



Carnarvon Primary School Weekly Newsletter 24



Friday 20th March 2026

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STAR OF THE WEEK

Today's 'Stars of the Week' are:

RE - Archie C	RLR - Heidi
1BW - Olivia K	1CS - Rohan
2B - Lily	2D - Jonas
3AN & 3HM - Everyone is a Star of the Week for being fab at Magna	
4A - Edie	4S - Billy
5A - Venice	5L - Mina
6C - Lily R	6H - George P



Well done to you all!!

Week commencing 23rd March 2026

Diary

Mon Bikeability Group 4
Carnarvon Girls v Barnby HOME

Tue Bikeability Group 5
Parents' Evening

Wed Bikeability Group 5

Thu HUB Open Afternoon
Parents' Evening

Fri School breaks up today



COMIC RELIEF DAY

It was lovely to see children wearing an item of red today in support of Comic Relief.

Thank you for all the donations we received, we raised £273.00 for the charity.

School meals

Mon Quorn dippers with baby roast potatoes and baked beans.
Zesty lemon jelly with a cookie.

Tue Chicken and vegetable fajitas with smoky jacket wedges and tomato salsa.
Iced carrot cake.

Wed Roast meat of the day with Yorkshire pudding, roast potatoes, carrots, broccoli and gravy.
Chocolate Cracknell.

Thu Nottinghamshire sausage hot dog with potato balls and crunchy vegetables.
Butterscotch shortcake.

Fri Chip shop style fish n chips with curry sauce and peas.
Jim jam nut free chocolate brownie.



OPAL

The weather has certainly been kind to us this week, and especially good for OPAL. Children created dens, played with Lego, enjoyed our trim trails and new climbing wall, and also found some space to create a quiet area.

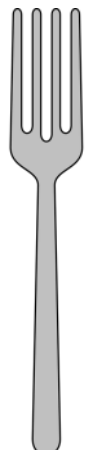


SCHOOL FORKS

We have noticed that some children who bring a packed lunch into school forget to bring a fork to eat their lunch with.

We are now losing around 40 forks a term, as children seem to be taking them home in their lunchboxes.

If you find a fork at home which may belong to school, please could you return it, and try to remember to send a fork in with your child's packed lunch. Thank you.



SCIENCE FAIR

Last Friday saw the third annual Carnarvon Science Fair. All of the exhibitions were brilliant and the children really showed off their scientific minds- they should be super proud of themselves!

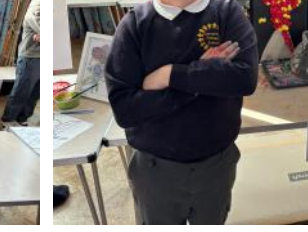
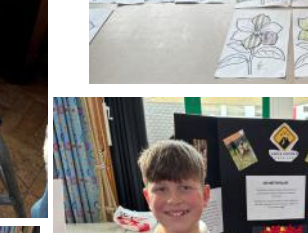
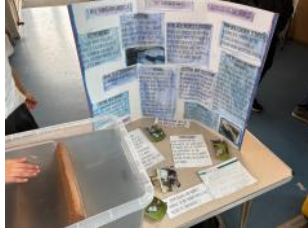
Below are the children who received a special prize for their efforts:

1st Place: Noah and Rupert

2nd Place: Owen and Jack

3rd Place: Amaia and Nellie

4th Place: Catherine and Saffron





NETBALL

On Tuesday, a group of mixed Year 5 and 6 children went to NGHS to take part in their High-5 Netball Tournament. The team played some fantastic netball and managed to win every single one of their games. After an exciting final match, they were the overall winners and received medals and a trophy. The team conducted themselves with the utmost sportsmanship and were a credit to our school. Well done to all of you!



NEURODIVERSITY CELEBRATION WEEK

On Monday, we began the week with an assembly by Mrs Cartwright, where we were introduced to the concept of neurodiversity. Together, we explored the idea that every brain is unique—each with its own strengths—and that no one way of thinking is better than another. We reflected on how our differences enrich the world around us; without them, we might not have such incredible artists, innovative inventors, or creative problem-solvers. It is these differences that truly make our world so special.



Throughout the week, our learning continued in the classroom, where pupils developed a deeper understanding of neurodiversity. They explored areas such as autism, dyslexia, dyscalculia, dyspraxia, sensory processing, and ADHD, alongside completing their own activities linked to these topics.

We were also fortunate to welcome a parent, who is a psychologist, to lead engaging workshops in the hall focused on ADHD. These sessions were both informative and empowering, ending with a powerful message: "Keep being you. Knowledge is power, and when we value and appreciate each other's differences, there is nothing we cannot achieve together."

Here are some photos taken during the week:



YEAR 5 GROUP 2 SOUP MAKING

Group 2 walked to Toot Hill School yesterday to make their delicious soup.

They were very well behaved and we were very proud of them all.

Thank you to the parent helper who came along too.



PTA GOOD DEEDS £20.26 IN 2026

Thank you for all the payments we have received so far.

We have now extended the deadline for completing all chores/good deeds to Friday, 27th March.

