



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

Headteacher: Mrs. E Grainger

Deputy Headteacher: Mrs. G Westhorpe

Attendance

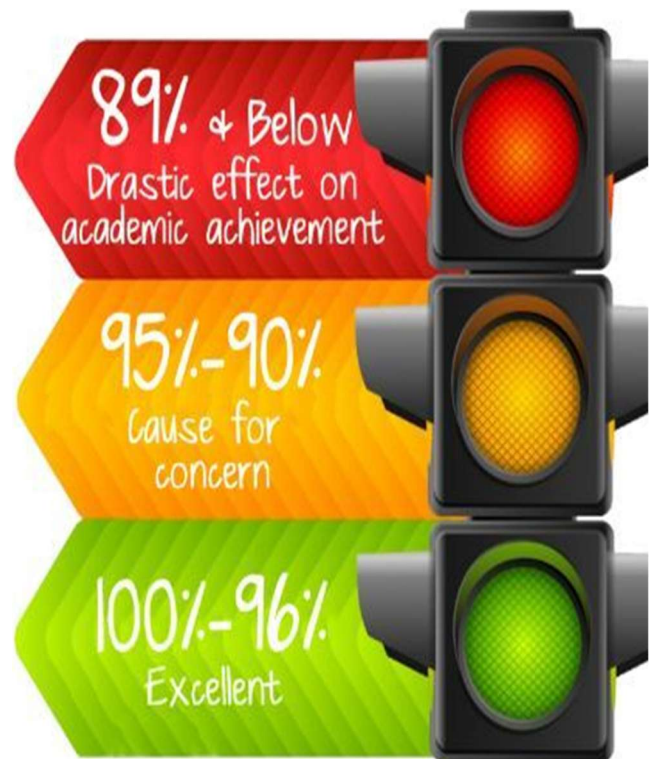
Target – 100 %

This week – 95.8 %

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

Friday 15th May – Paulton's Park Year 6

Tuesday 19th May – County Show Year 3

Wednesday 20th May – Beaulieu Year R

Friday 22nd May – Sea Shanties

Monday 1st June – School Closed – Development Day

Friday 5th June – Muffi-Day in aid of Baby Box IOW £1

Friday 12th June – Year 2 Sharing

Friday 26th June – Year 1 Sharing

Thursday 25th June – Sports Day

Tuesday 7th July - Whole School Move up Day

Friday 10th July – Year R Sharing

Friday 10th July – School Fair

Friday 24th July – Leavers Worship

Friday 24th July – Last Day of Term

Tuesday 1st & Wednesday 2nd September – School Closed – Development Days

Return to School after Summer holidays Thursday 3rd September

Menu next week

Week 3

Monday – Cheese & Tomato Pizza or Veggie meat feast pizza

Custard Shortbread

Tuesday – Herby Tomato Chicken or Cheesy bean burrito

Strawberry Jelly

Wednesday – Roast Chicken or Vegetarian cottage pie

Chocolate Mousse

Thursday – Lasagne or Vegetable Lasagne

Vanilla Ice Cream

Friday – Fish Fingers or Quorn Dippers

Banana Flapjack

Jacket potatoes and pasta are available every day.

Baguettes are available on Tuesdays and Thursdays

Weather

As the weather is becoming warmer, please ensure your child/children come to school with a sun hat and have sun cream applied before arrival

School Details

Email – shalfleet@fosay.co.uk

Phone – 01983 760269

Website – fosay.co.uk

'The Lord lifts me up!'

Psalm 3:3

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: Lacey, Grace

Year 1: Beatrice, Koa

Year 2: Cedar, Axel, Isla

Year 3: Florrie, Max

Year 4: Alfie P, Tiwa

Year 5: Eli, Evalyn, Reggie, Lenny

Year 6: School Trip



Sea Shanties - Date for the Diary

It is Sea Shanties weekend coming up in Yarmouth beginning on Friday 22nd May. The Federation has been invited to sing 3 songs at the opening ceremony on the Friday afternoon at 4.00pm on the Sailing Club green. The children are going to be learning the songs in school and we welcome families to bring their children along to represent the school.

Holiday Club

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.

Class Attendance last week

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

Well done everyone!



