



Freshwater & Yarmouth C.E. Primary

The purpose of the Federation of the Church Schools of Shalfleet and Freshwater & Yarmouth is to educate children in an atmosphere of Christian love where all achieve the very best they can, now and throughout their lives.

<http://fosay.co.uk>

Headteacher: Mrs. E Grainger

Deputy Headteacher: Mrs. G Westhorpe

RESPECT • RESILIENCE • RELATIONSHIPS

Attendance Matters



ATTENDANCE

WHY IS IT IMPORTANT?

ABSENCE FROM SCHOOL

Children are required by law to attend school 190 days per year. The Government states that every pupil's attendance should be at least 95%.

How do YOU measure up?

Attendance	Days Absent	Weeks Absent	Lessons Missed
95%	9 Days	2 Weeks	50 Lessons
90%	19 Days	4 Weeks	100 Lessons
85%	29 Days	6 Weeks	150 Lessons
80%	38 Days	8 Weeks	200 Lessons
75%	48 Days	10 Weeks	250 Lessons
70%	57 Days	11.5 Weeks	290 Lessons
65%	67 Days	13.5 Weeks	340 Lessons

89% & Below
Drastic effect on
academic achievement

95%-90%
Cause for
concern

100%-96%
Excellent



Attendance

Over a school year, we are due to open for 190 days which equates to 380 sessions with registration in the morning at 8.35am and after lunch in the afternoon.

Attendance is affected if a pupil is not present at school for any whole session including registration.

Attendance Target

100%

Attendance Last week

91.31%

Attendance This Year

93.31%

Important Information

Dates for your Diary

Friday 6th December – Christmas Muffin Day

Friday 6th December – Christmas tree Decoration Ceremony within Collective Worship

Wednesday 11th December – Early Years/KS1 Nativity - 9.30am and 1.45pm

Wednesday 11th December – Christmas Music Evening at Shalfleet School

Thursday 12th December – Early Years/KS1 Nativity – 9.30am

Friday 13th December – Christingle Service at 9am – Parents invited

Saturday 14th December – Carols in the Square in Yarmouth

Tuesday 17th December - Christmas Dinner and Jumper Day

Wednesday 18th December – Christmas Fair

Thursday 19th December – Beach Class Elf Day

Friday 20th December – Christmas Worship

Friday 20th December – Last day of school before Christmas – finishing at 3pm

Monday 6th January – Return to school

Christmas Performance

Would your child like to take part in the Federation Christmas Music Video? If so, your child may send a video of themselves playing an instrument, singing or even both.

Please send your video to Harriet or Mr. Cook by Friday 13th December, either at harrietbates92@gmail.com or e.class@fosay.co.uk.

Menu for the week ahead

Week 3

Monday – Cheese and Tomato Pizza or BBQ Quorn Fillet

Chocolate Brownie with Orange Slices

Tuesday – Pork Sausages or Quorn Sausages

Bread and Butter Pudding with Custard

Wednesday – Roast Chicken or Roasted Vegetable and Cranberry slice

Oat Cookie with Fruit

Thursday – Chicken and Vegetable Korma or Tomato and Sweetcorn Pasta

Lemon Shortbread

Friday – Fish Fingers or Cheese and Sweetcorn Omelette

Vanilla Ice Cream

Jacket potatoes and pasta are available every day.

Baguettes are available on Tuesdays and Thursdays

May the God of Hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope

Romans 15:13

Our Mission Statement

We value and respect everyone within an atmosphere of Christian love. Our welcoming community builds strong relationships and is dedicated to supporting everyone to flourish academically, emotionally, socially and culturally through an excellent and engaging curriculum.

Values

Our three R's are incredibly important to us. They represent qualities we believe everyone can identify with, regardless of age or role in our conscious community. They are the backbone to the conscious community as a whole.



RESPECT



RESILIENCE



RELATIONSHIPS

Attendance

We prioritise the attendance of all children at our school and recognise the very strong link between attendance and academic success,

When you register your child at our school, you have a legal duty to ensure that your child attends every day that the school is open except in a small number of circumstances such as being too ill to attend or being given permission for an absence in advance (not holidays).

We will work together to help overcome any attendance issues.



The Conscious Community

What is the conscious community?
Every person in our federation – including you and all adults – has an important responsibility. That is to be the best you can be. To do this you need to be aware of all that you do and feel; you also need to be aware of what others are doing and feeling too. This is what being in a conscious community is all about.

Conscious = Aware

Community = All together

How do I make sure I am part of this?

