



# Holly Grove School Newsletter

10th October 2022

[www.holly-grove.lancs.sch.uk](http://www.holly-grove.lancs.sch.uk) / [www.facebook.com/HollyGroveSchool](https://www.facebook.com/HollyGroveSchool)

**We hope you had a great weekend!**

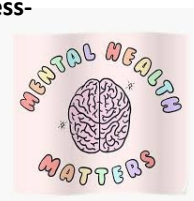
We would like to thank you for helping to make Parent's Evening a huge success last week.  
It was great to see so many of you attend.

## WORLD MENTAL HEALTH DAY

The theme for this year, as set by the World Federation for Mental Health, is 'making mental health and wellbeing for all a global priority'. For info or support with Mental Health issues, we have included a couple of links below.



<https://www.nhs.uk/every-mind-matters>  
<https://mentalhealth-uk.org/get-involved/mental-health-awareness->



Holly Grove will shortly be changing the way we communicate with parents / carers. We will be moving away from School Synergy to a new piece of software called School Spider. This is a mobile based app that you can download from the app store or google play store for free. School Spider will allow you to communicate your child absences, select appointment dates, be informed about class trips and much more.

On the Parent Portal we have sent you more info and instructions how to download the app.

If you have any questions or queries please do not hesitate to ring the school office or email [school@holly-grove.lancs.sch.uk](mailto:school@holly-grove.lancs.sch.uk).



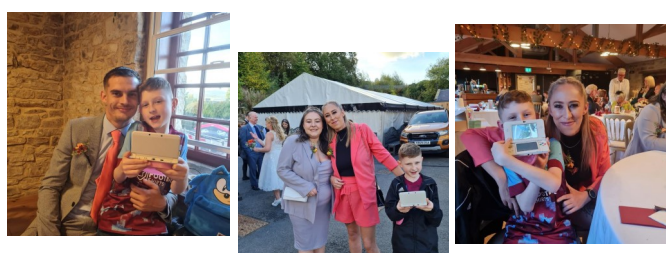
123



Well Done to  
Charlie for his  
fantastic addition  
and subtraction  
work in Maths.



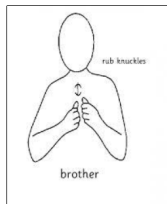
Thank you to Liam and his family for sharing these great  
photos of Liam having a fantastic time at his Grandad's  
Football Shirt Themed wedding.



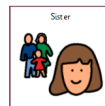
# Signs of the Week

We are going to be putting 2 different Makaton signs every week onto the newsletter. These are our School Signs of the Week and your child will be practising these during the week in class. These will give you the opportunity to practise different signs with your child at home.

Brother



Sister



You can contact school if you need any support using Makaton at home,

## Nibble and Natter

Our first Nibble and Natter session of this school year will take place on Tuesday, 18th October at 1pm.

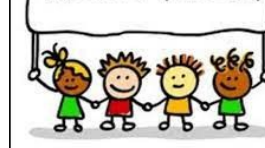
Come along and join us for an informal chat.



We look forward to seeing you!



Dates for your diary



- |                              |                                  |
|------------------------------|----------------------------------|
| <b>Monday 10 October-</b>    | World Mental Health Day          |
| <b>Friday 14th October-</b>  | Whole School Diwali party        |
| <b>Tuesday 18th October-</b> | Nibble and Natter                |
| <b>Friday 21st October-</b>  | Harvest Festival                 |
|                              | Wear it Pink Day                 |
|                              | Closure after school / Half Term |



If you have any questions or concerns regarding your child's online safety at home, please don't hesitate to contact school. You will be directed to someone who can support you.



**Staff - Tara, Kelly.H and Eve**

**Children - Kyle, Essa and Aadam**

We would love to share your news on our newsletter.

You can send photos etc.to:

**newsletter@holly-grove.lancs.sch.uk**

## Holly Grove Heroes



**Aisling's Class** - Tommy

**Samantha's Class** - Ahyan

**Laura's Class** - Ella

**Libby's Class** - Aadam

**Rebecca's Class** - Joel

**Danielle's Class** - Charlie

**Julie's Class** - Katie

**Connor's Class** - Theo

**Courtney's Class** - Ryan

**Alex's Class** - Oakli-Rose



**Well Done Everyone!**

# Optimistic October 2022

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together



## PUPIL HOLIDAY DATES – 2022 / 2023

### Autumn Term 2022

Re-open Monday 5 September 2022

Half Term 5 days Monday 24 October  
Friday 28 October (inclusive)

Re-open Monday 31 October

Christmas - Closure after school on Friday 16 December 2022



### Spring Term 2023

Re-open Thursday 5 January 2023

Half Term 5 days Monday 13 February to  
Friday 17 February (inclusive)

Re-open Tuesday 21 February

Easter - Closure after school on Friday 31 March 2023



### Summer Term 2023

Re-open Monday 17 April 2023

May Day 1 day Monday 1 May

Half Term 5 days Monday 29 May to  
Friday 2 June (inclusive)

Re-open Monday 5 June

Summer – Closure after school on Friday 21 July 2023

