



# Shalfleet C.E. Primary

The purpose of the Federation of the Church Schools of Shalfleet, Freshwater and 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**

## Letters Home

## Attendance Matters



### Attendance

Over a school year, we are due to open for 190 days which equates to 380 sessions with registration in the morning at 8.40am 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**

**94%**

**Attendance This Year**

**94%**



## • Important Information

### Dates for your Diary

**14<sup>th</sup> November** – Year 4 Sharing Worship

**14<sup>th</sup> November** – Muffi Day in aid of Children in Need £1 suggested donation

**19<sup>th</sup> November** – Year R Trip to Freshwater & Yarmouth School

**20<sup>th</sup> November** – School Nurse 9 – 11am (Please contact school office in advance to book a slot)

**28<sup>th</sup> November** – Year 3 Sharing Worship

**28<sup>th</sup> November** – Year 4 Harry Potter

**5<sup>th</sup> December** - Christmas Tree Decorating Worship

**5<sup>th</sup> December** – Muffi Day – School Fair Items

**5<sup>th</sup> December** – Year 6 Seacity Trip

**10<sup>th</sup> December** – Federation Music Evening

**11<sup>th</sup> December** – PTFA School Fayre

**12<sup>th</sup> December** – Christingle Service

**16<sup>th</sup> December** – Year 5 & 6 – Shalfleet Church

**17<sup>th</sup> December** - Christmas Jumper Day & Christmas Dinner

**19<sup>th</sup> December** – Christmas Worship

**19<sup>th</sup> December** – Last Day finish at 1.30pm (more details to follow)



## In the Community

### Autumnal Weather

Now the weather is starting to become more inclement, please can you make sure your child has a coat in school every day.

Also, please can you make sure your child has waterproofs / wellies in school on their forest school day.

## Federation Mission Statement and Values

### 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

**Respect**

**Resilience**

**Relationships**

*Together for a Brighter Future*

### Lest we Forget

'There is no greater love than to lay down one's life for one's friends'

John 15:13

## Gold Awards

This week's gold award winners are:

Reception – Grace, Gregory  
Year 1 – Rory, Beatrice, Thomas  
Year 2 – Margot, George, Logan  
Year 3 – Abbey, Tianna, Max  
Year 4 – Alma, Jonny  
Year 5 – Sienna, Oscar  
Year 6 – Maisie, Albert, Fran D



8<sup>th</sup> – 14<sup>th</sup> November

Evalyn Finn M

Noa

Charlie B

Happy birthday to you!

## GOLDEN WELLY AWARD



Golden Welly will continue  
next week

## Sports Tokens

This week's sports token  
totals are:

Lighthouse – 20

Needles – 19

Lifeboat – 21

Osbourne – 25

Well Done everyone!

## 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 leave them alone
- Ask yourself these questions about your actions or the actions of others...
  - Why do I 'they' feel this way?
  - Are they feeling that situation in the best possible way?
  - What could I 'they' do to improve the situation?
  - Are 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.

Dear Parents/Carers,

We have had an increasing number of parents who arrive at school to speak to a member of staff without an appointment. This inevitably causes some upset if the member of staff is unavailable due to other commitments. To avoid this, please call school ahead of any visit to arrange a meeting. Our support/pastoral staff have multiple meetings and commitments every day; whilst they always do their level best to accommodate you, they do need advance notice of any visits or meetings.

We also understand that sometimes emergencies happen that can delay you from collecting your child at the end of their school day.

If this should occur, we ask that you contact the school office as soon as possible to inform us of your delay. Children not collected by 3.15pm will be taken to After School Club.

Please note that if your child is taken to our after-school club, there will be a charge applied for the care of your child from 3.15pm and until you collect.

Many thanks for your help and understanding.

### Chartwells

**From the 3rd September the Chartwell school lunches will increase as follows:**

**Child's meal £3.10 (for key-stage 2 – Years 3,4,5,6)**

### We are an Allergy Aware School

Please can we remind you that we are a nut free school, we cannot guarantee this 100% Please do not give you child's any nut containing products for their snack or their lunch box. This includes Nutella or any other chocolate nut spreads and Kinder Bueno bars.