By thinking about both your actions/feelings and the actions/feelings of others through 3 important values:

Respect

- Celebrate your skills and talents
- Recognise what makes you great
- Be proud of what you achieve
- Celebrate other people's skills and talents
- Recognise what makes other people great
- Be proud of what other people achieve

Resilience

- Making mistakes are great
- It's how we grow
- It is important we always respect them and learn from them
- Ask yourself these questions about your actions or the actions of others...
 - Why do I/they feel this way?
 - Did I/they handle that situation in the best possible way?
 - What could I/they do to improve the situation?
 - Did I/they do the best I/they could?
 - What can we learn from this situation?
 - How can we move forward positively?

Relationships

Show a good understanding of yourself and others by knowing what inspires you both, what you want, your beliefs, your needs and what can cause you and them to feel a certain way.

In situations ask yourself and others...

- What is my/their point of view?
- What are my/their reasons?
- How am I/they feeling?
- What am I/they bringing to this situation?

In a conscious community...

We are open

We ask questions

We are honest

We speak up

We listen

We respect privacy

Wellbeing

We acknowledge that mental health and wellbeing is of central importance and intrinsic to our lives.

We believe having a mentally healthy community is about being able to work together through any challenges and that everyone is feeling supported, heard, accepted, valued and empowered.

It is of paramount importance that if there is anything you feel is affecting your child's wellbeing or educational experience that you get in contact with us.

Christmas Dinner and Jumper Day

Our Christmas dinner will be on Tuesday 17th December. If you would like your child to have a Christmas dinner, please book in via Scopay before Friday 6th December. We will not be able to take anymore bookings after this date.

There will be no option of jacket potato or pasta on this day. Please provide your child with a packed lunch if they are not having the main meal.

Also, your child may come to school in a Christmas Jumper on this day.

If you have any queries, please contact the school office

Christmas Muffi Day

This Friday 6th December will be a muffi day for all children in exchange for donations for the PTA's Christmas fair which is taking place on the 18th December (see poster below)

We need donations of:

Teddies

Toys

Gifts for a pocket money stall
donations that we can make up a hamper for the raffle
sweets/chocolate

Thank you for your support



Football Round up

The girls U11's football team had a league fixture against Northwood at home this week. Following on from the 7-1 victory at Cowes in the last fixture hopes were high. Nina again started strongly and together with Scarlett took Freshwater and Yarmouth into a 4-0 lead. In wet conditions all of the girls did well and with lovely smiles on their faces completed an excellent 5-1 win. Onto the next fixture against Shalfleet!



Mr Westhorpe's joke of the week

I got a Christmas card full of rice today.

It was from my Uncle Ben!

Brighstone Tree Festival

Please see the poster below for the upcoming Brighstone Tree Festival.

Freshwater and Yarmouth and Shalfleet will have tree on display at Calbourne Church. Please go along and take a look.



LAST WEEK'S GOLD AWARD WINNERS WERE:

Beach Class: Reggie, Archie, George, William, Marshall, Poppy, Darcie F and Talliah

Cove Class: George, Makayla, Orin and Thea Co

Bay Class: Bella, Oliver and Delilah

River Class: The Whole Class

Coast Class: Kaiden, Abel, Mia, Paddy, Tommy, Ronan, Amelia, Emerson, Ava and Darcie

Solent Class: Benji, Lily B and Rufus

Ocean Class: On a School Trip



Class Attendance last week

Well done to
Solent Class for
receiving **95%**
attendance for
last week

Well done
everyone!



Birthdays

9th Dec – 15th Dec

Jacob

Tommy

Happy birthday to
you!

Outdoor learning Golden Welly

Well done to **Sophia**
for winning the
outdoor learning
golden welly award
last week.

Keep up the good
work!



Sports Tokens

Osbourne - 23

Lifeboat - 38

Needles - 20

Lighthouse - 31

Well done to
Lifeboat for
collecting the most
tokens this week.

Well done!

Little Stars Pre School

What better way to enter December than with a party! Christmas songs, dancing, party games, crackers, tasty food, good friends and lots of smiles!

A big thank you to everyone for all your generous donations, safe to say we'll be partying every day up until the Christmas break!

Other things we have been up too: cooking up pizzas, making tree decorations, decorating the Christmas tree, learning new Christmas songs and lots more.



School Details

Email – yarmouth@fosay.co.uk

Phone – 01983 7603456

Website – fosay.co.uk



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ALL SAINTS CHURCH (FRESHWATER) A CELEBRATION OF CHRISTMAS TREES



6th – 11th DECEMBER 2024

Concerts, Services, Workshops, Children's activities

Pop into All Saints Church between 10.00am and 4.00pm
for sparkle and joy this Christmas season.

