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 – 80.82%

This Year – 94.8%

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 10th November – National Child Measurement Programme for Year R and Year 6

Wednesday 11th November –Remembrance Worship

Friday 13th November – Sharing Worship - Year 4

Wednesday 25th November – Community Connector

Friday 27th November – Sharing Worship - Year 3

WELCOME BACK!

We would like to welcome everyone back to school after the half term! Everyone has settled back in nicely and we're very proud of all of the children here for getting straight back into the school routine!

Also, a big thank you to all of our Beach Class families who managed to raise £52 at our share afternoon for Macillan!

School Details

Email – yarmouth@fosay.co.uk

Phone – 01983 760345

Website – fosay.co.uk

Menu for next week

Autumn Menu - Week 2

Monday – Cheese and Tomato Pizza or Spicy Tomato Pasta Bake

Chocolate Cookie

Tuesday* – Chilli Mac and Cheese or Beany Pasta Bake

Strawberry Ice Cream

Wednesday – Roast Pork or Roast BBQ Quorn

Chocolate Fudge Cake

Thursday* – I.O.W Beef Burger or Beany Vegetable Burger

Apple and Berry Crumble

Friday – Fish Fingers or Quorn Dippers

Lemon and Courgette Cake

Jacket potatoes and pasta are available every day.

Baguettes are available on Tuesdays and Thursdays

Proverbs 27:17

" As iron sharpens iron, so one person sharpens another"

🎯 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:

Cove Class:

Bay Class:



River Class:

Coast Class:

Solent Class:

Ocean Class:



Mr Westhorpe's Golden Boot Award

The Golden Boot this week goes to
For excellent leadership and resilience in our football matches this week!



Outdoor learning Golden Wellie Award

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



Class Attendance last week

Well done to
for receiving **% attendance** last week.

Well done everyone!



Birthdays

6th November – 19th November

Thomas **Archie**

Harry **Devarth**



Sports Tokens

Osbourne -

Lifeboat -

Needles -

Lighthouse -

Well done to 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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Helping children use AI safely, respectfully and responsibly
Artificial intelligence is becoming part of children's everyday lives. It can support learning and creativity, but primary-aged children still need adult guidance to understand what AI is, recognise its limits and use it in ways that protect themselves and others.

Your child may already be using AI
Children do not need to open a dedicated AI app to encounter artificial intelligence. It may be built into search engines, homework tools, games, smart speakers, video platforms and photo-editing features. They might use it to answer questions, explain a school topic, suggest story ideas, translate words, change pictures or talk to a chatbot. Ask your child where they have encountered AI and what they think it does—they may know more about using it than about staying safe.

What is generative AI?
Generative AI creates new content, including words, pictures, videos and music, in response to a question or instruction.
Its answers can sound confident and convincing, but they are not always accurate, appropriate or fair. AI does not think or understand things in the same way that a person does.
Children may copy an AI-generated answer without understanding it, believe inaccurate information or accidentally share personal details. AI can also be misused to create unkind or embarrassing images, pretend to be someone else or produce content that frightens or upsets another person.
What feels like a joke to one child can have a real impact on someone else's feelings, reputation and safety.

Using AI safely
Children should never share their full name, school, address, location, passwords, photographs or private worries with an AI tool. They should use age-appropriate services with adult support and tell a trusted adult if AI produces anything upsetting, confusing or inappropriate.

Using AI respectfully
Children should ask permission before using another person's name, photograph or voice. AI should never be used to embarrass, frighten, impersonate or be unkind to someone—even as a joke.

Using AI responsibly
AI should help children develop their ideas, not do all their thinking for them. Children should check answers with an adult or another reliable source and explain what they have learned in their own words.



SPOTLIGHT ON SAFEGUARDING

AI Images: Can you trust what you see?
AI can now create photographs, videos and voices that appear convincing, even when the people or events shown are not real. Helping children question what they see online is becoming an important part of keeping them safe.

What are AI-generated images?
Some images are created entirely by artificial intelligence, while others are genuine photographs that have been altered. AI can change someone's appearance, place them somewhere they have never been or make it look as though they have done something that never happened. These images may be created for fun or creativity, but they can also be used to mislead, embarrass or harm others.

