



12th December 2025



Dear Parents and Carers,

It has been a very festive week here at Arnold Mill. We had Breakfast with Santa, our Foundation 1 and 2 Nativities and lots of Christmas singing practice.

Next week we have the KS1 Nativity and (fingers crossed/ weather permitting) our KS2 outdoor carol concert. Year 5/6 are also out at the Holocaust museum on Monday and we have our class parties too.

We are also saying goodbye to one of our fabulous Teaching Assistants on Thursday next week. Mrs Bullen is leaving us for pastures new, as she takes up a new career. I'm sure you will all join me in thanking her for all she has done for the children over the years. Although this is very sad for us, we are also very excited for her and wish her all the best for her next adventure.

As we approach the end of the term I'd like to take this opportunity to remind all parents who choose to drive to school to be considerate when parking. Please leave room for pedestrians, wheelchairs, mobility scooters and prams. Do not park on a bend, block driveways or park opposite to other vehicles. We had a very scary incident last week, when a child was actually struck by a car moving off the pavement. The child is okay, but it could have been much worse. Please take care when moving around school in cars.

Have a great weekend!

Jackie Oldfield, Head Teacher

Calendar



December

Mon 15th - Y5&6 National Holocaust Museum visit ([link to letter](#))

Mon 15th - 2C Historical walk ([link to letter](#))

Tues 16th - KS1 Nativity (booking essential) ([link in letter](#))

Weds 17th - KS2 Carol Concert ([link to letter](#))

Thur 18th - F1 Christmas Party [\(link to letter\)](#)

Thur 18th - F2 Christmas Party [\(link to letter\)](#)

Thur 18th - KS1 Christmas Party [\(link to letter\)](#)

Fri 19th - KS2 Christmas Party [\(link to letter\)](#)

Fri 19th - Signed Nottingham Forest Football Raffle Draw (tickets via MCAS) [\(link to poster\)](#)

Mon 22nd - Fri 2nd Jan school closed for Christmas Break

January

Mon 5th - INSET Day (school closed)

Wed 7th - Year 4 weekly swimming lessons start

Thurs 8th - Height and weight measurements for children in F2 and Y6 [\(link for more details\)](#)

Mon 12th - Dental survey for 5 year olds

Thurs 22nd - 1A Assembly with parents/carers

Thurs 29th - 2B Assembly with parents/carers

February

Thurs 5th - Lea Green Information Meeting for Y4 Parents

Tues 10th - Parents' Evening (provisional)

Weds 11th - Parents' Evening (provisional)

Mon 16th - Fri 20th - School closed for Half Term Break

March

Thurs 5th - World Book Day, inc

Thurs 5th - World Book Day - PTFA Fundraiser - Wonka Bar sales (provisional)

Thurs 19th - Talent Assembly (invitation only) (provisional)

Fri 21st - Comic Relief

Tues 24th - Wed 25th - Y4 Lea Green Residential ([Link to letter](#))

Wed 25th - F2 Easter craft with parents (provisional)

Wed 25th - F2 & KS1 Disco (provisional)

Thurs 26th - Science Assembly (invitation only) (provisional)

Thurs 26th - KS2 Disco (provisional)

Fri 27th - PTFA Easter Raffle (provisional)

Mon 30th - Fri 10th Apr School closed for Half Term Break

April

Thurs 16th - Year 3&4 Egyptian Day

Tues 21st - Y5 DAaRT Graduation with parents (invitation only/booking essential) provisional

Thurs 30th - 1B Assembly with parents/carers (provisional)

May

Mon 4th - Bank Holiday

Thurs 7th - 2c Assembly with parents/carers (provisional)

Mon 11th - Y6 SATS week

Thurs 21st - Sponsored Well-being Day (provisional)

Fri 22nd - Sponsored Well-being Day (provisional)

Mon 25th - Fri 29th School closed for Half Term Break

June

Thurs 11th - 1C Assembly with parents/carers (provisional)

