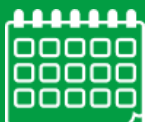




Dates for Your

## DIARY



**Tuesday 23rd September 2025**

Year 6 visit the Tower of London

**Friday 10th October 2025**

World Mental Health Day—wear something yellow with your uniform, for Hello Yellow

**Tuesday 21st October and**

**Wednesday 22nd October 2025**

Parent/teacher meetings—please book on MCAS

**Friday 24th October 2025**

Pupils last day before half term

**Monday 3rd November 2025**

School closed —PD day

**Tuesday 4th November 2025**

Pupils return to School

**Wednesday 19th November 2025**

Individual pupil photos

**Wednesday 26th November 2025**

Open morning for prospective Reception parents (Sept 26)

[Events](#) in Autumn 2025

School Calendar can be found [here](#).

# NEWSLETTER

Dear Parents and Carers,

Welcome back! We hope you've all had a wonderful summer and enjoyed some time to relax and recharge. It has been lovely to see the children return —full of smiles, energy, and excitement for the year ahead.

A very special welcome to all the new families joining our school community—we're so pleased to have you with us and look forward to getting to know you.

This term is already shaping up to be a busy one. We have our Tower of London trip coming up for our Year 6s, swimming lessons booked for one of our Year 4 classes, Guitar and Cornet lessons for Year 5, Balanceability coaches in Reception and a visit to Lakenheath Elementary school for our teachers.

Our newsletters will keep you up to date with what's happening in school, important dates for your diary, and highlights of the children's achievements.

Don't forget to follow us on facebook and keep updated on Dojo's school story.

Thank you for your support as we begin **another fantastic year together**.

*Mrs Emily Mitchinson and Mrs Naomi Brown*

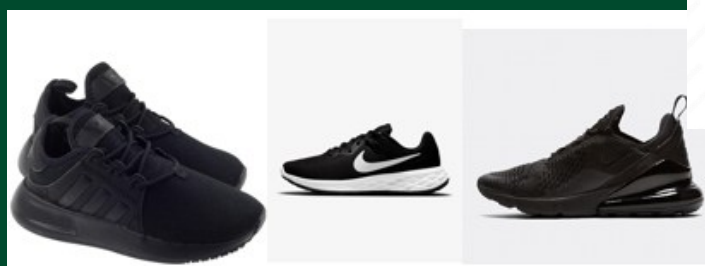
# Uniform

A huge thank you to all families who ensure their children wear the correct uniform every day. Our children are rightly proud to wear it—they want to look smart and be ready to learn. Staff are regularly rewarding correct uniform with Do-jos/GREAT points, and we really appreciate your ongoing support.

Ties and footwear continue to be areas where we need a little more consistency. For pupils in Year 3–6, the uniform is a white shirt with a tie. For children in Year 1 and 2, ties are optional. If not worn, we ask that children wear a white polo shirt. All jumpers and ties are expected to have the Great Heath logo on. Our uniform includes **grey shorts, grey trousers, or a grey skirt**. Please note that **black items are not part of our school uniform**.

Footwear should also follow our school policy. Shoes should be plain black. Black leather trainers are suitable, but branded or mesh-style trainers are not permitted. For clarity, I have re-shared photos of the correct footwear below.

Thank you once again for your continued support in helping us maintain high standards—our children look fantastic, and it makes such a positive difference to their learning.



# Safeguarding



## Mental Health

@nationalonlinesafety have created a brilliant set of posters to help parents and carers support their young people. We'll regularly share key pieces of information for our school community #wakeupwednesday

An estimated one third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having.

This [poster](#) helps us find out more about social media and mental health.



Come together to wear something yellow on Friday 10th October for World Mental Health day. We want to show children and young people they're not alone with their mental health.

Right now, the world can be a tough place for children and young people to grow up in – and they are feeling the pressure. We want young people to know that they don't have to go through this alone. Things can get better.



## Be on time, ready to shine

Thank you for helping your children start the day in the best possible way by arriving at school on time.

School gates open at **8.35**

Classroom doors open at **8.40**

Lessons start at **8.45**

Gates close at **8.50**



Even being a few minutes late can mean important learning is missed and can make it harder for children to feel settled and prepared for the day ahead.



## Boosters

We are running our booster sessions again this term to give selected children a little extra support or challenge, which they need to thrive.

Sometimes, boosters help a child catch up with a concept they've found tricky. Other times, they provide an opportunity to consolidate learning or stretch skills further. Either way, boosters are a positive step — not a sign of being “behind,” but a way to make sure every child feels confident and ready to succeed.

Our aim is simple: to help each child feel secure in their learning, celebrate their progress, and move forward with confidence.