Thursday 5 th	Opening ceremony in association with Freshwater & Yarmouth School 2.30pm
Friday 6 th	Open for Visitors 10.00am to 4.00pm Mother's Union service at 11.00am Wreath Making Workshop 7.00pm **
Saturday 7 th	Open for Visitors 10.00am to 4.00pm Wreath Making Workshop (families) 10.00am ** Shanty Singers at 2.30pm
Sunday 8 th (following the morning service at 9.30am)	Open for Visitors 11.00am to 4.00pm Sandown & Shanklin Band at 2.30pm
Monday 9 th	Open for Visitors 10.00am to 4.00pm
Tuesday 10 th	Open for Visitors 10.00am to 4.00pm
Wednesday 11 th	Open for Visitors 10.00am to 4.00pm

** Book workshops via Rosie – rosie_peake@hotmail.com

The 'Church Café' will be open for refreshments.
Look out for the sales table with gifts and crafts

No charge for entry to our Celebration of Christmas Trees but donations will, of course, be welcome.
The Trees will remain up until the end of December.

WE ARE A NUT FREE SCHOOL

Please can we remind you that we are a nut free school.

Please do not give your child any nut containing products for their snack or in their lunch box. This includes Nutella or any other chocolate nut spreads and Kinder Bueno bars.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute, information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practicing mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required, is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, regulated organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Christine, who can be contacted by calling 9800 1111.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>

[@wake_up_weds](https://www.instagram.com/wake_up_weds)

[www.thenationalcollege](https://www.facebook.com/www.thenationalcollege)

[@wake.up.wednesday](https://www.tiktok.com/@wake.up.wednesday)

[@wake.up.weds](https://www.youtube.com/channel/UC...)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.12.2024

BRIGHSTONE CHRISTMAS TREE FESTIVAL

5TH-8TH DECEMBER

OPENING WITH THE MOUNTBATTEN HOSPICE 'LIGHTS OF LOVE' CAROL SERVICE ON WEDNESDAY 4TH DECEMBER - 7PM AT ST MARY'S CHURCH, BRIGHSTONE

OVER 150 TREES ACROSS 9 VENUES
 REFRESHMENTS
 MUSICAL ENTERTAINMENT
 FATHER CHRISTMAS VISITS
 CHARITY TRACTOR DRIVE 'RIDE OUT'
 'WILD' FOREST AND NATURE TALKS
 CRAFT STALLS
 RAFFLE
 MINI MARKET
 COMPETITIONS & QUIZ
 AND MUCH MUCH MORE!

FOLLOW US ON FACEBOOK!

COME AND SUPPORT LOCAL CHARITIES, NOT-FOR-PROFITS AND BUSINESSES

ST MARY'S CHURCH, BRIGHSTONE
 BRIGHSTONE METHODIST CHURCH
 THE WILBERFORCE HALL
 BRIGHSTONE SOCIAL CLUB
 BRIGHSTONE LIBRARY
 MOTTISTONE CHURCH
 ALL SAINTS CHURCH, CALBOURNE
 THE THREE BISHOPS PUB
 THE ISLE OF WIGHT PEARL



CHRISTMAS @ COLWELL!

COLWELL BAPTIST CHURCH

JOIN US FOR A CRAFTY CHRISTMASSY CAROL(ISH) SERVICE

SUNDAY 15TH DECEMBER
 11.15AM

FUN FOR ALL THE FAMILY, CHILDREN MORE THAN WELCOME



MINCE PIES AND MULED WINE SERVED IN THE CHURCH HALL FROM 11AM

A celebration of Christmas trees at All Saints Church, Freshwater



for the benefit of FRESHWATER AND YARMOUTH PRIMARY SCHOOL PTA & ALL SAINTS CHURCH, FRESHWATER

December 6th 7-9pm
 £10 per adult to include workshop, mulled wine/hot drink, nibbles and cake!
 Followed by carols at the Red Lion Pub from 9pm.

December 7th 10am-12Noon for families
 £10 per child (free adult) to include workshop, juice/hot drink and cake!

All Saints Church, Church Place, Freshwater

Tickets available from Eventbrite or by e-mailing rosie_peake@hotmail.com



DON'T BE ON YOUR OWN THIS CHRISTMAS! COME TO ...

WEST WIGHT COMMUNITY CHRISTMAS DAY LUNCH

There's no reason to be alone this Christmas. Let's eat, drink & be merry together!

