



Freshwater & Yarmouth C.E. Primary

<http://www.fosay.co.uk>

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.

Headteacher: Mrs. E Grainger

Deputy Headteacher: Mrs. G Westhorpe

Attendance

Target – 100%

This week – 98.28%

This Year – 98.57%

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.



Dates for your Diary

Tuesday 22nd September – Year 6 Football Match Against Shalfleet and St Saviours

Thursday 15th October – Cowes Enterprise College Open Evening 5 – 8pm

Tuesday 29th September – Carisbrooke College Open Evening 5 – 8pm

Tuesday 22nd September – Medina College Open Evening 5 – 8pm

Thursday 1st October – The Bay CE School Open Evening 5 – 7:30pm

Thursday 17th September – Christ the King College Open Evening 5:30 – 7:30pm

Friday 25th September – Mufti Day for Shoe Box Appeal

Welcome Back!

Welcome back everyone! What a great first couple of weeks we've had and well done to all of the children for settling into their classes so well. A big well done to Reception Class for adjusting to a brand-new School setting and doing so well!



School Details

Email – yarmouth@fosay.co.uk

Phone – 01983 7603456

Website – fosay.co.uk



Menu for the week ahead

Summer Menu - Week 1

Monday – Cheese and Tomato Pizza or BBQ Vegetable Wrap

Chocolate Brownie

Tuesday – Beef Bolognese or Vegetarian Bolognese

Oat Cookie

Wednesday – Roast Chicken or Roast BBQ Quorn

Strawberry Mousse Cake

Thursday – I.O.W Sausages or Macaroni Cheese

Vanilla Slice

Friday – Fish Fingers or Quorn Dippers

Chocolate Ice Cream

Jacket potatoes and pasta are available every day.

Baguettes are available on Tuesdays and Thursdays

Proverbs 16:16

"How much better to get wisdom than gold,
to get insight rather than silver!"

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.

Our 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.

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



RESPECT



RESILIENCE



RELATIONSHIPS

Holiday Club

We are pleased to say we will offer a Holiday Club during half terms.

- Please note that Holiday Club can only run if we have enough children to make it financially viable.
- The cost will be £5.00 per hour until April, when this will also be reviewed.

If you would like to register for Holiday Club please ask for the forms from the Primary School Office and return them to the Little Stars Reception when complete.

From May half term onwards, the holiday club hourly rate will increase to £5.50 per hour. This increase helps us cover rising staffing costs and continue providing a high-quality provision for the children. Thank you for your understanding and cooperation.



Gold Awards for last week were:



Beach Class: The Whole Class for Resilience and Teamwork!

Cove Class: Mabel, George, Matilda, Brax

Special Mention to the Whole Class for an Amazing Transition!

Bay Class: Archie, Elsie, Poppy, Michaela, Hugo

River Class: Jason, Sophia, Orin

Coast Class: Tyler, Katie, Zac

Solent Class: Jacob, Moyin, Arabella, Stanley, Alaina, Savannah

Ocean Class: Ryan, Darcie, Leif, Lily



Mr Westhorpe's Golden Boot Award

The Golden Boot this week goes to **Ava (Year 6)! For outstanding displays in Tag Rugby!**



Outdoor learning Golden Wellie Award

The Golden Wellie goes to (No Golden Wellie This Week)



Class Attendance last week

Well done to Year 3
for receiving **100%
attendance** this week.

Well done everyone!



Birthdays

17th September – 30th
September

Elsie Mabel

Henry Reggie

Rihan Ronan



Sports Tokens

Osbourne - 6

Lifeboat - 0

Needles - 5

Lighthouse - 18

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

Well done!

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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You're Invited
REOPENING OF
COWES FAMILY CENTRE

**SUPPORTING FAMILIES and
STRENGTHENING COMMUNITIES**

Come and celebrate with us!

 **VENUE**
Cowes Family Centre, Love Lane, Cowes

 **DATE**
Tuesday, October 20, 2026 at 10:00 AM

 **PROGRAMME**

 **Session one (Families)**
10:00am to 12:00pm
 **Ribbon cutting ceremony**
hosted by Councillor Freeman
10:30am

 **Session two (Professionals)**
1:00pm to 3:00pm

Find out more on the
Isle of Wight Family Information Hub What's On
<https://tinyurl.com/2c964zbz>





Settling back into school: Supporting your child through the new term

The start of a new school year can be an exciting time, but it can also bring a mix of emotions for children. While some settle quickly, others may need a little longer to adjust to early mornings, busy classrooms, new routines and being away from home again. Even children who usually enjoy school can feel unsettled during the first few weeks. With patience, consistency and reassurance, parents can play an important role in helping their child feel safe, confident and ready to learn.

Supporting emotional wellbeing

It's common for children to be more tired, emotional or clingy during the first few weeks of term as they adjust to being back at school. They may need extra reassurance while they settle into new routines and friendships.

