



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

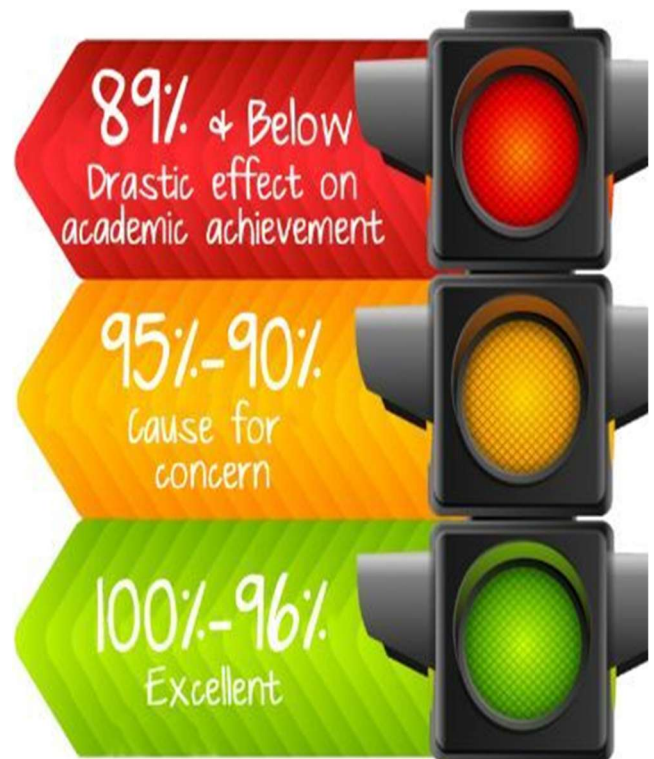
Target – 100 %

This week – 95.6 %

This Year – 94.9%

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 12<sup>th</sup> June** – Year 2 Sharing

**Thursday 25<sup>th</sup> June** – Sports Day

**Friday 26<sup>th</sup> June** – Year 1 Sharing

**Tuesday 7<sup>th</sup> July** - Whole School Move up Day

**Friday 10<sup>th</sup> July** – Year R Sharing

**Friday 10<sup>th</sup> July** – School Fair

**Friday 24<sup>th</sup> July** – Leavers Worship

**Friday 24<sup>th</sup> July** – Last Day of Term

**Tuesday 1<sup>st</sup> & Wednesday 2<sup>nd</sup> September** – School Closed –  
Development Days

**Return to School after Summer holidays Thursday 3<sup>rd</sup> 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](mailto:shalfleet@fosay.co.uk)

**Phone** – 01983 760269

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

Proverbs 15:1 – "A gentle answer will calm a person's anger, but an unkind answer will cause more anger"

## 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: Clementine, Abigail**

**Year 1: Whole Class**

**Year 2: Lillian, Olwen, Toby**

**Year 3: Abbey, Edward, Olivia, Emily**

**Year 4: Isabelle, William**

**Year 5: Lily-Mae, Meadow, Rafe, Otto, Joshua**

**Year 6: Whole Class**



#### School Choir & Singers Needed – Pier 150th Anniversary!

We're thrilled that our federation has been invited to open the celebrations for the Pier's 150th Anniversary!



**Sunday 19th July**

**📍 Yarmouth Pier – Picnic on the Pier**

**🎵 15-minute performance of sea-themed songs (time TBC)**

This is a fantastic opportunity for our children to represent the school and help celebrate this special community event.

#### 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 98.1% attendance for last week.

Well done everyone!



### Birthdays

16<sup>th</sup> May – 12<sup>th</sup> June

Louie T Noah W Sienna

Kiki Isla George

Grayson

Max Myles

**Happy birthday to you!**

### Sports Tokens

Osbourne - 26

Lifeboat - 23

Needles - 25

Lighthouse - 21

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

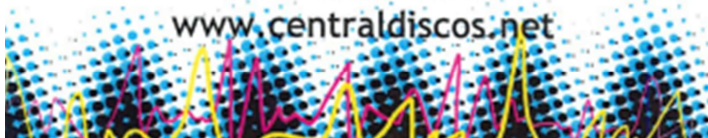
Full Public Liability Insurance

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!













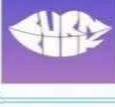













# 24 APPS PARENTS NEED TO KNOW ABOUT



*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>KIDSCHAT</b></p>  <p><b>KIDSCHAT.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](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)



## 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.

# 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](http://www.facefamilyadvice.co.uk)  
**Online Courses for Parents** page  
[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)

