeth, brushing in small circular motions making sure to include the gums. Encourage your child to spit out the toothpaste rather than rinsing as this helps retain fluoride on their teeth for added protection.

What is BrightBites / who is Dentaid The Dental Charity

Dentaid The Dental Charity's BrightBites programme is an oral health education scheme supported by Denplan. The sessions are for children and is delivered both in the UK and overseas. They visit schools, holiday clubs and childcare organisations to deliver an interactive presentation, which supports the national curriculum and covers toothbrushing, teeth names and functions, sugar awareness and the importance of regular dental appointments. Every child receives a toothbrush and toothpaste to take home too.



Toothbrushing and positive health habits shouldn't been seen as a chore, here are some fun suggestions which may help to motivate children to look after teeth:

- Review sugar content in foods/drinks. You could make a game of seeing how many teaspoons/cubes are in each item. This reminds children that unhealthy foods should be a treat, and consumed in moderation.
- Use a sand timer or timer on your phone to motivate and encourage children to brush for the correct length of time.
- Utilise a toothbrushing chart to aid children with keeping on track of their brushing routine.
- Brush your teeth together, you could ask your children to 'help you'!
- Sing songs or read books about why and how we look after our teeth.
- Encourage your children to practice toothbrushing on one of their toys.
- Gently remind them what might happen if they don't take care of their teeth; show images of teeth with cavities, talk about bad breath and remind them that teeth may need to be removed in hospital if they aren't looked after.

Why good oral health matters

Promoting the importance of good oral health is a key part of the national curriculum. This is designed to support children's learning and development, including their physical health and wellbeing. It is widely understood that oral health is an important part of general health even with baby teeth. **This is because children's teeth:**

- Help them to bite and chew
- Support speech and language development
- Help them feel confident when they smile
- Make space for and help to guide adult teeth



Good oral health also keeps children free from toothache, infection and swollen gums, which could result in tooth extractions being needed.

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JustOneNorfolk.nhs.uk

What is it?

JustOneNorfolk.nhs.uk is the new Norfolk based health advice website.

Norfolk Children and Young People's Health Services created JustOneNorfolk.nhs.uk in partnership with Best Beginnings – the Baby Buddy app creators, the Eastern Academic Health Science Network and Norfolk County Council.



The website aims to:

1. Build confidence in families, children and young people to care for their own health and wellbeing.
2. Help families, children and young people in Norfolk access the right services for advice and help.
3. Improve health outcomes for children and young people in Norfolk.

JustOneNorfolk.nhs.uk uses videos and animation to keep content interesting and easy for users to understand. The website also features short films starring real Norfolk families talking about their own experiences.



All the content and advice is NHS approved. It is signed off by clinicians working in the Norfolk Children and Young People's Health services.

At the moment our main subjects are:

- Emotional wellbeing
- Healthy lifestyles
- Staying safe
- Childhood illnesses
- Child development
- Additional needs



You can visit www.JustOneNorfolk.nhs.uk or type **just one norfolk** into your search bar.

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June	
Monday 1 st June	Summer 2 Term Begins
Tuesday 2 nd June	KS1 Rugby Workshop- In school
Tuesday 9 th June	Reception New parents talk (4pm-5pm)
Tuesday 9 th June	Nursery and Reception Rugby workshop- In School
Wednesday 10 th June	Nursery New parents talk (4pm-5pm)
Thursday 11 th June	Reception Beach trip
Friday 12 th June	Arden Grove 50 th Celebrations
Monday 15 th June	HSA Fathers Day Shop- more details to follow
Tuesday 16 th June	Nursery and Reception Rugby workshop- In School
Thursday 18 th June	Year 2 Rugby festival- More details to follow
Monday 22 nd -Wednesday 24 th June	Year 2 How Hill Residential
Thursday 25 th June	Year 1 Rugby Festival- More details to follow
July	
Thursday 2 nd July	Reception Rugby Festival- More details to follow
Friday 3 rd July	Year 1 Parent meeting about London Trip- 2:30pm in the hall
Monday 6 th July	Year 1 London Trip
Tuesday 7 th July	Open Evening, 3:30 pm - 5:00 pm
8 th , 9 th , 10 th July	Wensum Trust Transition Days
Monday 13 th July, Tuesday 14 th July	Year 2 Leavers Show (2:00pm show begins - note time change!)
Wednesday 15 th July	Year 2 Leavers event (children only in the afternoon)
Wednesday 15 th July	Nursery Graduation 4:30pm-5:30pm
Friday 17 th July	Last day of Term!