



Newsletter

17th April 2026



Dear Parents and Carers of Greenleas School,
Welcome back to the Summer Term.

We spent the training day on Monday revisiting our behaviour management processes so that everybody in the school is clear about how we reward the children when they make positive behaviour choices, and the consequence pathway to follow when children struggle to do this. This had previously been shared at Derwent

Road last half term, and was launched in assembly at Kestrel Way on Tuesday. The detail of this will be available in our updated behaviour management policy, which will be going to governors for ratification soon.

Now that the Summer Term is upon us, I have opened up membership of the choir to children from Year 2 upwards, and those who were interested came along for a trial on Tuesday lunchtime at Derwent Road, and Thursday lunchtime at Kestrel Way. The combined choirs have been invited to perform at the Leighton Buzzard carnival on Saturday 11th July, and we will be rehearsing some songs from the shows to perform at this event. A letter will be going home to parents next week about this, and we are all looking forward to it very much.

With best wishes for the weekend.

Rebecca Clarke,
Head Teacher

Greenleas' Value of the Month for April is...

Perseverance

Perseverance means keeping going even when something is difficult. Sometimes this might mean that it goes wrong lots of times before you get it right! Sometimes perseverance means lots and lots of practise.

Think about some of things you have persevered at.

Star of the Week

Derwent Road:
Marie
Kestrel Way:
Robyn



SEND Update regarding fidget toys at Kestrel Way:

A number of children have been bringing a fidget toy into school that gives vibrations that are more like electric shocks. Please can we remind you that these fidget toys are not appropriate for school due to the children wanting to test these out on their friends. Please see photo above.



This is also a reminder that children shouldn't be bringing in their own fidget toys from home unless this has been agreed by Miss Skinner or Miss Bird. We have a variety of fidget toys at school but if your child has a particular one that they like, please speak to Miss Skinner or Miss Bird so this can be agreed as part of their SEND Support Plan.

Tidy Tortoise

Derwent Road:
Falcons
Kestrel Way:
Plovers



Derwent Road Car Gate Reminder

When coming in to school and leaving school please can all parents/carers be reminded **not use the car gate when entering and leaving.** This is very dangerous and can lead to a serious accident.

Click the icon to visit our school social media channels.



Safeguarding Matters

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

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

The internet is swash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

LIVING ONLINE

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DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem; it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: jettisoning us from a new message or social post to read, for example. While that's useful in some circumstances, it can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people 'looking on', group shaming situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same; you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their devices, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT


If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.



National Online Safety
#WakeUpWednesday

Source: <https://www.chiarenza.com/news/gov-uk-report-the-big-ask-big-screen>
<https://www.ons.gov.uk/peoplepopulationandcommunity/infrastructureandtransport/articles/using-social-media-to-keep-you-up-to-date-on-the-latest-news>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.03.2023

If you wish to report any safeguarding concerns, please contact the below staff members in the first instance:



Designated Safeguarding Lead:
Rebecca Clarke
Kestrel/Derwent



Derwent Road:
Sarah Horne



Derwent Road:
Bindia Sexton



Derwent Road/Kestrel Way:
Alexia Cook



Kestrel Way:
Amanada Wallace

Greenleas Dad runs marathon for 'gentle and loving' hospice that cared for his wife.

Tom Shadbolt, who lost his wife Hannah to secondary breast cancer in May 2025 is preparing to take part in this year's London Marathon in aid of a hospice which cared for his wife before her death from cancer at the age of 31.

Hannah spent the last month of her life in hospital and at Keech Hospice's premises in Luton, where Tom said they cared for her in the most loving way.

Tom is set to be cheered on by the couple's daughter Mila, as he attempts his first ever marathon in aid of Keech Hospice, which provides specialist end-of-life care for individuals affected by cancer and their families.

The link to Tom's fundraising page [can be found here.](#)

Kestrel Way PTA

Pre-loved School Uniform Sale

Friday 24th April
3:15-4pm

Under the shelter by the office

Please bring cash, items start from £1 each



It all starts with... 

All Stars Cricket is the best cricket experience for 5-8 year-olds

All kids are guaranteed to develop new skills while having fun and making friends.

Participants receive a personalised backpack of goodies including a bat, ball and t-shirt!



Sign up today at allstarscricket.co.uk

All Stars

DYNAMOS CRICKET

This is our game.

Calling all 8-11 year olds!

Whether a graduate from AllStars or new to the sport, Dynamos Cricket is an exciting way for kids to play, learn cricket skills and make new friends.

Participants receive a personalised New Balance shirt with their name and chosen number.

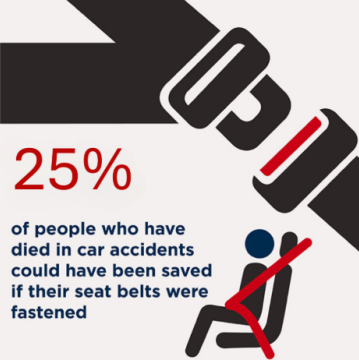
Sign up today

[Girls Dynamos](#)

[Mixed Dynamos](#)

BUCKLE UP BUTTERCUP!

- Wearing a seat belt reduces the risk of death by 50%
- 4 unbelted young people were killed/seriously injured every week in 2022
- 41% of people who dies in a vehicle collision at night could have been saved if their seat belts were fastened
- 40% of back seat passengers killed in collisions were not wearing a seat belt
- Children under 12 years olds **MUST** be in a car seat or booster seat unless they are over 135cms tall
- If a car travelling a 30mph stops suddenly, everyone and everything in the vehicle will continue to move at 30mph until something stops them. At a force of 2-3 tonne! **Make sure its the seat belt that stops you!!!**



25%

of people who have died in car accidents could have been saved if their seat belts were fastened

Bedfordshire Road Safety Partnership
Working together to reduce road casualties

The driver is responsible for all passengers under 14 year old and can receive an on the spot fine of at least £100. Passengers over 14 years old are responsible for themselves and can receive the same fine.

INFLATABLESK

Isla & Josh Are Running For Greenleas!



On Saturday 25th April, me and my 6-year-old daughter Isla (Robins Class) are taking on the Inflatablesk in St Albans, a 5-kilometer, 30 station obstacle course. This will be Isla's second ever 5k event and she has been training hard through a combination of running and long distance scooting!

We are running to raise funds for Greenleas Derwent Road PTA, to help provide important improvements that will make a real difference to the children's learning environment. Every donation, big or small, will go towards creating a better space for Isla and her classmates to learn, grow, and thrive.

Please donate at:

www.justgiving.com/page/josh-isa6

Thank you so much for your kind support!