



Forest Glade Primary and Nursery School Family – Growth – Potential

September 2025

Welcome back FGP – We hope you all had a lovely Summer! Our Autumn enquiries have begun and Geography is the focus across school. Take a look below at some of the amazing things our children have been up to so far.

Our **enquiry questions** this term are:

Nursery: Where do we belong?

Reception: How are we all different?

Year 1: What makes the UK unique?

Year 2: Can one person change the world?

Year 3: Is one place better than another?

Year 4: Do we always appreciate what we have?

Year 5: How can I make a difference?

Year 6: Does our location determine our destination?



Year 6 National Holocaust Centre Trip

Our Year 6 children visited the National Holocaust Centre to help support their RE learning about World War II. The children were guided through an exhibition called 'The Journey' and were able to speak with a Holocaust survivor to learn about the devastating impact the war had on so many lives.



Eco Quote of the Month

“Buy less. Choose well. Make it last.”



Water Saving Tip of the Month

“Only use your washing machine or dishwasher for full loads.”



Key Information



VR Headsets

This year we have amazing VR headsets to use as a tool for learning, giving our children some unforgettable experiences and opportunities. Children have already visited the rainforest and got up close with animals such as crocodiles and tarantulas. Whilst others have experienced an earthquake and explored first-hand the damage they cause.



Year 4 RNLI Visit

Year 4 had a visit from Geoff from the RNLI charity to talk about water safety. They learnt about looking for dangers, tips on how to help someone in water and how the RNLI save people in different conditions. The children asked some brilliant questions and Geoff was very impressed with their answers about being safe. Well done Year 4!



No Nuts!

We have children in school with severe nut allergies, could we please remind all parents to not send any food containing nuts in packed lunches or for snack. We appreciate your understanding and cooperation.



School Councillors

Our new school council representatives are looking forward to making decisions together to help support school, their peers and the community.

Reception – G. Moore & J. Soos-Hallam

Year 1 – F. Muhammadu Nasrin & R. Marsh

Year 2 – E. Price & T. Jubbie

Year 3 – E-R. Giles & F. Vincent

Year 4 – N. Price & H. Lee

Year 5 – H. Wilson & R. Courtie

Year 6 – A. Lewis, P. Abah & E. Brearley

We have also had new ambassadors selected for different subjects/areas across school and can't wait to see what they get up to!

FS2 Library Visit

Our FS2 children had their first visit to Sutton library to develop their love of reading. They were able to share stories together and register for a library card, so they can borrow books to read at home. Thank you to our helpers who walked with the children to and from the library it is greatly appreciated.



Applying for the academic year 2026-27

Current Year 6 - Admissions for secondary school places close on 31st October.

Please use the link below to apply for a secondary school place;

<https://www.nottinghamshire.gov.uk/education/school-admissions/before-you-apply>

Upcoming dates for the diary

Year 2 The Deep Trip – 7th October

World Mental Health Day – 10th October

Year 5 Yorkshire Wildlife Park Trip – 16th October

October Half Term – 20th October – 31st October

Anti-Bullying Week – 10th – 14th November

Odd Socks Day – 10th November

Children in Need – 14th November

Inset Days for 2025/2026

Monday 23rd February 2026

Monday 27th July 2026



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



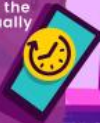
6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



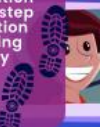
7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.bbc.com/news/health-5047806> | <https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.uriof.org/parenting/how-talk-your-children-about-conflict-and-war>

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