



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.

[www.fosay.co.uk](http://www.fosay.co.uk)

Headteacher: Mrs. E Grainger

Deputy Headteacher: Mrs. G Westhorpe

### Attendance

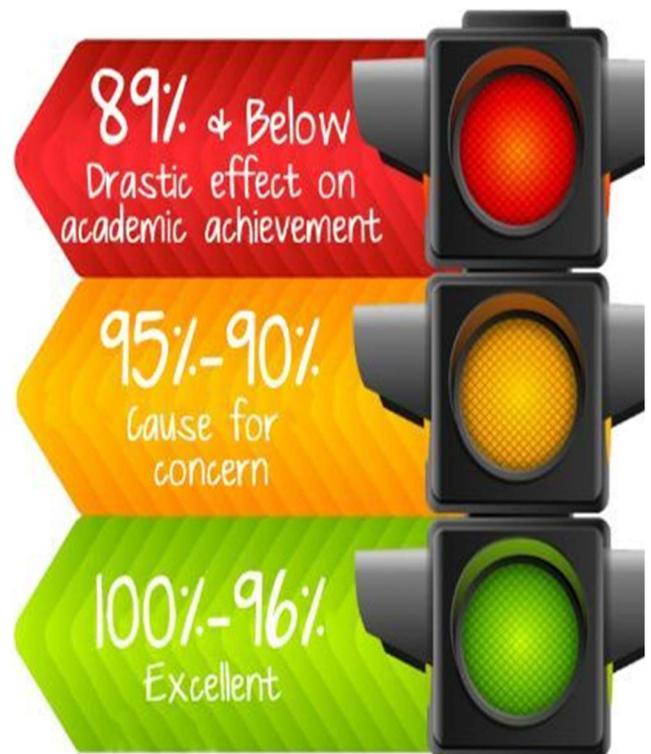
**Target – 100 %**

**This week – 92.14%**

**This Year – 94.4%**

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

**Friday 13<sup>th</sup> February** – Year R Worship

**Saturday 14<sup>th</sup> February** – Half Term Holiday Start

**Monday 23<sup>rd</sup> February** – Back from Half Term Holiday

**Friday 6<sup>th</sup> March** – Year 6 Sharing Worship

**Friday 20<sup>th</sup> March** – Year 5 Sharing Worship

**Friday 27<sup>th</sup> March** – Easter Service TBC

## Adverse 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.**

## School Details

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

**Phone** – 01983 760269

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

## Menu for the week ahead

### Week 2 – Return after half-term

**Monday** – Macaroni Cheese or Veggie Burrito

Chocolate Caramel Crunch

**Tuesday** – Pork Sausages or Vegetarian Sausages and Mash

Banana Flapjack

**Wednesday** – Roast Chicken or Sweet Potato, Chickpea and Herb Roast

Chocolate Brownie

**Thursday** – Chicken and Vegetable Korma or Cheese and Tomato Pizza

Raspberry Jelly

**Friday** – Battered Fish or Quorn Dippers

Strawberry Ice Cream

**Jacket potatoes and pasta are available every day.**

**Baguettes are available on Tuesdays and Thursdays**

He renews my strength. He guides me along right paths, bringing honor to his name. Psalms 23:3

## 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**

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.



### Gold Awards for this week were:



Reception Class : Milo, Archie

Year 1: Myles, Ayla

Year 2: Skyla, Toby

Year 3: Jaxson, Hugo, Orla, Noa, Hanna

Year 4: Henry, Tiwa

Year 5: Anna, Gwyn, Hollie, Parker, Oliver E

Year 6: Albert, Isaac, Verity



### Outdoor learning Golden Wellie Award

Golden welly award goes to this Eliza week.



## Class Attendance last week

Well done to Year 2 for receiving 97.25% attendance for last week.

Well done everyone!



## Birthdays

8<sup>th</sup> – 22<sup>nd</sup> February

Cleo Sofia Ray

Happy birthday to you!

## Sports Tokens

Osbourne - 29

Lifeboat - 26

Needles - 22

Lighthouse - 25

Well done to Osbourne 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.

