



# Newsletter

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Headteacher: **Mr Ben Massey**



## December News

December 2025

### Ho Ho Happy Christmas!

What a term it's been! The music kicked off with the truly magical performance by the choir at the One Voice Festival at Brighton Dome and continued with the fabulous Christmas concerts at St Martin's Church and our tear-jerking Nativities.

The Winter Fair was an enormous success and I'd like to thank the PTA and all of the volunteers who organized and ran the event. The amount of time, thought and effort that our families put into making events like this so spectacular cannot be understated and the school is extremely lucky to have such a supportive community.

I'd also like to give a shout out to every single member of staff at the school. Not only have they managed to survive the term—no easy feat - but they've done it in style! We've had visits from Roman Centurions, Christopher Wren, vile Victorian teachers and King Charles II himself. We've learned how to make a hearty wolf stew, how to build bridges, how not to cause great fires in London and how to defend ourselves from rogue Celts using the 'turtle' shield formation. We've even learned some maths and English too!

Mr Dancer has literally lit up the school and Miss Ahmed has been very busy creating a series of simply stunning displays around the school to showcase all of the children's wonderful work. And lots more besides!

We've also been delighted to welcome a number of new families to Elm Grove and it's been great getting to know them all.

So, there's been a lot going on and it's time for a well-earned, festive rest. Wishing you all a wonderful holiday. See you next term for more adventures!

**Mr Massey**





## Golden Book Merits



<b>Beech</b>	Lyra, Raphy, Freddie
<b>Birch</b>	Otis, Connie, Sophia
<b>Baobab</b>	Leo, Aoife, Sienna
<b>Bonsai</b>	Leif, Emir, Suleiman
<b>Holly</b>	Whole Class!
<b>Horse Chestnut</b>	Isaac, Essie-Mae, Freddie
<b>Cedar</b>	Whole Class!
<b>Cypress</b>	Whole Class!
<b>Redwood</b>	Freddie, Arry, Adanna
<b>Rowan</b>	Robyn S, Amelia, Maria
<b>Elder</b>	Stan, Louis, Poppy
<b>Oak</b>	Whole Class!

## Hot Chocolate Club

- Rona from Beech
- Raphy from Birch
- Thalia from Baobab
- Angus from Bonsai
- Gethin from Holly
- Ipek from Horse Chestnut
- - from Cedar
- Heeva from Cypress
- - from Redwood
- Roby-Rose from Rowan
- Oscar from Elder
- Jenson from Oak



## Key Dates:

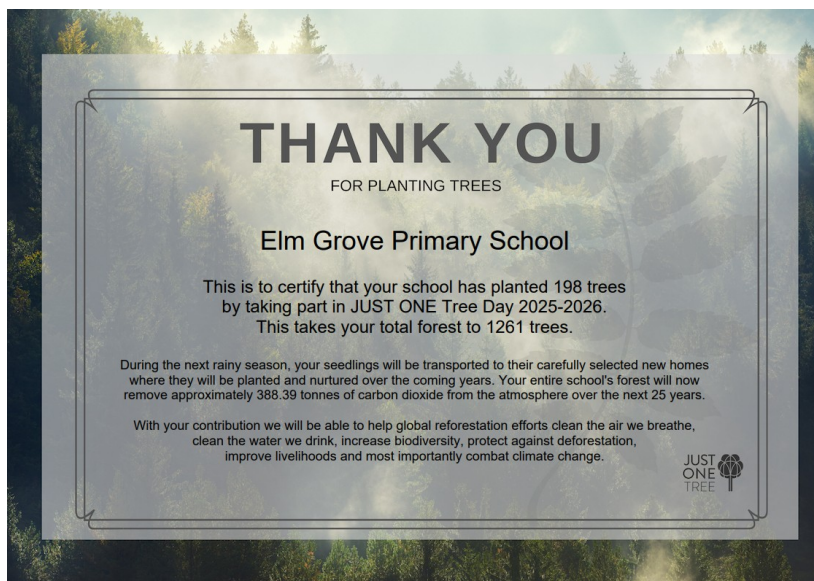
Event	Date
Non uniform day & Y2 cake sale	19th Dec
School Inset day	5th Jan 2026
First day back	6th Jan 2026

## JUST ONE Tree

Thank you so much to everyone who contributed to our recent JUST ONE Tree day.

Our 198 new trees will be planted to support reforestation in one of the following countries: Brazil, Madagascar, Mozambique, Nepal, Mexico, Indonesia, Kenya, or Zambia.

Elm Grove's 'forest' now stands at 1261 trees and will continue to grow each time we take part!



## Nutrition Workshop

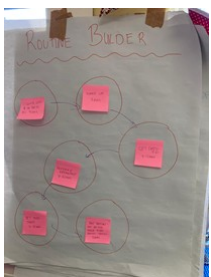
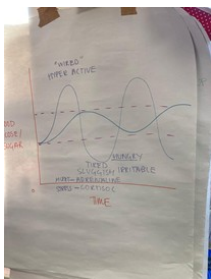
On Wednesday the 26<sup>th</sup> November we held a nutrition workshop for parents and carers in the nest with registered nutritionist Freya Harrap. This was organised by Sarah Kennedy (PTA and a registered nutritionist) and Sam Barfoot, using funding secured from the Public Health Schools Programme. We focused on nutrition for learning and concentration, starting the session with a cuppa and some homemade breakfast banana bread. We spoke up about sugar spikes and how this can affect sleep and learning. We looked at some behaviour change tools to help put healthy routines into practice. We made some breakfast Bircher in the session to take home, discussing how guided choice and batch prepping could help make sure we have breakfast in a rush.



