October 2026

Arden Grove Infant and Nursery School

Part of the WENSUM TRUST
Arden Grove Infant School

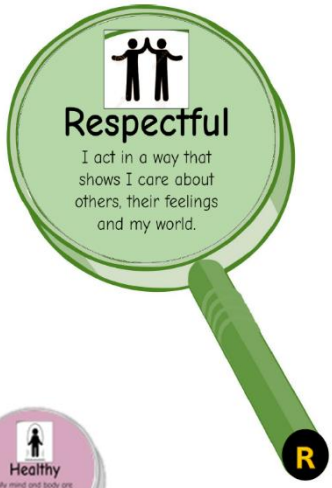
Autumn has officially arrived, and what a busy, brilliant start we've had! Our school has been full of happy faces, busy brains and lots of laughter. It's been wonderful to see our children settling in, making friends and throwing themselves into new adventures. There's plenty more fun to come this month, so grab your wellies, wrap up warm and let's make October a month to remember!

Mr Cook and the Arden Grove Team

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

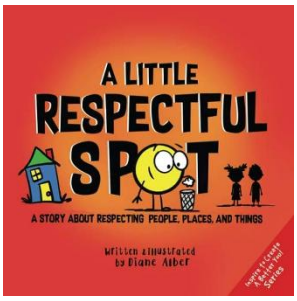
I act in a way that shows I care about others, their feelings and my world.

Being respectful is important because it helps you feel good about yourself and your place in the world and helps you get along with others.

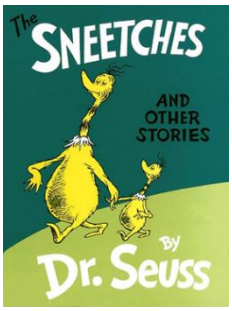




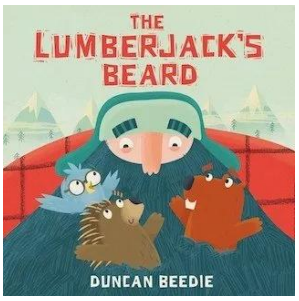
Stories to share about being RESPECTFUL



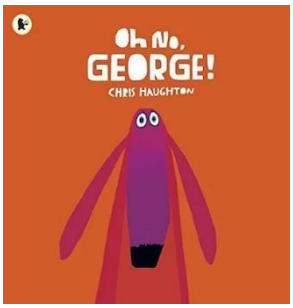
https://www.youtube.com/watch?v=ELWLxyRc64c



https://www.youtube.com/watch?v=hzMhmk2sWzU



https://www.youtube.com/watch?v=S3OaRE9EOVY



https://www.youtube.com/watch?v=MV5mc8LlwfM

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For those of you who were at Arden Grove last year you may remember our school rule changed to 3 rules of being 'safe, brave and kind'. These are the same rules at all Wensum Trust infant schools.



We will continue to develop these rules and below is how this half term we will be teaching the children about the rules and how these relate to our brain model of 'the guard dog' and 'the wise owl'.





SAFE • BRAVE • KIND

Understanding our brains to help us make good choices

Safe, Brave and Kind are how we want to be and behave.
The Guard Dog and Wise Owl help us understand our feelings, our bodies and our choices.



HOW OUR BRAINS WORK



GUARD DOG
(EMOTIONAL)

It helps us protect us in worrying, danger or surprises.

When it is too loud, dark or fast – it can be hard to think.

WOOSH! It's safe?



WISE OWL
(THINKING & LOGICAL)

It helps us think, remember, solve problems and make choices.

It works best when we feel calm and safe.

Let's think...

When Guard Dog is VERY alert...



It can be hard to hear Owl. We feel:



When we feel safe and calmer...



...Wise Owl can help us think and choose.

Together we can make our school a place where everyone is SAFE, BRAVE and KIND!

That's why we notice, get help and make SAFE, BRAVE and KIND choices.

HOW IT WORKS

1 NOTICE

My body gives me clues. My Guard Dog might be waking up.

What might I see or feel?