## Central Discos

"Entertainment that hits the target every time"

State of the art lighting effects

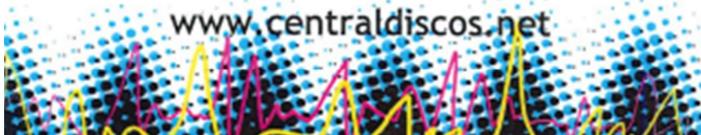
Full Public Liability Insurance

All events covered

Wedding Specialists

Tel: 01983 754050

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



## ARE YOU A WINNER?

Every Thursday, check under your plate for a winner sticker!

1. Clear your plate
2. Check if you have a sticker
3. If you do, show a member of kitchen staff
4. Collect your prize

Chartwells

Good luck!



# 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)



<p><b>FACEBOOK</b></p>  <p><b>FACEBOOK</b> 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.</p>	<p><b>SNAPCHAT</b></p>  <p><b>SNAPCHAT</b> 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.</p>	<p><b>INSTAGRAM</b></p>  <p><b>INSTAGRAM</b> Kids are creating fake accounts to hide content from their parents, according to police. Messages are also deleted once a user leaves a conversation.</p>
<p><b>WHATSAPP</b></p>  <p><b>WHATSAPP</b> 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.</p>	<p><b>KIDSCCHAT</b></p>  <p><b>KIDSCCHAT.NET</b> 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.</p>	<p><b>SKYPE</b></p>  <p><b>SKYPE</b> 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.</p>
<p><b>WHISPER</b></p>  <p><b>WHISPER</b> 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</p>	<p><b>CALCULATOR %</b></p>  <p><b>CALCULATOR %</b> 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.</p>	<p><b>HOT ON NOT</b></p>  <p><b>HOT ON NOT</b> Strangers rate a user's 'attractiveness' with the aim of real-world meet ups in your local area.</p>
<p><b>ASK.FM</b></p>  <p><b>ASK.FM</b> An app where users can anonymously ask questions and receive answers. The app has been featured in a number of cyber bullying cases.</p>	<p><b>YUBO</b></p>  <p><b>YUBO</b> Similar to Tinder, the app is designed to allow teens to flirt with each other.</p>	<p><b>KIK MESSAGING Kik</b></p>  <p><b>KIK MESSAGING Kik</b> is a messaging app that allows content normally filtered on a home computer.</p>
<p><b>BURN BOOK</b></p>  <p><b>BURN BOOK</b> Anonymous rumours can be posted about people through audio messages, texts and photos.</p>	<p><b>WISHBONE</b></p>  <p><b>WISHBONE</b> This app allows users to compare kids and rate them on a scale.</p>	<p><b>GRINDR</b></p>  <p><b>GRINDR</b> 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.</p>
<p><b>SKOUT</b></p>  <p><b>SKOUT</b> 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.</p>	<p><b>MEET ME</b></p>  <p><b>MEET ME</b> 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.</p>	<p><b>TIK TOK</b></p>  <p><b>TIK TOK</b> 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.</p>
<p><b>TELLOYMN</b></p>  <p><b>TELLOYMN</b> anonymous messenger app. It calls itself "the most honest place on the internet." Age controls are inconsistent and sexual explicit material can be found.</p>	<p><b>Zoomerang</b></p>  <p><b>Zoomerang</b> Is a popular app that looks like a harmless messaging app however it allows private anonymous messaging and is location enabled.</p>	<p><b>BUMBLE</b></p>  <p><b>BUMBLE</b> 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</p>
<p><b>FACEBOOK MESSENGER</b></p>  <p><b>FACEBOOK MESSENGER</b> 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.</p>	<p><b>BADOO</b></p>  <p><b>BADOO</b> 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.</p>	<p><b>OMEGLE</b></p>  <p><b>OMEGLE</b> is a video chat website where users are matched randomly with strangers.</p>

#CHILDBUSEHELP  
CHILD ABUSE RESOURCES  
WWW.CHILDBUSEHELP.ORG.UK

NSPCC HELPLINE  
0800 800 5000

NNECA  
NATIONAL NETWORK TO END CHILD ABUSE  
WWW.NNECA.ORG.UK





## WELLY WEDNESDAYS THIS HALF TERM!

EVERY WEDNESDAY DURING HALF TERM  
£5 CHILDREN, £10 ADULTS

Looking for a family adventure this half term? Bring the children along 2pm-4pm for an afternoon of fresh air, learning and farmyard fun.

