



Carnarvon Primary School Weekly Newsletter 7



Thursday 16th October 2025

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www.carnarvon.notts.sch.uk

HEADTEACHER'S AWARDS

Headteacher's awards were given to the following children:

Year 6 - Dylan (6C) & Ada (6H)

Year 5 - Callum (5A) & Martha (5L)

Year 4 - Harrison (4A) & Nancy (4S)

Year 3 - Sophia H (3AN) & Ryan (3HM)

Year 2 - Caleb (2B) & Darcey (2D)

Year 1 - Marnie (1BW) & Archie E (1CS)

Reception - Rosie (RE) & Finley (RLR)

Well done to you all.



PARENTS' EVENING



A letter was emailed on Monday via ParentPay about Parents' Evenings which are taking place on Tuesday 18th and Thursday 20th November. You need to make an appointment for each child with each teacher. Appointments will be available to book from Monday 3rd November; this will be sent by email. The closing date for booking is Friday 7th November. Thank you.

FIRE ENGINE VISIT

On Wednesday, children in Reception had a visit from Bingham Fire Station. This was to support their topic on 'Our Community' and finding out about the people who work within it.

They enjoyed looking at the fire engine and learning how everything works. They even had a go at using the hose! Here are some pictures from the visit:



Week commencing 3rd November 2025

Diary

Mon School resumes today

Fri School Council visiting Bingham Cemetery for Remembrance

School meals

Mon Tortellini Formaggi in tomato and basil sauce with garlic bread.
Iced cake.

Tue Spaghetti Bolognese with crusty bread.
Spiced apple crumble and custard.

Wed Roast meat of the day with gravy, Yorkshire pudding, roast potatoes, carrots and broccoli.
Honey and oat cookie.

Thu Lemon and herb chicken with mashed potato and corn on the cob.
Donut.

Fri Fishcake cob with oven chips and peas.
Cornflake tart and custard.

Have a lovely half-term break and we will see you all on Monday 3rd November.

PARKING

We have had a report of inconsiderate parking on Oak Avenue, near the flats. Please take care when parking and do not block driveways or park on a dropped kerb.
Thank you.



YEAR 3 CAMP OUT

Last Friday night, Year 3 had their campout. There were lots of fun activities including songs around the camp fire, a scavenger hunt and a bat discovery walk. We also enjoyed a fish and chip picnic.

We celebrated Millie and Stanley's birthday in style with a huge cake.

We had a fantastic time and the children were an absolute credit to themselves, their families and to Carnarvon.

Well done Year 3!



YEAR 3 CAMP



YEAR 4 PERLETHORPE VISIT

On Tuesday, Year 4 had an exciting trip to Perlethorpe to complement our autumn topic about the Saxons and Vikings. The children learned about Saxon and Viking life, tried on some costumes, investigated artefacts, did some orienteering and even had a go at grinding wheat. The children had a wonderful time and were a credit to the school.





CARNARVON CHRISTMAS FAIR

Carnarvon Christmas Fair will take place on Friday 5th December. If you have a business and would like a stall at our fair to sell festive gifts/produce, or, if you can help on a stall for half an hour, please

come in and talk to the school office.

We would also appreciate any donations of:

- Raffle Prizes, do you work for a company that will donate a prize? Have you unwanted gifts at home that you could donate?
- Tombola prizes, any smaller, new items
- Bottles of wine
- Clean, pre-loved soft toys, any sizes!
- Chocolate.....any type for a chocolate tombola stall
- Second hand, good quality toys

Thank you.



RUDOLPH FUNDRAISING CARDS AND GIFTS

We have now submitted the order for Rudolph Christmas cards and gifts. We will let you know as soon as the orders have been delivered. We are really thankful for all the orders that have been placed as this raises much-needed funds for school. The amount raised this time is £328.00.



CHILDREN IN NEED

On Friday 14th November, we are taking part in Children In Need. Your child may wear non-uniform, including any items of yellow clothing, if they have some, or PE kit with items of yellow clothing if it's their PE day. We would greatly appreciate a donation of £1 per child. Thank you.



CARNARVON BOYS 3 - 1 ABBEY ROAD

The standard of boys football this season has been remarkable, both from opposing teams and our own. Monday night was yet another example of this: a very tight game locked at 1-1 and which, as the game drew to an end, could have gone either way. In the end, two late goals sealed a first round cup win for Carnarvon, who also hit the post three times earlier in the game. Well done boys - super proud!



Ellis' Mission Christmas Challenge!

After learning about hardship during WWII, Ellis from 4S was shocked to discover children today still face poverty. Inspired to help, he's raising money for Mission Christmas, which supports disadvantaged children across the UK - especially those aged 9-18 who often miss out on gifts. The challenge? The following - every day for 30 days!

Ellis is shooting 125 basketball hoops

Plus 100 sit-ups

He is doing it to bring Christmas magic to those who need it most. His family are so proud of his big heart - please support him if you can! So far he has raised £350 and would like to raise as much as possible..