### Healthy Lunch Box

We encourage everyone to pack nutritious lunches and snacks for children – think fruits, veggies, whole grains and protein packed options. We're aiming to keep sugary snack and processed foods to a minimum to help our children stay energized and focused throughout the day.

Thank you so much for supporting our health school goals and helping children make good choices!



## SPOTLIGHT ON SAFEGUARDING

WORKING TOGETHER TO KEEP OUR YOUNG PEOPLE SAFE

Primary | November 2025

### Helping children grow kindness: understanding child-on-child abuse

As children grow, they're learning how to handle big feelings, make friends and find their place in the world - both in real life and online. Along the way, they will make mistakes and sometimes their words or actions may hurt others without meaning to.

When that harm happens between children, it's called **child-on-child abuse**. It can sound like a strong term, but at its heart, it's about helping young people understand respect, empathy and boundaries - skills that protect both them and others.

#### What does child-on-child abuse look like?

It can take many forms:

- Teasing, name-calling or excluding someone
- Pushing, hitting or rough play that goes too far
- Sharing secrets, photos or private information without permission
- Sending or saying hurtful things online or in messages
- Pressuring another child to do something they don't want to

At primary age, children may not realise how serious their behaviour can feel to others - especially online, where tone and facial expressions are missing. They need adult help to see the real impact of their actions and to learn how to put things right.

#### How parents can nurture respect and empathy

1. Make kindness part of everyday life: talk about how we treat others - in person, in games and online. Encourage your child to pause and think before they speak or type.
2. Model what respect looks like: show calmness in disagreements, apologise when needed and speak kindly about others. Children copy what they see.
3. Set simple family rules: agree on gentle, consistent expectations such as using kind words, respecting privacy and taking a break before reacting.
4. Stay involved in their online world: explore apps and games together, discuss what's appropriate, and guide them on how to respond if something feels wrong.
5. Notice, praise, and teach through mistakes: celebrate acts of kindness and use unkind moments as learning opportunities - helping your child reflect, make amends and grow.

### IF YOUR CHILD IS EXPERIENCING HARM FROM ANOTHER CHILD

SOMETIMES, YOUR CHILD MAY BE ON THE RECEIVING END OF UNKIND OR HURTFUL BEHAVIOUR. HERE'S HOW YOU CAN SUPPORT THEM:

|  |   |   |   |
|--|---|---|---|
| <br><b>LISTEN FIRST, REACT LATER:</b><br>Stay calm and thank your child for telling you. They need to feel heard, not questioned or blamed. | <br><b>REASSURE THEM:</b><br>Make it clear they didn't deserve the behaviour - whether it happened face-to-face or online. | <br><b>GATHER FACTS GENTLY:</b><br>Ask open questions such as, "Can you tell me what happened next?" rather than pressing for details. | <br><b>SAVE ANY EVIDENCE:</b><br>Keep screenshots or messages in case the school or authorities need them. |
|--|---|---|---|

# SPOTLIGHT ON SAFEGUARDING

## Why age ratings matter: helping children stay safe online and in games

As children grow, technology becomes a big part of their world - from sharing funny clips with friends to exploring creative online games. While these activities can be fun and sociable, it's important for parents to understand age ratings and why they exist.

Age ratings aren't just about violence or bad language - they're there to help you judge whether the content, interaction and features are suitable for your child's emotional and social stage.

### What are age ratings?

Age ratings are like guidance labels that show whether a game or app is designed for your child's age group. They take into account things such as:

- Language, violence or sexual content
- In-app chat and messaging
- Opportunities for strangers to contact children
- Pressure to buy add-ons or share personal details

They're not a measure of skill or intelligence - they're about emotional readiness. A game might look cartoony or harmless, but it can still include themes or online interactions that aren't appropriate for younger children.

**How parents can support safe gaming and app use**

- Check age ratings**  
Look up PEGI or App Store ratings before downloading, so you know what's suitable for your child.
- Explore together**  
Play or look at apps with your child. Use the experience to discuss what's fun, what feels safe and what's not okay.
- Healthy boundaries**  
Set clear family rules about what can be used, when and for how long - and keep talking openly as your child grows.

