

Ferndown Middle School

Parent Weekly Newsletter w/c 22 January 2024

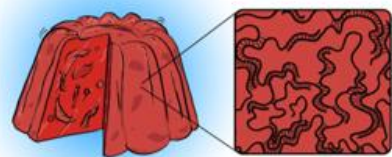


Food

Year 8- Using science to make yummy treat!

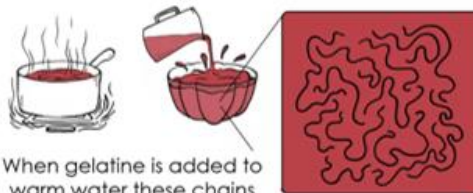
As part of a balanced diet, you can include some treat foods and in year 8, a tasty and adaptable treat is a cheesecake. As part of the lesson, we looked at the science of gelatine (a protein) and how it can be used to set food. This is also a higher skill level dish and so it was great to see the children rising to the challenge and getting creative. I hope you enjoyed the cheesecakes at home. If you are interested, I have included the science below. I have also included some pictures of the [children](#) cheesecakes and the recipe if you would like to have a go at making the cheesecake at home.

The science- How does gelatine work?



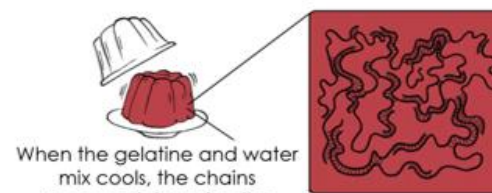
Long protein strings that connect to each other creating a 3D structure.

The science- How does gelatine work?



When gelatine is added to warm water these chains disconnect from each other.

The science- How does gelatine work?



When the gelatine and water mix cools, the chains reconnect, trapping the water.

Vanilla cheesecake - serves 4-6

Ingredients

- 160 g biscuits
- 40 g butter, melted
- 300 g cream cheese
- 100 g caster sugar
- 2 x 5ml spoons vanilla extract
- 300 ml Greek yogurt
- 1 sachet (11g) powdered gelatine

Equipment

food processor; 18cm tin; metal spoon; small basin; saucepan; microwave; wooden spoon; mixing bowl; plastic spatula

Method

1. Place the biscuits in a food processor and process to a fine crumb.
2. Add the melted butter and mix.
3. Press the mixture into the base of your tin/container (18cm).
4. Put 6 tablespoons of boiling water in a small bowl and sprinkle on the gelatine.
5. Stir the gelatine until it has dissolved.
6. Beat together the cream cheese, sugar and vanilla until smooth.
7. Then fold in the yogurt. Add other flavours at this point too, e.g. lemon zest.
8. Next stir in the gelatine.
9. Pour over the biscuit base.
10. Refrigerate for 1 hour or until set.
11. Serve decorated with fruit and biscuit pieces.

Top Tips

- Change the flavour of the cheesecake by using melted chocolate; coffee granules dissolved in hot water; fruit - whole or puree; citrus zest & juice.
- Divide mixture up to make individual servings, which will set quicker.
- Vary the type of biscuit or for a higher skill level - make your own.
- Change the yogurt to whipped double cream for a treat.



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Year 6 - Getting a great start to the day!

A healthy and well-balanced breakfast is a great way to start the day and put us in the right frame of mind to face the day ahead of us. Our work in year 6 focuses on carbohydrates. Carbohydrates are the body's main energy source and choosing high fibre ones like fruits, vegetables, oats or wholemeal breads slow down the sugar spikes and keep you energised for 3-4 hours. Including protein in your breakfast will also help keep you feeling full.

Our recent year 6 lesson looked at what carbohydrates we can use to make a simple low added sugar breakfast. The cereal of choice was overnight oats. The great thing

about overnight oats is that they can be prepared the night before and are ready to eat in the morning- so that is one less thing to do!

Opposite is the recipe we used.

Food funding

Food and nutrition is unique as a subject as we ask families to provide the resources for the lesson – food.

Please note:

- Those children in receipt of **Pupil Premium** funding are **entitled** to have **ingredients supplied** to them by the school. We just ask you to **supply a container** to take the food home in.
- I try to keep recipes cost effective but still challenging; however, I know food prices are rising so please **communicate** with me if you need any support with ingredients/recipes.
- If you are **unsure or need further advice** about pupil premium please contact the school or check the government website [Pupil Premium](#)

Happy cooking, Mrs Pemberton

Overnight oats – serves 2-3 people

Ingredients

- 1 tbsp. Dried fruit- apricot or cranberry
- 50g Porridge oats
- Pinch of Cinnamon/mixed spice/nutmeg
- 1 Apple/pear
- 250ml Semi-skimmed milk

Equipment

Mixing bowl, grater, knife, mixing spoon, chopping board, measuring jug

Method

1. Roughly chop any larger dried fruit, and then place into a large bowl.
2. Add the seeds, oats and cinnamon (if using) and mix it all together.
3. Place a grater on the chopping board, and then coarsely grate the eating apple. Add the apple to the oatly cereal.
4. Slowly pour over enough milk to cover, and then take turns to mix well.
5. Spoon the overnight oats into containers in even portions (around 100g). Be sure to include adequate milk in each container for soaking.
6. Refrigerate overnight.
7. Serve with more fruits and seeds.

