



Headteacher: Mrs Rebecca Day



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**Friday 13<sup>th</sup> February 2026**

Dear Parents and Carers,

### **Safer Internet Day**

On Tuesday 10<sup>th</sup> February, our school took part in Safer Internet Day 2026, joining schools across the UK in promoting the safe and responsible use of technology.

This year's theme was:

"Smart tech, safe choices – Exploring the safe and responsible use of AI."

Throughout the day, children across the school took part in a range of age-appropriate activities designed to help them understand how to use technology safely, respectfully and confidently.

During lessons and discussions, pupils explored:

- How to stay safe online and protect personal information
- The importance of being kind and respectful in digital spaces
- What artificial intelligence (AI) is and how it is used in everyday technology
- How to make smart choices when using devices, apps and online platforms
- Who to speak to if something online makes them feel worried or unsure

Children engaged in conversations, creative tasks, scenario-based activities and reflective discussions to help reinforce these important messages.

As part of the day, our Key Stage 2 pupils also took part in a live lesson delivered by the BBC, which focused on understanding AI and making safe, responsible choices when using smart technology. This provided an engaging opportunity for pupils to deepen their understanding alongside children across the country.

### **Why this matters**

Technology and AI are increasingly part of children's everyday lives. Safer Internet Day helps pupils build the knowledge, confidence and critical thinking skills they need to:

- Stay safe
- Make positive choices
- Be responsible digital citizens
- Seek help when needed

Online safety is an ongoing conversation, and we encourage families to continue talking about these themes at home.

You can explore free parent and child resources here:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026/education-resources>

### **Children's Mental Health Week**

This year, Children's Mental Health Week, led nationally by Place2Be, focuses on the theme "Place to Be." The theme highlights the importance of feeling a sense of belonging — having places where we feel safe, valued and supported.

### **What have the children been learning?**

Across the school, pupils have been:

- Talking about what mental health means and why it is important
- Exploring what helps them to feel happy, calm and safe
- Discussing where they feel they belong — at home, school, and in clubs or groups they are part of
- Sharing experiences of belonging in activities such as Cubs, Cadets, football teams and other hobbies
- Learning simple strategies to look after their mental health, including talking to someone they trust, being active, and taking time to relax

The children have shown great maturity in their discussions and have enjoyed celebrating the many different places where they feel they belong.

#### Supporting Mental Health at Home

You can support your child's mental health by creating regular opportunities to talk and listen without distraction, reassuring them that all feelings are valid, maintaining simple routines, encouraging time outdoors or physical activity, and helping them stay connected to the clubs, hobbies and people that give them a sense of belonging.

<https://www.place2be.org.uk/>

#### **Clubs - Spring Term 2 2026 - Yrs 1-6**

Our enrichment clubs this term are below. These clubs are following involvement from our School Council and hopefully there's something for everyone to enjoy.

Clubs are:

**BASKETBALL**- learn a new game or build on what you already know

**FOOTBALL**- practice and learn new or existing skills (if you sign up for this club, football boots and shin pads will be needed. Please also wear warm clothes as will be outside)

**SENSORY**- slime making, squishes, playdough (priority will be given to those who missed out in Spring 1 but please apply again if you are still interested)

**MUSIC**- come and have fun with music and make some noise!

**GARDENING**- learn about and enjoy planting, pruning and growing

Clubs will run for 4 weeks They will run from 4pm from week commencing 2nd March 2026 and will finish week commencing 23rd March 2026 (last week of half term) and will cost £4.00 per club.

Please complete the form below by Wednesday 25th February 2026 indicating the club/s that your child would like to attend.

<https://forms.gle/aTTS9HtkXEfvTW6D8>

Once clubs have been allocated, a payment item will be on ParentPay if your child has been allocated a place.

#### **Respect in the Community**

In our school, respect is at the centre of everything we do. We believe it is vital to value both our shared similarities and the unique differences that make our community so vibrant.

British Values are more than just words to us; they are integral to how we participate in our community. To achieve our collective vision, we hold the following expectations:

- **For Children:** To learn, grow, and treat their peers with kindness and curiosity.
- **For Staff & Parents:** To act as role models. We must embody the respect we wish to see in our children, especially when interacting on school grounds.
- **For the Community:** To ensure every interaction, whether at the school gate or in the classroom, is grounded in mutual value and dignity.