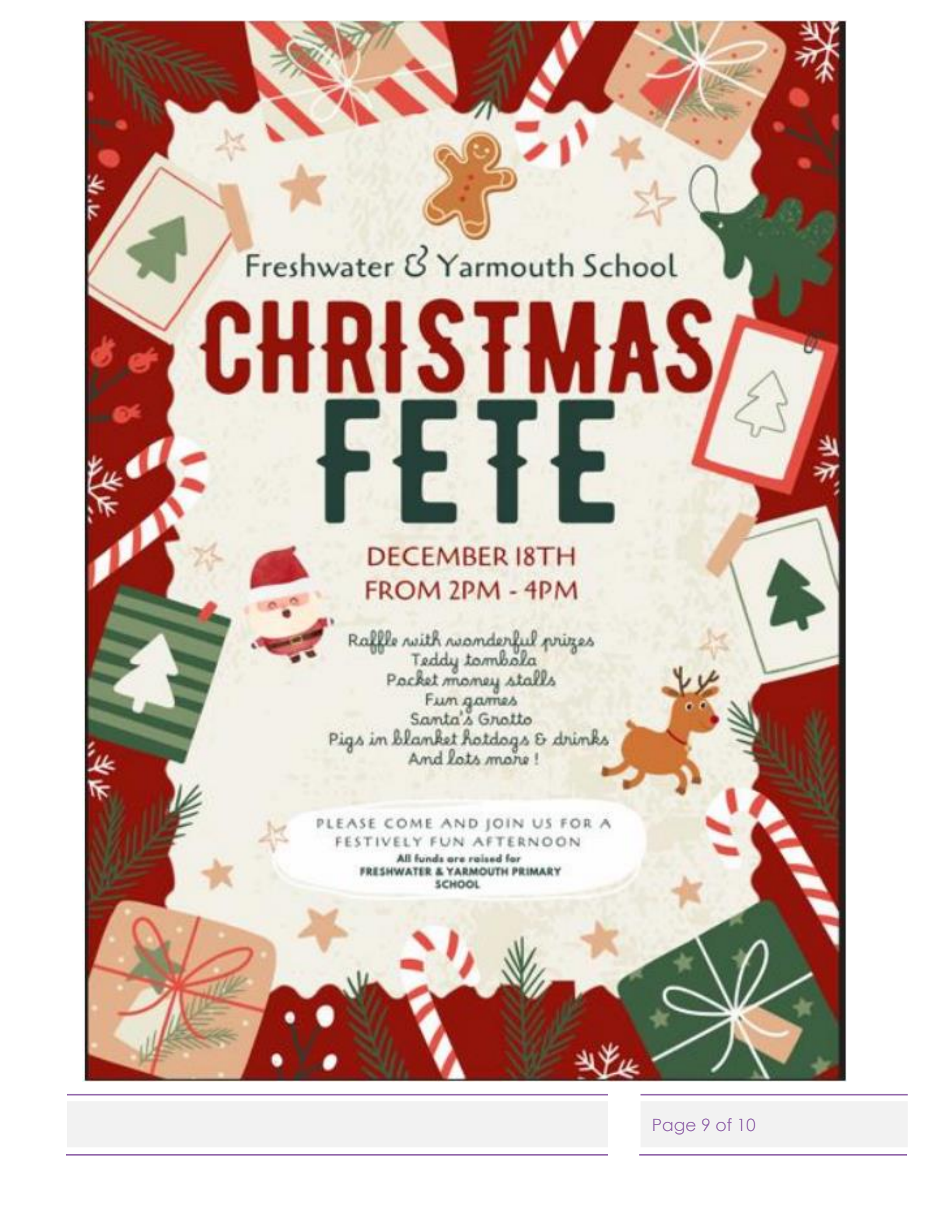
25TH DECEMBER - 1:00 PM - 4PM
 THE HOLY FAMILY CENTRE,
 ST SAVIOUR'S RC CHURCH, TOTLAND

BOOK ESSENTIAL
 PHONE KELLY ON: 759662

For help with transport on the day (West Wight area only) or for more info. phone: 759662 or email: wwccmas@gmail.com



This year, the meal is funded by the congregation of Christ Church, the fundraising efforts of Martine Burgess & friends, and generous donations from local businesses.



Freshwater & Yarmouth School

CHRISTMAS FETE

DECEMBER 18TH
FROM 2PM - 4PM

*Raffle with wonderful prizes
Teddy tombola
Pocket money stalls
Fun games
Santa's Grotto
Pigs in blanket hotdogs & drinks
And lots more!*

PLEASE COME AND JOIN US FOR A
FESTIVELY FUN AFTERNOON

All funds are raised for
FRESHWATER & YARMOUTH PRIMARY
SCHOOL

Santa's Grotto

and Winter Wonderland

Friday 13th, Saturday 14th, Sunday 15th December
4 - 6:30pm



Yarmouth Guide and Scout Hall,
Mill Road, Yarmouth

+all funds raised go to the running of the Guide and Scout Hall+