## Learning at home

Our class newsletters are now out and share this term's learning, PE days and homework expectations. A little bit of support at home—like reading together, practising spellings or chatting about the day—really helps children feel confident and make great progress.

Please click on our useful learning links below

[Times Tables Rock Stars: Play](#)



[Purple Mash by 2Simple](#)



[Nessy Games](#)



## Yoga Bugs

We're delighted to share that we have invested in **YogaBugs**, a fun and engaging programme that introduces children to yoga through stories, games, and imagination.

YogaBugs sessions will help pupils to:

- Build strength, balance, and flexibility
- Develop focus and concentration
- Learn simple techniques for relaxation and wellbeing



This is a wonderful way for children to stay active, support their mental health, and enjoy movement in a creative and playful way. We can't wait to see the positive impact it has on both their physical and emotional wellbeing.

# Zones of Regulation

At the start of the year, we always re visit our Zones of Regulation Curriculum.

<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Terrified Yelling/Hitting Elated Out of Control

The children have been learning language to describe how they feel in the zones and what strategies can be used to help them with their emotional regulation.

The BLUE zone	The GREEN zone	The YELLOW zone	The RED zone
<b>How might you feel?</b> sad tired bored moving slowly	<b>How might you feel?</b> happy okay focussed ready to learn	<b>How might you feel?</b> nervous confused silly not ready to learn	<b>How might you feel?</b> angry frustrated scared out of control
<b>What might help you?</b> Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	<b>What might help you?</b> The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?	<b>What might help you?</b> Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break	<b>What might help you?</b> Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help

# SEND

The SEND [Local Offer](#) details the services available for children and young people with special educational needs and disabilities (SEND). Suffolk's SEND Local Offer can be accessed by clicking [here](#).

Suffolk [SENDIASS](#) (Special Educational Needs and Disabilities Information Advice and Support Service) is a confidential and impartial service that provides support with issues relating to Special Educational Needs and Disability (SEND). It is free and easy to access. They help children, parents and young people take part in decisions that affect their lives. Their website can be found [here](#).

Suffolk [SENDIASS](#) have a great [youtube channel](#), which has a range of great webinars for parents. Please use this [link](#) to see recording on topics like EHCPs, SEND in Early Years, Transition to High School.

Don't miss the What's On guide full of ideas for [family days out](#).

Click on this [link](#) to view the latest Families Suffolk Magazine.



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# KEY DATES THIS TERM



10<sup>TH</sup>  
OCTOBER

Hello Yellow day

Wear something yellow for World Mental Health day



9<sup>TH</sup>  
NOVEMBER

Remembrance Sunday

Year 6 Ambassadors will represent our school at the Remembrance parade in Mildenhall. Poppies will be sold in school.



10<sup>TH</sup>  
NOVEMBER

Odd Socks day

Wear odd socks to mark the start of anti bullying week



14<sup>TH</sup>  
NOVEMBER

Children in Need

Wear something spotty



19<sup>TH</sup>  
NOVEMBER

School Photo day

The photographers will be in school to take individual photos



11<sup>TH</sup>  
DECEMBER

Christmas Jumper day

Children can wear a Christmas jumper, with their uniform, and enjoy a yummy Christmas dinner



TBC

PTA's Christmas Fair

This event will be held in school.



9<sup>TH</sup> & 10<sup>TH</sup>  
DECEMBER

Nursery and Reception  
Christmas performance



16<sup>TH</sup> & 17<sup>TH</sup>  
DECEMBER

Year 1 & Year 2  
Christmas Sing Song





# AUTUMN 1 CLUBS AT GREAT HEATH



15.15 – 16.15

Sign up on MCAS

## MONDAY

- **YRS 1-2 BUG CLUB**
- **YRS 3-6 SPORTS CLUB**
- **YRS 3-6 CROCHET**
- **YRS 3-6 ECO CLUB**
- **YRS 3-6 ARTS & CRAFTS**

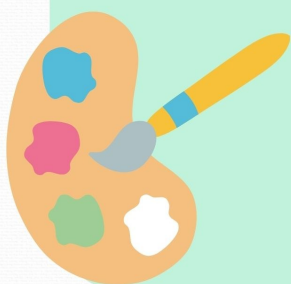
## TUESDAY

- **YRS 1-2 ARTS & CRAFTS**
- **YRS 3-6 COOKING CLUB**



## WEDNESDAY

- **YRS 1-2 YOGA & MINDFULNESS**
- **YRS 1-2 ARTS & STORY**



## THURSDAY

- **YRS 1-2 SPORTS CLUB**
- **YRS 3-6 EXPLORING MUSIC**
- **YRS 3-6 BOARD GAMES**
- **YRS 3-6 CHOIR**