#### **Year 5 and Year R reading**

Thank you to the Year 5 children for taking your stories to Reception class on Friday afternoon and entertaining them with your wonderful writing. The Reception children enjoyed the stories.



## **OPAL (Outdoor Play and Learning)**

Our new OPAL playtimes have been a massive hit with the children this week. We can't believe how playtimes have changed so much in just one week and can't wait to introduce more resources for the children to play with after half term.



Thank you for your patience with the children whilst they get used to how to play sensibly with the mud. If your child is a mud fan – please consider packing a pair of waterproof trousers or spare jogging trousers which they could wear during playtimes.



We are hoping to increase our collection of spare clothes for the children for when they get muddy and could really use your help with this. If you have any preloved clothes which you would be happy to pass on – we would be very grateful.

Some of the lovely quotes we have had from the children this week are:

"I love being able to play with the little ones too." "I never feel lonely at playtimes anymore."  
"There's so much more to do. If I need to have a break I can just go and play with the Lego."  
"The dinosaur bit is so much fun." "It is great having balls back to play with again."

### **Polite plea for help ...**

Does anyone have access to a large van, who could help with collecting a large quantity of tyres for us please?

We want to enhance and develop the outside play provision and we need tyres to be able to do this. If you can help please send a Dojo message. Thank you 😊

## **Chinese New Year**

Reception Class this week have thoroughly engaged with the Chinese New Year learning opportunities. They have explored a range of Chinese dress and costumes and moved around the space as traditional Chinese dragons. There have been opportunities to develop fine motor skills in searching for lucky coins in the gloop as well as a focus on making horses – as this is the year of the horse. Chinese lanterns decorated the classroom after some skilled crafting too. Well done Reception class for all your hard work this week.



## **Attendance: A Fresh Start for Spring**

We hope that everyone has a restful half term break! While the winter months are always a bit of a battle against the "germ of the week," we're looking forward to a much healthier and more consistent run as we head into spring. We know it's been a season for bugs, coughs and colds and we want to thank many of you for navigating the illnesses with us. With a bit of luck and a lot of hand soap the half term break will give everyone's immune systems the chance to recharge. We're ready to see those classrooms full of energy again and all children in classrooms to start the half term!

Spring is often when the lightbulb moments happen in learning. Regular attendance during this stretch is vital because:

- Routine is Reassuring: After a week off, getting back into a predictable rhythm helps students feel secure and focused.
- Social Connections: So much of the hidden curriculum happens during lunch and the OPAL developments over the break with help those friendships flourish.
- Building Momentum: This half term is a bridge to the end of the year. Every day in class helps build the confidence needed for the months ahead.

We know that sometimes the hurdle isn't a cough, but a bit of "Monday Morning Blues" or anxiety about returning. If you're finding the morning routine a struggle, please don't hesitate to reach out to us.

Whether it's a quick chat at the gate or a formal meeting, we'd much rather work together to get your child through the door than have them miss out.

Let's make this half term one of growth, health, and 100% effort from all of us!

## **Isle of Wight Storytelling Festival**

Please follow this link, if you'd like to find out more about the Isle of Wight story festival. There is lots going on to engage with and enjoy in 2026 – the National year of reading.

[IW Story Festival | family things half term | Isle of Wight, United Kingdom](#)

## **Isle of Wight Parent Carer Forum (IWPCF)**

The Isle of Wight Parent Carer Forum (IWPCF) is a parent-led organisation representing families of children and young people aged 0–25 with Additional Needs, also known as Special Educational Needs and/or Disabilities (SEND). The IWPCF works with the Local Authority and Integrated Care Board to represent parent carers' views in decisions about services across Health, Education, and Social Care. They are not a support or campaigning group. They would like to hear from parent carers about their experiences of local support and services. Please take a few moments to share your feedback by scanning the QR code on the poster (at the bottom of the newsletter) or using the link provided.