Fri 12th - Now Hear This! (provisional)

Fri 19th - Non-Uniform Day (Summer Fair Donations)

Fri 26th - Summer Fair

July

Thurs 2nd - Art Assembly (invitation only) (provisional)

Fri 3rd - INSET Day

Thurs 9th - Talent Assembly (invitation only) (provisional)

Mon 13th - Year 1 trip to Conkers

Weds 15th - F1 Learning Journey Celebration with parents/carers (invitation only/booking essential) (provisional)

Dinner Menu - w/c 15th December 2025

Winter Menu 2025-26					
Week Commencing: 24 th November, 15 th December, 5 th January, 26 th January, 5 th March					
Week 7					
	Mon	Tues	Weds	Thurs	Fri
Option 1	Cheesy pasta parcels <small>Gluten Egg Milk</small> in a tomato and basil sauce with garlic bread <small>Gluten Soya Milk</small>	Vegetarian sausage roll <small>Soya Milk Gluten</small> Jacket wedges, baked beans & sweetcorn	Gammon with Yorkshire pudding <small>Milk Egg Gluten</small> Roast potatoes, carrots, broccoli & gravy	Chicken Enchiladas <small>Gluten Milk</small> with rice & salsa <small>Sesame</small>	Fishcake cob <small>Gluten Fish Sesame</small> with lemon mayonnaise <small>Egg Sulphur Dioxide</small> Oven chips & peas
Option 2	Jacket Potato Served with a choice of: Baked beans, Cheese <small>Milk</small> or Tuna mayonnaise <small>Fish Egg</small>	Sandwich <small>Gluten Soya</small> Filled with a choice of: Cheese <small>Milk</small> Ham or Tuna mayonnaise <small>Fish Egg</small> Vegetable sticks, crisps, fruit, Frube		Jacket Potato Served with a choice of Baked Beans, Cheese <small>Milk</small> or Tuna Mayonnaise <small>Fish Egg</small>	
Pudding	Classic iced 'School Cake' <small>Egg Gluten Milk</small>	pinwheel Cookie <small>Gluten</small>	Spice Apple Crumble <small>Gluten</small> with Custard <small>Milk</small>	Donuts <small>Soya Milk Gluten Egg Sesame</small>	Chocolate Brownie <small>Gluten</small>

After School Clubs - January 2026



The way we do after school clubs is changing.

We are asking parents to register their child for all clubs via MCAS each half term for the next half term's clubs. Clubs will run from w/c 12th January to w/c 2nd February.

As previously communicated ([link to letter](#)), there is now a charge of £10 per half term (4 sessions) for each club, payable in advance via MCAS. Places are limited and will be allocated on a first come first served basis.

Next half term's clubs are now available to book. Just go onto MCAS and choose 'Before and after school clubs', and any clubs available for your child to book onto will be displayed. Payment is required at the time of booking.

Please note that if you sign your child up, the £10 is non-refundable, even if your child does not attend one of the sessions. If we cancel any of the sessions for any reason, we will try to reschedule, but if this is not possible a refund will be given for that session.

School Clubs – Spring Term 2025-26

Dates: Half Term 1: 4 weeks from w/c 12th Jan - w/c 2nd Feb

Day:	Club:	Organiser:	Times of club:	Year Group:	Number of places/ways to take part:	Parents to collect from:
Monday	Sign language	Jackie Oldfield	3.30-4.30pm	Y1-6	30	2c
	Indoor athletics	Ruth Greentree	3.30-4.30pm	Y5-6	30	Front entrance
	Recorder club (beginners)	Hilary Carter/Karen Nunley	3.30-4.15pm	Y2-6	10	2B
Tuesday	KS1 Football (boys and girls)	Tom Robinson	3.30-4.15pm	Y1-2	20	2F
	Knitting	Sam Hopewell/Hilary Carter/Holly Newton	3.30-4.15pm	Y3-6	6	2b
	KS1 Gymnastics	Ruth Greentree	3.30-4.15pm	Y1-2	25	Front entrance
	Recorder club (not beginners)	Joseph Phillips and Sally Bennett	3.30-4.15pm	Y4-6	15	2E
Wednesday	Ball skills/Games	Ruth Greentree	3.30-4.15pm	Invitation (SEND)	15	Front entrance
Thursday	Book club	Amanda Stones/Karen Gibbs	3.30-4.30pm	F2 - Y1	12	2f
	Boys' Football Club	Shaun Hewlett	3.30-4.30pm	Y5-6	20	2c
	Running Club	Ruth Greentree	3.30-4.30pm	Y4-6	30	Front entrance
Friday	There are no after school clubs on a Friday					