Extras

- We have moved to **10-week rotations in DT/Food & Art** this year. We hope with moving to a longer rotation pupils will be able to **learn and really practice their new skills and knowledge**.
- **Allergens/intolerances and special diets** are important and it is vital the school and your child are aware of anything that affects your children. I have **highlighted the main 14 allergens** on the recipe lists that come home. Please **remember we are a nut free school**.
- **Check Class Charts** for an electronic copy of this ingredient list and any extra homework instructions.
- Always **remember a named container** to carry the food home.
- If you have any clean and useable (with lids) **takeaway containers, Tupperware or even sweet tubs** I will gladly take them off your hands. We are often running out of take home containers.

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School News

Staffing changes

I am writing to keep you up to date with staffing. Miss Bointon will be leaving us at February half term. Miss Bointon has made a decision to take a career break and she will be pursuing pastures new. She will be available for the Parent Consultation Evening.

Miss Robbins has accepted a new position at Bryanston Prep School, as the English Subject Leader. We are delighted that she has achieved this promotion. Miss Robbins is with us until the Easter break.

Both of these posts have been advertised and I will keep you informed of the outcomes of the appointments.

Mrs Sykes has taken the decision to retire at Easter. She will be replaced for the summer term, by Miss Grant.

For all of our leavers, I will acknowledge their contributions to Ferndown Middle nearer to their leaving dates.

Mrs Allen, Headteacher

Parent Communication Questionnaire



Please can you kindly spend a few minutes responding to the questions on the link below. The focus of the questionnaire is to better understand your views on how the school communicates with you.

[Parent Communication Questionnaire Jan 2024](#)

Subject Teachers Consultation Evenings

We would like to invite you to attend our Subject Teacher Consultation Evenings, which are particularly important as they provide an opportunity for you and your child to meet teachers to discuss their progress. The school uses an online booking system that allows you to choose your appointment times and you will receive an email confirming these. Your child is welcome to attend the appointments with you on the following days, between 16.00 and 20.00:

Tuesday 23 January 2024	All year groups	In person, in school
Monday 5 February 2024	Years 7 & 8 only	Via remote video link
Thursday 8 February 2024	All year groups	In person, in school

Please visit <https://ferndownmiddle.schoolcloud.co.uk/> to book your appointments.

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Anxiety Workshop

We regret to inform you that the coffee morning for parents on anxiety, initially planned to take place on Monday 29th January 2024 at 9.00, has been postponed as unfortunately, the trainer is now unavailable. We are looking to reschedule it and will notify you as soon as possible of the new date.

Pencil Case



We kindly ask you to provide your child with the following essential equipment, in an appropriately sized school bag for books and belongings:

- Blue or black handwriting pen (a Berol handwriting pen and not a ballpoint/biro)
- Pencil and a sharpener
- Rubber
- 30cm ruler
- Glue stick

Containers for cookery

Can we please kindly ask that if your child is cooking, can you please remember to provide them with a suitable container with a lid to take it home.

If you do happen to have any spare containers or plastic chocolate tubs that you are happy to donate, please drop them in to the school office.

Sports Update

15/1/24 Year 8 Dorset County Football Cup v Poole High

We hosted Poole High in a high-quality encounter that certainly warmed up all involved in the cold conditions. The game was end to end and Reece scored a great goal, but it wasn't enough. We congratulate Poole High on their victory and wish them luck in the next round.

18/1/24 Year 7 Dorset County Football Cup v Lytchett Minster

We visited Lytchett in the sunshine in an entertaining five goal thriller. Lytchett twice took the lead and Tommy pegged them back with two great goals. Lytchett got a third and sadly we couldn't equalise, but we kept going until the end. This match was a credit to Dorset Schools football where there was lots of positivity and enthusiasm for all. We wish Lytchett the very best for the next round and thank them for hosting us. Well played lads, this was a great team performance.

Mr Higgins, PE Co-ordinator



Wellbeing



One in three 8-year-olds in Britain own a smartphone and that proportion rises to more than 90% by the time children reach 12. This concerted increase – driven by factors both personal (blossoming independence) and practical (the transition to secondary school) – makes it all the more valuable for young people to know how to use such devices safely.

