

House Team Winners for Last
Year: **ACHIEVE**



Value of the Month:
Honesty

Recent News & Reminders



JGA Disco's

The JGA discos take place next week – please find attached flyer on page 4 of the newsletter with all the details.



Values and Behaviour Information Evening



We are hosting a values and behaviour information evening on Wednesday the 4th of November at 6pm. This will be an opportunity to hear about our approach to behaviour and our values based culture within the school.



School Absence



We have seen an increase in school absences being reported to the teachers via Seesaw and not the school office. Please contact the school office either by phone, voicemail or email or by using the online absence form to report absences. Teachers can't always check their Seesaw before taking the register.

office@jessegray.nott.sch.uk



Hello Yellow



On the 9th October we will be celebrating 'Hello Yellow' day in recognition of World Mental Health Day. We will be asking the children to come in wearing a yellow accessory alongside their school uniform.

Diary Dates

- 08.10.2026 – Harvest Festival Gift Collection
- 09.10.2026 – Hello Yellow Day
- 09.10.2026 – JGA School Disco
- 12-16.10.2026 – Year 6 trip to Rock UK
- 15.10.2026 – Year 3 Trip Bestwood Stone Age
- 15.10.2026 – Year 5 VR Headset Experience
- 02.11.2026 – Inset Day
- 04.11.2026 – Values & Behaviour evening
- 06.11.2026 – JGA Fireworks
- 10.11.2026 – Flu Immunisations
- 17/18/19.11.2026 – Parents Evening
- 17.12.2026 – Year 1 & 2 Trip to Lakeside Arts
- 18.12.2026 – Year 3-6 Showcase Cinema Trip
- 27.01.2027 – NHS Year 6 & Foundation Height & Weight Check
- 05.02.2027 – Inset Day
- 02.03.2027 – Year 2 Sudbury Hall Trip
- 15-19.03.2027 – Year 4 trip to Hathersage
- 28.05.2027 – Inset Day
- 02.07.2027 – Inset Day
- 28.07.2027 – Last Day of School
- 29.07.2027 – Summer Holidays Begin



Communication



Please note the only email address that should be used to contact the office is

office@jessegray.notts.sch.uk

Please do not reply to the SIMS emails that are used to send to groups of parents as this is not monitored (there is a message in red at the bottom of email). Also, please do not send messages about school dinners via ParentPay – please only use the email address above.



Harvest Festival



Dear parents we are again collecting harvest gifts for the Friary Centre as part of our Harvest celebrations. The centre would be delighted to receive:

tinned goods, dry pantry supplies such as pasta, cereals and rice, toiletries, dinks and snacks such as tea, coffee, chocolate and biscuits.

The children enjoy sorting these and the Foundation and Key Stage 1 children share these in a special assembly and the Key Stage 2 children take a selection to St Pauls as part of our special church service. Donations will be gratefully collected on Thursday the 8th of October. Thank you in advance for your generosity.

Reminders



- **Parking/Driving** - Please do not use the staff car park to drop off/pick up children at any time. Please also be mindful about blocking the gate on pick up/drop off.
- **Allergies** – Please remember we are a **nut free school** and children are not to bring nuts in any of their packed lunches or snacks. We also have children with seed allergies and kiwi allergies so please no Nuts, Seeds or Kiwi. *****PLEASE ALSO CHECK THE INGREDIENTS IN YOUR SNACKS AS SOME OF THE FRUIT BARS CAN CONTAIN NUTS*****



- **School Absence** – Please continue to use the online form on our website to report school absence. The link can be found in the 'Parents' section under 'Forms' link below:

https://docs.google.com/forms/d/e/1FAIpQLSciHheH3Y9acEXk7evngOUwZ_HsBFbLdfnPhfAcdAfVu4xmuA/viewform?usp=sf_link Please let us know each morning of

your child's illness either by completing the online form or ringing/emailing the **office**.

If you send a message to the teacher via Seesaw, please also contact the office to let them know of any absence.

Please find flyers and information below for the following... Christmas Card Order Information, JGA Disco, How to talk to your child about their feelings, Nottinghamshire County Council Free School Meals, Notts County Foundation October Holiday Clubs, Saturday Music School, Family Hub Toy Appeal, Nottinghamshire Healthcare, Nottingham County Council Inclusion, Macadamia Creative Holiday Club, Chess Lessons, Ski Taster Sessions, Jack and the Beanstalk, Learn to Swim – Core Aquatics, TLA Academy Dance, Letter from Nottinghamshire Healthcare, Tennis Lessons, St Pauls Church Craft Club, Gymnastics Club, Karate Zone.com , Nottingham Oral Healthcare Newsletter.

FREE Delivery!
with every order

Class Fundraising™

We are Open!

THE CUDDLE CLUB
Eddie and Friends

"Look what I made for you"

Designed by Amanda Smith
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Christmas Decorations

Wrapping Paper & Gift Tags

Christmas Cards

Mugs

Cushions

Hurry!!
5th October

Order Deadline:

SCAN TO SHOP!

MORE PRODUCTS ONLINE!