FRIENDS OF ARNOLD MILL PTFA



We have an amazing prize up for grabs - a perfect Christmas gift for the Forest fan in your family (or a special prize for yourself).

You could win a Nottingham Forest 25/26 squad signed football with certificate of authenticity.

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- *Raffle tickets are £1 (purchase via MCAS (online sales close at midnight on 18th December)*
 - *Raffle to be drawn on Friday 19th December.*
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A huge thank you to Mrs Hopewell for sourcing such a fantastic prize.

Friends of Arnold Mill Primary PTFA

Charity No 1045971

friendsofarnoldmill@arnoldmill.notts.sch.uk



Counselling with Carla

CARLA ROSE COUNSELLING



Carlarosecounselling@gmail.com

Sadly my counselling services at school are coming to an end, due to funding, after a really successful few years.

I'm still very lucky to be able to run my sessions privately from the Den. If you need any support for your child, I offer this through talking, creative, and therapeutic play. Please contact me directly if this is something you may be interested in:

carlarosecounselling@gmail.com

Carla Rose Counselling

About My Services

- 1-1 sessions
- Providing a safe and supportive environment for children to explore their feelings, thoughts and experiences
- Check-in on individuals well-being
- Coordination with outside agencies
- Communication with parents and teachers
- Sign post referrals

Details:

Level 4 Diploma in
Counselling Practice
BACP Registered
Enhanced DBS
Fully Insured

*Copies provided on request



Price Package:

5 Children: (Full day)	£215
3 Children: (Morning)	£135
2 Children: (Afternoon)	£90

Each session will run for 50 minutes on an 8 week block but can be tailored depending on a child's specific needs.

Contact:

Tel: 07929 604693
Email:
carlarosecounselling@gmail.com

Internet Safety



A Christmas Message from Santa

Santa's Christmas Digital Rules. Follow these simple rules to protect your child's brain!

1. Keep bedrooms device-free.

Santa sees everything – including tired children who didn't sleep well because a screen kept them awake. Bedrooms should be calm, cosy places to rest and grow, not places where brains stay switched on.

2. Stop screens at least an hour before bedtime.

Children's brains do their most important growing while they sleep. Evening screen time makes it harder for them to switch off. Santa says: protect their sleep like a treasure; it matters far more than any notification.

3. Talk to your child about what they're doing online.

When children know they can come to you with worries or questions, their brains learn to process new information safely. Show interest. Ask gentle questions. Be the grown-up helper they turn to first.

4. No devices at mealtimes.

Family meals are a gift, a chance to laugh, share stories and notice how children are really doing. Keeping phones and tablets away helps everyone reconnect.

5. Use parental controls and app limits.

Santa's elves say it clearly: these tools help keep children safe. Set age-appropriate restrictions and cap daily app use so the online world doesn't swallow their free time.

6. Let children be bored – It's good for their brains.

Boredom isn't a problem; it's a gift. When children aren't entertained by a screen, their brains switch to imagination, problem-solving and creativity. Give them space to daydream, invent games, build worlds and occupy themselves. These moments help them grow in ways no app ever could.

Here are a few things that you, as a parent, could do today to protect your child's brain.



Thinking of giving your child a phone for Christmas?

The smartphone is **NOT** a perfect gift! What are the risks? Why Waiting Matters!