- Heart beating fast
- Tummy feels funny
- Muscles feel tight
- Hot face
- Want to run, hide, freeze, shout or push
- Hard to listen or think

This is NORMAL.
My Guard Dog is trying to help.

2 GET HELP

I can do things to help my body feel safe and ready so my Wise Owl can come back.

What helps ME?

- Breathing slowly
- Move my body
- Ask for help
- Quiet time
- Drink water
- 1 2 3 Count or squeeze

Everyone is different.
I can try what helps me.

3 CHOOSE

When I feel safer, my Wise Owl can help me think about what to do next.

What choice will I make?



- **Safe** — Will this help everyone feel safe?
- **Brave** — Am I having a go, asking for help or doing the right thing?
- **Kind** — Am I thinking about myself and others?

My Wise Owl helps me make Safe, Brave and Kind choices.

HOW WE RESPOND (FOR STAFF)

1 NOTICE
Notice what the child's body is telling you.

"I can see your body is telling us something."

2 NAME & VALIDATE
Name the feeling / Guard Dog.

"I wonder if your Guard Dog is feeling worried/cross/unsafe."

3 REGULATE
Help them feel safe and ready.

"What might help your body feel safe and ready?"

4 RECONNECT
Once regulated, return to the expectation.

"Your Wise Owl can help us now. What would the Safe / Brave / Kind choice be?"

KEY REMINDERS

- The Guard Dog is helpful, not naughty.
- Feelings are OK. All feelings are welcome.
- Behaviour is communication. Be curious.
- Connection comes before correction.
- Our goal is to help children feel safe, ready and able to learn.

When children feel SAFE, they can be BRAVE.
When children feel BRAVE, they can be KIND.

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Attendance and coming into school

It has been lovely seeing smiley faces on the gate and in the classroom in the mornings. Please remember that the gates close at 8:50am and if you are after this time you will need to come into school via the school office and be marked as late. The registers close at 8:50am too. Families who are persistently late without reason will be contacted to help put support in place to help everyone arrive on time.

As those winter bugs can start to spread this time of year remember to refer back to the NHS guidance on when to send them into school and when to keep them at home. Colds, runny noses, sore throats and sneezes are all things we are used to.

The classroom doors open at 3pm and the children need to be collected promptly and then leave the school site promptly. We have noticed a large number of children using the school equipment (trim trail, climbing equipment, monkey bars, school field, footballs and goals) this is unsafe.

Please do not use the equipment before or after school and leave promptly by 3:15pm at the latest.

Parking in and around school

Please remember that the school car park is for staff and agreed visitors only. It must not be used for parking when dropping off or collecting children from Breakfast Club or After School Club.

We have also noticed some unsafe parking and drop-off choices, particularly at Breakfast Club. With so many young children arriving at school, this creates a real safety risk, and we have already had several near misses.

Please also note that the area outside the staff car park gates is not a turning circle and should not be used as one.

For the safety of all our children, please make sure you park safely, legally and responsibly when bringing your child to school. There is no parking on Arden Grove Road.

Thank you for helping us keep everyone safe.

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Supporting Children and families

Norfolk and Waveney
Children and Young People's Services

NHS
East of England Community Health and Care NHS Trust

Support for parents and carers from Mental Health Support Teams (MHST)



Are you finding it difficult to support your child with their anxiety or big emotions?

MHST can offer support to help parents and carers manage:

- fears and worries
- emotional overwhelm
- behavioural difficulties
- day-to-day challenges at home or school

Want to know more?

If you would like to learn about what we offer or make a referral into our service, please scan the QR code or visit our wbesite: www.justonenorfolk.nhs.uk/our-services/mhst

We're the **Mental Health Support Teams in Schools (MHST),** offering early help for children who may be struggling with anxiety or managing their emotions. If you're worried about your child—whether at home or at school—you can speak to your school's **Mental Health Lead (Mr Cook)** or **SENCO** (Mrs Leggett- senco@ardengrove.norfolk.sch.uk) to request a referral to our service.

