

# Ferndown Middle School

## Parent Weekly Newsletter w/c 29 April 2024

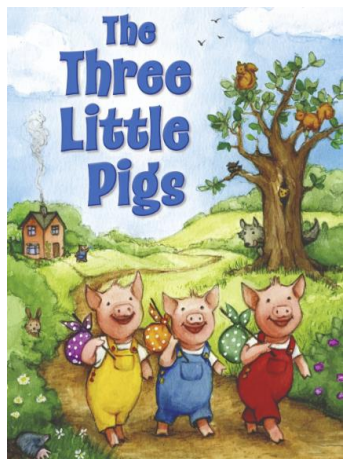
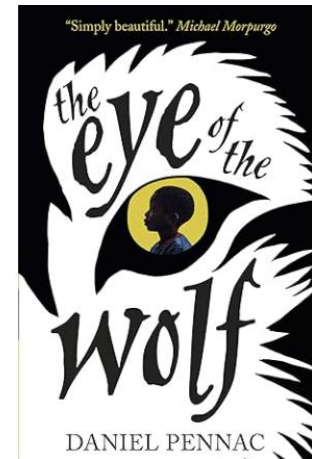


### English News

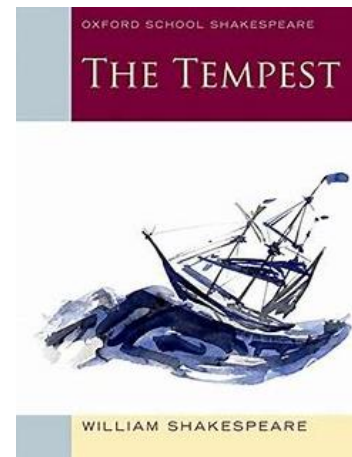
Year 5 had a busy term in the Spring as they explored their new class text “Cosmic” and based many writing outcomes around this. They are now going to study a new book called “The Arrival”, where they will have the opportunity to write formal and informal letters whilst exploring the pages of the intriguing picture book.



Year 6 have worked hard with writing opportunities in the Spring term, including a non-chronological report and a persuasive letter based around their class text “Eye of the Wolf”. They are now going to write dialogue as well as a descriptive piece whilst also focussing on grammar and reading lessons in preparation for SATs.



Year 7 enjoyed working their persuasive skills with the “Three Little Pigs” adaptation in the Spring term and are now starting their study of poetry from different cultures before composing their own.



After finishing their exploration of Shakespeare’s “The Tempest”. Year 8 are excited to start following clues - and avoiding red herrings - in our study of Arthur Conan Doyle’s Sherlock Holmes stories.

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The **Summer Reading Challenge** is back again this year in our local libraries. It helps to prevent the summer reading ‘dip’, encouraging children aged 4 to 11 to set themselves a reading goal over the holidays. The Summer Reading Challenge has a host of benefits:

- Significantly improves reading confidence and independence
- Ensures pupils are ready for their return to school
- Aids the successful transition between year groups and key stages
- Contributes to all pupils’ achievement regardless of reading level
- Encourages extra-curricular activity and family engagement with reading

Each year the Summer Reading Challenge has a new theme. For 2024, The Reading Agency is teaming up with the charity “Create” to “fire up children’s imaginations and unleash storytelling and creativity through the power of reading.”

How to take part:

- For more information about how the Summer Reading Challenge works, please stay tuned as information will be posted shortly on their website: <https://summerreadingchallenge.org.uk/>
- The challenge will launch in libraries in the first week of July.
- Children can also join in the fun online, on the official Challenge website.
- Finish dates and reward items vary by location, so we recommend getting in touch with your local library service to find out more about the Challenge in your area.
- Stay up to date with news about the Challenge and other exciting offers on the Facebook page.

For those pupils aged 12-13, there are still plenty of opportunities to keep reading over the summer and in the summer term– perhaps supporting a younger sibling with the challenge or setting themselves a personal reading challenge! A visit to the local library is always a great place to find inspiration.



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### School News

#### Speak Out Stay Safe

On Monday 29th April the NSPCC (National Society for the Prevention of Cruelty to Children) will be coming into school to deliver Speak Out Stay Safe workshops to Key Stage 2 (Years 5 and 6). The aim of the workshop is to further children's awareness that they have the right to feel safe and that they can and should speak to a safe adult or Childline should they feel unsafe or need help or support. One of the key messages is that that no child should ever be made to feel sad, scared or worried and that that if they feel this way, it is not their fault.

The workshop deals with issues such as abuse and bullying using age appropriate language. The Speak Out and Stay Safe programme is delivered to children in schools across the UK and Ferndown Middle School feel it is important that every child has the right to understand how to keep themselves safe. The workshops last approx. one hour. I would encourage you to ask the children about the workshops when they come home and to discuss with them who their safe adults are and why it is so important to speak out.

Should you have any queries regarding the workshops, please speak with Mrs Giddens.