### Future Sessions:

Picky eating came up in the session and we wanted to ask you whether there would be interest in an **online webinar on picky eating?**

If you are interested in attending the session please **email Sam Barfoot to register your interest**, with the **time and day** that works best for you. [SamBarfoot@elmgrove.brighton-hove.sch.uk](mailto:SamBarfoot@elmgrove.brighton-hove.sch.uk)



### A note from Sam:

Thanks to all those who made it to the nutrition workshop. We didn't collect your emails at the end of the session but we wanted to make sure you got all of the information we referenced.

Here is some information on portion sizes for children: <https://www.nutrition.org.uk/creating-a-healthy-diet/portion-sizes/>

I would caveat this with that this is just a guide and different activity levels, growth patterns and just day-to-day differences may mean your child needs a bit more or a bit less than what is recommended. For this reason there is a range given.

Adult's portion sizes are on the same webpage as above (scroll down). Again there are some individual differences e.g. illness, gender, activity level. So it's important to find what feels good for you. You also don't need to stick to these, remember we spoke about getting a balance across a day or a few days.

Some ideas for healthy kids snacks could include, [egg muffins](#), [pea dip](#), apples and peanut butter (not for school), healthy flapjacks, fruit and cheese skewers, [here are BBC's examples for more inspiration](#). Remember to think about the different food groups when designing a snack, is there a way to make it more balanced? This will help with satiety and overall health.

Vitamin D recommendations for children information: <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>

**REMINDER:** We have several children in school with nut allergies that are also airborne. Please do not send any foods / packed lunches which contain nuts into school.



## Parking and Road Safety Reminder

Please park responsibly and safely at pickup and dropoff times. Thank you for keeping our school community safe.





### Sama Karate Grades

We would like to extend a huge congratulations to all our karate students at Elm grove who successfully undertook their grade exam on Sunday 23rd November.

Our students work incredibly hard to reach the required standard for each new belt. Training for a grading helps build confidence, focus, discipline, and fitness — and every child demonstrated these qualities brilliantly on the day. Their dedication and perseverance throughout their martial arts journey has been outstanding. Well done to you all!

Our after-school karate class runs every Thursday After-school during term time.

If you're interested in enrolling your child, please click the link below to book their space.

<https://samagroup.co.uk/join-a-class/>

Picture below shows our school students proudly wearing their new grade belts.



Large-print versions of the newsletter are available by request at the school office.

### Prospective Parent Visits:

Please let your friends and neighbours know that if their child is due to start school in September 2026 they can visit Elm Grove for a school tour. We have one remaining date on Wednesday 7th January at 10am.

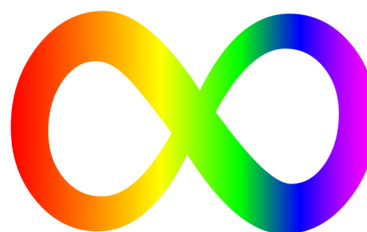
For more information on applying for a Primary school place please go to: [Important dates for infant, junior and primary school applications \(brighton-hove.gov.uk\)](https://www.brighton-hove.gov.uk/important-dates-for-infant-junior-and-primary-school-applications)

### BHISS Autism and Language Resource

Brighton & Hove Inclusion Support Service (BHISS) is a multi-disciplinary team that works with children & young people with special educational needs and disabilities (SEND), and their families.

The team have put together a useful page with resources to help families learn more about autism and language, which can be found at:

[BHISS Autism & Language Team Family Support](#)



### Let the Hall!

Are you or anyone you know interested in letting our school hall on a regular basis?

We have hall space free from 6pm on Mondays, and Fridays. Any interested party can contact Sean Copping (School Business Manager): [seancopping@elmgrove.brighton-hove.sch.uk](mailto:seancopping@elmgrove.brighton-hove.sch.uk)

## Reception Class News

As part of their "Three Little Pigs week" Reception children had the pleasure of Alex coming into school for an afternoon. Alex runs Forest Schools and he taught the Reception children how to light a fire and how to keep it burning in his fire box. Mrs Prichard told the Reception children that the Big Bad Wolf was coming down the chimney and that they needed to put a pot of water on the fire. Reception children then made "Wolf Stew" (Vegetable Soup). They helped to stir it until it was hot enough to eat. How delicious it was too! A lot of children had second helpings! Many thanks Alex for sharing your resources and wisdom with us. Reception children had an amazing afternoon.





## Year 2 Class News

The children in year 2 had a fabulous afternoon of drama with The Rainbow Theatre Company. The children all participated in acting out and retelling the story of the Great Fire of London- from Thomas Farriner's bakery and Samuel Pepys's home to King Charles II and Sir Christopher Wren. It was great fun and the children were able to show how much they have learnt in history this half term.