Indeed, more than half of parents (52%) surveyed by Ofcom admitted to worrying about their child being bullied via their mobile phone – and with hazards like scams, screen addiction and inappropriate content to consider, that's far from the only risk around. Our guide this week pulls together some simple but solid smartphone safety tips.

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Key Dates Key Dates

Below are some of the key dates for the next half term.

Tues 23 January	Parent's Evening in person, in school, all years
Mon 5 February	Parent's Evening via video link for KS3 only
Thurs 8 February	Parent's Evening in person, in school, all years
Fri 9 February	Inset Day

Residential and Visits

Fri 1 st March 2024	Year 8 Trip to Bournemouth University
Wed 13th March 2024	Year 7 Trip to Lulworth Cove & Corfe Castle
20th - 24th May 2024	Year 6 Residential to Hooke Court
20th - 23rd May 2024	Year 7 Residential to Butchers Coppice
17th - 21st June 2024	Year 8 Residential to Woodmill Outdoor Activity Centre



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Do you know about...

free school meals

If your child qualifies for free school meals, they will have a **healthy meal every school day**, and can get:

- access to **free holiday clubs**
- extra money for their school** towards more teachers and activities

You could save over £450 a year!

It's easy to find out if you qualify - complete our confidential checker at dorsetcouncil.gov.uk/free-school-meals or phone **01305 221090**

Pupil Premium

If your child is in reception to year 2 and you receive qualifying benefits, **you could get extra £££'s for your school!**

Apply for the Pupil Premium at dorsetcouncil.gov.uk/pupil-premium

[The Dorset Parent Guide to support your child's special education needs](#)

A copy of the Dorset Parent Guide to support your child's special education needs can be found on our [website](#).

The Dorset Parent Guide to support your child's Special Educational Needs
0 to 25 years

The image shows a collage of four photos: a young boy in a red shirt, a woman and a child looking at a laptop, a boy smiling at a laptop, and two girls working on a project. Below the photos are the Dorset Council logo and the Dorset Parent-Carer Council logo.

[Dorset Education Advice Line \(DEAL\)](#)

Dorset Education Advice Line is a phone line for parents, carers and professionals who support children who may have special educational needs and disabilities (SEND).

This advice line is part of Dorset Councils Local Offer to children, young people and families and will work alongside existing services such as SENDIASS and the Education Psychology helpline.

Further details and a contact form can be found on the following link:

[Dorset Education Advice Line \(DEAL\) - Dorset Council](#)

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Extra-Curricular Clubs Spring Term 1, from 2 January to 8 February 2024

Day	Club	Duration	Times	Room/area	Leader
Monday Lunchtime	Boys Football – Years 6, 7 & 8	30 mins	12.15–12.45	Field	SH
	Library - All Years Max 30 children, quiet reading, choosing, renewing and returning books	25 mins	12.45–1.10	Library	GB
	Music Theatre Group - All years (Full)	30 mins	12:40–1:10	Music Room	SW
Monday After School	Netball – Year 5 & 6	50 mins	15.30–16.20	Playground/Gym	SG & AC
	Rippa Rugby - Years 5, 6 and 7 (External club paid) 8 Jan to 5 Feb Welcome to Rippa Rugby	1 hour	15.20–16.20	Field	External
	Orchestra – Invite only	1 hour	15.20–16.20	Music Room	SW
	Tennis (External club paid) Live4tennisbookingform 8 Jan to 5 Feb Collection outside the school reception office	1 hour	15.30–16.30	Ferndown Tennis Courts	External
Tuesday Lunchtime	Girls Football – All years	30 mins	12.15–12.45	Field	SG
	Gymnastics – All years	30 mins	12.15–12.45	Gym	SH
	Library - All Years Max 30 children, quiet reading, choosing, renewing and returning books	25 mins	12.45–1.10	Library	GB
	Young Voices practice (Full)	30 mins	12.40–1.10	Music Room	SW
	Youth Club (Year 7 invite only)	30 mins	12.15–12.30	Youth Club	LB
	French for Holiday – All years	30 mins	12.15–12.45	LA15	FS
	STEM Club – Years 7 & 8 Starts 19 Sept First 10 to sign up with Miss Dale	30 mins	12.35–13.05	PA02	KD/NBA
Tuesday After School	Dodgeball (External club paid) 9 Jan to 26 Mar TeamTheme Booking Form	1 hour	15.25–16.25	Gym	External
	Homework Club – All years	1 hour	15.20–16.20	Library	GB
Wednesday Lunchtime	Basketball – Year 5 & 6	30 mins	12.15–12.45	Field	SG
	Running Club – All years	30 mins	12.15–12.45	Field	SH
	Library - All Years Max 30 children, quiet reading, choosing, renewing and returning books	25 mins	12.45–1.10	Library	GB