Secure Online Payments: shop Pay VISA Apple Pay Google Pay

You're Invited to a

JGA DISCO PARTY

DJ Mighty
Mike



£4.50

09 OCT

**ON SALE 18TH
SEPT**

BYO labelled water
bottle

16:00-16.45pm Foundation & Y1

17:00-17:45 Y2 & Y3

18:00-18.45 Y4,5,6

How to talk to your Child about their Feelings:

Why Talking About Feelings Matters:

Children who learn to talk about their feelings:

- Build stronger self-esteem.
- Cope better with stress.
- Develop empathy and stronger friendships.
- Are more likely to ask for help when they need it.



Starting the Conversation - try simple openers like:

- "You looked a bit quiet after school today — how are you feeling?"
- "That game seemed fun! How did it make you feel?"
- "I sometimes feel worried before meetings. Do you ever feel that way before lessons?"
- "I can see you are feeling... what is the worst that could happen?"



Practical Do's and Don'ts

- ⓐ Do use everyday moments.
- ⓐ Do praise them when they share.
- ⓐ Do model your own feelings: "I felt frustrated when I was late, but I took a breath and now I feel calmer."
- ⓧ Don't dismiss feelings ("You're fine, stop crying").
- ⓧ Don't rush the conversation.
- ⓧ Don't shame or punish for having feelings.

Creating the Right Environment:

- Choose calm, everyday moments (car journeys, bedtime, walking to school).
- Keep it relaxed and unpressured.
- Show warmth with body language — eye contact, open posture, gentle tone.



Validating and Normalising Feelings:

- All feelings are normal — it's the behaviour that matters.
- Say things like:
 - "It's okay to feel sad when plans change."
 - "Lots of people feel nervous before trying something new."
 - "It's understandable that you are feeling..."



Helping Children Find Words:

- Use emotion word banks (happy, sad, worried, proud, frustrated).
- Pair words with body clues (e.g., "When I feel worried, my tummy feels fizzy").
- Draw or show facial expressions together to match expressions with words.



When Big Feelings Happen:

- Stay calm yourself — children copy your energy.
- Children mirror what we are showing them, if we are showing anger, fear or excitement, they will mirror this back to us.
- Focus on connection before correction:
 - "I can see you're really upset. I'm here. Let's calm down together first."
- After they calm, talk about what happened and what might help next time.

If You're Worried About Your Child

- Notice patterns: withdrawing, frequent tummy aches or complaints of feeling unwell, changes in sleep/eating, not wanting to attend school or no longer taking part in activities they previously enjoyed.
- Talk to your child's teacher.
- Speak with your GP if worries continue.
- Share helplines: Childline (0800 1111), YoungMinds Parents Helpline (0808 8025544).



Listening More Than You Speak:

- Give them time to answer — silence is okay.
- Show you are listening with nods, "mm-hm" sounds, or repeating back what they've said:
 - Child: "I feel angry."
 - Parent: "You feel angry. How can I help?"



Exploring Feelings Through Play:

- Use toys, puppets, or Scribbles Crew characters to act out emotions.
- Share picture books where characters feel big emotions and ask: "What do you think they're feeling? What might help?"
- Create a Feelings Passport or Feelings Chart at home.



Helpful Resources & Support

- Exciting Teacher Hub resources for home and school, including our Scribbles Crew characters.
- Recommended picture books: Tom Percival's series on Emotions, such as Tilda Tries Again or Ruby's Worry.
- Suggested activities: Feelings Passport, Scribbles Crew Emotions Check-In Board, BIG Feelings Scale.

Free school meals are expanding

**From
September
2026**

What's changing?



Current eligibility

Most families receiving Universal Credit qualify for income-based free school meals (FSM) only if their annual earned income is £7,400 or less (excluding benefits).



From September 2026

All children in households receiving Universal Credit will become eligible for free school meals.

Free school meals categories



Targeted free school meals

Available to families who:

- Receive Universal Credit and earn **£7,400 or less per year** (excluding benefits), or

- Receive certain qualifying benefits, including:

- Income-related Employment and Support Allowance (ESA)
- Pension Credit (Guarantee Credit)
- Support under Part VI of the Immigration and Asylum Act 1999



Expanded free school meals

Available to:

- All other families receiving Universal Credit, regardless of earnings.

This means all children in Universal Credit households will be eligible for free school meals from September 2026.

Important dates



Applications open:
1 August 2026



Expanded eligibility starts:
1 September 2026

Please note: Applications can be submitted from 1 August 2026, but meals under the expanded scheme cannot begin before 1 September 2026.



What does this mean?

Targeted free school meals children:

- ✓ Free school meals at school in term time
- ✓ Funded Holiday Activities (HAF)
- ✓ Pupil Premium for child's school

Expanded free school meals

- ✓ Free school meals at school during term time
- ✗ Funded Holiday Activities (HAF)

Who will benefit?