<https://forms.gle/P5m93cYfJz5TZsBm7>

## School Meals

If you would like to apply for free school meals for your child, please come to the school office to complete a form, or please complete via the IOW Council weblink: <https://www.iow.gov.uk/schools-and-education/schools/free-school-meals/>

Please remember to send any personal achievements to me via Dojo, so I can add them regularly to the school newsletter.

I look forward to seeing your pictures and achievements. Thank you ☺

## Dates coming up:

<b>Week 6:</b>			
Fri 13.2.26	Last Day of the half term	All children and families	Enjoy the last day of half term before enjoying the break with family and friends.
<b>HALF TERM BREAK : Monday 16<sup>th</sup> February to Friday 20<sup>th</sup> February 2026</b>			
<b>Week 1</b>			
Tues 24.2.26	Parent/Carer Y6 SATs Workshop	Y6 Parents carers	Come and find out what Y6 SATs are like. How we've started preparing your child for Y6 SATs tests, what the papers look like and how we support children academically and emotionally in this time. 3:10pm
Thur 26.2.26	Maths Workshop	Pre-school	Maths Workshop to work alongside your children in pre-school on maths rhymes and learning – 8:45am
Fri 27.2.26	Maths Workshop	YR	Maths workshop in class on early number and ways to reinforce firm foundations in mathematics – 8:45am
Fri 27.2.26	Toy Swap & Play	Participating children	Children to bring token to school to join in the toy swap event Miss Seal has organised with the PTFA. This is the time to collect your toy and stay for a play. ☺
<b>Week 2</b>			
Parents Evening Week – more information about signing up to follow.			
Mon 2.3.26	Maths Workshop	Y1	Maths workshop in class. Knowledge of number and calculations – 8:45am
Thur 5.3.26	World Book Day Event	All children, all classes	World Book Day event in school. Come to school dressed as a book character
Fri 6.3.26	Maths Workshop	Y2	Maths workshop in class. Knowledge of number and calculations – 8:45am
<b>Week 3</b>			
Mon 9.3.26	Maths Workshop	Y3	Maths workshop in class. Knowledge of calculations and multiplication tables – 8:45am
Wed 11.3.26	Young carers Workshops	Young Carers in school	Young Carers Action Day is today – so our young carers will be engaged in workshops during the day. We will keep you updated on the tasks and action.
Thur 12.3.26	Maths Workshop	Y3/4	Maths workshop in class. Knowledge of calculations and multiplication tables – 8:45am

Fri 13.3.26	Maths Workshop	Y4	Maths workshop in class. Knowledge of calculations and multiplication tables – 8:45am
<b>Week 4</b>			
NfER Assessments in school for children in Y1, Y3, Y4, Y5 in Reading, Maths and GPS.			
Mon 16.3.26	Maths Workshop	Y5 – Mrs Pontin’s class	Maths workshop in class. Knowledge of calculations 8:45am
Thur 19.3.26	Maths Workshop	Y5 – Mrs Jenkin’s class	Maths workshop in class. Knowledge of calculations 8:45am
Thur 19.3.26	Cricket	Y1 – Y6	Cricket engagement day – PE kits to be worn to school today please.
<b>Week 5</b>			
Mon 23.3.26	Maths Workshop	Y6 – Mr Yates class	Maths workshop in class. Knowledge of calculations and arithmetic 8:45am
Thur 26.3.26	Maths Workshop	Y6 – Mrs Rana’s class	Maths workshop in class. Knowledge of calculations and arithmetic
Fri 27.3.26	Last day of half term	All children, all classes	Today is the final day of the half term – enjoy your Easter break everyone. ☺
<b>EASTER BREAK</b>			

**More dates will follow soon... please keep checking the list regularly for any additions. Thank you ☺**

## Get ready to play... OPAL BINGO



<b>Acorns and conkers</b> 	<b>Baking pans</b> 	<b>Cake moulds</b> 	<b>Measuring spoons</b> 	<b>Strainers</b> 
<b>Baskets</b> 	<b>Cable spools</b> 	<b>Cones</b> 	<b>Containers</b> 	<b>Corrugated pipes</b> 
<b>Dress up items</b> 	<b>Fabric</b> 	<b>Funnels</b> 	<b>Cars</b> 	<b>tarpaulin</b> 
<b>Pool noodles</b> 	<b>PVC pipes</b> 	<b>Dinosaurs</b> 	<b>Shovels and spades</b> 	<b>Sinks and tubs</b> 
<b>Tyres and wheels - big, small and weird</b> 	<b>Pots</b> 	<b>Colanders</b> 	<b>Lego</b> 	<b>Watering cans</b> 