If your child has been completing good deeds/chores and has not hit the target of £20.26, this really doesn't matter, we are happy to receive any amount raised, as all monies are going towards a big OPAL project.

Each participating child will have the opportunity to vote for their favourite of three potential projects. These are 3 new projects, as the climbing wall we recently had installed was paid for from fundraising money collected from previous events.

Once your child has completed the good deeds, please hand the form into the school office by Friday, 27th

March. The total raised can either be paid via ParentPay in one lump sum, or your child can bring cash into school if they would prefer to do that.

If you need a new Good Deeds form, we have them available at the school office.

Thank you.
Carnarvon PTA



YEAR 6 NATIONAL HOLOCAUST CENTRE VISIT

We would like to take a moment to commend our wonderful Year 6 children for their outstanding behaviour during their recent school trip. Throughout the day, they represented the school excellently, demonstrating maturity, respect and a genuine enthusiasm for learning.

The staff at the venue were quick to praise the children, commenting on how attentive they were and how well they listened to instructions and discussions. They were particularly impressed by the children's thoughtful responses and their ability to engage with some very mature and thought-provoking topics.

Well done, Year 6!





YEAR 6 NATIONAL HOLOCAUST CENTRE VISIT





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Well done to Luca from 2D who was awarded 'Player of the Match' on Saturday, whilst playing for Bingham Town.

Well done Luca!



Lyra and Poppy from 3HM played for Bingham Town U8 Girls on Sunday. It was Lyra's first match, where she scored a goal and was named 'Player of the Match'. Poppy also scored a brilliant goal. Well done to both girls for their great effort and teamwork!



★ Out-of-school achievements ★

Elizabeth from 5A was awarded 'Wildcat of the Week' Well done Elizabeth!



THE VALE OF BELVOIR ROTARY CLUB ART COMPETITION—EXTENDED DEADLINE

The Vale of Belvoir Rotary Club is holding its annual Junior School Art and Photographic Competition for all children in Years 3-6. This year's theme is 'My Community'.

Each child can submit one piece of artwork or a photograph, and children can enter both competitions if they would like to.

If your child would like to create a piece for the competition, please bring any entries to the school office by the **new deadline of 13th April**.

Vale of Belvoir Rotary

serving the communities of Bingham, Colgrave, Radcliffe-on-Trent and the villages in the Vale

Junior School Art Competition

Theme for 2026 is

"My Community"



My school, My neighbours, My street, My shops, My clubs, My garden
My family, My park, My church, My library, My market, My friends

Entry is open to:

years 3 and 4 (category 1)

years 5 and 6 (category 2)



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JUNIOR SCHOOL ART COMPETITION - 2026

Theme: **My Community**

Rules of Entry

Entry qualification: Key Stage 2 pupils
Category 1: KS2 years 3 and 4 as of 20th March 2026
Category 2: KS2 years 5 and 6 as of 20th March 2026
One piece of Artwork per pupil.

Artwork Entries to be in flat format, within A2 size. No framed entries will be accepted.
PLEASE ENSURE THAT ON THE BACK OF EACH ENTRY THE FOLLOWING INFORMATION IS PROVIDED

- Name, KS2 year, date of birth, home telephone number.
- Name of school which artist attends, school telephone number.
- Signature of Teacher to confirm originality of the work, (contributor details).

Awards - A winner in each Category will be selected from the Artwork submitted by each participating school termed 'Best in Year Group' with an award of a **£25 Amazon Voucher**. There will also be an overall (across all participating schools) Competition **Winner** in each category for which there will be an award of a **£50 Amazon voucher**.

The Judging panels are responsible for the allocation of awards and the decision of the Chair of the Judging Panel is final.

Winning and other art entries will be exhibited at the Bingham Library from 1st to 13th June.

All entries together with the Artists name/age/school/town, as well as photographs of the winners may be used in publicity where parents/guardians have given their consent.

The rules of the competition may not be changed or modified and will be strictly applied.



Erin from 2D proudly took her Brownie Promise this week. She showed great confidence and enthusiasm and her family are all very proud of her achievements.





MENTAL HEALTH SUPPORT TEAM



Parent/Carer Newsletter



"The greatest gift you can give yourself is the gift of belonging" -Shannon L Alder

We commenced February enjoying Children's mental Health Week. This year the theme was "My place". We wanted to continue this theme into spring by thinking about a sense of belonging and explore how this can be nurtured to help your child/young person feel a strong sense of belonging.



Children's Mental Health Week 2026

Children's Mental Health Week is a national annual event to highlight positive strategies to help children & young people develop and maintain good mental health. This year's theme was 'My Place' - helping children feel they belong.

What is Belonging & Why it Matters

Belonging means feeling like you are part of a group, a community, or a place. It is about knowing you have a place where you feel safe, accepted and valued. Belonging is a basic human need and crucial for our mental health and wellbeing.

For children, belonging is especially important as it helps them:

- develop emotionally,
- understand who they are,
- feel safe.

When children feel they belong, they are more willing to try new things, be creative, and make strong friendships.