Try to:

- acknowledge their feelings without rushing to fix them
- let them know it's okay to have good days and difficult days
- keep home as a calm, predictable place where they feel listened to.

Feeling understood helps children build confidence and resilience over time.

The importance of sleep

After the summer holidays, many children have become used to later bedtimes and lie-ins. As the school term gets underway, it can take time for their bodies to adjust back to earlier mornings. A lack of sleep doesn't just leave children feeling tired; it can also affect their concentration, learning, emotional regulation and behaviour at school.

To help your child get enough rest:

- keep bedtimes and wake-up times as consistent as possible, even at weekends
- create a calming bedtime routine, such as reading together or listening to quiet music
- avoid screens for at least an hour before bed, as the light from devices can make it harder to fall asleep
- make sure bedrooms are calm, dark and comfortable to support a good night's sleep.

A well-rested child is often better able to manage the challenges of the school day, from learning in the classroom to navigating friendships and coping with big emotions.



When might your child need extra support?

It's normal for children to take time to settle back into school. However, if they remain very anxious, distressed about attending school, unusually withdrawn or emotional or frequently complain of headaches or tummy aches, speak to your child's class teacher. Early support can make a big difference.

SPOTLIGHT ON SAFEGUARDING

Resetting device boundaries after the summer holidays

For many families, the summer holidays bring a more relaxed approach to technology. Children may spend longer watching videos, playing games or using tablets and routines around screen time, bedtimes and family time often become more flexible. This is completely understandable, but once school returns, those holiday habits can make it harder for children to concentrate, get enough sleep and settle back into their school routine. The start of a new term provides the perfect opportunity to reset expectations around technology. Rather than introducing lots of new rules, think of it as returning to the routines that help your child learn, play, sleep and thrive.

Why children may find it difficult

If your child complains that the new boundaries are "unfair" or says, "But I could do it in the holidays," they're not being difficult, they're adjusting to a change in routine. Remember that:

- holiday routines are often very different from school routines
- devices have become part of their daily habit over the summer
- children thrive when expectations are clear, predictable and consistent.

Creating family expectations

Children respond best when they know what is expected of them. Try agreeing a few simple family rules that everyone understands.

For example:

- devices are put away during meals
- homework is completed before recreational screen time
- screens are switched off at least an hour before bed
- parents know which games and apps their child is using
- children ask before downloading new apps or games.

What if they push back?

It's completely normal for children to be disappointed when holiday screen time comes to an end. Stay calm, acknowledge how they feel and remind them why the routines are changing.

You might say:

"I know you've enjoyed having more time on your tablet over the holidays. Now that school has started again, we need routines that help you get enough sleep so you can concentrate in class better."

Five ways to reset healthy digital habits

- Be clear about expectations**
Explain that school-time routines are different from holiday routines and why those changes are important.
- Focus on consistency**
Children adapt more quickly when boundaries stay the same each day, rather than changing depending on mood or circumstance.
- Protect sleep**
Keep devices out of bedrooms where possible and avoid screens during the hour before bedtime to help children settle.
- Create screen-free moments**
Protect family meals, homework time and opportunities to play, read or simply chat together.
- Show an interest in their online world**
Ask about the games they enjoy, the videos they watch and what they've discovered online. This builds trust.

Model healthy habits
Children learn by watching us. By putting your own phone away during family time and avoiding screens before bed, you show that healthy digital habits are important for everyone.



storytelling



Storytellers Holly Medland and Corey Gibbs invite children and families to hear about unique Island Stories and Legends, in an interactive workshop.

What is the Roman River Sprite?
Who is the Brading Roma Villa's 'Gallus' character?
What is the significance of a running hare?

Lord Louis Library | Newport
September 12th | 1100-1200

- ♦ Free
- ♦ Booking essential
- ♦ Suitable for ages 5-12








THE Show



New Carnival and the Isle of Wight College performing arts students present Folkstastic Isle - On Stage.
Featuring Folk Stories of the Island, brought to life with New Carnival's spectacular giant costumes and puppets.

Victoria Recreation Newport
Ventnor Exchange Arena
September 13th | 1430-1530

Freshwater Memorial Hall
Freshwater
September 26th | 1830-2000

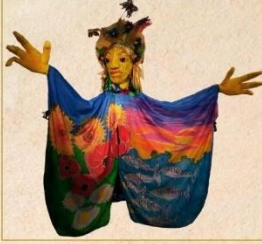
Ventnor Exchanged Arena
Browns Golf Course Sandown
October 18th | 1430-1530








THE Exhibition



New Carnival invites you to explore the Islands Folk Heritage through the art of the people; Seasonal Celebrations, Stories, Myths and Legends of the Isle of Wight.