Don't forget OPAL Bingo is still in play... keep collecting and donating to support the development of OPAL play at Greenmount. Thank you ☺

# Isle of Wight Parent Carer Forum



We want to hear from you – please provide your honest feedback

## Your Voice Matters

Scan me



1

Are you a parent carer?


2

Do you have a child or young person aged 0-25 with additional needs or SEND?


3

We want to hear your lived experience.

Together, we can build a future where children and young people with SEND are understood, supported, and able to thrive.

 [isleofwightpcf@gmail.com](mailto:isleofwightpcf@gmail.com)

 Isle of Wight Parent Carer Forum

 @IW\_PCF

# 10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

## 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

## 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

## 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

## 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

## 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

## 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

## 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

## 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

## 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

## 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

### Meet Our Expert


Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



In Aid of Island Charities

**THE WIGHT  
STROLLERS**  
*panto*

# Robin Hood



*and the Babes in the Wood*

*14<sup>th</sup>, 15<sup>th</sup> & 21<sup>st</sup> February*

**MEDINA THEATRE**

**ADULTS - £14.50 UNDER 14s - £10.50**

*Price includes £1.50 booking fee*

**BOX OFFICE: 01983 823884**

**WWW.MEDINATHEATRE.CO.UK**



# Valentines fundraising



indoor carboot from  
10:30-2pm



do you like  
raffles, cakes, games,  
and much more fun  
stuff?



fun and stalls for all  
ages  
then come along to

2 St John's Rd, Ryde

**PO33 2RL** 5th ryde scout hall



14th February 2026



Joint event between  
Hampshire County  
Scouts 1015788 and  
Isle of Wight County  
Scouts 302138



Supported using public funding by  
**ARTS COUNCIL ENGLAND**

Proud to support  
The National Year  
of Reading 2026.

**GO ALL IN.**



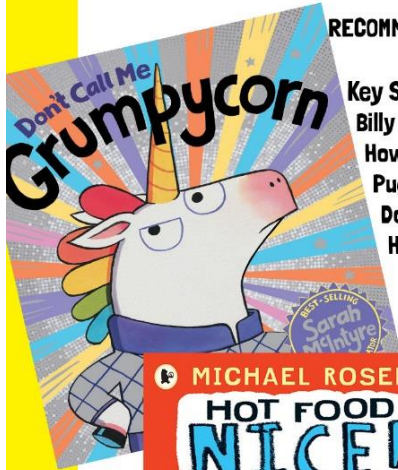
# It's almost HALF TERM, so GO ALL IN to reading with the **I.W. STORY FESTIVAL**

## Thurs 19 to Sat 21 February 2026

Tickets: [iwstoryfestival.com](http://iwstoryfestival.com) or visit the Quay Arts Box Office in person.

Favourite authors, some coming to the Island for the first time, can't wait to meet you. Buy their books at the MEDINA BOOKS stall and read your way into a world of new adventures.

