16TH OF OCTOBER 2026

HOLLY GROVE SCHOOL NEWSLETTER

www.holly-grove.lancs.sch.uk

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facebook.hollygroveschool

Please contact newsletter@holly-grove.lancs.sch.uk, If you would like to share any news on the newsletter, or if you would like to view this newsletter in an alternate language.





YEEHAW, PARTNERS!
We can't wait to see all our wonderful parents and carers at our Western Theme Charity Night!
Dust off your cowboy hats, grab your boots and get ready for a rootin' tootin' good time!
We'll see you there, partners!
Yeehaw!





Stay and Play Afternoons – Autumn 2026

Please see attached a list of each class' stay and play sessions for the Autumn Term. You are very welcome to attend the session of the class your child belongs to. The focus of this first session is for you to meet your child's new class team and discuss how they have settled

Aisling's Class	19.10.26 at 2pm
Katie's Class	12.11.26 at 10am
Samantha's Class	14.10.26 at 1.30pm
Josh's Class	1.10.26 at 1.30pm
Leah's Class	15.10.26 at 1.30pm
Laura's Class	15.10.26 at 1.30pm
Courtney's Class	20.10.26 at 10am
Adam's Class	6.10.26 at 1.30pm
Julie's Class	14.10.26 at 1.pm
Jenny's Class	13.10.26 at 2pm
Libby's Class	13.10.26 at 1.30pm
Michael's Class	13.10.26 at 1.30pm

LOOK! OUT

Please look out for our new Holly Grove Parent & Carer Support Newsletter!

We know that finding the right support at the right time can sometimes be difficult, with lots of different services, information and opportunities available. We have created this new newsletter to make it easier for families to find relevant support and information all in one place.
The newsletter will be shared as and when we have new information, support or opportunities to share, so there won't be a set publication schedule.
You may find information about:

- **Family support and local services**
- **SEND support and advice**
- **Benefits and financial support**
- **Family activities and groups**
- **Courses and workshops**
- **Parent/carer support opportunities**
- **Other information that may be useful to your family**



NEW!

Staff Development

14th of October- Communication /SALT
4th of November Julia Dyer



Chill and Chat

We are holding our next Chill and Chat group on

TUESDAY, 20TH OF OCTOBER
2026
FROM 1-2.45 PM

This month, our Chill & Chat session will be focused on Bilingual support with Family Support Officer Shagufta.
We're creating a relaxed space for parents and carers to simply enjoy a cuppa, have a chat, share experiences, and connect with one another. Whether you're looking to meet other families or just take some time for yourself, we'd love to see you there!

PLEASE FEEL FREE TO BRING IN ANY SNACKS TO SHARE.

SIGN OF THE WEEK





We really welcome any positive comments or suggestions you may have about Holly Grove School. Please click the link to share your views with us. Please note this is for comments and suggestions only and although checked regularly will not be checked daily. Any queries, concerns or complaints should be submitted in the normal way by contacting your child's class teacher, a member of SLT or by following the Procedure for Handling Complaints Policy which can be found on our school website or by requesting a copy from the school office.

https://docs.google.com/forms/d/e/1FAIpQLSfTyPviLN3pzurXOkyakrxOY-1cIlSF5rlYZBfDNltKBx3WfQ/viewform?usp=header

DATES FOR YOUR DIARY

16th October
Charity Night
22nd October - 2nd November
Half Term
2nd November
School Re-opens

You can access all our policies and privacy notices on the school website
www.holly-grove.lancs.sch.uk



HOLLY GROVE HEROES



Aisling's Class	
Katie's Class	
Sam's Class	
Adam's Class	Freddie
Josh's Class	Alex & Roza
Laura's Class	Louie
Leah's Class	
Courtney's Class	Stefania
Libby's Class	Ella
Jenny's Class	Aminah
Julie's Class	Ariz
Micheal's Class	Jibreel

Sensory Regulation

Spinning



Werecommendnot using this spinning equipment andinstead look at other ways to support your childs regulation needs.