Common age ratings for popular apps and games

| App/game  | Official age rating | Why it's rated that way  |
|-----------|---------------------|--|
| WhatsApp  | 13+                 | Disappearing messages can expose children to adult content.                                  |
| Snapchat  | 13+                 | Disappearing messages, location sharing and public stories.                                  |
| Minecraft | 7+                  | Online multiplayer can include unfiltered chat and content.                                  |
| Fortnite  | 12+                 | Cartoon-style violence and in-game chat. Turn off or monitor voice chat for younger players. |

©The Enlightened Practitioner

The Enlightened Parent



The Year 5s had an amazing adventure when they were treated to a unique experience - a trip to

# 2025/26 Webinar Schedule (Autumn Term)

| <u>Navigating Neurodivergence</u> | <u>Breakthrough Behaviour</u> | <u>Feel without Fear</u> | <u>Re-establishing Routines</u> | <u>CPVA</u><br>(Child to Parent Violence and Aggression) | <u>Sleep</u>             | <u>Accepting Adolescence</u> | <u>Seasonal Sensory Awareness</u> |
|-----------------------------------|-------------------------------|--------------------------|---------------------------------|--|--------------------------|------------------------------|-----------------------------------|
| 4th September<br>9:30am           | 9th September<br>9:30am       | 11th September<br>9:30am | 16th September<br>9:30am        | 18th September<br>9:30am                                 | 23rd September<br>9:30am | 25th September<br>9:30am     |                                   |
| 30th September<br>9:30am          | 2nd October<br>9:30am         | 7th October<br>9:30am    | 9th October<br>9:30am           | 14th October<br>9:30am                                   | 16th October<br>9:30am   | 17th October<br>9:30am       | 17th October<br>11:30am           |
| 4th November<br>9:30am            | 6th November<br>9:30am        | 11th November<br>9:30am  | 13th November<br>9:30am         | 18th November<br>9:30am                                  | 20th November<br>9:30am  | 25th November<br>9:30am      | 27th November<br>9:30am           |
| 2nd December<br>9:30am            | 4th December<br>9:30am        | 9th December<br>9:30am   | 11th December<br>9:30am         | 16th December<br>9:30am                                  | 18th December<br>9:30am  | 19th December<br>9:30am      | 19th December<br>11:30am          |

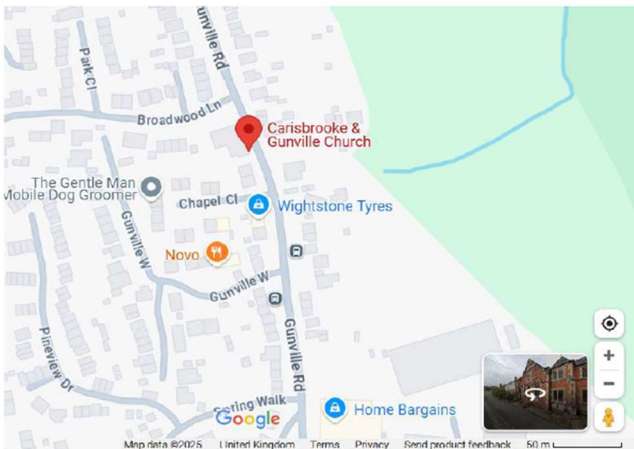
Please email [katrina.austin1@iow.gov.uk](mailto:katrina.austin1@iow.gov.uk) to join any of the webinars noted above. All webinars are delivered online via Teams. A link to the webinar will be sent to you 24 hours prior.



## Parent and Caregiver Peer Support Sessions

Where: Gunville Methodist Church Hall

When:



|  |
|--|
| <b>11<sup>th</sup> September 2025 (10am - 12 noon)</b> |
| <b>6<sup>th</sup> November 2025 (10am - 12 noon)</b>   |
| <b>15<sup>th</sup> January 2026 (10am - 11am)</b>      |
| <b>5<sup>th</sup> March 2026 (10am - 12 noon)</b>      |
| <b>7<sup>th</sup> May 2026 (10am - 12 noon)</b>        |

Come along to meet with other parents / caregivers for an informal meet up and chat about your neurodiversity journey. Refreshments provided. No need to book, just turn up.