Meet our friendly Guernsey cows.  
Discover where milk comes from.  
Fun hands-on activities for children.  
Don't forget your wellies!

Book your family spot today and  
make half term unforgettable!

[briddlesford.co.uk](http://briddlesford.co.uk)

# FRESHWATER CHESS CLUB

BEGINNERS AND  
EXPERIENCED PLAYERS  
WELCOME

MONDAY EVENINGS 6:30 TO 8:30

At Freshwater Conservative Club, Queens Road

£2 Adults, £1 Juniors, free to club members

For information phone Donna 07546 751057

### Isle of Wight Chess Tournament

16<sup>th</sup> – 22<sup>nd</sup> February

<https://www.iowchess.com/>

This month, we are celebrating 5 years of the MHST. We have achieved a lot in these few years, and have put together a special edition of our newsletter to celebrate this milestone.

In the last 5 years...

**22,799**

young people reached via the Whole School College Approach (WSCA)\*.

**1,527**  
assessments attended

**1,960**  
referrals have been received

**46.1 days**  
on average that a young person waits for treatment with the MHST

**902**  
group sessions attended

**18.5 days**

on average that a young person waits for an assessment with the MHST

**90%**  
attendance for one-to-one sessions

**92%**  
attendance for group sessions

**5,245**  
one-to-one sessions attended



## Our Journey

**January 2021**

8 Education Mental Health Practitioners, 2 Administrators, 2 Senior Practitioners, 2 Clinical Managers and 2 MHST Contract Managers started working in the Mental Health Support Team.

**March 2022**

Gained a High Intensity CBT practitioner which increased the team's skillset and the ability to support young people in need of more intensive CBT support.

**May 2021**

The MHST opened up to referrals from the first 8 schools/colleges chosen as 'host schools' to trial the MHST.

**March 2022**

With the voices of young people, the MHST logo and squiggly backgrounds were created. This helped us develop our own identity.

**May 2022**

All secondary schools were onboarded.

**July 2022**

Our summer intensive workshops were trialled to support young people to manage their emotions and/or anxiety. These continue to be a success!

**August 2022**

Developed transition workshops to help support year 6s moving up to secondary school/college. These workshops are held every year and continue to be really supportive!

**February 2023**

Sport CBT groups were created so young people can get support for their wellbeing with a fun element aiding the process.

**August 2023**

One of our practitioners started attending the CAMHS referral meetings to ensure young people get the right support for their needs.

**August 2023**

The WSA programme was created to support young people with sleep, emotions, worries and low mood. These workshops continue to be developed and expanded.

\*Some young people have attended multiple events.



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



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## Our Journey

**August 2023**

Our practitioners offered support to young people during the school holidays through the HAF (Holidays and Activities) Programme. This takes place every summer.

**September 2023**

The team undertook Raising Autistic Identity in School and Education training run by AIM to better support school conversations around adaptations for neurodivergence.

**April 2024**

Our team started undertaking Decider Skills training which helped them develop their skillset.

**May 2024**

One of our practitioners started attending the Youth Trust referral meetings to ensure young people get the right support for their needs.

**June 2024**

The MHST attended the PEACH games for the first time to help reach children in a new environment.

**September 2024**

The Voice and Influence Forum was created. This is to listen to young people's voices regarding mental health and our service.

**January 2025**

2 of our practitioners started University training to enhance their CBT skills.

**May 2025**

Some of our practitioners attended Motivational Interviewing training to enhance their skillset.

**May 2025**

Our Facebook page was created.

**September 2025**

The majority of mainstream schools on the island are working with the MHST.

**HERE'S TO ANOTHER 5 YEARS!!**

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