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Dates for your diary



This week...

Wednesday 15 July 2pm - Y6 performance 'Ali Baba and the Bongo Bandits'

Thursday 16 July 2pm & 5pm - Y6 performance 'Ali Baba and the Bongo Bandits'

Next week...

Thursday 23 July 1.15pm - Y6 Leaving Assembly with parents/carers

Thursday 23 July 5pm - Y6 Leaving Disco

Friday 24 July - Last day at school

Details for any future trips or events will be provided nearer the time.

Summer Term

Monday 27 July - INSET (children not in school)

Tuesday 28 July - School holiday (school closed)

Autumn term 2026-2027

Tuesday 1 September - INSET (children not at school)

Wednesday 2 September - children back to school

Wednesday 23 September - Year 5 to Holocaust Centre

Friday 16 October - last day at school

Monday 19 October to Friday 30 October - Half term holiday (school closed)

Monday 2 November - children back to school

Friday 18 December - last day at school

Monday 19 December to Friday 1 January - Christmas holiday (school closed)

Spring term

Monday 4 January 2027 - children back to school

Friday 12 February - last day at school

Monday 15 February to Friday 19 February - Half term holiday (school closed)

Monday 22 February - INSET (children not at school)

Tuesday 23 February - children back to school

Monday 15 March - Tuesday 16 March - Year 4 Residential

Thursday 25 March - last day at school

Friday 26 March to Friday 9 April - Easter holiday (school closed)

Summer term

Monday 12 April - children back to school

Monday 3 May - Bank Holiday (school closed)

Tuesday 25 - Wednesday 26 May - Year 5 Residential

Friday 28 May - last day at school

Monday 31 May to Friday 4 June - half term holiday (school closed)

Monday 7 June - children back to school

Friday 23 July - last day at school

Monday 26 July - INSET (children not at school)

Tuesday 27 July - INSET (children not at school)

Wednesday 28 July - INSET (children not at school)

Thursday 29 July - school holiday (school closed)

Nottinghamshire HAF Activities



The Holiday Activities and Food (HAF) programme is funded by the Department for Education. The programme aims to support the wellbeing of children aged between 5 and 16 years, focusing on physical and mental wellbeing by providing a variety of face to face activities during school holidays.

Local activity providers run sessions that are fully funded for children and young people aged five to 16 years and receiving benefits-related free school meals. Most holiday clubs also offer paid places.

Included in each session is a meal. This may be breakfast or lunch depending on the programme offered.

The aims of the programme are:

- to support children to eat healthily

- to support children to stay active during school holidays
- to support children in their understanding of health and nutrition
- to support families to be engaged with local support services.

Contact the HAF team by email if you think you could be eligible: HAF@nottsc.gov.uk

[Visit their parents and carers page for more information on funded places.](#)

MHST Parent Newsletter


**MENTAL HEALTH
SUPPORT TEAM**


Parent/Carer Newsletter


**SUMMER
EDITION
2026**

"Self-care is not self-indulgence, it is self-preservation!" - Robin L. Lark

As we approach the summer holidays, take a moment to reflect on self-care. While caring for your children and others in your life, it's important to consider your own wellbeing too. Ask: Am I doing enough to look after myself too? If not, we hope this newsletter offers some helpful tips and ideas to get you closer.

NottAlone 2026

Students from Nottinghamshire schools will be taking part in the NottAlone Live event on the 7th & 8th July. The theme this year is 'Self-Care Summer'.

Self-care means prioritising your health, wellbeing, and happiness. Being kind to ourselves when we are struggling and making time for meaningful activities improves resilience and helps us to cope with life's challenges.

The MHST will deliver **Get Arty & Active** workshops for Primary pupils and **Kindness is Key** workshops for Secondary pupils. Our workshops will have various exciting activities to help children identify and celebrate their strengths, relax and recharge, and explore how to look after their health and wellbeing.

Look out for MHST across Nottinghamshire this summer

- Colgrave Library & Creswell Croft 29th July
- West Bridgford Lock in the Park 31st Aug
- Eastwood Fun day 6th Aug
- Beeston Library 10th Aug
- Mansfield Library 11th & 25th Aug
- Rushcliffe Family Hub Fun day Radclinton 10th Aug
- Gedling Firslands Farm Park 4th Aug
- Stonebridge City Farm 5th Aug

WE ARE OPEN FOR REFERRALS ALL SUMMER!

Self-Care Summer

Here are some ideas of self-care activities that you could create together with your children over the summer!

Self-care jar



A jar filled with small pieces of paper, each with a self-care activity written on it. Activities include: Take a walk, Listen to music, Watch a favourite TV show, Read a book, Draw, Dance, Hug yourself, etc.