More families receiving Universal Credit



More students accessing a healthy meal during the school day



Reduced pressure on household budgets

Find out more or apply: nottinghamshire.gov.uk/freeschoolmeals



**Nottinghamshire
County Council**



**Notts County
Foundation**

OCTOBER HALF TERM



Multi-sports | Themed days | Halloween crafts & activities



**Portland Centre, Muskham
Street, Nottingham, NG2 2HB**



8.30am-4pm



£20.00 per day

See reverse for discount codes

SCAN HERE



www.nottscountyfoundation.org.uk

**TURN ME
OVER!**



Notts County Foundation

OCTOBER HALF TERM

Day	Week 1 w/c 19 th October	Week 2 w/c 26 th October
Monday	Pirates	Space day
Tuesday	Superheroes	Football Fun-day
Wednesday	Football Fun-Day	Mini Olympics
Thursday	Sports Day	Halloween party
Friday	Football Fun-day	CLOSED FOR STAFF TRAINING

Book 5 days for £90 using code **5daysfor90**

Book all 9 days for £162 using code **9daysfor162**

Use discount code at checkout

SCAN HERE



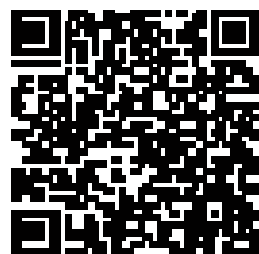
www.nottscountyfoundation.org.uk

New Saturday Music School



Loughborough Music Makers

Loughborough Music Makers is designed to develop children's musical understanding beyond the school curriculum in a fun, supportive and ambitious environment. Suitable for children in Years 1-6 and led by experienced music educators, these sessions help children build strong musical foundations. Children of all abilities are welcome, whether they are new to music or already enjoy singing and playing.



[lboroofairfield.org/
music-makers](http://lboroofairfield.org/music-makers)

Use discount code
COMMUNITY10



09:00-12:00



Saturdays during term time



Loughborough Schools
Foundation Music School

Book your place!

Places available for
2026/27



Christmas Marketplace

Toy Appeal 2026

≡ *Can you help?* ≡

Nottinghamshire Family Hub will again be supporting nominated families with children under 5 years old (plus older siblings) living within Rushcliffe by gifting them new toys for Christmas.



Ways you could help

1



You could be a collection point for your local area and collect **NEW** toys on our behalf.

2



Make a money / gift card donation to the appeal.

3



Donate a **NEW** toy (not gift wrapped) at your local Family Hub in Rushcliffe.

4



Nominate a family living within Rushcliffe to receive a donation from us by **Monday 23rd November!**

We aim to support families to help give children a Christmas filled with smiles & joy! 



If you would like to support in some way or for further information, please contact us on:

0115 9773 749 |  FHRushcliffe@nottsc.gov.uk



Donations need to be made no later than

Friday 13th Nov.



If required, we can collect toys from you week commencing

16th Nov.



Nottinghamshire
County Council

**Helping families get the right
support at the right time**

Little
Wickets

OCTOBER HALF TERM CAMP

10% OFF 3 DAY BOOKING
CODE: CAMP3DAY10 AT
CHECKOUT
3-DAY BOOKINGS
ONLY

Full Day
£40

Half Day
£25
Book via email only

3 Days
£108
With 3-Day Discount Code

Softball Cricket Camp for Boys & Girls Reception - Year 6

- ✓ Cricket skills and games
- ✓ Fair play & teamwork
- ✓ Spirit of Cricket
- ✓ Lots of **FUN!!**
- ✓ ECB Qualified Coaches
- ✓ Batting, Bowling & Fielding
- ✓ Make new friends
- ✓ Skill development

10% DISCOUNT FOR YOUNGER SIBLINGS



Date
26th - 28th October



Time
8:30am - 3:30pm
(pick up by 4pm)

EXTENDED DAY OPTION TO 5.00PM



RUSHCLIFFE SPENCER ACADEMY, BOUNDARY ROAD, WEST BRIDGFORD, NG2 7BW



www.littlewickets.com



info@littlewickets.com



0115 671 0565

Nottinghamshire Family Hub Network



Rushcliffe Family Hub October Half Term Holiday Timetable 19th – 30th October 2026

<u>Tuesday 20th</u>	<u>Friday 23rd</u>	<u>Tuesday 27th</u>	<u>Wednesday 28th</u>
Under 5's Spooky Party (older siblings welcome). Bingham Family Hub 1:30-3pm. No booking required but there is a maximum room limit. See overleaf for more details. Free Self-Weigh Cotgrave Health Centre, NG12 3JG. 2:30-3:30pm finish	Self-Weigh East Leake Health Centre, LE12 6JG. 10-11am finish	Under 8's SEND Stay & Play (older siblings welcome). Bingham Methodist Church, NG13 8AE 10-11:30am. Booking required, please call 0115 977 3749. Free	Under 5's Outdoor Autumn Play and Craft Event (older siblings welcome). Keyworth Recreation Ground, NG12 5FD 10-11:30am. Please dress for the weather. See overleaf for more details. Free
Self-Weigh Drop In. Monday 19th – Friday 30th October. Bingham Family Hub. 9:30am - 3:30pm.			