Free onsite parking.

# Central Discos

"Entertainment that hits the target every time"

State of the art lighting effects

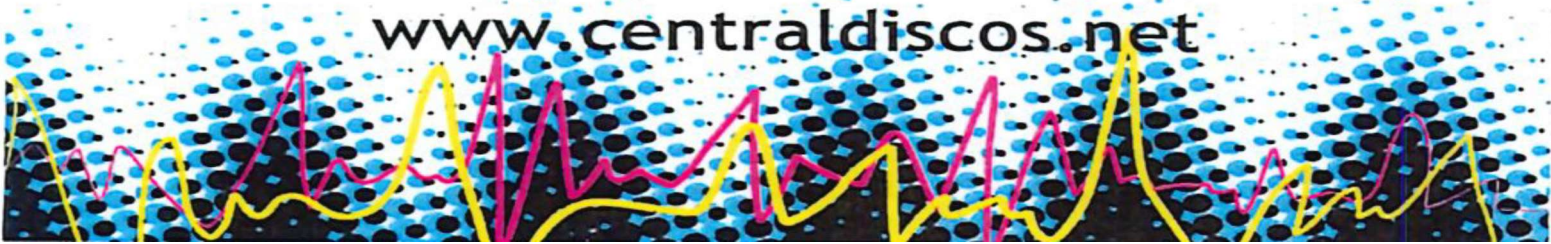
Full Public Liability Insurance

All events covered

Wedding Specialists

Tel: 01983 754050

[www.centraldiscos.net](http://www.centraldiscos.net)



## ADULT COMMUNITY LEARNING

ALL COURSES ARE FOR ADULTS 19+



For further information or to book a place on any /all of these sessions please contact:

[info@thecrossley.co.uk](mailto:info@thecrossley.co.uk) or text 07977 041 539

## 90 Minutes to Family Calm Series

Join our **FREE** (fully funded) online classes! – Join one or join them all....



**BRAIN TRAINING FOR CALM**

– 4th November

**TAMING THE EMOTIONS MONSTER**

– 11th November

**SENSIBLE ABOUT OUR SENSES**

– 18th November

**BUILDING SELF-ESTEEM & CONFIDENCE**

– 25th November

**RELAXING OUR KIDS**

– 2nd December



Autumn Term 2025  
Tuesday evenings  
6:00-7:30PM

Booking & enrolment required to secure a place on any or all these sessions.

\*enrolment required **just once** (for any number of sessions) per academic year



## Occupational therapy Parent advice sessions

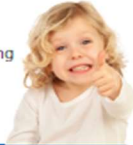
The NHS Occupational Therapy Team will be running monthly parent advice sessions. These sessions are open to any families which don't have an existing referral.

The sessions will be with an Occupational Therapist and an Assistant.

The team will be able to give advice, signpost to other services / charities and support with completing a full referral to Occupational Therapy if it is felt the needs discussed require a full assessment.

The team will be able to support with advice around:

- Self Care tasks - e.g. washing, dressing, using cutlery, toileting
- Fine motor skill development
- Play skills
- Preschool / school readiness



### Session Dates for 2026

(more dates and locations may be added if required):

15 Jan, 19 Feb, 19 March, 16 April, 21 May and 18 June.

Slots will be available at 9am, 10am and 11am.

Appointments will last for 45mins.

To book, contact the department on **01983 534520** or via email to [iownt.paediatric-ot-mailbox@nhs.net](mailto:iownt.paediatric-ot-mailbox@nhs.net)

Sessions will take place at the Childrens Therapies Department,  
St Mary's Hospital, Newport, Isle of Wight

DONATIONS OF  
ITEMS STILL  
GREATFULLY  
ACCEPTED UNTIL  
14<sup>th</sup> NOVEMBER.