Belonging vs Fitting in

Sometimes, when children do not feel they belong, they try to "fit in" by changing themselves. This can help them make friends or join groups.

But fitting in is different from belonging. If children have to change who they are or what they believe in, it can hurt their self-esteem and sense of identity.

True belonging allows children to be themselves and feel valued.

Click the heart

for ways to support your child at home!



Here are some things you can try at home:
[Families - Children's Mental Health Week](#)

Here's what we got up to

Last year's festive fun

As we commence the season of Spring we wanted to reflect back on the last year, considering how the MHST belong in your schools. The festive fun we enjoyed and shared within your schools gave us a real sense of belonging as it was a time to come together to reflect, rejoice and make plans for the future. Below are some photos that capture the fun had in one of our schools.



Lawrence View Primary – Christmas Fair
Friday 5th December 2025.
Our Mental "Elf" Jude and Support Worker Wayne, taking a lucky dip from the Happy Notes created by the school Mental Health Ambassadors.



Parent Corner

We all hear the term belonging and you likely have ideas, places and people that come to mind when you consider who/what you belong to, but what does it truly mean to belong?

Belonging is a basic human need and impacts upon our wellbeing, health and relationships. It begins within with positive self-acceptance and is influenced by our connections with others, our communities and our experiences.

When we feel that we belong, it empowers us to contribute to the world and make a real difference. So nurturing a sense of belonging for your child is very important and here are so top tips on how to do this

Spotlight on Belonging



Top Tips for creating a sense of belonging for your child/young person

- ▶ FOSTER CONNECTIONS
- ▶ EMBRACE/NURTURE YOUR/THEIR HERITAGE
- ▶ CREATE FAMILY RITUALS.
- ▶ SPEND QUALITY TIME TOGETHER.
- ▶ COMMUNICATION IS KEY.

Click on the icons for further information/top tips to create a sense of belonging in your family





MENTAL HEALTH SUPPORT TEAM



Parent/Carer Newsletter




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-Harm Webinar

With a Referral:


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



Activity Ideas to try at Home...

Younger children activities:

- ▶ Draw a picture of yourself and write down all the amazing and unique things about you! Ask people you trust like family and friends to add things they like about you!
- ▶ Have a look at this art activity on making a map!



Click on the map to look at more instructions.

Older young people activities:

- ▶ Create a 'web of connections' to look at who you have for support around you! Click on the web to watch a video on how to do it!
- ▶ Have a think about who supports you and where you feel safe. When was the last time you went there or spoke to them? Make a plan of how to do this again. Example: go to a club you haven't been to in a while, or spend some time with a friend you haven't seen recently!

Feedback

Parent: I just wanted to email you to say thank you so much for all the help and support you've given (my child) over the last few months. It really does seem to have made a difference; she's definitely seemed more settled and calmer and I feel that my relationship with her is much more positive. I really do appreciate everything you've done for her and I know she's found the sessions helpful and supportive too. I'm so grateful to you and your service - I feel lucky that we were able to access it for help.

Parent: [MHST Parent Group] really helped with understanding my child's needs more and validated that I am doing the right thing...we are a lot calmer with her now we have a better understanding of her needs.


Parent: there has been a remarkable change in [my young person] 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.

Calendar dates Spring-2026:

<p>20/3/26</p>  <p>International Day of Happiness</p>	<p>2/4/26</p>  <p>World Autism Awareness Day</p>	<p>3/5/26</p>  <p>International Family Equality Day</p>	<p>June 2026</p>  <p>PRIDE month</p>
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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...





bit.ly/37qtfoZ




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: 0115 844 0560
24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies

Play is a **POWERFUL THING**

Perform classes help boost children's **confidence, concentration, coordination** and **communication** skills, as well as being lots of fun.

Our expertly designed drama, dance and singing sessions for 4-7s and 7-12s are run by experienced teachers, hand-picked for their warmth and approachability. They'll be with your child every step of the way – inspiring and encouraging them to develop vital life skills as they discover the joy of performing.

What does Perform offer?

- Performing arts-based games and exercises
- Focus on a different social skill each week
- Small classes and feedback on your child's progress
- Specially created scripts, videos and apps
- End of term presentation for family and friends

“Perform helps develop all key areas of a child in a fun, supportive and engaging way. It gives my daughter a brilliant sense of fun, community, purpose and pride in her achievements.”

Begum Bari



Ready to try for free?

Your child's first class is free, so why not give it a go? Classes take place all over, have a look online or call us:



perform.org.uk/try 020 7255 9120

**TRY A CLASS
FOR FREE**



Now showing, **CONFIDENCE!**

Drama, dance & singing classes
designed to help 4-12 year olds shine

“My son has adored his first term at Perform. He has blossomed and I've seen his confidence grow every week.”

Pippa Wotton



Book before 31st March for the chance to win your ticket value back (Ts & Cs apply)



May 4th at Bottesford Primary School

1pm, 2.30pm & 4pm

£10 per ticket

**all profits to help raise funds for
Bottesford Primary School**

BBQ and refreshments available!



SCAN FOR TICKETS

Or book tickets here:

<https://www.trybooking.com/uk/FWHA>