Please be aware that all groups are subject to cancellation at any time.
We apologise for any inconvenience this may cause.

...giving children the best start



**Nottinghamshire
County Council**

T: 0115 9773 749

E: frushcliffe@nottscc.gov.uk

W: <https://www.nottinghamshire.gov.uk/care/family-hub-networks>

 Family Hub Network – Rushcliffe or scan:





Play
Connect
Belong

SEND

Autumn Stay & Play

All
abilities
welcome

A relaxed and friendly session for children
with SEND and their families



Tuesday 27th October 2026



10am – 11:30am



Bingham Methodist Church



Under 8's
and siblings welcome



Please ring to book
0115 9773749

Play

Explore

Make Friends

Have Fun

Small
steps
Big
smiles

Children play.
Families connect.
Communities
are stronger.

Everyone belongs here



Nottinghamshire
County Council

Facebook: scan to view or
search 'Family Hub Network –
Rushcliffe'



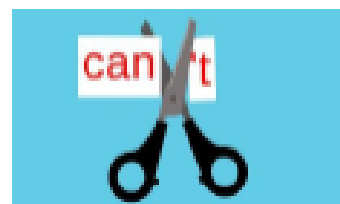
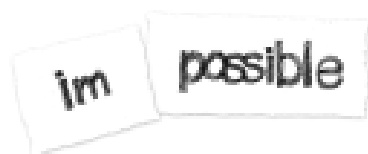
Nottinghamshire Family Hub Network



Opening Doors with Confidence (Being the Best You) Starting February 2027.

Course delivered by:  Inspire
Learning Solutions

A targeted course (for parents and carers living in Rushcliffe) in a supportive non-judgemental environment. A relaxed, friendly, and supportive course (delivered by Inspire Learning) to help unlock or give you the skills and knowledge to improve your confidence within the family.



The course uses a range of tools and activities to help:

- Identify your own reasons for your lack of confidence
- Increase your self-awareness and provide you with the strategies necessary to make a positive change in behaviour.
- The course will have a positive impact on the whole family.

Contact your local Family Hub team to find out when the next course is running and to see if this is the right course for you and your family.

Limited creche places are available if required.

You can access the Family Hub Network by phone, email, complete a request for service form or just walk in to one of our buildings:

T: 0115 9773 749

W: www.nottinghamshire.gov.uk/care/family-hub-networks

E: FHRushcliffe@nottsc.gov.uk

FB: See below or scan the QR Code

Helping families get the right support at the right time



**Nottinghamshire
County Council**

Facebook: scan to view or
search 'Family Hub Network –
Rushcliffe'





October 2026

ON THE STAGE Holiday Club (Perform)

Open to all children aged 3 to 11 years

This club is a combination of dancing, drama and singing with a specific focus on building confidence and boosting teamwork.

LOCATION:

Jesse Gray Primary School

COST:

£29.99 per day

All childcare vouchers accepted.

DATES & TIME:

08:00am - 17:00pm

Tuesday 20th October - Battle of the Icons

Our dances, songs and drama will feature the work of Taylor Swift, Bruno Mars, Huxtra and other popular artists

Wednesday 28th October - Disney Mash Up

Drawing inspiration from Moana, Lion King and Frozen

HOW TO BOOK:

Scan the QR code to book and use code PEJGR to take you straight to the club or visit our [website](https://www.rattleandrollperformance.com)



Nottinghamshire Family Hub Network



Rushcliffe Family Hub Universal Timetable: 7th Sept – 18th Dec 2026

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
Cotgrave Crafts & Family Hub Drop-In (WEEKLY) Starts 7th Sept. Cotgrave Library. 10-11am Term time only. B.A.B.E.S Breastfeeding Group (WEEKLY) Starts 8th Sept. Lantern Lane School, East Leake, LE12 6QN. 9:45-11am. Term time only. Under 5's Stay & Play / Family Hub Drop-In (WEEKLY) Starts 8th Sept. Lantern Lane School, East Leake, LE12 6QN. 9:45-11am. Term time only. B.A.B.E.S Breastfeeding Group (WEEKLY) Starts 8th Sept. Lantern Lane School, East Leake, LE12 6QN. 9:45-11am. Term time only. Under 1's Group. (WEEKLY) Starts 8th Sept. Bingham Family Hub. 10-11:30am. Term time only.	Under 5's Stay & Play / Family Hub Drop-In (WEEKLY) Starts 8th Sept. Lantern Lane School, East Leake, LE12 6QN. 9:45-11am. Term time only. B.A.B.E.S Breastfeeding Group (WEEKLY) Starts 8th Sept. Lantern Lane School, East Leake, LE12 6QN. 9:45-11am. Term time only. Under 1's Group. (WEEKLY) Starts 8th Sept. Bingham Family Hub. 10-11:30am. Term time only.	Under 5's Stay & Play / Family Hub Drop-In (WEEKLY) Starts 9th Sept. West Bridgford Young Peoples Centre. 1:30-3pm. Term time only. B.A.B.E.S Breastfeeding Group (WEEKLY) Starts 9th Sept. West Bridgford Young Peoples Centre. 1:30-3pm. Term time only.	Under 5's Stay & Play / Family Hub Drop-In (WEEKLY) Starts 10th Sept. Bingham Family Hub. 10-11:30am. Term time only. B.A.B.E.S Breastfeeding Group (WEEKLY) Starts 10th Sept. Bingham Family Hub. 10-11:30am. Term time only.