## Parent and Caregiver Peer Support Sessions

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



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

Isle of Wight  
**Neurodiversity**  
 Team

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

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<p><b>8 JULY</b> 13:00</p> <p>Appeals to SEND Tribunal</p> <p>A step-by-step guide through the appeals process</p>	<p><b>9 JULY</b> 13:30</p> <p>Responding to a draft EHCP</p> <p>If you are in that critical time frame having received your draft</p>	<p><b>2 JUNE</b> 12:00</p> <p>Alternative Provision</p> <p>What constitutes as a suitable education in relation to section 19 of the education act</p>	<p><b>8 JUNE</b> 12:00</p> <p>Appeals to SEND Tribunal</p> <p>A step-by-step guide through the appeals process</p>
<p><b>10 JULY</b> 11:00</p> <p>Considering an EHC Plan?</p> <p>Independent and impartial information to guide you through the process</p>	<p><b>14 JULY</b> 13:00</p> <p>Ordinarily Available Provision and SEN Support</p> <p>Looking at support available for those who do not have an EHCP</p>	<p><b>9 JUNE</b> 12:00</p> <p>Responding to a draft EHCP</p> <p>If you are in that critical time frame having received your draft</p>	<p><b>11 JUNE</b> 13:30</p> <p>Considering an EHC Plan?</p> <p>Independent and impartial information to guide you through the process</p>
<p><b>15 JULY</b> 10:00</p> <p>Alternative Provision</p> <p>What constitutes as a suitable education in relation to section 19 of the education act</p>	<p><b>22 JULY</b> 12:00</p> <p>Responding to a draft EHCP</p> <p>If you are in that critical time frame having received your draft</p>	<p><b>17 JUNE</b> 12:00</p> <p>Ordinarily Available Provision and SEN Support</p> <p>Looking at support available for those who do not have an EHCP</p>	<p><b>24 JUNE</b> 13:00</p> <p>Responding to a draft EHCP</p> <p>If you are in that critical time frame having received your draft</p>

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

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

Southampton Family Trust  
building relationships

Parenting a child with oppositional behaviours?

**FREE ONLINE SEMINAR**  
"An Introduction to Oppositional Behaviours (including Pathological Demand Avoidance)"  
Insights and strategies for families

**Thursday 11<sup>th</sup> June 2026, 7.30 - 9.00 PM**

No booking required!  
Simply join the seminar by scanning the QR code or use the Zoom details below.

Meeting ID: 854 3223 3923  
Passcode: 120207

If you prefer, feel free to email us at [info@sfrtrust.org.uk](mailto:info@sfrtrust.org.uk) for the Zoom link.

[www.sfrtrust.org.uk](http://www.sfrtrust.org.uk)



Scan the QR code for the Zoom link

**ISLE OF WIGHT BIOSPHERE FESTIVAL 2026**

**27<sup>th</sup> June - 5<sup>th</sup> July**

[www.iwbiosphere.org](http://www.iwbiosphere.org)

Nature & community events across the whole island, celebrating our UNESCO Biosphere Reserve!

ISLE OF WIGHT BIOSPHERE

# Cricket Training Sessions



Discover the fun of cricket!  
Fridays, 5.30 pm - 7 pm  
(May until August)

Open to kids aged 8-13 years  
**£2 per child, per session**  
First session free

Hosted by Freshwater Cricket Club at Jubilee Field (next to West Wight Sports Centre).

Learn the basics of batting, bowling and fielding and play mini matches.



Freshwater Cricket Club also has U11 and U13 teams in the IWCB league competitions, for those who want to progress. Membership fee applies.



- DBS checked leader
- All equipment provided

Web: [freshwater.play-cricket.com](http://freshwater.play-cricket.com)  
Email: [freshwatercc@hotmail.co.uk](mailto:freshwatercc@hotmail.co.uk)

Isle of Wight Secondary Colleges and 6<sup>th</sup> Form  
2026-27 Open Day/Evening dates  
(as at 1/6/2026)

School/College	Date	Time
Carisbrooke College	29 September 2026	Year 6 open evening: 5-8pm
Christ the King College	17 September 2026 11 November 2026	Year 6 open evening: 5.30-7.30pm 6 <sup>th</sup> Form open evening: 5.30-7.30pm
Cowes Enterprise College	15 <sup>th</sup> October 2026 9 November 2026 – 11 December 2026	Year 6 open evening: 5-8pm 6 <sup>th</sup> Form Open Month
Island Free School	19 October 2026	Y6 open day: 09.30-1pm  Headmaster's Talks at 10am, 11am and 12noon
Medina College	22 September 2026 29 September 2026 8 October 2026 13 October 2026	Year 6 open evening: 5-8pm  } Open mornings 9.30-12noon
Lift Ryde	7 October 2026 10 October 2026 18 November 2025	Y6 & Y5 Open Evening  Quiet School Tours and meet the Headteacher sessions  6th Form Open Evening
Ryde School	3 October 2026	Y6 and 6 <sup>th</sup> Form Open Morning: 10-12.30pm
ST George's School	7 October 2026	Open event: tours at 1.15pm (limited spaces during the school day) Y6 and 6 <sup>th</sup> Form 3.30pm and 4.30pm Please note that the child MUST have an EHCP as an admissions criterion <b>Please call St George's to book a place</b>
The Bay CE School	1 October 2026	Y6 Open Evening: 5-7.30pm
The Island VI Form	12 November 2026	VI Form open evening: 5-8pm
The Isle of Wight College	17 September 2026 7 November 2026	5-7pm Open Evening  10am-1pm Open Day
The Priory School of our Lady Walsingham	n/a	Don't hold open days. Ring up to make an appointment for a show round. Tel: 861222 or email: <a href="mailto:mail@prioryschool.org.uk">mail@prioryschool.org.uk</a>