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	Samba - All years	25 mins	12:45–1:10	Music Room	SW
	Choir – All years	30 mins	12.15–12.45	Music Room	NP
	Spanish – All years	20 mins	12.50–1.10	LA6	EBS
	Computers – Years 6, 7 & 8 Max 15 places, sign-up sheet in ICT room	30 mins	12.30–1.00	PA03	MM
	Craft Club – All years First 15 children on the day, no need to sign up	25 mins	12.40–1.15	LA9	EW
	Art Club – All years 20 pupils, sign-up sheet on Art door	30 mins	12.15–12.45	PA10	NC
Thursday Lunchtime	Sports Leaders – Year 8	30 mins	12.15–12.45	Gym	SG
	Library - All Years Max 30 children, quiet reading, choosing, renewing and returning books	25 mins	12.45–1.10	Library	GB
	The Ark – All years With Miriam Biggs local youth worker. A club where they explore the Christian faith through games, crafts, and fun	30 mins	12.40–1.10	LA13	MB, VG
	Science – Year 5 (Sign up with Mrs Johns)	35 mins	12.35–1.10	PA2	CJ
	School Council – Every other Thursday	1 hour	12.15–1.15	PA4	BR
	Ukulele – All Years First 18 every week	25 mins	12.45–13.05	Music Room	GB
Thursday After School	Netball – Year 7 & 8	1 hour	15.20–16.20	Playground	SG
	Homework Club – All years	1 hour	15.20–16.20	Library	GB
	Roleplaying Club – Alternate KS2/3	1 hour	15.20–16.20	LA3	AM
	Arts and Crafts – All years 10 places – Sign up with AM/LP	1 hour	15.20-16.20	PA12	AM/LP
Friday Lunchtime	Football – Year 5	30 mins	12.15–12.45	Field	MW
	Young Voices practice (Full)	30 mins	12.40–1.10	Music Room	SW
	DT Club – All years - opportunity to complete unfinished practical work First 12 pupils each week	30 mins	12.15-12.45	PA11	AM
	Library - All Years Max 30 children, quiet reading, choosing, renewing and returning books	25 mins	12.45–1.10	Library	GB

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	Eco Club – All years	30 mins	12.15 –12.45	LA11	ML
	Dance – Year 5 & 6	30 mins	12.15–12.45	Hall	KZ

Please note the following:

- Please read through the choices with your child and ensure they are clear on where the club is held and the joining instructions.
- Please be aware that it is the parent's responsibility to ensure the child knows that they are attending an after-school club.
- Parental permission is required for your child to attend an after-school club, please use this [link](#) to confirm your consent.
- Please make arrangements to collect children following an after-school club and make sure that the child is aware of these arrangements.
- We will endeavour not to cancel after-school clubs at short notice - if however, this is necessary; either ParentMail, telephone call, or SMS will notify parents.
- External club arrangements are with the club and not the school.

Breakfast Club



The breakfast club runs each morning for pupils across all year groups. Cost: £3.25 per breakfast.

Start time 7.30 am (Pupils need to arrive no later than 7.40 am and must sign in at reception). Finish time 8.30 am.

It is a fun and sociable environment where pupils enjoy a varied breakfast in the company of other pupils.

A selection of cereals, toast and drinks are provided.

Booking forms can be found on the school website: [Breakfast Club | \(fernmid.dorset.sch.uk\)](https://www.fernmid.dorset.sch.uk)

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Term Dates 2023 - 2024

Winter Term Dates 2023

Inset Day	Friday 1 September 2023	Bank holidays in the autumn term <ul style="list-style-type: none"> Monday 25 December 2023 Tuesday 26 December 2023
Autumn term starts	Monday 4 September 2023	
Half-term	Monday 23 to Friday 27 October 2023	
Autumn term ends	Friday 15 December 2023	
Christmas holidays	Monday 18 December to Monday 1 January 2024	

Spring Term Dates 2024

Spring term starts	Tuesday 2 January 2024	Bank holidays in the spring term <ul style="list-style-type: none"> New Year's Day: Monday 1 January 2024 Good Friday: Friday 29 March 2024 Easter Monday: Monday 1 April 2024
Inset Day	Friday 9 February 2024	
Half-term	Monday 12 to Friday 16 February 2024	
Spring term ends	Thursday 28 March 2024	
Easter holiday	Friday 29 March to Friday 12 April 2024	

Summer Term Dates 2024

Summer term starts	Monday 15 April 2024	Bank holidays in the summer term <ul style="list-style-type: none"> Early May bank holiday: Monday 6 May 2024 Spring bank holiday: Monday 27 May 2024 Summer bank holiday: Monday 26 August 2024
Half-term	Monday 27 to 31 May 2024	
Inset Day	Monday 3 June 2024	
Summer term ends	Friday 19 July 2024	
Inset Day	Monday 22 July 2024	
Inset Day	Tuesday 23 July 2024	