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We apologise for any inconvenience this may cause.



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County Council**

T: 0115 9773 749

E: fhrushcliffe@nottsc.gov.uk

W: <https://www.nottinghamshire.gov.uk/care/family-hub-networks>

Family Hub Network – Rushcliffe or scan:



...giving children the best start

Speech, Language and Communication Early Years Parents and Carers Drop-In

Come along to one of our early years drop-in sessions for children under 4 years old if you would like to talk with us about your child's talking and communication.

No need to book! Just pick a date and come along with your child at any time during the session. We will be there to chat, play and answer any questions and give ideas! Please call 0300 123 3387 for further information. This is for Nottinghamshire families only.

Where and When?

- Tuesday 22nd September, 9:30am - 11am – Hucknall Family Hub, Broomhill Rd, Hucknall, NG15 6AJ
- Tuesday 6th October, 9:30am - 11am - Kirkby Family Hub, The Summit Centre, Pavilion Rd, Kirkby in Ashfield, NG17 7LL
- Wednesday 7th October, 9am - 11am – Newark Family Hub, 168 Bowbridge Road, Newark NG24 4EG
- Wednesday 14th October, 1:30pm - 3pm – Bingham Family Hub, Eaton PI, Bingham, NG13 8BE
- Wednesday 28th October, 10am - 11:30am – Ladybrook Family Hub, 116 Somersall St, Mansfield, NG19 6EW
- Tuesday 10th November, 9:30am - 11am - Retford Central Family Hub, Spa Lane, Retford, DN22 6EA
- Tuesday 17th November, 9:30am - 11am – Mansfield Woodhouse Family Hub, Swan Ln, Mansfield Woodhouse, Mansfield NG19 8BT
- Wednesday 18th November, 9:30am - 11am – Arnbrook Family Hub, Home Close, off Bestwood Lodge Drive, Arnold, NG5 8NE
- Thursday 26th November, 1:30pm - 3pm - Titchfield & Oakham Family Hub, 73-75 Princes Street, Mansfield, NG18 5SL





Do you have a child with Special Educational Needs and want to find out more about inclusion for Early Years pupils in a mainstream school or setting?

Would you welcome the opportunity to discuss inclusion & transition with a member of Nottinghamshire County Councils SEND Inclusion Team. A series of free online meetings will be running throughout the year. These sessions will be a 30 minute appointment and can be booked using the link below.

Let's talk together about inclusion & transition in Early Years. Come and have a chat. Autumn Term 2026 - 2027

Appointments available on the following dates:

Wednesday 11th November between 1.30-3pm

Thursday 19th November between 9-10.30 am

Wednesday 9th December between 5.30-7pm

Book below:

https://outlook.office.com/book/NottinghamshireParentCarerTransitionEvents1@nottscc.gov.uk/s/9Ria_tOzRjEylfkfPREaHMw2?ismsaljsauthenabed

Sessions are open to **all** parents/carers of **Early Years children and school starters** with special educational needs – no diagnosis or EHCP is required.





SCAN TO BOOK

AGES
8+



CREATIVE HOLIDAY CLUBS

October Half-Term

Creative, practical and future-focused workshops
for children aged 8+



EARLY BIRD OFFER

Half Day – £25
Full Day – £55
Including the supervised
lunch hour



Morning Sessions:
9am – 12pm
Lunch Break:
12pm – 1pm
Afternoon Sessions:
1pm – 4pm



Breakfast Club:
8am – 9am
After Club:
4pm – 5pm
Bring a packed lunch
for full-day bookings



FLEXIBLE BOOKING

Book one half-day, a full
day, or multiple sessions.

Places limited – book early.



ART



STREET ART



FASHION DESIGN



ENGINEERING



ARCHITECTURE &
MODEL MAKING



PRODUCT DESIGN



YOUNG INVENTORS



BIG IDEAS
BRIGHTER
FUTURES
BUSINESS &
ENTREPRENEURSHIP



CREATIVE WRITING &
STORYTELLING



3 LOCATIONS

SHERWOOD
WEST BRIDGFORD
BESTWOOD VILLAGE



SUPPORTIVE, INCLUSIVE ENVIRONMENT

Make new friends
and be part of a
creative community



DEVELOP REAL-WORLD SKILLS

Build confidence
for a brighter future



EXPERT LED WORKSHOPS

Inspiring, practical
and hands-on



FUN CREATIVE SESSIONS

New skills, new friends,
brighter futures!



BOOK NOW!

SPACES FILL FAST!
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0115 646 2016



info@macademia.co.uk

THE SEASON AHEAD

More than just lessons

Our Saturday lessons help young players get ready for a busy year of competitive chess across the county and beyond.