Lord Louis Library | Newport
September 8th - 15th | 0900-1730
*closed Weds 9th

Dimbola Museums & Galleries | Freshwater
September 21st - October 4th | 1000-1600

Graft Studios | Sandown
October 10th - 18th | 1000-1600








Magic show



New Carnival and the Shipwreck Museum present a Magic Show 'Ghost Ship HMS Eurydice'.
Based on the 1878 shipwreck off the Isle of Wight.

Lord Louis Library | Newport
September 12th | 1300-1400

Dimbola Museums & Galleries | Freshwater
October 2nd | 1900-2000

Graft Studios | Sandown
October 10th | 1900-2000






Parent and Caregiver Peer Support Sessions

11th June 2026 (9am – 11am) Cowes Family Centre

16th July 2026 (9am – 11am) Carisbrook & Gunville Church

16th September 2026 (9am – 11am) Ventnor Family Centre

16th October 2026 (9am – 11am) Sandown Family Centre

18th November 2026 (9am – 11am) Carisbrook & Gunville Church

13th January 2027 (9am – 11am) Carisbrook & Gunville Church

10th February 2027 (9am – 11am) Carisbrook & Gunville Church

Isle of Wight
Neurodiversity
Team



Drop in for a chat, a cuppa and shared experiences

No booking needed



Cowes Family Centre –
Love Lane, Cowes PO31 7ET
Carisbrook & Gunville Church
Gunville Road, Newport
PO30 5LS

Ventnor Family Centre
Albert Street, Ventnor PO38 1EZ

Sandown Family Centre
The Fairway, Sandown PO36 9EQ

After School

POTTERY CLUB

Starting Friday 11th September
4pm – 5.30pm

**6WKS
£108**

6 week course includes pottery wheel, sculpting & painting. Children will learn a variety of skills & glazing & firing of all work is included in the price

BOOK NOW

WWW.ISLEOFWIGHTPOTTERY.COM

Join us from 11th September – 24th October for the Island's 6-week celebration of creativity and culture

CAN YOU HEAR US?

We're talking theatre, carnival, music, food, nature, craft and stories

Free activities available to book now at canyouhearus.uk

Supported and funded by ARTS COUNCIL ENGLAND

CREATIVE ISLAND

COWES
ENTERPRISE COLLEGE
AN ORMISTON ACADEMY

Open Evening

Do you have a child currently in Year 5 or Year 6?

Come and discover what makes Cowes Enterprise College such a great place for your child to learn, grow and thrive.

Thursday 15th October 5 - 8pm






Meet our Senior Leaders
Presentations at 5.15, 6.15 and 7.15pm

Experience lesson activities

Explore our academy

Meet our teachers

All welcome!



Family Hubs
Isle of Wight

Parenting Puzzle and Nurturing Programme

Spaces Available click the link or scan the QR code



Both courses can help you:

- Understand your child's emotional needs
- Build stronger communication and connection
 - Manage behaviour positively
- Feel more confident in your parenting

Parenting Puzzle - 4 sessions for parents and carers only whose children are aged **3 to 5 years**.
Tuesday mornings – starting **22nd September**
Online via Teams

Nurturing Programme - 8 sessions for parents and carers only whose children are aged **5 to 13 years**.
Monday mornings – starting **21st September**
At Ryde Family Hub
<https://nurturingprogramme21sept.eventbrite.co.uk>



<https://ParentingPuzzle22ndSept.eventbrite.co.uk>



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Carisbrooke College

Year 6 Open Evening

Tuesday 29 September 2026 | 5:00 - 8:00 pm

Please join us for:

- ☐ A presentation from the Headteacher (repeated at 5:15, 6:00 & 6:45 pm)
- ☐ Tours of the school and our facilities
- ☐ Opportunities to meet staff (including SEND) and current students
- ☐ Interactive subject demonstrations

All welcome - no need to book!

 carisbrooke.iow.sch.uk




Medina College

YEAR 6 OPEN EVENING

**TUESDAY 22 SEPTEMBER 2026
5.00 – 8.00 PM**

- ☒ Explore our facilities
- ☒ Meet staff and students
- ☒ See our curriculum in action
- ☒ Discover extra-curricular and enrichment opportunities

Every young person deserves a path.
Come and discover yours...

 medina.iow.sch.uk  01983 526523



CHRIST THE KING COLLEGE

Pupils in **Year 6** and their parents/carers are invited to our

OPEN EVENING

Thursday 17th Sept 2026
5.30-7.30pm

Email: admissions@christthekingcollege.co.uk

**SAVE
THE
DATE**



THE BAY CE SCHOOL
Believe • Inspire • Excel



Year 7 Open Evening

Thursday 1st October 2026,
5.00-7.30pm

Presentation at 5.00pm and 6.00pm followed by tours of the Secondary School.

Open Morning: Tuesday 6th October, 9.00-11.00am,
please call to book an appointment.

Contact us for more information: Telephone: 01983 403284 Email: office@bayceschool.org Website: bayceschool.org