

Newsletter



Friday 8th May 2026

**FUN RUN
& MUCH MORE**

GRENDAON UNDERWOOD

to book a stall
contact Geoff

770505/geofflumley@mac.com

**Teas
GAMES**

PROSECCO BAR



The
Marsh Mellows
Community Choir



Saturday May 9th 1pm to 4pm
at Grendon Underwood School

Sorry - no dogs on site except Assistance dogs

For your diaries: St Leonard's Barbecue - Saturday 20th June

Staff News

Following on from the staff information letter sent out on Tuesday, I am please to say that Miss Goodman will be starting next Tuesday in Muddy Boots.

In other news, Mrs Cort will be leaving at the end of the academic year to go onto new adventure at a bigger school in Aylesbury. I am sure you will join me in thanking her for her dedication to our school and wishing Mrs Cort the best for the future.

We are currently advertising for a Reception teacher and will let you know as soon as we appoint.

Exciting upcoming programmes!

My Happy Mind - launching at Grendon Underwood School on 1st June!

Our science-backed wellbeing programmes help to prepare today's children for tomorrow's world by building resilient, balanced and happy minds at home and school.

We offer three distinct programmes: Schools, Early Years, and Parents.

content and habits to help children build resilience, self-esteem and confidence:



1 Meet Your Brain

Understanding how your brain works and how to ensure we look after it so that we can manage our emotions and be at our best. Growth mindset is a key part of this too.



2 Celebrate

Understanding your unique character strengths and learning to celebrate them. This is a fantastic module for building self esteem.



3 Appreciate

Understanding why gratitude matters and how you can develop gratitude as a habit. Gratitude is key to wellbeing and resilience and we're all about making it a habit!



4 Relate

Understanding why positive relationships matter and how to build them. We're focussed on the building blocks of good relationships and friendships.



5 Engage

Understanding how to set meaningful goals that matter and how to keep resilient in times of challenge. This module is all about building self esteem and resilience too.

OPAL

Outdoor Play and Learning is a primary programme to support better learning, activity and socialisation and, above all, bring daily joy and happiness into children's lives.

Play is the process through which children learn everything that they need to know that cannot be taught. Play wires the brain, builds capable bodies, and is the foundation of building relationships.

OPAL's programme enables schools to provide every child with rich opportunities to be creative, collaborative and active in their outdoor play, in environments that are safe enough for 'health and safety' but challenging enough for children's ongoing development.

A request

Please can we request that no toys, including fidget toys, cuddly animals, pens, keyrings (including on bags) etc are brought in from home. These are causing issues in some classes and, in some cases, having a negative effect on the learning that is taking place. If these are brought in, staff will remove them and return them to your child or you at the end of the day. We have enough resources in school to support children who need them. We will have communicated with parents if there are exceptions to this because of a diagnosed need. We really appreciate your understanding and with this.

Parent and Carers

Our School Nursing Team can help with things like:

Behaviour management

Development

Toileting

Wellbeing

Healthy eating

Sleep

Emotional health

Find advice on supporting your child's health and wellbeing.



www.healthforkids.co.uk/buckinghamshire

Message your local school nursing team:

07312 263 175

Or scan the QR code to start a chat:



◆◆ New ParentCarerChat Text Service – Now Live!

Need quick advice about your child's health or wellbeing?

You can now text our School Nursing Team directly for support.

◆◆ ParentCarerChat: 07312 263175

◆◆ Monday–Friday, 9am–4pm

We can help with things like:

- Behaviour or emotional worries
- Healthy eating
- Puberty questions
- Toileting or sleep concerns
- ...and more.

Your message goes straight to a real person, not AI. If you've been asked to complete toileting or sleep charts, diaries or questionnaires, please return them as soon as you can so we can start the right support quickly. Follow us on Instagram for tips and updates: @bucks_childrenandyoungpeople

Reception and Year 1 school trip to Science Oxford!

On Wednesday, Reception and Year 1 had a fantastic trip to Science Oxford. We were so proud of all the children and the way they represented Grendon throughout the day.