Where might children see them?
Children may encounter AI-generated or altered images in games, videos, social media, messaging groups, search results and photo-editing apps. They may not realise that what they are seeing has been created or changed. A realistic image is no longer proof that a person, place or event is genuine.

Why does this matter?
AI images can be used to spread false information, play unkind jokes, bully someone or damage their reputation. Children may also create and share an altered image without fully understanding how upsetting it could be for the person involved. Once an image has been shared, it can be copied, changed and passed to others very quickly.

Could someone be pretending to be someone else?
AI can create realistic profile pictures or alter a person's face, voice and appearance. Someone online might use these tools or a stolen photograph to pretend to be a child, a friend, a celebrity or another trusted person.
Teach your child that a photograph, video or friendly message does not prove someone is who they claim to be. They should never share personal information, photographs or private messages with someone they only know online.

Warning signs might include someone who:
- avoids answering simple questions about who they are;
- gives information that does not add up;
- asks to keep the friendship secret;
- requests photographs or personal details;
- wants to move the conversation to a private app;
- becomes demanding, upsetting or threatening.

If your child is unsure about someone, they should stop responding and show a trusted adult.

Can you spot an AI image?
AI images are becoming increasingly difficult to identify. Sometimes there may be unusual hands, distorted objects, strange writing, inconsistent shadows or details that do not quite make sense. However, an image can still be artificial even when none of these clues are present.
Encourage your child to ask:
- Who shared this?
- Where did the image come from?
- Is it being reported anywhere reliable?
- Could it have been created or changed?
- Am I being encouraged to react or share it quickly?



Using AI images respectfully
Creating an image with AI does not remove the need for kindness and permission.
Children should not use another person's photograph, name or identity without asking them first.
Encourage your child to consider:
- Do I have permission to use this image?
- Could this embarrass or upset someone?
- Am I pretending something is real when it is not?
- Would I be happy if someone made this about me?
- What could happen if other people shared it?

Something intended as a joke can still cause real harm.


Little Brook Bookshelf
Gentle, inclusive stories for little minds & big feelings
Small Books Big Feelings
Kinder Brighter Braver You
Unique ME
I'm HERE, Too
We Are Learning
TOGETHER
We Are Learning:
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READ
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ACCEPT
BELONG
Different Feelings Brighter Tomorrows
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Toni Lee Gale-Daw

October 2026
Issue 22

MHST Newsletter

iownt.mhst@nhs.net ~ 0300 365 4010

Welcome to the October edition of the MHST Newsletter. As mentioned in our last newsletter, we were appointing a new EMHP in September 2026. Below is a brief introduction to our new appointee:

Hello! My name is Hope and I have recently joined the Mental Health Support Team (MHST) as a Trainee Education Mental Health Practitioner (EMHP). I feel very fortunate to be working with children and young people to support their mental health and emotional wellbeing. I will be visiting schools, so please come and say hello if you see me around!
Before joining the team, I completed an undergraduate degree in Psychology and gained experience working in adult mental health services. Outside of work, I enjoy travelling, pilates, reading, spending time with my family, going to the cinema and exploring new places to eat!



HOPE



Were you aware that it was Hello Yellow day as part of World Mental Health Day. This is a picture of Island Innovation VI form celebrating Hello Yellow Day (Young Minds)



Transition groups were successfully held across 6 secondary school sites during the summer

108 young people were seen for an assessment

Average wait for an assessment is 3 weeks

169 young people accessed an intervention



youth trust | BARNARDO'S | NHS Hampshire and Isle of Wight Healthcare

mental health support TEAM

The Mental Health Support Team is a collaboration between the Isle of Wight NHS Trust, Barnardo's and the Isle of Wight Youth Trust

Upcoming Events and Training

Date TBC - A senior practitioner will be running an Online Safety Course - 10-11am - Are you concerned about the impact of social media? Would you like to increase your awareness of online safety? If so, this workshop is for you!

