



Newsletter

25th September 2026



Dear Parents and Carers of Greenleas School,

We've had another productive week in school with two announced fire drills so that the children can practice leaving the school quickly and safely in the event of an emergency. This is an important element of our health and safety process and I'm pleased to share with you that the children were sensible and safe.

Wednesday was Head Teacher lunch day at Derwent Road, and we started off the year with Jack-Jack, Dennis, Evelyn, Florence, Gracie and Dylan from Doves, Robins, Nightingales and Swallows. We were all a little shy at first, but as we munched our lunch we became more chatty. It was lovely to see what positive role models the children were, offering each other places in the line, and making sure everyone had the cutlery they needed and a drink of water. I was interested to hear how the new swimming pool is different from the old for those who have lessons there, who had a birthday coming up, and any news of any older siblings who have moved on from Greenleas.

This week we have a warning tale from Grace and Rainey in Year 2.

In case you missed my letter yesterday, I have shared with the school and the wider learning community my decision to retire at the end of the Spring Term next year. This will coincide with the 20 year anniversary of my career as a teacher, and the year of my 60th birthday. Whilst this may seem like an early announcement, this is to allow the governing board sufficient time for the Head Teacher recruitment process and notice periods so that the new post holder can start after the Easter holidays. Broadly speaking the governors will:

- Appoint a selection panel of governors
- Create a job description based on the needs of the school and place an advertisement
- Undertake reference and safeguarding checks
- Hold a selection process over one or more days including a formal interview
- Recommend and appoint a candidate subject to satisfactory pre-employment checks

With best wishes for the weekend.

Rebecca Clarke,
Head Teacher



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

Respect

Respect is thinking about yourself and others in a positive way. Respect is thinking and acting in a way that shows others you care about their feelings.

To help deepen our children's understanding of our value of Respect this month, here are some questions you could discuss with your child at home: How can we show respect to others? To ourselves? To property?

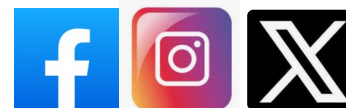
Star of the Week

Derwent Road:
Mollie
Kestrel Way:
Nyah



Tidy Tortoise

Derwent Road:
Doves
Kestrel Way:
Sandpipers



Safeguarding Matters

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 issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about INFLUENCERS

In today's digital age, social media influencers play an increasingly significant role in shaping the opinions, interests and behaviours of our children. While many of these individuals can have a positive effect, influencer culture can also present certain risks – such as encouraging consumerism, affecting self-esteem and blurring trustworthiness. To help ensure a safe online environment for young people, it's vital to maintain open communication, set sensible boundaries, promote a healthy self-image and teach digital media literacy. Our guide delves deeper into all of these.

WHAT ARE THE RISKS?

HEIGHTENED CONSUMERISM

A major way that influencers make money is through brand partnerships and sponsored content. As a result, children who follow them may be exposed to a steady stream of advertising; this can lead to materialistic attitudes, unrealistic expectations and an increased desire to have the latest products. Many influencers have built huge brand empires around their large, impressionable following.

THE SOFT SELL

Some influencers aren't always transparent about the motivations behind their posts, blurring the lines between genuine recommendations and paid-for promotions – and young people sometimes find it difficult to distinguish authentic content from advertising. Many major social platforms have taken steps to make sponsored content and ads easier to identify, but it remains an area of concern.

PRIVACY CONCERNS

Inspired by their favourite influencers, children may start sharing more of their own lives online – which could reveal personal information or details about their daily routine. This openness can put them at risk of cyberbullying or even predatory behaviour. This is exacerbated by live streaming, which gives young people no time to consider the potential consequences of saying too much.

UNDERMINING SELF-ESTEEM

Many influencers share images and videos of themselves and their activities, which are often painstakingly curated and edited to present an idealised version of their life. Children who follow these influencers may develop distorted expectations about body image and the concept of beauty, which can potentially lead to negative self-esteem and even mental health issues.

Advice for Parents & Carers

KEEP TALKING

Chat to your child about the content they consume on social media and the influencers that they like. Encourage them to think critically about what they see and hear online, and listen to any concerns they might have. Maintaining this line of open, honest communication can help your child to make informed decisions about which individuals they follow and what content they engage with.