Self-care ingredients list



A list of self-care activities categorized by ingredients like 'Time', 'Energy', 'Joy', 'Connection', etc. Examples include: Spend time with loved ones, Get some fresh air, Try a new hobby, etc.

Self-care bingo card



A bingo card with various self-care activities listed in the squares. Activities include: Take a walk, Listen to music, Watch a favourite TV show, Read a book, Draw, Dance, Hug yourself, etc.

[CLICK HERE FOR MORE SELF-CARE RESOURCES FOR YOUNG PEOPLE](#)

Parent Corner

Life is so fast-paced it can feel hard to keep up with everything we have to do. Here are 5 Quick Tips with their basis in Cognitive Behavioral Therapy to help out...

1. Cut morning stress and decision fatigue by preparing the night before; streamline your routine by picking clothes, packing bags, and prepping lunch ahead of time.
2. If you struggle to focus when there's clutter but have little time or motivation to tidy, use every trip on the stairs to move something to its rightful place.
3. Build in multiple small wins for yourself by breaking big tasks down. For example, "tidy the kitchen" becomes "put away dishes," "wipe surfaces," and "sweep the floor."
4. Reduce overwhelm and boredom by tackling annoying life admin like paperwork, and booking appointments in one monthly half-day session.
5. Break the habit of avoiding tasks by following the rule "If it takes less than five minutes, do it now!"

Find helpful videos and resources on our website

NHS
Nottinghamshire Healthcare
NHS Foundation Trust

MENTAL HEALTH SUPPORT TEAM

Parent/Carer Newsletter

SUMMER EDITION 2026

MHST Parent Offer...

Without a Referral:

- Talk to us at Parents Evening Stands
- Children's Emotional Health and Wellbeing Webinar
- Understanding Your Teen Webinar
- Self-warm Webinar

With a Referral:

- Managing Anxiety with your Child (MAC) Parent Group
- Intro to Neurodiversity and Anxiety (ND&A) Parent Group
- Forever Families Group (Positive Behaviour Management)
- Parent Adolescent Relational Training (PART) Group

Activity Ideas to try at Home...

Younger children activities:

- Try some outdoor yoga/exercise outdoors
- Read a book or listen to an audiobook
- Practice some mindful eating- raisins or maltasers are great

Older young people activities:

- Have a spa day at home & enjoy a little pamper session
- Take time away to be still and do some meditation
- Sit on the lawn/outside and listen to the nature around you

MHST Feedback

"The course was really eye-opening. My husband and I can really appreciate why you work with parents now - it has been so useful for us. My daughter... is now on her 4th week of attending school every day without feeling nervous. The mornings for our family feel normal again!"
- Parents following WMC Group

"They gave me the help so I knew what to do in bad situations."
- Young Person

"They learned a lot and found the group experience really validating. Their house is now much calmer in the evenings. They would recommend the course to anybody, even if they are worried about doing it."
- Parent verbal feedback following NDA Group

Calendar dates Autumn-Winter 2026:

24 July - WHO Self Care Day	10 September - World Suicide Prevention day	October - Black History Month
30 July - UN International Day of Friendship	10 October - WHO World Mental Health Day	3 December - UN International Day of Persons with Disabilities
	16-20 November - Anti Bullying Week	

Click on the icons below for further information...

Referral Information

If you and your child could benefit from a referral for targeted work, either ask to speak to the Mental Health Lead in your child's school, or refer yourselves...

Follow this QR code for the online self-referral form.

Select that you are a Parent/Carer of a child at an MHST school and specify your child's school on the drop down.

This helps the MHST get your referral as promptly as possible.

Find out more about the MHST and look at resources on our webpage: [CAMHS - Mental Health Support Teams](#)

Find Notts Healthcare Mental Health Services online...

info@nhs.uk info@nhs.uk

Useful Contact Details

Childline: 0800 1111
Samaritans: 116 123

If you develop significant concerns about your child's safety and wellbeing, you can call these numbers for advice and support:
CAMHS Crisis Team: 0193 844 0540
24 Hour All Ages Crisis Number: 0800 196 3779
Always dial 999 or visit A&E in emergencies

A reminder about early collections

As you will be aware, the current heatwave has led to high temperatures this week. In line with Department for Education (DfE) guidance, school remains open as normal, and we are taking appropriate measures to keep children comfortable and safe throughout the day, including encouraging regular drinks, providing shaded areas where possible, and adapting activities where needed. We kindly ask that, wherever possible, children are not collected early. Early collections can be disruptive to both your child and the learning of others. Thank you for your understanding and continued support.