Birthdays

2nd May – 15th May

Sophie Flora Frederick S

Callum Alma Samuel

Happy birthday to you!

Sports Tokens

Osbourne - 23

Lifeboat - 27

Needles - 28

Lighthouse - 24

Well done to **Needles** 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

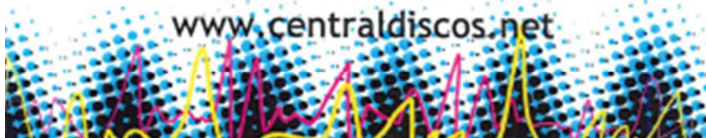
Full Public Liability Insurance

All events covered

Wedding Specialists

Tel: 01983 754050

www.centraldiscos.net



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)

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

NSPCC HELPLINE
0800 800 5000

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



Healthy Lunchboxes & Nut-Free Reminder

We love seeing the variety of lunch boxes that come into school each day and we really appreciate the care you take in preparing them. A healthy, balanced lunch helps children stay focused, energised and ready to learn throughout the afternoon.

We encourage lunchboxes to include a mix of foods such as fruit or vegetables, whole grain options and healthy snacks, while keeping sugary treats to a minimum. These small choices can make a big difference to your child's wellbeing.

We would also like to remind everyone that we are a **nut-free school**. This helps us keep all children safe, particularly those with severe allergies. Please check labels carefully and avoid sending any products that contain nuts or nut traces.

If you would like some healthy ideas, please do visit the link below 'Lunch boxes don't have to be stressful'

<https://simplyveg.vegpower.org.uk/your-food/love-your-lunchbox/>

Thank you for your continued support and cooperation. Together, we can promote healthy habits and maintain a safe, caring environment for all our children.

Universal Free School Meals – Years R, 1 and 2

All children in Reception, Year 1 and Year 2 are entitled to a Universal Free School Meal every school day. This government-funded offer means your child can enjoy a nutritious, freshly prepared lunch at no cost to families.

[\[iow.gov.uk\]](http://iow.gov.uk), [\[gov.uk\]](http://gov.uk)

Our school meals are provided by Chartwells, who specialise in creating nutritious, appetising meals that children enjoy, while meeting national nutritional guidelines. Each day, children can choose from:

- A main hot meal
- A vegetarian option
- A pasta dish

All meals are served with a pudding and a choice of water or milk. On Tuesdays and Thursdays, there is also a popular baguette option available, giving children even more choice and variety at lunchtime.

Universal Free School Meals are a great opportunity for children to try new foods, enjoy a balanced meal and eat together with their friends in a positive, social setting.

Important Reminder – Applying for Free School Meals (FSM)

Although all children in Years R–2 receive a free meal automatically, **parents should still apply for Free School Meals if they think they may be eligible**. The rules for applying have recently been updated, and registering can help the school access additional funding to support pupils (Pupil Premium). [\[iow.gov.uk\]](http://iow.gov.uk)

If you are unsure whether you qualify, we strongly encourage you to apply – it could make a real difference.

Thank you for your continued support in helping us provide healthy, enjoyable meals for all our children.

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

28 APR
10:00

Responding to a draft EHCP
If you are in that critical time frame having received your draft

6 MAY
12:30

Alternative Provision
What constitutes as a suitable education in relation to section 19 of the education act

13 MAY
13:00

Responding to a draft EHCP
If you are in that critical time frame having received your draft

13 MAY
17:30

Appeals to SEND Tribunal
A step-by-step guide through the appeals process

18 MAY
12:00

Considering an EHC Plan?
Independent and impartial information to guide you through the process

19 MAY
10:00

Ordinarily Available Provision and SEN Support
Looking at support available for those who do not have an EHCP

www.iowsendiass.org.uk/workshops



May 2026 Timetable

All regular sessions delivered live online via zoom. 90 minutes long
£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk
Recordings available for 48 hours

