



# 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**

**92.53%**

**Attendance This Year**

**93.37%**

## Important Information

### Dates for your Diary

**Friday 31<sup>st</sup> January** - Cove Class Sharing Assembly

**Wednesday 29<sup>th</sup> January** – Community Connector Drop in Service with Adam Tucker 9am-12pm

**Wednesday 5<sup>th</sup> February** – Mufti Day in aid of Arlo Lambie

**Friday 7<sup>th</sup> February** – Coast Class to Brading Roman Villa

**Tuesday 11<sup>th</sup> February** – Valentines Disco – more to follow

**Friday 14<sup>th</sup> February** – Beach Class Sharing Assembly

**Friday 14<sup>th</sup> February** – Last day of term

**Monday 24<sup>th</sup> February** – Back to School

**Thursday 6<sup>th</sup> March** – World Book Day

### 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 Broccoli Pasta Bake

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**

### Upcoming Sports Fixtures

Monday 3<sup>rd</sup> Feb – Indoor cricket competition at Ventnor Cricket Club

Thursday 6<sup>th</sup> Feb – U11's Football v Northwood (away)

### Development Days

Our last remaining development days will be on

Monday 2<sup>nd</sup> June

Monday 28<sup>th</sup> July

Tuesday 29<sup>th</sup> July

School will be closed on these days

Guide me in your truth and  
teach me, for you are God  
my savior, and my hope is in  
you all day long

Psalm 25:5

# 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.

## School Disco

The PTA and Central Disco are holding a school disco on Tuesday 11th February

KS1 (Rec, Year 1 and Year 2) - 4pm - 5pm

KS2 (Year 3, 4, 5 and 6) - 5.15pm - 6.30pm

The cost will be £3 per child. This will include a squash refill station (please bring an empty bottle!), nails, tattoo and a snack.

If your child would like to attend then please book them in via the office.

## 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**

## Parking on site

Due to unauthorised parking onsite, the FYT bus is finding it increasingly hard to safely maneuver the bus at drop off and pick up times. Parents & Carers are only allowed to park on site if they have a valid blue badge (and the blue badge holder is either the school child or driver), or if you have sought permission.

We are going to monitor the parking and sadly, if we do not see an improvement, we will need to consider installing a barrier to prevent parking on site.

## Mr Westhorpe's joke of the week

**You really should take up archery blindfolded.**

**You don't know what you are missing!**

## 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, Marshall, Thomas, Morgan, Hugo, Reggie and Tobias

**Cove Class:** Thea Co, Eli and Albie

**Bay Class:** Vera and Herbie

**River Class:** Ella, Arabella and Millie

**Coast Class:** Sophia, Ryan and Leif

**Solent Class:** Efty, Freddie and Benji

**Ocean Class:** Finley, Ellie-Mae and Eliza



### Class Attendance last week

Well done to  
**Beach Class** for  
receiving **97.59%**  
**attendance** for  
**last week**

Well done  
everyone!



### **Birthdays**

27<sup>th</sup> Jan - 2<sup>nd</sup> Feb

**Darcie S**

**Hope**

**Arya**

**Happy birthday to  
you!**

### Outdoor learning Golden Welly

No welly award this  
week.

Back again next  
week!



### Sports Tokens

**Osbourne - 22**

**Lifeboat - 30**

**Needles - 30**

**Lighthouse - 56**

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

Well done!

## What have Little Stars Pre School been up to!

Ever wondered how many children it would take to pull a bench? Well, let us tell you! After tying a rope to the bench, the children had a go at pulling it, inviting their friends to join them one by one to lend a hand! Turns out 5+ children are needed to heave the bench across the hall! Sit an adult on the bench and the children discovered they needed even more help to move it... 8+ children and a little help from another adult to be precise! Of course, the children were keen to test the strength of the adults, with all children choosing to sit on the bench to see if we could pull them! 3 adults pulled with all their might as the children beamed when the bench inched forward with them sat on it! So many conversations about size, weight, strength & amounts. With lots of predictions, comparisons, and problem solving going on! Oh, and we mustn't forget developing our muscles! All of this stemmed from our story one day about The Enormous Turnip!!

Enhancing this interest of the children's we ended up looking at vegetables and making yummy vegetable soup! Talking about healthy foods and how to grow up big and strong.

During some crafting the children had a little think about who they would ask for help to pull up an Enormous Turnip - they then drew pictures of their ideas.

Here's some of their ideas Mr Potato Head, Elephant, Digger, My cat, My baby sister ha ha!

Other things we've been up to: potato printing, painting with magnets, football, yoga with Reception Class and lots more.



## School Details

Email – [yarmouth@fosay.co.uk](mailto:yarmouth@fosay.co.uk)

Phone – 01983 7603456

Website – [fosay.co.uk](http://fosay.co.uk)



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FRESHWATER & YARMOUTH SCHOOL DISCO

# GET YOUR GROOVE ON

SCHOOL DISCO TUESDAY 11TH FEBRUARY  
KS1 4PM TO 5PM  
KS2 5.15PM TO 6.30PM

£3 ENTRY TO INCLUDE REFIL SQUASH, SWEETS  
OR BISCUITS. NAILS, TATTOOS AND GLITTER  
FACEPAINT

PLEASE BOOK YOUR CHILD IN VIA THE  
SCHOOL OFFICE IF THEY WISH TO ATTEND.



## 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.

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, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## 10 Top Tips for Parents and Educators

# SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by naming your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

### 4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

### 5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

### 7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and emphasises the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

### Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Peninsula Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



@wake\_up\_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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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

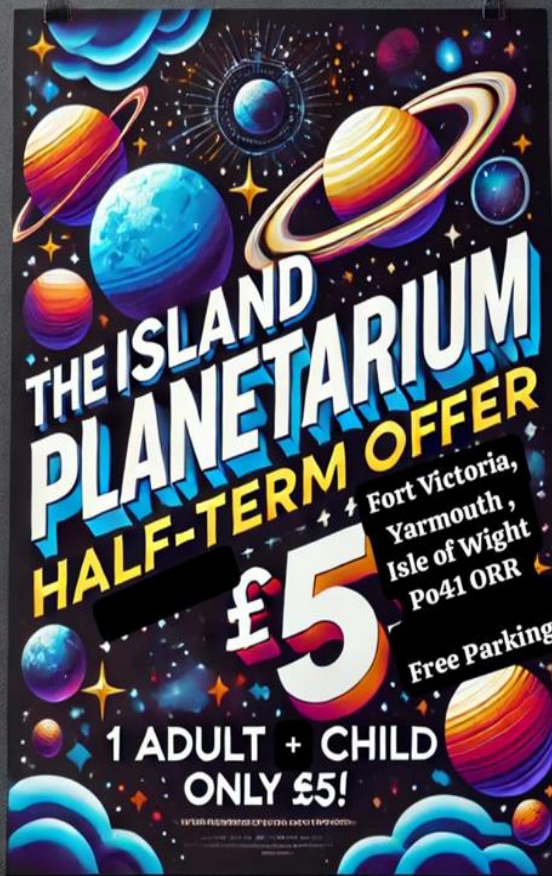


**Understanding the Teenage Brain**

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](http://facefamilyadvice.co.uk)

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)



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OR TEXT CHANIQUE 07547631112

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