Exercise Books



As we approach the end of the school year, you may notice that your child does not bring all of their exercise books home - only completed exercise books will be sent home. Any books that are still in use will be passed on to your child's new class so that they can continue working in them next year. We believe this helps to make each child's learning journey just that - a continuous record of their progress, achievements and development over time. Thank you for your understanding and support.

Breakfast Bagels

We would like to let families know that, from September, we will no longer be able to provide our free breakfast bagels. Unfortunately, the funding for this initiative has come to an end, meaning the programme is no longer available to schools. We know that many of our children have enjoyed and benefited from the breakfast bagels, and we are disappointed that we are unable to continue offering them.

However, from September, all children will have access to our **free Breakfast Club** provision from **8:15am**. We look forward to welcoming children into school each morning, where they will be able to enjoy a healthy breakfast and start the day ready to learn.

Uniform Reminder

As we approach the end of the school year, we would like to remind families that all children are still expected to wear full school uniform each day, including appropriate black school shoes. Thank you for your continued support in helping maintain our high standards until the very last day of term.



Year 4 Residential 2027

We are delighted to offer the residential trip to Sherwood Youth Hostel to our Year 4 pupils next year. The visit will be for 2 days and 1 night. Sherwood Youth Hostel is in the Heart of Sherwood Forest, where there's lots of exciting activities. The visit will take place from Monday 15th March until Tuesday 16th March 2027 and will cost approximately £56.00 per pupil. This price includes accommodation; full board and programme of activities for the children to take part in. This does not include transport costs and to avoid additional coach costs we kindly ask that you drop off and pick up children from the Youth Hostel at Edwinstowe. This worked really well the last time we visited!

If you would like your child to take part in this residential, please return the slip below with a £15.00 deposit to secure a place by Friday 18th September. Please be aware that the £15.00 deposit is non-refundable and places are limited to 42 so will be reserved on a first come, first serve basis.

- As places are limited, please do not commit your child to the trip should you have any doubt of their intention to go.

- If we do not receive enough interest, the visit may be cancelled and therefore the deposit will be returned in this instance.

- Please note that all other payments must be paid online through your child's ParentPay account. We can only accept the initial £15.00 deposit in cash. The remaining balance of £41.00 will need to be paid by January 2027. For your convenience, instalments will be created within ParentPay to enable you to do this and we will provide further information once your child has secured a place.

Year 5 Residential 2027

We are excited to be able to offer a residential trip to The Mill Adventure, Kingsmill Reservoir for our Year 5 children next year! The visit will take place from Tuesday 25th May 2027 to Wednesday 26th May 2027 for 1 night and will cost £160.00 per pupil. This price includes transport, pod accommodation; full board and a jam-packed programme of activities for the children to take part in.

If you would like your child to take part in this residential, please return the slip below with a £25.00 deposit to secure a place by Friday 18th September. Please be aware that the £25.00 deposit is non-refundable and we only have places for 36 children. Therefore, places will be allocated on a first come first serve basis.

- As places are limited, please do not commit your child to the trip should you have any doubt of their intention to take part.

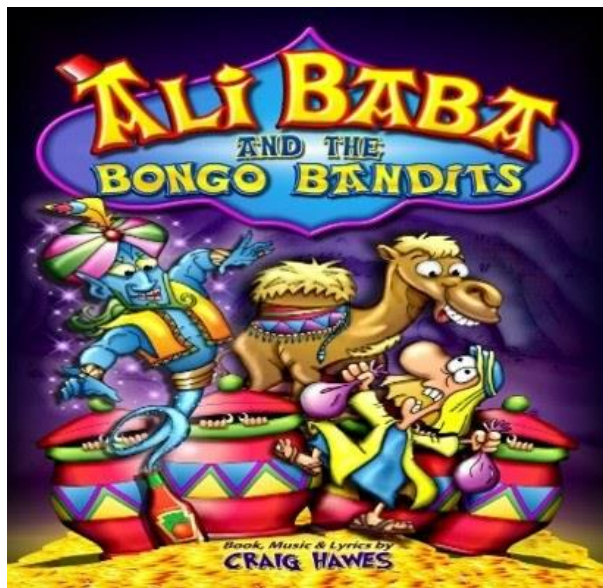
- If we do not receive enough interest, the visit will be cancelled and therefore the deposit will be returned in this instance.

- Please note that once your child has been allocated a place – all future payments will need to be paid via ParentPay. A payment plan will be created detailing amounts due and time frames in which to be paid by. For example, an additional £25.00 may need to be paid by the end of each month until the balance is paid. The total balance will need to be paid by March 2027. Further details will be sent out once places have been confirmed.