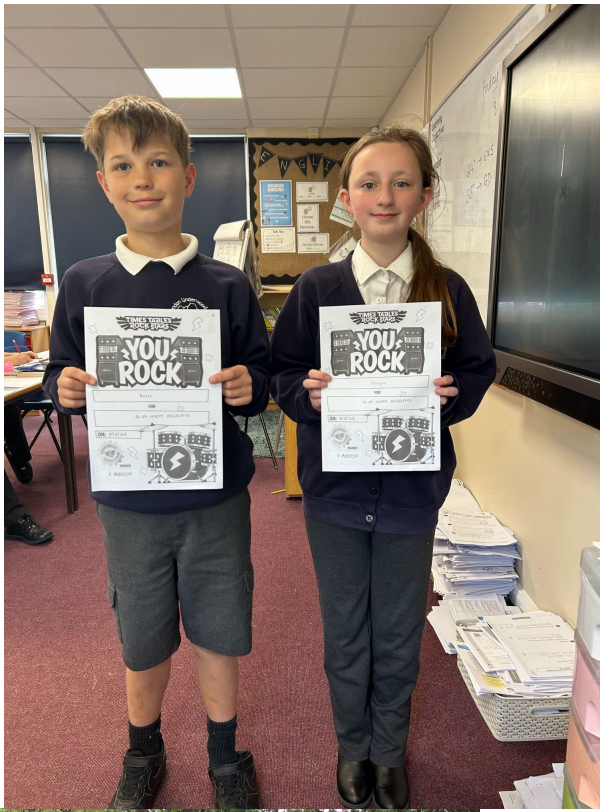
We started by exploring the *Exploration Zone*, where the children became scientists, engineers and inventors! They were able to create their own experiments, test ideas and make discoveries through hands-on activities and problem solving. There were lots of excited questions, teamwork and "wow" moments as the children explored the different exhibits in their own way and at their own pace.

Next, we went on a woodland walk to explore different habitats. We learnt how pollen spreads between plants and played a fun game to help us understand pollination. The children loved pretending to be bees travelling from flower to flower!

Our final activity was becoming Water Explorers in the outdoor Water Lab. The children created dams, changed the flow of water and experimented with waterwheels. They also built boats, investigated which objects sink and float and used different equipment to move and measure water. Unsurprisingly, there were a few wet sleeves by the end of it!

It was a brilliant day full of curiosity, laughter and learning and the children came back full of stories and new scientific discoveries to share.





On Wednesday afternoon, I had the pleasure of taking 6, Year 5 children to Waddesdon Secondary School to compete against other primary schools in a Quadkids event. Each of the children did a 600m run, 75m sprint, vortex throw and a standing box jump. I was amazed by each of their determination to complete the activities, despite not finding them all easy. Not only that, but their sportsmanship was admirable and they were cheering on their teammates, as well as giving children from other schools, who they could see were finding it challenging, words of encouragement and rounds of applause. They should all be incredibly proud of themselves for everything they achieved and the wonderful, kind role models that they were for our school.



What Parents & Carers Need to Know about

WHATSAPP

13+

WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. It's end-to-end encrypted, meaning messages can only be viewed by the sender and any recipients (not even WhatsApp can read them). Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted - it only related to WhatsApp's business features, not to personal messages.

WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes - encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to duped them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be marked to disappear after the recipient has viewed them. These files can't be saved or forwarded - so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the contacts book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." It is a useful method for a young person to let loved ones know they're safe - but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers

CLICK HERE

CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' - choosing one of the latter two ensures that your child's profile is better protected.



EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list - so they also need to be deleted from the address book.

REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.

LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.

THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.

DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone'. However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.

CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.

Meet Our Expert

Parvati Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy.



National Online Safety

Star of the week!



R - next week

Y1 - Joseph

Y2 - Scott

Y3 - Evie

Y4 - Archie

Y5 - Jacob

Jacen

Y6 - Harry

Responsibility wristband



R - next week

Y1 - Ralph

Y2 - Reggie

Y3 - Savannah

Y4- Henry

Y5 - Blythe

Y6 - Teddy

LET'S READ! ✓