Represent Nottinghamshire

Strong players can be selected for our county squads:

- 🏆 Under-9s county team
- 🏆 Under-11s county team
- 🏆 Girls' team
- 🏆 Development squads

Dates for your diary

Sat 10 Oct	NPSCA Grand Prix Tournament (6 rounds)
From Nov	Schools' League matches begin
2-4 July	National Youth Championship at Nottingham High School

Full calendar at nottsprimarychess.uk/dates

THE COURSES

A group for every player

Children are placed in one of four groups so that everyone learns at the right level — from complete beginners to county team players.

1	Very experienced Usually Years 5-6: Under-11s County team players 9:00am - 12:00 noon
2	Good players Years 5-6: Development squad 9:00am - 12:00 noon
3	County & development Years 3-4: Under-9s County team and Development squad players 9:00am - 12:00 noon
4	Developers & beginners Years 2-3: older pupils new to chess are welcome too 10:30am - 12:00 noon

Not sure which group? Just tell us about your child's experience when you book.

FIND US

Venue

Nottingham High School

53-61 Forest Road East
Nottingham NG1 4HH

Please use the Senior School playground entrance on Forest Road East.

GET IN TOUCH

Contact us

Email
info@nottsprimarychess.uk

Website
nottsprimarychess.uk



Scan for course details

2026 / 27 CALENDAR

Lesson dates

1	LESSON 1 • 2026 Saturday 3rd October
2	LESSON 2 • 2026 Saturday 21st November
3	LESSON 3 • 2026 Saturday 12th December
4	LESSON 4 • 2027 Saturday 9th January
5	LESSON 5 • 2027 Saturday 30th January
6	LESSON 6 • 2027 Saturday 13th February

All lessons are on Saturday mornings

Groups 1-3: 9:00am - 12:00 noon
Group 4: 10:30am - 12:00 noon
Nottingham High School, NG1 4HH

NOTTINGHAMSHIRE PRIMARY SCHOOLS CHESS ASSOCIATION



Chess Lessons

2026 - 2027

Master Chess with Confidence

Saturday morning coaching
for primary school children aged 6-11

First lesson: Sat 3rd October

From beginners to county players
All coaches DBS checked

PRICES & BOOKING

Book a place

£10
per session

£25
any 3 sessions

Payment is by bank transfer to NPSCA.

How to book

Email info@nottsprimarychess.uk with:

- 1 Your child's full name
- 2 Date of birth
- 3 School attending in 2026/27
- 4 School year
- 5 Which sessions you would like
- 6 Their chess experience

Advance booking is advisable.

What to bring

Your child's own drink and a small snack. All our chess coaches are DBS checked.



Master Chess with Confidence

SKI TASTER SESSIONS

sharksskiclub.org.uk

2026



Sat 3rd/10th Oct

9.30-11.30am

Swadlincote Snowsports Centre

Swadlincote, Derbyshire DE11 8LP

Adults: £20.00
Children: £17.50

payable online in advance
(non-refundable)

Whether you
are a complete
beginner, or can
already ski, why not
come along
and....

Give
it a go

**Exceed your
expectations...
...release your potential!**

Try out your ski legs with our next Taster Sessions!

★ Ideal for School Ski Trip Prep ★

All
equipment
& instruction
included



SCAN TO BOOK:

For details email:
info@sharks.org.uk



★ **BOOKING ESSENTIAL by 19/09/26** ★

Session #1 Sat 3rd Oct, Session #2 Sat 10th Oct
You can sign up to either date or both dates

FE-FI-FO-FUN! Meet Your Jack and the Beanstalk Cast!

Your favourite Palace Theatre panto stars are back!

Join returning favourites Laura Pigott, Steven Pinder and Breanna Bradshaw alongside a fantastic cast in this year's GIANT festive adventure, Jack and the Beanstalk.

Magic beans. A castle in the clouds. A fearsome Giant.
And plenty of FE-FI-FO-FUN!

8 December - 3 January



Learn to Swim *with* Core Aquatics



**A Multi-Award Winning,
Local Swim School**

Children 3+ Years and Adults of ALL ABILITIES

- Teachers in the Water
- Small Class Sizes (4,5 or 6 Per Group)
- Fun and Engaging Lessons
- Individualised Programmes
- Regular Progress Updates
- Experienced and Supportive Team

Nottingham High School Children's Classes:

Saturday 1330-1800
Sunday 1400-1800

West Bridgford School

Children's Classes:

Wednesday 1800-1845
Saturday 0800-1000, 1645-1845
Sunday 1530-1900

Adult Classes:

Sunday 1900-1930

*We maintain waiting lists for children under 3 years.
Please contact us to register.*

hello@coreaquatics.co.uk | www.coreaquatics.co.uk | 07920 687331





NEW BEGINNER DANCE CLASSES



STREET/FUN | 4.30PM - 5.15PM
AGES 4-12 YEARS



FREESTYLE | 5.15PM - 6PM
AGES 4-12 YEARS

ALL ABILITIES WELCOME



LOCATION: **EDWALTON CHURCH HALL**

CONTACT

★ **TARA LYN** ★

tlacademynotts@gmail.com

Dear Parent/Carers

In partnership with the school, the Public Health Nursing Service (Healthy Family Teams) would like to welcome you into your journey through education. We know there may be times throughout your child's development you may want to access information, advice and support provided by your local Healthy Family Team. The Healthy Family Teams across Nottinghamshire work with families who have children 0-19 that live in or attend schools in Nottinghamshire providing Health Visiting and School Nursing advice and interventions.