- By signing the reply slip, you are agreeing to meet the payment deadlines, and if these are not met, we reserve the right to remove your child's place without a refund.



Year 6 Performance - Reminder



Our Year 6 children have been working incredibly hard preparing for this year's end-of-year production, *Ali Baba and the Bongo Bandits*. We are looking forward to showcasing their talents and are sure that audiences will enjoy this fun-filled performance.

The performances will take place on:

- **Wednesday 15th July at 2:00pm**
- **Thursday 16th July at 2:00pm**
- **Thursday 16th July at 5:00pm**

Tickets are now available to book via **ParentPay!**

Please be aware that tickets are limited to 2 per child per performance.

We know how much effort the children have already put into rehearsals and we are excited for them to share their hard work with family and friends. We hope to see you there!

Year 6 Leavers' Events



alamy

Image ID: 34096A2
www.alamy.com

The end of term and the end of their time at Sherwood for the Year 6 pupils is fast approaching. We know that this is a special time for the children and we have some events planned to help make this time memorable.

Leaver's Assembly

To celebrate the Year 6's time at Sherwood, we would like to invite all the Year 6 parents/carers to a special assembly on **Thursday 23 July at 1.15pm**. This will be a celebration of their journey at Sherwood, a time to share the most memorable moments and few other surprises along the way! ***This event will take place in the bottom hall to ensure it is accessible to everyone.***

If you would like to, you can take your child home after the assembly so they have time get 'party ready!'

Year 6 Leaver's Disco

To celebrate the end of their time at Sherwood - Year 6 will be having a Leaver's Disco on **Thursday 23 July**. This will be held at school in the lower hall. Children are invited to come back to school from **5:00pm-6:30pm** and dress in 'party' clothes!

Tickets are priced at £5.00 and this will include a disco, chip cob, drinks and treats. Your child will need to be collected from school by an adult at the end of the disco.

If your child would like to attend, please make the payment on ParentPay.

Important...

We understand that the children will be wanting to take photos during the disco. The children will **NOT** be allowed to use their own phones or devices during the disco. Our usual school rules about phones and devices will apply. Our school iPads will be available for them to use and we will share all the photos on our website once we have checked them to

ensure they comply with the parental permissions we have in school. If we see a child using their own phone, it will be removed and a parent or carer will be asked to collect it after the disco.

Year 5 Autumn Trip to The Holocaust Centre

On Wednesday 23rd September, as part of the Year 5 learning about World War Two, pupils will visit The Holocaust Centre for a powerful and thought-provoking educational experience. Through an immersive exhibition, children will journey through history while exploring themes of identity, belonging and moral responsibility. They will follow the story of Leo, who grew up in Berlin during the 1930s, and discover how life changed for him during the war. The visit will encourage empathy, reflection and discussion, helping pupils make meaningful connections between their classroom learning and the importance of respect, tolerance and challenging prejudice in the world today.

The cost of the trip per child is £15.50. Please make payment via ParentPay. You must also give consent for your child to attend the trip and provide an emergency contact number for the day of the trip via ParentPay.

If you are experiencing financial difficulties at this time and would like to discuss this, please contact the school office.

The coach will leave school at 9:10am so pupils will need to arrive on time to be registered prior to the trip. We will arrive back at school for the normal finishing time of 3:20pm, however if this changes significantly we will contact you by text.

Children are expected to wear full school uniform. Children will need a healthy packed lunch and drink (no fizzy drinks) in a bag or lunchbox. If your child receives free school meals and you would like school to provide a packed lunch, you will have the opportunity to order one via ParentPay.

Any parents with a DBS check carried out by school, who are available to support us on this day, please let us know.

Please make payment via your ParentPay account along with the necessary consent and contact details by 16th September 2026.

Sports Achievements

Congratulations to our amazing Year 3 pupil for participating in the incredibly challenging Tough Mudder event! Her medal is huge but her smile was even bigger! A huge well done!



Golden Tickets



Golden tickets are awarded by our Senior Leaders (Mrs Stevens, Mrs Burton, Mrs Naylor, Mrs Bradbury & Mrs Seals) to individuals, groups or the whole class for demonstrating our school core values, including their attitude to learning and behaviour. Each of the 5 staff members have 20 golden tickets to present each week. Each class collects their golden tickets and a weekly total is shared in assembly. The overall scores are displayed on our leader board in the upper hall. The class with the most golden tickets at the end of the half-term receives **£50** to spend on a treat!

Well done to **4S** for being golden ticket winners for this week and achieving an amazing **7** golden tickets!

Well done to **6P** who are in the lead for this half-term's £50 golden ticket prize - amazing work!

