

**Friday 6<sup>th</sup> February 2026**

Dear Parents and Carers,

**OPAL (Outdoor Play and Learning)**

We launched our OPAL playtimes with an assembly to the children on Monday. We have already had some fabulous donations of resources, including all these dinosaurs from Noah in year 5. We know that the children will love playing with them. Thank you so much Noah! We also have been given lots of Lego and some fantastic resources for water play. From next Monday we will begin opening up the play areas and resources for the children.



Children will need to have **wellies**, a waterproof coat and a change of socks and tights if they are going to be able to access our Mud Kitchen and Dinosaur Play Zones. Wellies need to be brought into school in a strong carrier bag and hung onto your child's peg.

Please have a look at our OPAL Bingo board to see if there are any resources that you could help us with. Any donations will be very gratefully received.



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



**NSPCC Number Day 2026**

Today the school was a buzz of activity as each class entered the world of maths. There were so many different challenges going on in classrooms to fully immerse children in calculations and problem solving. From fraction farms, to lego block challenges, the classrooms were alive with challenges, smiles, problem solving and fun!

Number day is a valuable opportunity to celebrate mathematics and numeracy, and the vital role maths and numbers play in shaping our world. If you would like to continue the maths theme at home over the weekend, please share some of your mathematical activities that take place in real life, for us to share in the newsletter soon. Thank you.



## **Y6 Mock SATs**

A huge well done to Year 6 on their incredibly mature and sensible approach to their MOCK SATs tests last week. The children all tried their absolute best throughout the testing week and we are really pleased with some of the progress being made. Following half term, on Tuesday 24<sup>th</sup> February, Mr Yates and Mrs Rana will be hosting a SATs information session for parents and carers. This is designed to help understand how the week will look in May, the importance of attendance not just in that week but every day – so that children don't miss valuable learning points. The meeting will also inform as to the support for how emotional regulation can be managed and supported both before and during this time. The meeting will start at 3:10pm. There will be an accompanying presentation that we will share with you.

Ongoing support with homework, listening to your child read and supporting them with the understanding and comprehension of texts is vital, as well as keeping up with regular maths skills – fluency of multiplication tables is really important to keep a fast pace in arithmetic. Try to utilise every car journey, walk to school to help practice key facts.

## **Positive attendance letters**

It has been a real pleasure in sending out some positive attendance letters this week, where children and families have been really making every effort to get to school, despite in some cases having really tricky journeys to school with the amount of road works. Thank you for valuing improved attendance at school and demonstrating a significant change in attendance patterns. The impact on the children is amazing. There has also been a batch of persistent absence letters sent where attendance falls below or close to 90%. In some cases of hospital stays this is understandable as health and recovery is important but we have a duty to inform, however in some cases there are unauthorised days absence or patterns or trends of attendance evident, including significant late arrival at school. We are here to help improve attendance. We have lots of different services that can support, please make an appointment if you would like support to increase your child's attendance at school.

## **Young Carers Support Group in school**

Every half term we run a dedicated Young Carers Group to support pupils who help care for a family member at home. These children often take on extra responsibilities at home and our group gives them a safe, relaxed space to talk, unwind and connect with others who understand their experiences. Each session includes fun activities and opportunities to build confidence and resilience. This week we met to design posters raising awareness of young carers and to promote Young Carers Action Day on 11<sup>th</sup> March.

If you feel your child is a young carer, please contact Mrs Jones so we can support you and your child.

## **Haircuts for Charity**

We have two very generous year 6s, Aria and Nataya who have been helping to raise money for the Little Princess Trust charity who make wigs for children who've lost their hair.

As well as donating their considerable length of hair the families are also fundraising as the wigs cost £700 each to make. Please use the QR code if you would like to donate.



## **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.

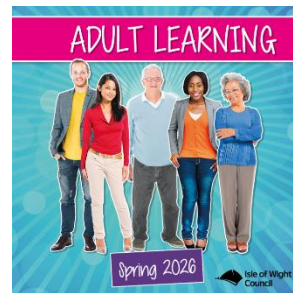
<https://forms.gle/P5m93cYfJz5TZsBm7>

## **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/>

## **Adult Community Learning**

Adult Community Learning are delighted to share their new programme of workshops and courses, for adults 19+ years. Whether it is ICT, English or maths, art, craft, health and wellbeing or careers advice, we have something for everyone. Check out what's on offer and book at [www.iow.gov.uk/ACLcourses](http://www.iow.gov.uk/ACLcourses), or call us on 817280. Come and learn something new in a relaxed and informal setting, at The Learning Centre, Westridge, Ryde.



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>			
Tue 10.2.26	Safer Internet Day	All classes	Safer Internet Day – there will be plentiful learning and tasks based on core learning about keeping safe online.
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 signign 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 😊**

# What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

## WHAT ARE THE RISKS?

### NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

## WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

### LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

### POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

### UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

### ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

### ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal, materials that, of course, do not naturally decompose.

### WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

### UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

### SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

### VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

## Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS  
CAMBRIDGESHIRE & PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-65809924>



[nationalcollege.com](https://nationalcollege.com)



@thenatcollege



/thenationalcollege

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# 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



**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



# 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