<https://www.cashforkidsgive.co.uk/campaign/mission-christmas-2025-fundraising-midlands/fundraisers/rachel-lloyd-richards/>



★ Out-of-school achievements ★

Jessica from 4S got her level 11 award at Bingham Gymnastics. She always works hard and her family are very proud of her! Well done Jessica!



Jayden from 2D achieved a 50 metres Swimming Distance Award last Saturday.

Well done Jayden!



Dylan from 5A has twice been invited to take part in a goal keeper development session at The Nottingham Forest Nigel Doughty Academy. He did brilliantly on both occasions and should be very proud of himself. Well done Dylan!



Delphi from 1CS was awarded her Level 4 for gymnastics at the weekend. She's worked really hard for this and her family are all really proud of her. Well done Delphi!

Isabelle from 3HM took her first dance exams in the summer and got highly commended for the three she took. She also took part in a competition last weekend and won first place for her Square Tango. Her family are very proud.

Well done Isabelle!



Erin from 2D has recently started attending Wildcats and we are delighted for her that she won the Player of the Week trophy.

Well done Erin.



TOP TABLE

At the end of every half-term, we have a special treat in school with children in Years 1-6 sitting with Mr Board at the top table during lunchtime. Children are chosen by the Midday Assistants because they have shown excellent behaviour and good manners throughout.

Yesterday, the following children were chosen:

1CS Harry

1BW Liam

2D Emilia

3AN Billy

3HM Jake C

4A Bella

4S Jessica

5L Jacob

6C Ava

6H Ada

Well done to you all!!



★ Out-of-school achievements ★

Oscar from Reception achieved his first swimming badge. Well done Oscar!



Noah from 5L won the regional East Midlands ASPIRE squash tournament (part of England Squash talent programme) at the weekend - and will now go on to compete in the national British Junior Championships. He was very pleased with his performance and result - and will move into the top 30 U11 players ranking as a result. Well done Noah!



Bella from 2D has achieved her Level 6 Gymnastics Award. Well done Bella! Your family are very proud of you!



Georgie from 2B has had a great week, winning 'Best Trainer' for the Bingham U7s and then 'Player of the Match' on Sunday for Bingham U8s.

Her family are super proud of her hard work.

Well done Georgie!



Lottie and Millie from Year 1 both achieved Development Awards at gymnastics this week! Well done girls!





MENTAL HEALTH SUPPORT TEAM



School Termly Newsletter



"Autumn is a second spring when every leaf is a flower"

-Albert Camus

Autumn is a natural time for transitions in nature as well as the transition of a new school year. We are well placed to celebrate change and facilitate fresh opportunity for the young people we work with. Below in our autumn term theme box, we explore ways you can do this for yourself and for the young people you support.

Summer Successes Autumn Term Theme - Seasons of Change

What do the MHST get up to during school holidays?

We are open all year!

We continue to support young people and families on our caseloads throughout school holidays.

We also work in the community promoting wellbeing strategies and raising awareness of the MHST and how we can help.

During the Summer, MHST Support Workers visited libraries countywide. They read stories and got crafty with young people.

Some children find change overwhelming or scary, but it can also be a chance to learn and grow. With support from trusted adults, change can help build resilience, confidence, and skills like problem-solving. Over time, children can discover that change often brings new opportunities to be brave, adaptable, and positive.

Some of the opportunities you can encourage your pupils to recognise and celebrate include:

- Meeting new people
- Having a fresh start
- New uniform, timetable, and subjects
- New clubs and activities
- New routines and environments
- Discovering hobbies or identity
- A reminder that all things change, like seasons

Young people learned about resilience and perseverance through stories. They celebrated their strengths and identified goals and ambitions.

We had lots of fun getting to know young people in your schools at summer camps, and pop-up stay & play days. We highlighted ways to get support in school or via the MHST.

The MHST are running an **Audit Q&A** session for Mental Health Leads (MHL's) on **Tuesday 12th November 2024, 3:45-4:45pm via MS Teams.**

The session will support your understanding of the audit process, data entry and data analysis. It is also an opportunity to share good practice between schools.

Click here for the direct joining link
Or use the following details to join:
Meeting ID: 368 933 581 034
Passcode: zk8UaP

MHST Data

785 open referrals across the MHST over Summer 2025

122 new referrals submitted during summer 2025

Signposting Corner

Let's take action to be happier and kinder, *together*.

Action for Happiness have lots of ideas to help you look after your own wellbeing.

Click here for more:

Find time for self-care. It's not selfish, it's essential

School of the Term

Suthers Academy

For all the fabulous work you are doing to support young people within their mental health. You often go above and beyond and are flexible in your working to meet the needs of the young people. THANK YOU!



MENTAL HEALTH SUPPORT TEAM



School Termly Newsletter



Staff Workshops...