### RECOMMENDATIONS:

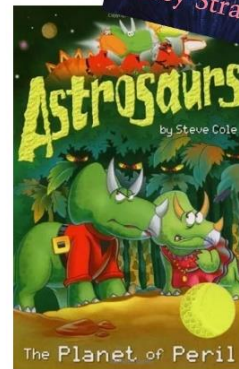
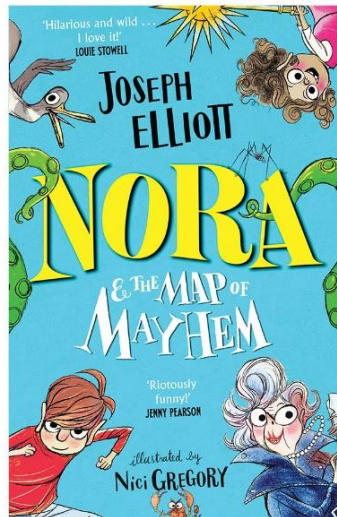
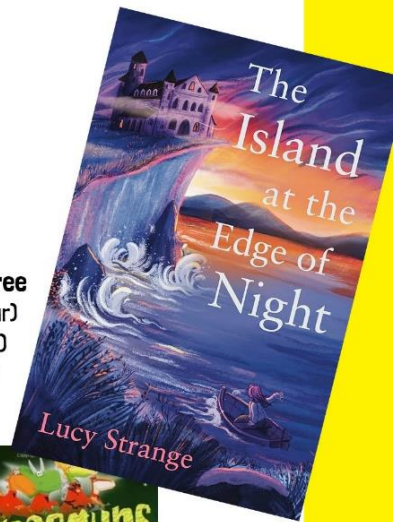
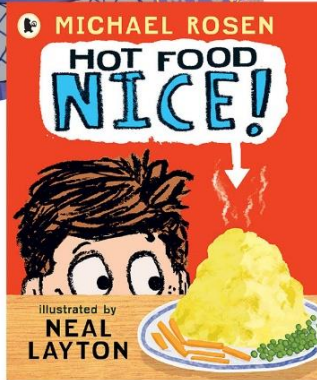


#### Key Stage One:

- Billy the Brave - Raw Theatre Arts (Thurs)
- How to Catch a Book Witch - Coppice Theatre (Fri)
- Pugs of the Frozen North - The Foundry Group (Sat)
- Don't Call Me Grumpycorn! - Sarah McIntyre (Sat)
- Hot Food: NICE! - Neal Layton (Sat)

#### Key Stages Two / Three

- The Moonhaven Chronicles - Rob Biddulph (Thur)
- Astrosaurs - Mission to Infinity! - Steve Cole (Fri)
- Nora and the Map of Mayhem - Joseph Elliott (Fri)
- The Island at the Edge of Night - Lucy Strange (Sat)



#### New for this year:

**Subsidised Day Rover**  
bus fares for ticket holders  
(see website for details)

**Plus,**  
Accessible venue with lift to first floor.



**THERE'S NOTHING QUITE LIKE SHARING A STORY**  
**BUY TICKETS NOW!**  
**[iwstoryfestival.com](http://iwstoryfestival.com)**



**NEWPORT  
ROMAN  
VILLA**

**SMALL MUSEUMS · BIG ON HISTORY!**

# HALF-TERM ACTIVITIES

**NO NEED TO BOOK**



## CLAY DAYS

- ◆ Create a unique Roman-inspired self-portrait in clay
- ◆ Decorate your artwork with your name in Latin



Above: Copper alloy coin of Constantine I

## CREATIVE COINS

- ◆ Craft an embossed foil metallic masterpiece!
- ◆ Discover and handle coins from across history and be inspired by symbols and portraits.



Above: Silver Penny of Athelred II

- ◆ **£1 per person**
- ◆ **10am to 2pm**
- ◆ **Monday 16 February**
- ◆ **Wednesday 18 February**



- ◆ **£1 per person**
- ◆ **10am to 1pm**
- ◆ **Tuesday 17 February**
- ◆ **Thursday 19 February**