The Healthy Family Team offer a variety of brief interventions and early support should you need this. We offer advice and support for behaviour, sleep, toileting (day and night), growth, development and healthy lifestyle. If you are unsure if your child is up to date with all their immunisations, please get in touch with your GP surgery who will be able to advise.

We recommend all children attend opticians and dentist regularly (all appointments are free up to the age of 16 years).

If you have any concerns about your child's hearing, please contact your GP.

There are several ways you can contact the Healthy Family Team, please see the list below.

- Advice Line, telephone 0300 123 5436 Monday-Friday 9am-4:30pm
- Parentline (text messaging service for parents and carers) 07520 619919
- Further information can be accessed on Nottinghamshire Healthcare's Healthy Family Teams website: www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams

Here are some useful services and links where parents, carers, children and young people can access support independently.

- **Parentline 07520 619919** – Healthy Family Teams confidential texting service to provide parents and carers advice around feeding, child development, parenting advice and support, emotional health and wellbeing, behaviour difficulties and family health.
- **Health for Kids** – <http://www.healthforkids.co.uk/nottinghamshire> – this is an NHS site supporting young children and parents.
- **ChildLine** 0800 1111 www.childline.org.uk
- **Your Notts Directory** – <https://www.yournottsdirectory.org.uk> – this is a site for advice, information and local services available.
- **Mental Health Support teams (MHST)** - Tel 0115 8760167
<https://www.nottinghamshirehealthcare.nhs.uk/camhs-mental-health-support-teams> - Early intervention mental health and wellbeing service.
- **School age Immunisation service** - Tel 03333 583 397 Option 4
www.intrahealth.co.uk/services/nottinghamshire-school-aged-immunisation-service/
- **ERIC** – www.eric.org.uk – provide information and advice for children and teenagers with bladder or bowel conditions.
- **Children's Bereavement Centre** - Tel 01636 551739
<http://www.childrensbereavementcentre.co.uk/> – Support following a bereavement or loss.
- **The Sleep Charity** – www.thesleepcharity.org.uk – providing information around sleep.
- **Change for Life** - www.nhs.uk/change4life
- **Be U Notts** – www.beusupport.co.uk – mental health support

Yours sincerely

Healthy Family Team

We are committed to listening and responding to the views and experiences of patients and carers. If you have any comments or concerns or wish to complain you can let us know by contacting the Patient Experience team on 0115 993 4542, email complaints@nottshc.nhs.uk alternatively you can post your stories or comments online via <http://feedback.nottinghamshirehealthcare.nhs.uk/leave-feedback> or Care Opinion www.careopinion.org.uk



TENNIS LESSONS

ADULT & JUNIOR GROUP SESSIONS
ALL ABILITIES WELCOME



IMPROVE YOUR TECHNIQUE, FITNESS & CONFIDENCE ON COURT
LESSONS AVAILABLE SATURDAY MORNINGS

MUSTERS TENNIS CLUB

Musters Road, West Bridgford, Nottingham, NG2 6BG

BOOK YOUR SPACE TODAY

CONTACT PHIL

MOBILE: 07891708420

EMAIL: POINTBYPOINTTENNIS@GMAIL.COM

FACEBOOK: [POINTBYPOINTTENNIS](https://www.facebook.com/POINTBYPOINTTENNIS)

POINTbyPOINT
TENNIS

Craft Club



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

9.30-11am

on these Mondays & Tuesdays:

19th October - Autumn

20th October - Harvest

26th October - Crafts of Light

27th October - Bonfire night

21st December - Christmas

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



SAM OLDHAM

GYMNASTICS CLUB

LED BY
OLYMPIC
MEDALLIST
SAM OLDHAM

COACHED BY
TEAM GB
ATHLETES

RECREATIONAL **CLASSES**

STARTING ON

WEDNESDAY
SEPTEMBER 2ND

THURSDAY
SEPTEMBER 3RD

 **RUSHCLIFFE ARENA**
WEST BRIDGFORD, NOTTINGHAM



FUN & ENGAGING
WEEKLY SESSIONS



DEVELOP SKILLS
FOR LIFE



BUILD STRENGTH,
CONFIDENCE &
COORDINATION



WORK TOWARDS
THE OLYMPIC
RINGS AWARD
SCHEME



PROFESSIONALLY
COACHED BY
TEAM GB
ATHLETES



SCAN THE QR CODE OR FOLLOW THE LINK
TO JOIN THE WAITING LIST AND REGISTER YOUR CHILD FOR A

FREE TRIAL!