As Christmas gets closer, many children are dreaming of their first smartphone. It's a big deal. It shows they're becoming more independent and trustworthy. But before you get one wrapped up, it's important to think about what a smartphone really opens up, especially for younger children who are still figuring out how to handle friendships, feelings and the online world.

The latest research reveals that children aged 8-14 spend almost 3 hours online each day, mostly on smartphones. Even the youngest are telling researchers that they often see upsetting or confusing things online, and more and more are being exposed to adult content before they're ready. Social media platforms, many of which have age limits of 13 and above, keep younger children coming back through peer pressure, clever algorithms and features that keep them scrolling.

We all want our children to be safe, confident and happy. But giving them a smartphone too early puts them in situations they can't handle on their own: messages from strangers, friendship problems that spill into every hour of the day and content that changes how they see themselves and the world. Once a child has a smartphone, it becomes much harder to protect their sleep, attention and emotional space.

There will be plenty of time for smartphones as they grow. Childhood is short. Holding off, even for just one more year, gives your child the gift of time: time to grow, time to learn good habits, time to play, read, rest and be present in their real world.

This Christmas, the most loving answer might be the hardest one: not yet. Your child might not thank you today, but their future self will.

A smartphone and social media may **NOT** be the best Christmas present! Make sure you understand the risks as well as the benefits.







If you give your child a smartphone, please ensure you set up parental controls and add restrictions to what they can do.

Sourced from the Ofcom 2025 Online Nation Report

Plea to parents to apply for Free School Meals even if your child is in F2-Y2 and in receipt of Universal Infant Free School Meals

IT'S MORE THAN A FREE SCHOOL MEALS APPLICATION

Did you know that free school meal applications assist in so much more than just free meals? Take a look!

 Free School Meals Free school meals guaranteed until parent's eligibility ceases	 Extra School Funding School will receive Pupil Premium funding for every child entitled to free school meals - even if parent's eligibility ceases
 Free School Milk Children will be eligible for free milk throughout primary school (universal entitlement ends at age 5) or until parent's eligibility ceases	 Access to HAF Access to Holiday and Food Programme, giving free activities during school holidays

Year 4 Swimming Lessons

*Year 4 children will be going swimming at Arnold Leisure Centre (we will walk there with staff from school). The morning swimming sessions start on **Wednesday 7th January** and will be weekly through to Wednesday 22nd July. Your child **will** need to come to school in their normal school uniform on swimming days. Please can you ensure your child brings their swimming costume and towel in a separate bag. The Local Education Authority issue rules regarding swimming costumes which are as follows:*

Girls – one piece swimming costume

*Boys – swimming trunks or close-fitting shorts without side pockets and **no longer than mid-thigh length, please see Mrs Greentree if you are unsure.***

Hair which is longer than jaw length should be tied back or in a cap.

All jewellery must be removed.

Earrings cannot be taped over or covered by a hat.

Goggles can be worn. However, it is the responsibility of the parent/carer to adjust and fit the goggles correctly and to write a letter of consent to the class teacher.

Please adhere to the regulations, as the instructors will not let your child swim if they break the rules.

Please note that there will be no tuck (Year 4 only) on a swimming day so if you have pre-ordered don't forget to pop on to MCAS to cancel it as you may still be charged. Thank you.



Year 4 Residential Visit to Lea Green Outdoor Activity Centre (Places still available- book via MCAS)

We are holding a parents' information meeting for parents of children attending the Lea Green residential on Thursday 5th February at 3.40pm. It would be great to see as many of you there as possible.

The purpose of the meeting is to inform parents of the plans for the visit and to answer any questions or concerns you may have. We will also give out an information booklet, consent and medical forms which will need to be returned by 14th February.

If you haven't done so already it is not too late to book a place for your child.