**Cypress Road,  
Newport,  
IW, PO30 1HA**

**01983 823433  
[iow.gov.uk/museums](http://iow.gov.uk/museums)  
[museums@iow.gov.uk](mailto:museums@iow.gov.uk)**

**Guildhall, High Street,  
Newport, IW, PO30 1TY**



**Isle of Wight  
Council**

Events organised by the Isle of Wight Heritage Service



# WELLY WEDNESDAYS THIS HALF TERM!

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

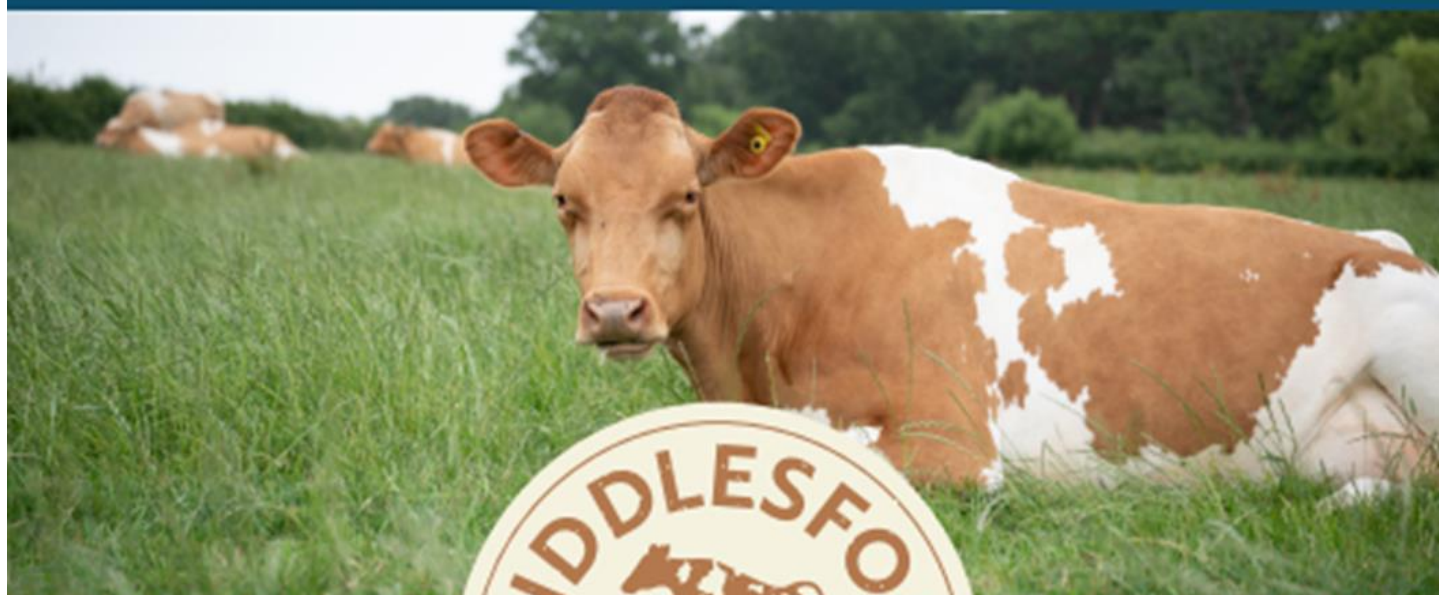
Looking for a family adventure this half term? Bring the children along 2pm-4pm for an afternoon of fresh air, learning and farmyard fun.

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)

# VISIT BRIDDLESFORD OPEN 7 DAYS A WEEK!



Meet the Calves every day, situated next to the cafe.

Relax in the Bluebell Cafe - Enjoy barista coffee with our signature unhomogenised Guernsey milk, homemade cakes and delicious breakfast and lunches.

Explore the Old Hopkilns. Step into our Heritage Centre with hands-on displays and stories from Briddlesford's farming past.

Browse our farm shop and discover delicious local produce.

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

**ALL ACTIVITIES ARE FREE FOR  
CAFE OR FARM SHOP CUSTOMERS!**



# The Nurturing Programme



If you have a child aged 3 to 13 years,  
then this programme is for you.

The Nurturing Programme offers strategies to add to your parenting toolkit, giving you positive ways of helping children handle their feelings and behaviour.

**We have 2 new courses starting in January at our Newport Family Hub**

**Wednesdays - 7<sup>th</sup> January until 18<sup>th</sup> March**

(no session in February half-term)

9:30am till 11:30am

Or

**Mondays - 12<sup>th</sup> January until 23<sup>rd</sup> March**

(no session in February half-term)

9:30am till 11:30am



Please visit our website and complete the contact us form to register your interest:

[www.isleofwightfamilycentres.org.uk/contact-us](http://www.isleofwightfamilycentres.org.uk/contact-us)



For any questions or support booking on, please email [iowfamilycentres@barnardos.org.uk](mailto:iowfamilycentres@barnardos.org.uk) or call 01983 529208

