



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 for Last week

95.57%

Attendance This Year

93.21%

Important Information

Dates for your Diary

Tuesday 28th January – Parent Forum at 1.45pm

Friday 31st January - Cove Class Sharing Assembly

Wednesday 29th January – Community Connector Drop in Service with Adam Tucker 9am-12pm

Wednesday 5th February – Mufti Day in aid of Arlo Lambie

Friday 7th February – Coast Class to Brading Roman Villa

Tuesday 11th February – Valentines Disco – more to follow

Friday 14th February – Beach Class Sharing Assembly

Friday 14th February – Last day of term

Monday 24th February – Back to School

Thursday 6th March – World Book Day

Upcoming Sports Fixtures

Wednesday 29th Jan - U11's Football v Wootton

Thursday 30th Jan – U11's Girls Football v Brighstone

Monday 3rd Feb – Indoor cricket competition at Ventnor Cricket Club

Thursday 6th Feb – U11's Football v Northwood (away)

Development Days

Our last remaining development days will be on

Monday 2nd June

Monday 28th July

Tuesday 29th July

School we will closed on these days

Menu for the week ahead

Week 2

Monday – Cheese and Tomato Pizza or Vegetable Fajita

Crunchy Chocolate Mousse

Tuesday – Beef Bolognese or Chinese Vegetable Noodles

Apple with Cinnamon Sponge with Custard

Wednesday – Roast Pork or Winter Vegetable Hotpot

Fruit of the Forest Jelly

Thursday – Chicken and Vegetable Pie or Macaroni Cheese

Chocolate Cookie

Friday – Crispy Chicken Burger or Quorn Dippers

Orange Glazed Sticky Sponge Pudding

Jacket potatoes and pasta are available every day.

Baguettes are available on Tuesdays and Thursdays

Let us love one another, for love, comes from God

1 John 4:7

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.

Sports Round Up

Basketball Tournament

The U11s basketball team made the short trip to West Wight Sports Centre to play three other schools this week. The first half of games were played by the boys in each game and second half the girls would play.

A win against Niton in the first fixture was followed by an unfortunate defeat against Nineacres. To qualify for the final, the team would have to beat Shalfleet. Everyone played very well throughout with great energy, the shooting skills of Nina were clear to see and in both halves the team dominated to win comfortably.

The team now go through to the island basketball finals.

Well done all!

Muffi Day

Isle of Wight schools are joining together for a muffi day to raise vital funds for Arlo, a 16 year old from Cowes, who has an aggressive, grade 4 brain tumour.

Some friends of Arlo came up with the idea to get all schools to unite together in muffi to support his cause. Arlo would like this day to be themed as "Wear what makes you happy".

Arlo was diagnosed in October, he had brain surgery to remove as much as possible and he's now having daily radiotherapy and chemotherapy. He lives on the Island and goes over to Southampton every day for treatment.

Some of the best treatments available for Arlo's condition unfortunately are not covered by the NHS and cost upwards of £10,000 per month. His parents have launched an appeal reaching out for support to help us cover the significant burden of his medical expenses and treatment

We will be joining in with the Muffi day on Wednesday 5th February

Mr Westhorpe's joke of the week

I have started up a new band. We are called blanket.

We are a cover band!

Scopay

Please can we remind you that we are a cashless office. Please use Scopay to pay for your child's dinners, trips and clubs.

If you have not yet registered or require any support or information, please contact the school office.



LAST WEEK'S GOLD AWARD WINNERS WERE:

Beach Class: Beatrice, Ethan, William, Winter, Ilia, Darcie F and Oliver

Cove Class: Olivia and Henry

Bay Class: Zac, Dougie, Renat and Vinnie

River Class: Moyin, Jack and Noah

Coast Class: Paddy, Kaiden and Lily

Solent Class: Ruby, Lennon and Poppie-Mae

Ocean Class: Autumn, Logan and Isaac



Class Attendance last week

Well done to **Bay Class** for receiving **99.66% attendance** for last week

Well done everyone!



Birthdays

20th Jan – 26th Jan

Leonardo **Bella**

Tilly

Callum

Theos

Happy birthday to you!

Outdoor learning Golden Welly

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

Keep up the good work!



Sports Tokens

Osbourne - 17

Lifeboat - 40

Needles - 30

Lighthouse - 27

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

Well done!

What have Little Stars Pre School been up to!

With our wellies and waterproofs on, the mud was no match for us! Exploring outside children were quick to spot wonderful treasures the natural world has to offer! So many different buds were found growing on the different trees & shrubs, this generated some brilliant conversations! A nest way up high in the branches was another source of excitement!

Searching down low under logs & leaves a variety of creepy crawlies were spotted causing squeals of laughter. Many a hole were discovered too, with the children guessing what sort of animal might've made the hole!

Everyone was so engaged in the environment around them we ended up having our morning story and snack time in Forest School, only returning inside for lunch.

Other things we've been up too: a generous donation of some tools kept the children busy fixing things around Little Stars, playing football, exploring clay and making many a unicorn and lots more!



School Details

Email – yarmouth@fosay.co.uk

Phone – 01983 7603456

Website – fosay.co.uk



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.

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Freshwater Parish Council

WHAT DOES FRESHWATER MEAN TO YOU?



Come and see art work by the EYFS, KS1 and KS2 Children

Public Consultation Saturday 25th January 2025
11am to 19.00 at Freshwater Memorial Hall.

Working in collaboration with Freshwater and Yarmouth Primary School



All 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, links and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children. A 10-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information, they may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can leave users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits; this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

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.



REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.



The National College

[@wake_up_weds](https://twitter.com/wake_up_weds)

www.thenationalcollege.com

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

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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: 22.01.2025

Thursday
20th Feb
19:00 - 20:00
FREE



FREE SESSION
Supporting Healthy Screen Use
A range of steps that can help minimise the harms from screens

Monday
3rd Feb
10:00 - 11:30
£24



Supporting a Child with ADHD
Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
11th Feb
19:00 - 20:30
£24



Facing Defiance
Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

Tuesday
18th Feb
19:00 - 20:30
£24



Cannabis & Ketamine Awareness
Get the facts and know the harms about these two drugs so you can hold an informed conversation with your teens.

Tuesday
25th Feb
19:00 - 20:30
£24



Understanding the Teenage Brain
A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk



String Workshops
For Grade 2 standard and above String Players



Saturdays 18/1, 1/2, 8/3, 10/5, 14/6

10.00 – 12.00am

At Osborne House
York Avenue, East Cowes, PO32 6JT
Cost for all sessions £30

For further information please contact
music@southampton.gov.uk
023 8083 3648



siowmusic.org
music@siowmusic.org
023 8083 3648