SUPPORT A HEALTHY SELF-IMAGE

Reinforce your child's awareness that real life isn't usually as picture perfect as it may appear on social media – and how some content (particularly that of influencers) is often curated, staged or edited to look more glamorous. If possible, highlight examples of other influencers who share authentic, reliable material which acknowledges their imperfections and struggles as well.

SET SOME BOUNDARIES

Agree age-appropriate boundaries for your child's social media use, including time limits and privacy settings (the two major operating systems on mobile devices, Android and iOS, have these controls baked in). Try to keep an eye on your child's online activity and discuss it regularly with them – including reminding them of the potential risks that can arise from following influencers.

PROMOTE MEDIA LITERACY

Talk to your child about the concepts of sponsored content, advertising and potential influencer bias. Teach them to critically evaluate the information they're presented with online and to consider the possible reasons behind content creation. This can help young people develop the skills to make healthier decisions about the influencers they choose to follow and the content they consume.

Meet Our Expert

A former director of digital learning and currently a deputy headteacher and DSL, Brendan O'Keefe's experience and expertise gives him a clear insight into how modern digital systems impact the experience of children, staff and parents – and which strategies help to ensure that the online world remains a useful educational tool rather than a minefield of risks.

NOS National Online Safety
#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety) [/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety) [@nationalonlinesafety](https://instagram.com/nationalonlinesafety) [@national_online_safety](https://tiktok.com/@national_online_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 24.05.2023

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	 Dorothy Smith Safeguarding Governor
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Cold Write

C2

21.9.26 Lo-To write a warning tale

One day, Boatha and her family were going on a boat ride. Just then the boat crashed so they had to get off, they had to go for a walk. Boatha ran as she loved walks, her mum said don't go far. But it was too late. Then Boatha she got a carsel. She went inside.

Rose and the castle

One day there was a girl called Rose. Rose saw a castle but her mum told her not to go in it. Rose really wanted to go in. Rose went in the castle even her mum told her not to. When she went in, there was a dragon. The dragon chased her! She shouted as loud as she could. Then her mum saw her and ran in. Her mum got her and ran home. Rose never ever went in the castle again.

"The more that you read, the more things you will know. The more that you learn, the more places you'll go." Dr Seuss

BOOK GIVEAWAY

Autumn is creeping in and it's time to snuggle up together with a good book.

Come and join us after school at Kestrel Way on Friday 9th October.

and pick a free book to enjoy together.



BURGER DAY OCT 1ST

MAIN MENU

Breaded Chicken Burger

or

Beef Burger

or

Breaded Bean & Vegetable Burger (Ve)

(Free From)

SERVED WITH

Baked Potato Wedges

Sweetcorn

Coleslaw

DESSERT

Chocolate Sponge
with Chocolate Custard

(Jacket Potato & Cold Options
available where applicable)



@hclcatering

www.hcl.co.uk

Menus are subject to change due to supplier stock availability. * Free from the key 14 allergens and plant based/vegan

PEDAL MORE



POLLUTE LESS



Take a step (or pedal) in the right
direction and join Cycle to School
Week, 05–09 October 2026!

More cycles means fewer cars.
Which means cleaner air, less
traffic, and a happier town.

cycletoschoolweek.co.uk

Supported by



NatWest
Rooster Money

CYCLE TO



SCHOOL

WEEK

2026

Transfer to Starting School 2027

Central
Bedfordshire



Beauesert Lower School, Lewis Turner, AGE 8



Scan here
to apply

Was your child born between
1 September 2022 and 31 August 2023?

They will start school in September 2027, so you need to apply
for a school place by 15 January 2027.

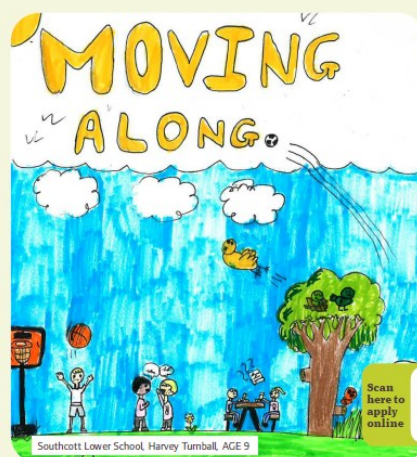
Apply online at www.centralbedfordshire.gov.uk/admissions

You can also complete a paper application form by downloading it from our website or by contacting
School Admissions @ admissions@centralbedfordshire.gov.uk ☎ 0300 300 8000

A great place to live and work.