- Mental Health Awareness for Staff
- Staff Wellbeing
- Neurodiversity and Anxiety for Staff
- Loss and Bereavement (video recording)

Please discuss booking workshops in with your link worker.

Spotlight on The MHST's WSA Offer

As part of our Whole School Approach (WSA), the MHST offers **universal workshops** for pupils, staff, and carers (this means no referral into the MHST is needed!)

We deliver these workshops in various formats: face to face, remotely via Microsoft Teams, and as pre-recorded videos. Our workshop programme has been refreshed for the new school year. Please check your WSA offer booklet for full details.

Carers

Children's Emotional Health and Wellbeing (Remote)
Understanding Your Teen (Remote)
Self-Harm Awareness (Remote)
Sleep Hygiene (Pre-Recorded)

Infant

Infant to Primary Transition (Y2)
Resilience (KS1, KS2)

Little Pom Pom has a Big Adventure
(In Person Reception, Y1) *NEW*
What Feeling?
(In Person - Reception & Y1) *NEW*

Primary School

Body Image (Y6)
SATS (Y6)

Primary to Secondary Transition (Y6)

Sleep Hygiene (Y3, Y4, Y5, Y6)

Resilience (KS1, KS2)

Wellbeing Workshop (Y3, Y4, Y5, Y6)

Worry Workshop (KS2)

Self-Esteem (Y5, Y6)

Understanding Our Feelings and Emotions (KS2)

Staff

Mental Health Awareness for Staff (Remote & F2F)
Staff Wellbeing
Neurodiversity and Anxiety for Schools (Remote)
Bereavement and Loss for Teachers (Pre-Recorded)

Secondary School

Transition (Y7)
Wellbeing Workshop (Y7, Y8)
Sleep Hygiene
Exam Stress (Y10, Y11, Y12, Y13)
Body Image
Self-Esteem

Resilience (KS4, KS5) *NEW*

Youth Voice & Feedback...

"Thank you very much for all that you've done for me. You have helped me a lot... Thank you for all your top tips. I hope to see you soon, going to miss you!"

Young Person

"There has been a remarkable change in [child] over the last weeks, she is coming out of her shell, being proactive. I am over the moon for her. Thank you so much for everything you have done."

Mental Health Lead

How the MHST can help...

Please talk to your link worker if you require support or want to book in whole school approach activities



Respond to audit results

Consultations



Whole School Approach

Mental Health Link Meetings



Find Notts Healthcare Mental Health Services online...



bit.ly/37qtf0Z



bit.ly/37xsn1P

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: 0808 1963779
24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies

BRIGHTEN UP YOUR DAY WITH A LIGHT NIGHT!

A positive Alternative to Halloween

Hot
Chocolate

St Mary And All Saints
Church - Friday

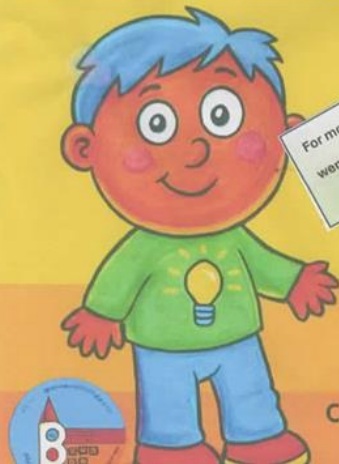
October 31st 5-630pm

Free Event, Donations
Welcome - All Parents
And Children Welcome



Hot
Dogs

For more information, email Rev Wendy
wendyatstmaryschurch@yahoo.com



Craft



St Mary & All Saints Church, Bingham

PATRONAL WEEKEND CELEBRATIONS

FRIDAY 31 OCTOBER:
CHILDREN'S LIGHT NIGHT PARTY (ADULTS TO
ACCOMPANY CHILDREN)
5.00 - 6.30PM

SATURDAY 1 NOVEMBER:
ANNIVERSARY CONCERT BY BINGHAM &
DISTRICT CHORAL SOCIETY (TICKETS
AVAILABLE THROUGH BDCS)
7.00PM

SUNDAY 2 NOVEMBER:
9.00AM TRADITIONAL SERVICE OF HOLY
COMMUNION
10.30AM FAMILY WORSHIP WITH BISHOP PAUL,
BISHOP OF SOUTHWELL & NOTTINGHAM AND
CHILDREN'S PATRONAL PROCESSION



For more information, contact Rev Wendy
at
wendyatstmaryschurch@yahoo.com

**LYDIA'S
ACADEMY OF DANCE**

STREET DANCE

Club!

**MONDAY'S AT SCHOOL
3.30PM - 4.15PM**

**BOOK NOW!
CONTACT LYDIA ON: 07837 084427**

**ALL YEARS WELCOME!
HALF TERM FROM MONDAY 3RD NOV - MONDAY 8TH DEC
£33.00**