November - Two members of our team will be attending 2 open evenings, one at Island 6th Form and also Christ the King 6th Form

November - Two of our EMHP's will be running a 6 week "Mind & Mood" group for secondary schools - Mind and Moods group helps young people understand the connections between their thoughts, feelings and behaviours, using practical Cognitive Behavioural Therapy (CBT) techniques. Through interactive activities and discussion, participants learn effective skills to manage worries, improve mood and build emotional resilience.

Recent Thanks & Compliments

They helped me understand what was happening and how I can feel ok about it. It is a normal thing to feel and sometimes you need to feel like this. It is good that I now understand what I can do to not feel like this all the time.

I learnt many things that I could/can relate to. I felt comfortable enough to speak about things and when I did speak, I felt that I was listened to.

K's advice and C's drawings helped me to understand how things work and how I can help myself.

I felt listened to and it helped me be less anxious.

I know I still have a long way to go but I wanted you to know how much you've help me grow. No one has ever given me the time and space to talk like you have and I will always thank you for that

During the summer holidays two of our EMHP's ran a 6 session anxiety management group at Christ the King College. The group offered participants the opportunity to gain an understanding of anxiety and the skills to support them with managing this. The group offered those who attended a chance to share their experiences dealing with anxiety in safe and supportive environment. Feedback following completion of the group was very positive; group participants felt listened to and heard as well as being valued as individuals.
We were impressed with the commitment from those who attended, giving up some of their summer to help improve their mental health. We would also like to say thank you to Christ the King for allowing us to host the group, and welcoming students from other island secondaries into the school.

youth trust | BARNARDO'S | NHS Hampshire and Isle of Wight Healthcare

mental health support TEAM

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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

Drop in for a chat, a cuppa and shared experiences

No booking needed

Isle of Wight Neurodiversity Team

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






U8s & U10s
Girls
School years 2,3,4&5
WIGHT EAGLES F.C.
U8s
FREE UNTIL THE END OF 2026
U10s
First two sessions FREE
Join us at
the Bay Secondary school
Sandown Thursdays 5.30-6.30
Contact wighteaglesfc@gmail.com


SANDOWN SUNDAY SOCCER
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INTRODUCING OUR
FUN FOOTBALL SESSION
AT THE BAY PRIMARY SCHOOL SANDOWN!
OUR FUN SESSION WILL BE:
Every Sunday 10am-12pm
at The Bay Primary School,
Winchester Park Road, Sandown.
£6 for the 2 hours per child.
To Book: Text your child's name, school, year group and parent name to 07594 389531
Find us on facebook
Sandown Soccer - Isle of Wight


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DOES YOUR CHILD ENJOY BEING ACTIVE AND HAVING FUN?
IS YOUR CHILD TOO YOUNG TO JOIN A TEAM?
DOES YOUR CHILD WANT TO BUILD THEIR CONFIDENCE IN A SPORTING ENVIRONMENT?
DOES YOUR CHILD WANT TO PLAY FOOTBALL BUT NOT IN A TEAM YET?
IF YOU'VE ANSWERED YES TO ANY OF THOSE QUESTIONS, WE'VE GOT THE PERFECT SOLUTION! WE PROVIDE A SAFE, ENJOYABLE AND NON-COMPETITIVE ENVIRONMENT WHERE CHILDREN CAN HAVE FUN WHILST DEVELOPING AND IMPROVING THEIR FOOTBALL SKILLS.
OURS AIMS ARE:
• TO ALLOW CHILDREN TO HAVE FUN THROUGH FOOTBALL
• TO IMPROVE CONFIDENCE AND SOCIAL SKILLS.
• TO LEARN AND IMPROVE BASIC FOOTBALL SKILLS. CONTROL, PASSING, DRIBBLING.
• TO DEVELOP AGILITY, BALANCE, CO-ORDINATION, SPEED (ABC'S).
Our fully FA qualified coaches have up to date First Aid training and are DBS checked. Each session will be packed full of fun games played in teams, and as individuals, to help children build friendships as well as independence.
To Book: Text your child's name, school, year group and parent name to 07594 389531