Transfer to Junior/ Middle 2027

Central
Bedfordshire



Southcott Lower School, Harvey Turnbull, AGE 9



Scan here to
apply online

Is your child due to start Junior/Middle
School in September 2027?

Then you need to apply for a school place by 15 January 2027.

Apply online at www.centralbedfordshire.gov.uk/admissions

You can also complete a paper application form by downloading it from our website or by contacting
School Admissions @ admissions@centralbedfordshire.gov.uk ☎ 0300 300 8000

A great place to live and work.

CHUMS

YOUNG PEOPLE & PARENT/CARER WORKSHOPS

Our online workshops are designed as a starting point for families with children who have low level difficulties. These are one-off 2-hour sessions conducted virtually via Microsoft teams.

Please note these workshops do not support moderate/severe difficulties and will not address risky behaviours (self-harm, suicidal ideations).

ANXIETY WORKSHOPS

11+ ANXIETY

10/9/26 @ 4PM - 6PM

(For young people aged 11+, parents also welcome to attend)

This single psychoeducation session explores emotional development in children, emotional regulation, and focuses on anxiety and anxiety management strategies.

PARENT ANXIETY

21/9/26 @ 9:30AM - 11:30AM

(For parents of young people aged 5 - 11 years old)

One-off workshop exploring emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.

SLEEP WORKSHOPS

UNDER 12'S SLEEP

11/9/26 @ 9:30AM - 11:30AM

(For parents of young people aged 4 - 12 years old)

One-off workshop which focuses on why sleep is important, what is 'good' sleep, possible causes of sleep difficulties and learning strategies to overcome sleep problems.

OVER 12'S SLEEP

16/10/26 @ 3PM - 5PM

(For young people aged 13+, parents also welcome to attend)

One-off workshop which explores why sleep is important, what is 'good' sleep, sleep hygiene tips and strategies for managing worries at night.

RESILIENCY WORKSHOP

6/10/26 @ 9:30AM - 11:30AM

(For parents of young people aged 5 - 11 years old)

This single session explores relevant child development including and provides psychoeducation on mental health vs mental health problems, emotional regulation, anxiety and low mood. You will leave with a greater understanding of your child's needs and armed with strategies to build their resilience.

EXAM STRESS WORKSHOP

22/10/26 @ 4PM - 6PM

(For young people aged 12+ and parents)

One off workshop which equips teenagers with an understanding of exam stress, strategies for managing exam stress, revision tips and self-care. The workshop also offers parental tips for supporting their adolescent's exam stress.

BEHAVIOUR WORKSHOP

9/11/26 @ 9:30AM - 11:30AM

(For parents of young people aged 5-11 years old)

A one-off workshop that covers the following topics: Emotional development in children, emotional regulation, common behaviour difficulties and strategies to promote positive behaviours.

SELF-ESTEEM WORKSHOPS

TEENAGE SELF-ESTEEM

26/11/26 @ 4PM - 6PM

(For young people aged 13+, parents also welcome to attend)

One off workshop which equips teenagers with an understanding of self-esteem and tools to build confidence through thought challenging, relaxation and activities to celebrate strengths and successes. Workshop also offers parental tips for building self-esteem in adolescence.

PARENT SELF-ESTEEM

9/12/26 @ 9:30AM - 11:30AM

15/1/27 @ 9:30AM - 11:30AM

(For parents of young people aged 5 - 12 years old)

One off workshop which equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person.

Central Bedfordshire Community Access Service

Upcoming Events

Online Workshops for Parents & Caregivers

Click on each to sign up or scan the QR code!

OCTOBER

8

Promoting Positive Body Image for Young People (11 Years +)

4-5 PM



NOVEMBER

24

Managing "Big Feelings" (5-11 years)

12-1 PM



DECEMBER

3

Supporting Mental Health and Wellbeing in Children and Young People

12-1 PM



DECEMBER

7

Managing your Child's Overwhelm during the Holidays

4-5 PM



We care
We respect
We are inclusive

NHS

East London
NHS Foundation Trust

Make music.
Make friends.
Be inspired.

Discover our fun and friendly after-school and Saturday music groups in Central Bedfordshire.

Scan to find your local group and start your musical journey today



Whether you're just starting out or already play, there's something for everyone — from singing and bands to strings, brass, keyboard, folk group and more.