Attendance



The overall attendance for the last week was **90.8%**

155 pupils had 100% attendance during last week - amazing work Sherwood!

We monitor the children's attendance every day and will contact parents where there are concerns. If your child is unwell, please contact the school office to inform us of your child's absence.

Last week's attendance winners were:

1st: 5BL 94.7% - **Super!**

2nd: 5B 94.5% - **Great!**

3rd: 6P 93.8% - **Good!**

Recent Illness or Concern

Information on what to look for and when and where to seek help if you're concerned about an illness that your child may have recently developed (NHS Nottingham and Nottinghamshire Health and Care)

[Child 5 - 11 Years](#)

Too ill to attend school?

Please see the NHS school checklist poster for a quick guide of when to keep your child off school

[Should I keep my child off school checklist poster](#)

Pharmacy first Minor ailment

Here's a reminder about the Pharmacy First Minor Ailment information. It covers the ailments that can be assessed and treated, if needed within the pharmacy without the need for a GP appointment usually on the same day (unless the condition is particularly severe or complex) enabling the child to return to school sooner than waiting for an appointment, starting antibiotic treatment more quickly if needed or offering over the counter medication to enable the condition to be eased and facilitate return to school.

Use the link below to find pharmacies in the area providing the services.

<https://pharmacyfirstnottinghamshire.com/>



Tea Party

Well done to this week's group of Tea Party winners - you're all superstars!

Children receive a certificate, a treat and then attend a 'Tea Party' to have a drink, a treat and play games - how exciting!

Every week, our Class Teachers celebrate pupils who shine by demonstrating our Core Values—Accountability, Resilience, and Respect. Winners might show these qualities in their learning, during play or through their consistent attitude all week. It's our way of recognising and rewarding those special moments that make our school community thrive!

3H Ellie - for always showing our **3 core values** - an always child!

3M Henderson - showing excellent **accountability** in his learning, particularly during our visit to Vibrant Warsop.

4S Laura - for her **accountability** in her learning and writing brilliant sentences in English.

4B Bobbie B - for taking **accountability** in terms of everything - learning, playing, socialising. Such huge growth over Year 4!

5B Poppy - for being a **resilient** sewer!

5BL Cora - for always being **respectful** and showing our core values all of the time.

6P Oscar - **accountability** with play practise.

6B Harrison - thank you for always being **accountable** and exceptionally **respectful** at all times.



Reading Awards

Well done to these children for earning their **OPAL** Reading Award and showing an excellent level of dedication to reading at home:

Year 4 - Jack P

Well done to these children for earning their **GARNET** Reading Award and showing an excellent level of dedication to reading at home:

Year 4 - Jack P









Birthday Books

These children and their birthday books will be celebrated and given out next week.

Thank you.

This Week's School Dinner Menu

We encourage the children to look at the menu at home with their adults, to discuss what they might choose each day so that if they do not like the menu or jacket potato option on a particular day, they can bring a packed lunch.

Please see the 'Week 2' menu for week beginning 6 July



Week 2

Week commencing
20th April, 11th May,
1st June, 22nd June,
13th July

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Option	Impossible™ 'Chicken' nuggets Gluten Soya with potato balls, sweetcorn & tomato ketchup	Chicken bolognese with spaghetti, Gluten Soybean Soya crusty bread & vegetable sticks	Nottinghamshire sausage Gluten Soybean Soya with Yorkshire pudding Gluten Egg Milk mash, broccoli, peas & gravy	Bacon chop with oven chips, peas & mayonnaise Egg	Fish finger wrap Gluten Fish with jacket wedges, sweetcorn & baked beans
Blue Option	Served daily: Jacket potato with either cheese Milk & beans or tuna mayonnaise Fish Egg served with crunchy vegetable sticks or summery salad				
	Available daily: Sliced bread Gluten Soya & fresh fruit				
Pudding	Ice cream tub Milk	Cornflake tart Gluten & custard Milk	Chocolate cookie Gluten	Iced fairy cake Gluten Egg	Golden syrup flapjack Gluten

vertas Making the Difference

Nottinghamshire County Council

The menus can be also be found on our website [School Dinners | Sherwood Junior School](#)

Please ensure your child's ParentPay dinner money account is in credit and there is enough to pay for a school meal on the day, or the kitchen will be unable to provide a lunch.

Contact Us



To report a child's absence 01623 842545 phone school and leave a message on the absence line or speak to the school office.

Please note, the school office email should not be used to report an absence.

If you have any questions, please speak to your child's class teacher or contact the school office.

Visit us on the web at www.sherwood.notts.sch.uk

Follow and like us on Facebook.