<https://app.a2bmanager.com/club/Samoldhamgymnastics>

SAMOLDHAMGYMNASTICS.COM

KARATEZONE.COM



Dear Parents/ Legal Guardians

We would like to invite your child to a **free** session with us at **Rushcliffe Arena**, we will also provide everything needed to get your child started should they want to continue after this free session (**Uniforms, Licence and Insurance**)

Choosing **our academy** will give **you** the following piece of mind

- Your child will learn how to **protect themselves** and learn **street safety**
- We aim for the children to **enjoy** each lesson whilst at the same time maintaining class discipline
- Your child will benefit from increased **concentration and focus** which in turn will help them with their academic studies
- Each class has up to **4** fully qualified, first aid trained, insured, DBS checked **male and female Black Belt instructors**
- Fees are charged on a month-to-month basis with **no joining fee or cancellation fee/period** (£34 for individuals or £54 for siblings)
- Everything else is **free** to get the children started (insurance, uniforms, license etc)

AVAILABLE SESSIONS

RUSHCLIFFE ARENA (Rugby Road, West Bridgford, Nottingham NG2 7HY)

- **SUNDAYS 2.45- 3.30PM OR 3.30- 4.15PM**
- **MONDAYS 3.55- 4.40PM OR 4.40- 5.25PM**

To book a **free lesson** for your child please send a **text message** to **07530 542965** with your child's name, date of birth and chosen session time **or** if the above time/day is not suitable please visit our website (**www.karatezone.com**) for alternative options.

Autumn Edition Newsletter



Welcome to the Autumn edition of the Nottingham Oral Health Improvement Newsletter.

As professionals working with children and families, you play an important role in promoting positive oral health behaviours. Whether through everyday conversations, creating tooth-friendly environments, supporting supervised toothbrushing, or signposting families to dental services, your influence can help children develop healthy habits for life.

This newsletter contains seasonal oral health messages, practical activities, resources and training opportunities to support your work during the autumn term.



Autumn oral health tips

October brings plenty of Trick-or-Treat sweets, making it easy for little ones to snack more often throughout the day.

Try to save sugary foods and drinks for mealtimes. This helps protect teeth from frequent acid attacks and keeps smiles bright!

Pop leftover sweets out of sight, and offer just one or two pieces as a dessert treat.

Encourage children to swap extra sweets for a fun small toy, a new book, or a special family activity together.



Alternative Treats to Hand Out

Fun non-food treats: Try spider rings, bouncy balls, temporary tattoos, bubbles, or glow sticks instead of sweets.

Mini savoury snacks: Tooth-friendly alternatives include cheese portions, breadsticks, or rice cakes.



Half-term dental check-up reminder

We understand it can be tricky to fit dental check-ups into busy school timetables. Regular visits help catch any problems early, prevent bigger issues down the line, and support children's healthy habits, confident smiles, and overall well-being. Encourage families to book appointments well ahead of the Half Term holidays for peace of mind!

Toothbrushing tips

Brush twice daily with fluoride toothpaste, including once before bed and on one other occasion. Encourage children to brush for a full two minutes. Remind children to spit out excess toothpaste after brushing and avoid rinsing with water. Children under 7 years old should be supervised while brushing their teeth.



Click to
find a
dentist
here!





AUTUMN ACTIVITIES

Community
Dental
Services

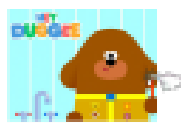
Share a Toothbrushing Chart and Leaflets

Create a colourful brushing chart for the Autumn holidays. Children can add a sticker each time they brush, aiming for a full chart by the end of each week. Offer small tooth-friendly rewards for consistency.



Recommend Brush Along Apps

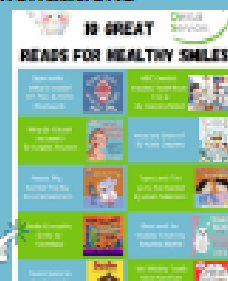
Brush DJ or a guided brushing video on YouTube are great fun.
Click the images below and try it yourself.



Storybook recommendations

Read children's books about visiting the dentist or taking care of teeth.

Click the picture to see some popular options



Try an Autumnal Oral Health Scavenger Hunt!

A scavenger hunt is a game where a player or teams try to find specific items, take certain photos, or complete the task on the list.

Pumpkin Smile Craft

Encourage children to create smiling pumpkin faces using craft supplies. Use this to talk about what makes a healthy smile and the importance of brushing.



Free Oral Health Training for Professionals

This autumn, take part in our free oral health webinars for professionals working with children. Learn about oral health advice for children and practical ways to support children's oral health. Our sessions are friendly, informative, and evidence-based. Sign up today and help keep young smiles healthy!



Supervised Toothbrushing Programme in Nottingham City

Help children shine with healthy smiles this Autumn! If you're an early years setting in Nottingham City, you can join our FREE Supervised Toothbrushing Programme—available for schools, nurseries, and childminders. Our friendly team delivers everything you need to make toothbrushing fun and easy, with fully funded resources and expert support. Teaching good brushing habits early means brighter smiles and healthier teeth for life. Want to get involved? Contact us to learn how your setting can take part and make a difference—one brush at a time!