Some children do not experience dizziness and therefore will not know when to stop spinning.

What is the vestibular system?

It is our movement and balance system, found in the inner ear. It tells the brain about the position and movement of the head and helps with balance, posture, coordination, alertness and attention.



- Helps us keep our balance
- Tells us about head movement and position
- Supports posture, coordination, alertness and attention

Why can spinning be powerful?

You and I would stop spinning as we begin to feel dizzy. For a child with sensory processing differences, this may not happen in the same way. They may continue spinning without feeling dizzy and can quickly become disorganised.



Spinning gives strong rotary input to the vestibular system.

You and I would usually stop spinning when we start to feel dizzy.

A child with sensory processing differences may not get dizzy in the same way and may continue spinning.

The effect may not be immediate

A child may look fine during or just after spinning. Changes can sometimes appear later as the nervous system tries to reorganise. Rather than relying on a fixed time, watch your child over the following period and notice their individual pattern.



During or just after spinning they may look fine.

Changes can appear later.

Watch your child over time and notice their individual pattern.

What might "disorganised" look like?

You might notice increased movement, reduced attention, difficulty settling, being less coordinated, dizziness or nausea, seeming unusually tired, or finding everyday demands harder. These signs vary from child to child.



Increased movement

Reduced attention

Difficulty settling or being less coordinated

Dizziness or nausea

Seeming unusually tired

Finding everyday demands harder

There are lots of ways to provide movement and vestibular input without spinning, such as:

- 🪑 Rocking gently forwards and backwards in a rocking chair or during a simple rocking game. Slow, rhythmic movement can be calming for some children.
- 🛝 Swinging forwards and backwards on a swing, avoiding rotational spinning.
- 🦘 Jumping and bouncing, for example jumping on the spot or using a trampoline/trampette with appropriate adult supervision.
- 🚲 Riding a bike or scooter, which combines movement with pushing through the legs and can provide both vestibular and proprioceptive input.

NHS.uk

If you need any further support or have any questions. Please contact: classlibby@holly-grove.lancs.sch.uk



HOLLY GROVE CHARITY NIGHT

Yeehaw!
Join us for a great night of fun, food & fundraising!

FRIDAY 16TH OCTOBER 2026
★ 7PM ★

ROSEGROVE UNITY



RAFFLE


SINGER



BINGO



TOMBOLA



QUIZ



PIZZA VAN


DONUTS


LINE DANCING



SURPRISE GUEST

★ BEST DRESSED COMPETITION ★

★ TICKETS £10 ★

INCLUDES PIZZA AND BINGO TICKETS


Feel Good Friday
@ Holly Grove
Relaxed • Friendly • Supportive •
By Parents for Parents
Come and join us for a warm drink, a chat, and a chance to share stories, worries, tips, and laughter with other Holly Grove parents
Location:
Upper School Dinner Hall
(Enter via the Main Turning Circle entrance)
Time:9 am - 11 am
Dates 2026/27:
2nd of October
6th November
4th December
8th January
5th of February
5th March
16th April
7th May
11th June
2nd of July

Optimistic October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			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 – 2026/2027

Autumn Term 2026

Re-open Wednesday 2 September 2026

Half Term 7 days Thursday 22 October
Friday 31 October (inclusive)

Re-open Monday 2 November 2026

Christmas - Closure after school on Friday 18 December 2026

Spring Term 2027

Re-open Monday 4th January 2027

Half Term 5 days Monday 15 February to
Friday 19 February (inclusive)

Re-open Monday 22 February 2027

Easter - Closure after school on Thursday 25 March 2027

Summer Term 2027

Re-open Monday 12 April 2027

May Day 1 day Monday 3 May

Half Term 7 days Thursday 27 May to
Friday 4 June (inclusive)

Re-open Monday 7 June 2027

Summer - Closure after school on Wednesday 21 July 2027