Children & Young People's Health Services
JustoneNorfolk.nhs.uk
Norfolk & Waveney
0300 300 0123

- We know that starting back to school can be tricky so the Psychology in Schools Team has a webinar which may be helpful: "Getting children back to school": https://www.nsft.nhs.uk/parent-carer-mental-health-workshops

The Family Hubs approach aims to provide help and support for all aspects of your parenting journey.

Family Hubs bring together a range of existing services, so you are able to access the advice and support you need, when you need it. They are for families with babies, children and young people from conception until they reach the age of 19, or up to 25 for young people with special educational needs and/or disabilities.

Family Hubs provide a place for you to access advice on how to take care of your child and ensure they are safe and healthy throughout their childhood and as they grow and develop. They are online and in person.

https://www.justonenorfolk.nhs.uk/family-hubs/

Yvette the Early Help Community Worker will be attending the coffee morning below as well as be around to talk to parents and families at parents evening.





flourish

MAKING SENSE OF SEND

Making Sense of SEND

In person, free, friendly information and support about SEND for families and professionals.

Saturday 3 October 2026,
11.30am-1.30pm at
Hellesdon Community Centre, NR6 5SR

Are you looking for support for your child /young person with SEND and your family?

- Listen to an expert-led talk
- A chance to give feedback and be heard by the Education Health Care Plan (EHCP) team or SEND advisor. Bookable on the day.
- Speak directly with more than 20 services and get personalised, face-to-face advice all in one place.

No need to book - please just come along.

Find out more:

www.norfolk.gov.uk/msos

Norfolk County Council

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You may have heard your children talking about Strictly Come Dancing. This is because this year we are having a whole school game of chance with each class picking 3 celebrities to cheer on through the competition. As we get closer to the final we will plan a glittery end of the show and term celebration. These are the chosen celebrities by class.



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This year we are supporting our local food bank with their tin collection. Donations of tins of food need to be in school by Wednesday 4th November! Give them to a member of your child's class team or drop them off in the donation box at the school office.





Here's How. Scatter bean bags around the floor unevenly spaced. In bare feet if possible, have children step on each stepping-stone to get from one side of the river to the other. Try to do this slowly for better balance development. Call out different colours for them to make their way to step by step.



Here's Why. Stepping on uneven surfaces assists muscles in the feet to adjust and adapt to new stimulus. This is a powerful way to develop their balance while challenging them to stay focused on the pattern AND not falling in the river!

Learning Benefits.

Balance | Adaptability | Concentration

For more activities, visit us at:
movingsmart.com

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Diary Dates

October		
Tuesday 6th October	Firside Junior School Open evening	3:30pm and 4:30pm
Thursday 8th October	Flu Vaccinations in hall	
Monday 12th October	Family Hub Coffee Morning	9am-10am in the hall
Monday 19th October	HSA AGM	2pm in the school hall
Wednesday 21st October	Year 2 How Hill Parent talk	2:40pm in the hall
Friday 23rd October	HSA non uniform day	More information to follow
Friday 23rd- Sunday 1st November HALF TERM		
November		
Wednesday 4th November	Final donations for Foodbank tin collection.	Hand to class staff or school office
Tuesday 10th November Thursday 12th November	Parents Evenings	Booking information to follow
Friday 13th November	Children in Need	
December		
Tuesday 1st December	Deck the Halls	Whole school craft afternoon
Friday 11th December	Arden Grove Christmas Jumper Day	
Monday 14th December	Reception Christmas Show	More information to follow
Tuesday 15th December	Reception Christmas Show	More information to follow
Wednesday 16th December	Christmas Dinner	
Wednesday 16th December	Nursery Winter Crafts	
Thursday 17th December	KS1 Christmas Show	Will be outside – more information to follow
Friday 18th December	End of Term	
January		
Monday 4th January	Staff Inset Day-No Children	
Tuesday 5th January	First day of Spring term	

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October 2026						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 2026						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December 2026						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Key :
White dates - schools open to pupils
Yellow dates - pupil holiday
Red dates – Bank Holidays / Blue Staff Inset days