

Dates for your Diary

Please also see the calendar page on our website

<https://www.greenside-sch.org/topic/news-and-events>

February

- 2nd Year 5 and 6 Yorvik Viking Museum Visit
- 11th Pumas Class Assembly 9am (parents/carers welcome)
- 13th FROGS Valentines Bake Sale (donations welcome)
- 13th School closes to all pupils at 3.15pm**
- 23rd School reopens to all pupils at 8.45am**
- 27th Year 3 and 4 Brazilian Samba Drumming Workshop

March

- 11th FROGS Spring Disco (further information to follow)
- 12th Year 4 Skipping Festival

Welcome back to the new year and what a cold and icy start to 2026! We hope you all enjoyed a restful holiday. The children have settled back into school life really well, and we are excited to see how they continue to progress and develop throughout the term.

During these winter months, please take extra care on the roads and when walking to school. Allow a little extra time for your journey so that everyone arrives safely.

Please ensure your child comes to school with warm winter essentials: gloves, a waterproof coat, hat, scarf, and sensible warm, waterproof shoes.

If you need any support with sourcing or financing these items, please speak to a member of the Senior Management Team or Mrs. Middleton, we are always here to help.

Mindful Messages

This segment on our Grapevine is to support the wellbeing of our families and young people. Mrs Middleton, our Family Liaison Officer, is keen to share services and groups, both local and national.

If you would like any support then please do not hesitate to contact us via the school office or by our family support email address familysupport@greenside-sch.org.

You can also find lots of helpful information on our website <https://www.greenside-sch.org/support-for-families/>

As part of our class Mindfulness, we use breathing techniques with our children. We practise these when they are calm so that they are used to using them if/when they need them.

Breathing techniques activate the body's relaxation response, slowing the heart rate and calming the "fight, flight, freeze, fawn" response.

This can be used as a tool to manage big emotions (such as anger or anxiety), improve focus and build resilience for life's challenges.

Breathing Techniques

When we feel anxious, upset or distressed, it can be difficult to know what to do to feel better. By using these breathing techniques, we can reduce our anxiety and lower our blood pressure/heart rate. This helps us feel calmer and more focused.

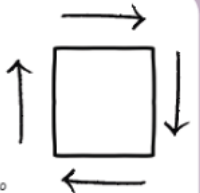
Balloon Belly Breathing



- Take a deep breath in and fill your belly like you're inflating a balloon.
- As you do this, count 1, 2, 3, 4 to breath in and fill the balloon in your belly.
- Pause and then let all of the air out of your belly like you're letting a balloon deflate.
- As you do this, count 1, 2, 3, 4 to breath out and let the balloon go down from your belly.

Square Breathing

- Imagine you're drawing a square with your finger in the air.
- Breath in while counting 1, 2, 3, 4 as you draw the top line and then pause.
- Breath out while counting 1, 2, 3, 4 as you draw the line down the side and then pause.
- Breath in while counting 1, 2, 3, 4 as you draw the bottom line and then pause.
- Breath out while counting 1, 2, 3, 4 as you draw the line up the side to make the square.



Finger Breathing



- Use your index finger to trace around the edges of the fingers on your opposite hand.
- Count 1, 2, 3, 4 and breath in as you go up the first finger.
- Count 1, 2, 3, 4 and breath out as you go down the finger.
- Repeat until you have traced up and down all five fingers, breathing 1, 2, 3, 4 in and 1, 2, 3, 4 out each time.

Top Tip! Practise these breathing techniques when you're calm so that you're better prepared to use them when you need to.



Count *slowly* when breathing in and out and **repeat** the technique as many times as you need to until you feel calmer.



Attendance

Our attendance target for this academic year remains at 98%. Our whole school attendance from the start of September is 95.63%.

98%

We would like to thank all our parents/carers for their support in ensuring their child(ren) attend school regularly, on time and ready to learn!

Attendance - Certificates

Parents/carers will be familiar with the attendance letters we distribute at the end of each half term. In addition to informing parents/carers of their child's attendance below 97%, we also want to celebrate our pupils who achieve higher than 97% attendance.

In the past, we have presented pupils with certificates, taking into consideration their attendance from the start of the year. We believe this makes it harder for children who, for example, may have absence early in the year, to keep motivated and achieve great attendance for the rest of the year. With this in mind, we will be taking attendance data for each half term, meaning all pupils have an equal chance every half term at receiving an attendance certificate.

We will still continue to ensure the class with the best attendance each week, and the class with the best punctuality each half term, is awarded an extra playtime.

From the start of this half term (05.01.2026), classes have the following late marks on their registers. This includes both L marks (late after 8.45am) and U marks (late after 9.15am).

Friendly Foxes 0

Enthusiastic Elephants 6
Positive Penguins 1
Outgoing Otters 2
Confident Chameleons 1
Adventurous Anacondas 6
Persevering Pumas 5
Tenacious Toucans 3
Dazzling Dolphins 2
Creative Caimans 4

Well done Friendly Foxes!

REMEMBER
The class with the highest attendance each week will receive an extra playtime!

Class Attendance so far this academic year:

Friendly Foxes 95.85%
Enthusiastic Elephants 95.4%
Positive Penguins 96.94%
Outgoing Otters 98.16%
Confident Chameleons 96.8%
Adventurous Anacondas 93.56%
Persevering Pumas 96.62%
Tenacious Toucans 95.99%
Dazzling Dolphins 93.22%
Creative Caimans 94.65%

Well done Outgoing Otters!

Punctuality

It is extremely important that our pupils arrive at school on time each day. **Doors open at 8.40am and close at 8.45am.**



Across school, the following minutes were missed due to lateness...

Autumn Half Term 1 (2025) 1,618 minutes

Autumn Half Term 2 (2025) 2,344 minutes

Although both show an improvement from the same time last year (see below), we can see there has been an increase since the start of this year.

Autumn Half Term 1 (2024) 2,313 minutes

Autumn Half Term 2 (2024) 3,020 minutes

To put this into context...

1,618 minutes equates to **4.15 school days missed**

2,344 minutes equates to **over 6 school days missed**

Punctuality is so important. It allows your child to start their day with their peers, it shows respect for their class staff and class friends and it ensures they do not miss vital recaps and messages at the start of the day. Please continue to encourage your child and remind them of the importance of attending school on time, each day. Thank you for your support in this matter.

REMEMBER
The class with the least late marks each half term will receive an extra playtime!