

BERRIDGE PRIMARY NEWSLETTER

"Working together to achieve success"

September 2026



Curious

Resilient

Cooperative

Reflective

Respectful

Responsible

UPCOMING EVENTS

- **Thursday 17th September** - Welcome Coffee Morning at the Brushfield Site; 9 - 9.30am
- **Tuesday 22nd September** - Year 1 Phonic parents meeting; 9 - 9.30am
- **Monday 28th September** - Year 5 Planetarium
- **Tuesday 29th September** - F2 Phonic Parents meeting; 9 - 9.30am
- **Monday 5th October** - Whole school photo day
- **Wednesday 7th October** - Brushfield Parents Evening; 3.30 - 6pm
- **Thursday 8th October** - Harvest Festival
- **Tuesday 13th October** - Year 4 Parent Reading Meeting; 9.30 - 10am
- **Wednesday 14th October** - Bobbers Mill Parents Evening; 3.30 - 6pm
- **Friday 16th October** - Last day of school before October half term.
- **Monday 2nd November** - Back to school

For more information visit the school website at: berridgeprimary.com

PARENTS EVENING

We have Parents Evenings planned for later this term, where you will get the chance to speak to your child's new class teacher.

Brushfield - Wednesday 7th October.
Bobbers Mill - Wednesday 14th October.

Booking will open soon on the [Arbor App/Parent Portal](#). If you are having any issues logging in then please contact the school office.

If you have any queries please speak to your child's class teacher, they are normally available after school whether that is on a playground at Brushfield or by the classroom door at Bobbers Mill.

PSHE - AUTUMN 1

School has begun to use Muse Wellbeing PSHE Resources.

The overall focus for the Autumn term is Health & Wellbeing.

The topic for this half term is healthy minds & healthy bodies.

We believe that safeguarding children is everyone's responsibility. At Berridge we are committed to keeping our children safe from harm. Mrs Maltby, Miss Davis, Ms Phillips, Mrs Qudus and Ms Hafeez have responsibility for safeguarding and child protection. If we have any concerns reported to us we will always take action to protect a child and inform the relevant agencies where necessary.

Nut Free School

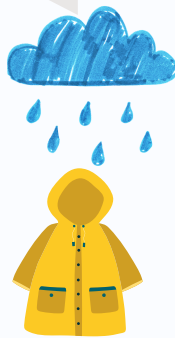
We currently have children in school who suffer from serious nut allergies. To keep these children safe please can we ask parents not to send in any foods containing nuts, this includes packed lunch and snack items. Berridge does aim to be a nut free school. All the food that leaves our school kitchen is free from nuts.



Changeable Weather

Please can we remind parents that the children should be coming to school dressed for all weathers.

Autumn weather can be very changeable so the children need to bring a coat to school each day.



Goodbye

Staff News

Good Luck!

I am sure you will join us in wishing Ms Lewis-Gordon, our Learning Mentor, all the best in her new job!

During her time at Berridge she has provided invaluable support to many of our children, helping them to develop their confidence, manage challenges and look after their mental health and wellbeing. Her kindness and compassion have made a real difference to the lives of so many children. She will be greatly missed by children and staff, and we wish her every happiness and success for the future.

Welcome to our new staff members, Mrs Hann our new Assistant Head and our new Reception teachers; Mrs Thorneloe and Miss Little. I know they are all excited to get to know all the families at Berridge.

Healthy Snacks and Healthy Packed Lunch



Bobbers Mill - Please ensure that your child comes to school every day with a drinks bottle containing only water. At Bobbers Mill the children are given pieces of fruit for free.

Brushfield - Please ensure that your child comes to school every day with a **healthy snack** and a drinks bottle, containing only water.

Please can we ask parents to ensure that their child's water bottle isn't damaged or leaking as water can ruin the items in their bags.

At Brushfield, fruit is available to purchase from the school tuck shop. It is 20p for a fresh piece of fruit or a box of raisins.

If your child brings a packed lunch to school, please can parents ensure that it is a healthy one.

Thank you.

Healthy
Sandwich
Fruit
Yogurt
Water

Unhealthy
Cake
Chocolate
Biscuits
Fizzy drinks
Fast food of any kind



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ATTENDANCE MATTERS



School is more than schoolwork

Regular attendance helps children build:

-  social skills
-  confidence and resilience
-  friendships
-  feel connected to their school community
-  learn that working through challenges can be rewarding

THE IMPACT OF MISSED DAYS

Attendance rate	Days absent	Approx. weeks absent	Lessons missed
95%	9 days	≈ 2 weeks	50 lessons
90%	19 days	≈ 4 weeks	100 lessons
85%	29 days	≈ 6 weeks	150 lessons
80%	38 days	≈ 8 weeks	200 lessons

Missing even one day each week means a child is missing out on **20%** of their education.

If attendance is difficult, talk to school – support is available.



Nottingham
City Council

Source: Nottingham City Council –
School Attendance / Attendance Matters
nottinghamcity.gov.uk/school-attendance

Together
for brighter
futures

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FOCUS PAGE - YEAR 4



This term has only just begun but the year 4s have already been very busy. They have been getting to know each other through team building activities.



In English, our pirate party was not what we expected! We will be spending the next few weeks writing an email of complaint about our experience.



This term's topic is 'Can you find the treasure?' To start this off we had a treasure hunt around the school where children had a clue and they had to answer that question. They then moved to the next clue until they had found the treasure (biscuits). We all had so much fun doing this.



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BACK TO SCHOOL EMOTIONS

Starting something new can bring up big feelings. You are not alone.

It's normal to feel worried, nervous or unsure. Let's understand and manage our emotions together.



HOW MIGHT I FEEL?

It's okay to feel lots of different things. Here are some feelings you might experience:



WORRIED



ANXIOUS



SAD



ANGRY



UNSURE



EXCITED

WHY MIGHT MY FEELINGS BE HEIGHTENED?

A new school year can bring changes like:



New teachers or classmates



New routines and expectations



More school work



Worries about fitting in



Leaving home or being away from people you love



★ WHAT CAN I DO? ★

THINGS THAT CAN HELP



TAKE DEEP BREATHS

Breathe in for 4, hold for 4, breathe out for 4.



TALK ABOUT IT

Share how you feel with someone you trust.



FOCUS ON THE POSITIVES

Think about the good things ahead.



PREPARE & PLAN

Get organised and take it one step at a time.



LOOK AFTER YOUR BODY

Eat well, get enough sleep and move your body.



KIND THINGS TO SAY TO MYSELF

I can handle new things.

It's okay to feel this way.

I am strong and brave.

I will take it one step at a time.

I can ask for help.



WHO CAN HELP ME?



FAMILY



FRIENDS



TEACHERS



SCHOOL STAFF

You don't have to go through it alone. There are people who care and want to help.

★ REMEMBER

- ★ Feelings come and go.
- ★ It's okay to have ups and downs.
- ★ You are stronger than you think.
- ★ Every day is a new chance to try again.



You've got this!



BE KIND TO YOUR MIND. YOU MATTER. YOU BELONG. ♥

If you are feeling overwhelmed or just need someone to talk to, reach out. Asking for help is a sign of strength.



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