School Anxiety	4 May 10am
Understanding Anger	4 May 7pm
Facing Defiance	5 May 10am
Supporting Healthy Screen Use	5 May 7pm
Cannabis and Ketamine Awareness	11 May 10am
Anxiety Explained	11 May 7pm
Introduction to OCD	12 May 10am
What is ACT?	12 May 7pm
Decreasing Depression	18 May 10am
Raising Self-Esteem	18 May 7pm
Supporting Healthy Sleep	19 May 10am
Understanding the Teenage Brain	19 May 7pm
Autism: Improving Communication	25 May 10am
Improving Family Communication	25 May 7pm
Supporting a Child with ADHD	26 May 10am
Understanding Addictive Behaviour	26 May 7pm
FREE Getting a Good Nights Sleep	28 May 7-8pm

DINOSAUR EXPLORERS CLUB

SATURDAY 16th MAY 2PM TO 4PM
SUNDAY 17th MAY 2PM TO 4PM



Limited spaces – Prebooking required

FREE Introductory Sessions for Children 5-15 years old

DINOSAUR EXPEDITIONS CENTRE

Dinosaur Farm, Military Road, Brighstone, PO30 4PG

Tel: (01983) 740844 or 07837728810

Email: info@dinosaurexpeditions.co.uk

www.dinosaurexpeditions.co.uk



Dinosaur Expeditions C.I.C. is a registered as a Community Interest Company in England and Wales under Company Number 8451872. The Friends of Dinosaur Expeditions Centre is a UK Charity.

Additional Support Courses for Parents

Three new courses offered by Face, separate from the school membership.

Full access to all three courses for £6.99/month

Complete at your own pace, cancel anytime.



Building Emotional Resilience

Work through six stages of directed exercises to help your child (and yourself) improve emotional resilience.



Facing Defiance

A specific strategy aimed at supporting parents of children aged 5 to 12 with ADHD, ODD or just very challenging behaviour.



You & Your Teen

A skills building course for one parent and one teen (12 years old and above) to learn how they can both improve their communication with each other.

www.facefamilyadvice.co.uk

Online Courses for Parents page

info@facefamilyadvice.co.uk



Parent and Caregiver Peer Support Sessions

11 th June 2026 (9am – 11am) Cowes Family Centre
16 th July 2026 (9am – 11am) Carisbrook & Gunville Church
16 th September 2026 (9am – 11am) Ventnor Family Centre
16 th October 2026 (9am – 11am) Sandown Family Centre
18 th November 2026 (9am – 11am) Carisbrook & Gunville Church
13 th January 2027 (9am – 11am) Carisbrook & Gunville Church
10 th February 2027 (9am – 11am) Carisbrook & Gunville Church



Drop in for a chat, a cuppa and share 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

Isle of Wight
Neurodiversity
Team

pool Party!

UKSA Beyond the Horizon

DEEP END

PRIVATE POOL HIRE JUST £80 PER HOUR

LIFEGUARD ON DUTY

FLOATS, SINKERS & BALLS

ALL THE FUN IS INCLUDED

ADD THE SPORTS HALL FOR JUST £10
Perfect for cake, games, activities and food, even a bouncy castle!

UKSA
Beyond the Horizon

Splash into school holiday fun!

SAIL, EXPLORE, HAVE FUN AND MAKE FRIENDS & MEMORIES THAT LAST A LIFETIME!

OPEN TO 8-15 YRS AND 15-17 YRS

WATERSPORTS: SAILING, KAYAKING, WINDSURFING, KEELEBOATING, PADDLE BOARDING & MORE!

NEW FRIENDS: MAKE MEMORIES, BUILD CONFIDENCE & HAVE A BLAST!

EVENING FUN: BEACH GAMES, SUNSET WALKS, CRABBING, GAMES AND MORE!

ON-SITE POOL

TEAM BUILDING

DINGHY SAILING

CRABBING

FUNDING AVAILABLE

MONDAY TO FRIDAY

5 Stay overnight or join us for the day!

RESIDENTIAL CAMPS

Bunk-style accommodation, delicious meals, full activities programme & evening socials

ISLANDER DISCOUNTS AVAILABLE

LEISURE@UKSA.ORG • UKSA.ORG/TEEN-CAMPS

SPACES FILL QUICKLY!
BOOK NOW TO AVOID DISAPPOINTMENT
LUNCH INCLUDED. 24/7 STAFF SUPERVISION

Book Now

BASED ON THE WATERFRONT IN COWES, ISLE OF WIGHT