**Sale at Calbourne**

DROP-OFF AT  
CHURCH OR PHONE  
DEBS  
07876887678 OR  
DROP-OFF AT  
RECREATION  
CENTRE  
1000-1600HRS  
ON  
14<sup>th</sup> NOVEMBER

Good Quality Pre-loved, New, Vintage,  
Clothes, Shoes, Jewellery, bags, linen and  
much more....

Saturday 15<sup>th</sup> November

Drop in anytime between

1000 until 1600hrs

At Calbourne Recreation Centre.

Nibbles and Mulled Wine will be available for  
you to enjoy.

Please do come along, have a mooch and grab  
a bargain.

In aid of All Saints Church, Calbourne.



Love singing?

Age 7-12?

You should join

# Choir Club




**When?** Every 1<sup>st</sup> Wednesday of  
the month  
5.30 – 6.45pm

**Where?** St John's Church,  
Newport  
PO30 1LN

**More info?** Contact  
[info.choirclub@gmail.com](mailto:info.choirclub@gmail.com)  
or visit our Facebook page!




## CHILDRENS CHRISTMAS PAINTING COMPETITION



ALL PROCEEDS GO TO THE  
IOW SALVATION ARMY TOY APPEAL



Purchase your Paint-Your-Own  
Christmas Figurine at W Hurst & Son, then  
simply email a picture of your festive  
creation to enter the competition to  
Win a Goodie Bag!  
[shop@hurst-iw.co.uk](mailto:shop@hurst-iw.co.uk)



WINNER RECEIVES A  
FESTIVE GOODIE BAG!

LAST ENTRIES 13/12/25 / WINNER WILL BE ANNOUNCED 15/12/25


# 24 APPS PARENTS NEED TO KNOW ABOUT


*This list is not exhaustive, and will be updated each year to reflect new risks and dangers*


**THESE APPS CAN EASILY BE USED AS GROOMING TOOLS BY ONLINE PREDATORS LOOKING TO MEET UP & SEXUALLY ABUSE CHILDREN. (UPDATED 2021)**





**FACEBOOK**  
 **FACEBOOK** allows you to connect with others and share comments, photos and videos. You can add friends, write on people's pages and posts, join groups and play games.

**SNAPCHAT**  
 **SNAPCHAT** is one of the most popular apps in recent years. Whilst the app promises that photo's, videos and stories disappear, others can take screenshots of private photo's.

**INSTAGRAM**  
 **INSTAGRAM** Kids are creating fake accounts to hide content from their parents, according to police. Messages are also deleted once a user leaves a conversation.


**WHATSAPP**  
 **WHATSAPP** allows you to send messages, images and videos in 121 and group chats with your contacts. You can choose to share your live location for up to eight hours with one contact or a group.


**KIDSCHAT**  
 **KIDSCHAT.NET** is a free online messaging app for children. You can talk to people you don't know on public forums and via private message. You can access the site as a guest.


**SKYPE**  
 **SKYPE** is a platform and app that lets you make audio and video calls to other people around the world. You can also send instant messages.


**WHISPER**  
 **WHISPER** is an anonymous social media app that promotes sharing personal secrets with strangers, (new people). It reveals a users location so people can meet up


**CALCULATOR %**  
 **CALCULATOR %** is only one of SEVERAL social media apps disguised as a calculator, the app is actually a secret photo vault to hide photos, videos, files and browser history.

**HOT ON NOT**  
 **HOT ON NOT** Strangers rate a user's 'attractiveness' with the aim of real-world meet ups in your local area.

**ASK.FM**  
 **ASK.FM** An app where users can anonymously ask questions and receive answers. The app has been featured in a number of cyber bullying cases.


**YUBO**  
 **YUBO** Similar to Tinder, the app is designed to allow teens to flirt with each other.


**KIK MESSAGING Kik**  
 **KIK MESSAGING Kik** is a messaging app that allows content normally filtered on a home computer.


**BURN BOOK**  
 **BURN BOOK** Anonymous rumours can be posted about people through audio messages, texts and photos.


**WISHBONE**  
 **WISHBONE** This app allows users to compare kids and rate them on a scale.


**GRINDR**  
 **GRINDR** Is a dating app geared towards gay, bisexual and transgender people. The app allows people to chat, share and meet up in person based on a GPSS location.