Due to last year's residential being such a resounding success, in March 2026 (Tuesday 24th – Wednesday 25th), we have arranged to take Year 4 children on a residential visit to Lea Green Outdoor Activity Centre in Derbyshire. Going on a residential to Lea Green is a fantastic experience for children as it has so many activities to offer and the staff who run it are brilliant at making sure the children have the best time possible.

The children will have a full two-day learning experience with one night staying over at Lea Green. The grounds at Lea Green are extensive and staying in such a grand house, which was built in 1761, is an experience in itself.

The activities the children will take part in are:

- Orienteering*
- Low ropes obstacle course*
- Bushcraft*
- Go-karting*
- Problem solving team challenges*
- Co-operative games.*

There will also be lots of opportunities for children to have free time and use the different facilities at the center to enable them to wind down at the end of a busy day. The facilities include a games room (table football, pool tables, various games etc.), a sports hall, play ground and of course a shop.

The children will also take part in an ambush type game where the staff are the catchers – my favourite activity.

The cost of the trip is £141 and includes transport to and from school to Lea Green, meals, bedding, use of all the facilities and activities led by the staff at the center.

We hope that as many of Year 4 as possible can come (45 places have been booked as last year we took every member of Year 4).

We have set up a payment plan as follows:

**£50 non-refundable deposit Friday 31st October*

** £30 non-refundable instalment Friday 28th November*

**£30 non-refundable instalment Friday 30th January*

**£31 non-refundable final payment Friday 27th February*

Please note that all payments must be paid by the due dates at the very latest. When you pay the £50 deposit, you secure the place and are making a commitment for your child to attend, and you are agreeing to pay the remaining balances by their due dates. If your child decides they no longer want to attend, a refund will not be issued and any remaining balance will still need to be paid, unless a replacement can be found.

The parents' information meeting is after school on Thursday 5th February, this will cover kit list and medical requirements etc. In the meantime, if you have any questions, you can contact me by phoning school or emailing me on office@arnoldmill.notts.sch.uk.

Please have a look at the Lea Green website with your child for more information about the centre: [Lea Green link](#)

Please note that there will be no tuck (Year 4 only) during the trip dates so if you have pre-ordered don't forget to pop on to MCAS to cancel it as you may still be charged.

Many thanks, Mrs French

Community Notices



Previously Seen Articles



Important Policies



Here are a few policies which we would like to highlight:

[Parental Code of Conduct](#)

[Behaviour Policy](#)

[Attendance Policy](#)

[Mobile Phone Policy](#)

All other policies can be found here:

[Link to Policies page on website](#)

The School Car Park



Just a quick reminder that the school car park is for staff and visitors only. Parents should not use it for dropping off or collecting children. Please do not use it for breakfast club, after school clubs or boosters. The only exception to this is after 5pm from Millie's After School Club.

Many thanks



Here are the PE slots for each class:

F1 (am): *Tuesday (please come in PE kit)*

F1 (pm): *Friday (please come in PE kit)*

F2a: *Wednesday (please come in PE kit)*

F2b: *Wednesday (please come in PE kit)*

1A: *Monday and Wednesday (please come in PE kit)*

1B: *Monday and Wednesday (please come in PE kit)*

1C: *Monday and Wednesday (please come in PE kit)*

2A: *Monday (please ensure you have PE kit in school) and Tuesday (please come in PE kit)*

2B: *Tuesday (please come in PE kit) and Thursday (please ensure you have PE kit in school)*

2C: *Tuesday (please come in PE kit) and Friday (please ensure you have PE kit in school)*

2D: *Monday (please ensure you have PE kit in school) and Thursday (please come in PE kit)*

2E: *Thursday (please come in PE kit) and Friday (please ensure you have PE kit in school)*

2F: Tuesday (please ensure you have PE kit in school) and Thursday (please come in PE kit)



 office@arnoldmill.notts.sch.uk

 **0115 9667930** (option 1 to record a child's absence or option 2 to speak to a member of the admin team)

 <https://www.arnoldmillprimary.co.uk>

 <https://www.facebook.com/arnoldmillofficial>