In all our sessions you can:

- ♪ learn new skills
- ♪ build confidence
- ♪ make friends
- ♪ perform and progress



inspiring music
Central Bedfordshire Music Service



Supported using public funding by
ARTS COUNCIL
ENGLAND



DERWENT ROAD PTA NOTICEBOARD

PTA HALLOWEEN DISCO

16TH OCTOBER 2026

EARLY: 5 - 6PM/LATE: 6:15 - 7:15PM

£1.50 PER TICKET

Come and join us for a spooky time! Dancing, snacks, lucky dip and a quiet room with colouring will be available (not forgetting the bar for the adults!) Fancy dress is optional - please no masks or weapons.

Tickets are available on Arbor School Shop and will close once we reach full capacity.

All children must be accompanied by an adult and all adults and children need to purchase a ticket in advance. Every adult attending must be accompanying a child.

This event is exclusively for children currently enrolled at Greenleas. We kindly ask that for the safety of children attending, that older siblings or children that are no longer at Greenleas, do not join for this event. Thank you for understanding.

WE CANNOT RUN THIS EVENT IF WE DO NOT GET ENOUGH HELPERS. IF YOU WOULD LIKE TO VOLUNTEER, PLEASE LET YOUR CLASS REP KNOW OR EMAIL US AT: PTAFROGS@HOTMAIL.COM

SUMMER UNIFORM DON'T FORGET!

Please grab any summer uniform items (like the green check dresses and shorts) before it gets packed away to make space for more winter uniform.



The uniform rail is located in the school foyer.



A donation box is available for cash donations.

From
PTA Derwent Road

KESTREL WAY PTA NOTICEBOARD



GREENLEAS KESTREL WAY PTA Help make our Christmas Raffle amazing!

A local prize can make a big difference to our children.

CHRISTMAS RAFFLE DRAW • FRIDAY 27 NOVEMBER 2026

Could your business donate a prize for the Greenleas Kestrel Way PTA Christmas Raffle? Every gift helps us raise funds for the children and gives our school and wider community something exciting to win. This is Greenleas first main raffle for several years, so I'd love to be able to set it off with a bang!

Prize ideas

- | | |
|---|---|
| ✓ Service or gift vouchers for your company | ✓ Hampers, Gift sets or a bottle of Whiskey |
| ✓ Products you make or sell | ✓ Experiences or activities |
| ✓ Amazon, John Lewis or Tesco gift voucher | ✓ Advent Calendars (the kids love them!) |

Every donation, large or small, makes a difference!

We are being organised and compiling our prize list early. Therefore we would kindly ask if you donate a voucher with an expiry date, could you date it as close to the draw on 27th November as possible, giving the lucky winner plenty of time to use it. Remember a £20 voucher for your business, will hugely encourage people to come in and spend more!

Could you be our headline sponsor?

We are looking for one local business to donate a standout prize, such as a games console, annual zoo membership, high-value voucher or even a cash prize. This can be a tax deductible expense too! WIN WIN!!!

In return, your company name and branding would feature prominently on PTA raffle correspondence and publicity shared throughout the school community.

Think this could be you? Please do let us know, we'd be eager to discuss.

Where the money goes

Every penny raised goes back into the school community, funding extra-curricular activities, resources and opportunities that enhance the children's learning and enjoyment.

If you can donate a prize or would like to discuss sponsorship, please email ptakw@greenleas.net or call myself on the number below. We would be delighted to hear from you and will thank prize donors in our PTA publicity within school comms and via Social Media.

Thank you for helping make this first raffle a fantastic success for our children!

Kind regards,
Kathi – Vice Chair, 07850 089749
Greenleas Kestrel Way PTA
Kestrel Way, Leighton Buzzard, Bedfordshire, LU7 4WZ

Greenleas PTA

HALLOWEEN SCHOOL DISCO

Friday 16th October

★ Kestrel Way site only ★

Years R, 1 & 2 4.15pm - 5.15pm	Years 3 & 4 5.30pm - 6.30pm
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£6.50
To be paid on Arbor
by Friday 9th October

Snacks, drinks and
a treat to take home
included!

Fancy dress,
glitter, or casual
(no masks or props allowed)

LET'S DANCE!

Discos can be loud, children are welcome to bring ear defenders
to help them adjust