**SKOUT**  
 **SKOUT** is a location based dating app and website. Whilst people under 17 are unable to share private photo's, Children can easily create fake accounts.

**MEET ME**  
 **MEET ME** Is a dating social media app that allows users to connect with people based on geographic proximity. The app encourages people to meet in person.


**TIK TOK**  
 **TIK TOK** Is one of the most popular apps in recent years used for sharing short videos with very limited privacy controls users are vulnerable to explicit material.

**TELLOYMN**  
 **TELLOYMN** anonymous messenger app. It calls itself "the most honest place on the internet." Age controls are inconsistent and sexual explicit material can be found.

**Zoomerang**  
 **Zoomerang** Is a popular app that looks like a harmless messaging app however it allows private anonymous messaging and is location enabled.

**BUMBLE**  
 **BUMBLE** is a location based dating app and website. Whilst people under 17 are unable to share private photo's, Children can easily create fake accounts

**FACEBOOK MESSENGER**  
 **FACEBOOK MESSENGER** Is one of the most popular message apps in the world. It has already heavily been used by predators and the end-to-end encryption will make it even more unsafe.

**BADOO**  
 **BADOO** is a location based dating app and website. Whilst people under 17 are unable to share private photo's, Children can easily create fake accounts.

**OMEGLE**  
 **OMEGLE** is a video chat website where users are matched randomly with strangers.

**#CHILDBUSEHELP**  
 CHILD ABUSE RESOURCES  
[WWW.CHILDBUSEHELP.ORG.UK](http://WWW.CHILDBUSEHELP.ORG.UK)

**NSPCC HELPLINE**  
**0800 800 5000**

**NNECA**  
 NATIONAL NETWORK TO END CHILD ABUSE  
[WWW.NNECA.ORG.UK](http://WWW.NNECA.ORG.UK)



Food distribution from Sainsburys is available at the following places:

Mondays to Oasis drop in Centre at FMC - Freshwater Methodist Church 10am - 12 noon.  
Saturdays to WWSCC

From Oct 3rd there will be a food drop off available each week to Totland Parish Hall at 1.30pm and this comes from the Aspire Centre in Ryde.

**Isle of Wight SENDIASS Online Workshops**

- Free impartial advice relating to SEND for 0-25 years.
- Confidential sessions not recorded.
- Peer support, talking to others experiencing a similar journey.
- A dedicated session with an experienced support worker

|                        |  |                        |  |
|------------------------|--|------------------------|--|
| <b>13 NOV</b><br>09:30 | Responding to a draft EHCP<br>If you are in that critical time frame having received your draft                  | <b>18 NOV</b><br>10:00 | Appeals to SEND Tribunal<br>A step-by-step guide through the appeals process                                     |
| <b>21 NOV</b><br>10:00 | Ordinarily Available Provision and SEN Support<br>Looking at support available for those who do not have an EHCP | <b>24 NOV</b><br>13:00 | Considering an EHC Plan?<br>Independent and impartial information to guide you through the process               |
| <b>25 NOV</b><br>10:00 | Responding to a draft EHCP<br>If you are in that critical time frame having received your draft                  | <b>26 NOV</b><br>12:30 | Alternative Provision<br>What constitutes as a suitable education in relation to section 19 of the education act |

[www.iowsendiass.org.uk/workshops](http://www.iowsendiass.org.uk/workshops)

## DO YOU KNOW THE SIGNS OF TYPE 1 DIABETES?

**T OILET** **T HIRSTY** **T IRED** **T HINNER**

We call them the 4Ts. If you or your child are weeing more often, constantly thirsty, more tired than usual, or losing weight for no reason, it could be a symptom of type 1 diabetes. If left undiagnosed, type 1 diabetes can be fatal. If you're experiencing any of the 4Ts, ask your doctor for a test immediately.

Scan the QR code or visit [diabetes.org.uk/the4Ts](http://diabetes.org.uk/the4Ts)

**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

© Diabetes UK 2022. Product code: 102036EINT