#### Meet the new Headteacher – Mrs A Barter

Thank you to everyone who attended yesterday's meet the new headteacher workshop. It would be lovely to see as many of you signing up to the other days and times.

There are three upcoming different dates and times to hopefully cater for different times that you are available as the same content will be covered in each workshop.

Wednesday 1st May at 6.00pm - 7.00pm

Friday 3rd May at 2.00pm - 3.00pm

Thursday 9th May at 7.00pm - 8.00pm



Please sign up using the link to let us know which session you are able to attend so that we can cater for the correct numbers. [Meet the new Headteacher](#)

**We will be seeking feedback in school from the children, so the workshops are for parents and carers only.**

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### Sports News

It has been a great start to our new summer term where we have had a great turn out in our summer extra-curricular clubs. The effort and enthusiasm has been massively appreciated and we look forward to watching skills develop. Clubs are welcome to any pupil and please ask them to speak to Mr Higgins or Miss Grant if they are interested.

Please find some results from some recent fixtures.

#### Wednesday 27<sup>th</sup> March 2024 – Year 7 Boys v St Michaels at home

We hosted St Michaels in an end of season fixture where both teams played some super football. All of our boys played in the correct spirit and I am delighted to say that we scored some great goals and were victorious in this fixture. We thank St Michaels for visiting us and contributing to a fantastic game of football.

#### Monday 22<sup>nd</sup> April - Year 5&6 Girls Dorset County Football Semi-Final v St Michales at home

We hosted St Michaels in our eagerly awaited semi-final and the match did not disappoint as both teams produced the standard of football that would have been worthy in the final. It was end to end and chances were being created by both teams and St Michaels took the lead with a goal that rebounded off the post. We pushed hard for an equaliser and we could not score and we also hit the post.

St Michaels scored towards the end as our goalkeeper saved a penalty but they scored the rebound. I could not fault the effort of our girls as they gave their all. We should be massively proud that this new team has gelled brilliantly together and have reached the final four in Dorset. This is a super achievement and I am massively proud of them. We thank St Michaels for visiting us and wish them luck in the final.

Finally, I am delighted to say that we now have over 20 Key Stage 2 girls attending an extra training session during Thursday lunchtimes and this will enable us to build on this success.

Yours in sport  
Mr Higgins

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### Wellbeing advice from Dorset Mental Health Support Team in Schools

**30 Ways To Stress Less:** April is Stress Awareness Month and so we thought we would share with you 30 ways for you and your families to manage stress, stay connected and promote good physical and mental health. There is one idea for every day of the month so you can try different ideas out and see what works for you. [30 Ways To Stress Less](#)



**Coping cards** - A set of 16 cards you can cut out and use in work, school or at home. These are ideal for days where you might feel you need a little extra support or reminders of ways to manage on days that feel tougher: [Coping Cards](#)

**Parenting a Teen** - in this guide we talk you through teenage brain development to understand why teenagers make decisions, need more sleep and may make riskier choices. We offer advice about how you can help your teenager while looking after yourself in the process. [Parenting a Teen](#)

**Ultimate Revision Guide:** This guide is brimming with top-notch revision tips and techniques. In this guide we'll also help you take care of your mental health too and help ease feelings of exam stress and worry. You got this! [Dorset MHST Ultimate Revision Guide](#)

**FREE**

## COPING CARDS TO HELP FEELINGS OF ANXIETY

Look around you and notice...  
5 things you see red  
4 things you can touch  
3 things you can hear  
2 things you can taste  
1 thing you can smell

**STOP AND BREATHE**  
Take a deep breath in for 4 seconds, hold it for 4 seconds, and then breathe out for 4 seconds. Repeat this 3 times.

**THOUGHT CHALLENGING**  
Is this thought a fact or a feeling?  
What is another way to think about this?  
What would I say to a friend?

**THINGS I CAN CONTROL**  
What can I control?  
What can I not control?

**GO FOR A WALK**  
Take a walk outside. Notice the things you can see, hear, smell, and touch.

**ASK FOR HELP**  
Talk to your teacher, parent, or friend about how you are feeling.

scan to download or head to:  
[bit.ly/MHSTCopingCards](https://bit.ly/MHSTCopingCards)

Coping skills or strategies are a way of helping manage difficult feelings such as worry or anxiety. Dorset MHST have created a set of 16 coping cards full of different coping strategies that you can use in work, school or at home. These are ideal to use for days you might feel you need extra support or reminders of ways to manage on days that feel harder.

@DORSETMHST

**FREE**

## ADVICE & RESOURCES FOR PARENTING A TEEN

Being a parent or caregiver is an incredibly fulfilling and rewarding experience but undoubtedly it can also be quite challenging. Most parents find themselves worrying about their children and their own capabilities to provide a safe and secure environment. This concern is particularly common among parents of teenagers.

This guide is intended for anyone who is responsible for and serves as a role model for teenagers. The insights and advice we offer here will help you to understand all individuals coping for young people, including their parents, carers, teachers, and friends. It is a guide for young people, their parents, carers, and friends, and we are referring to the teenagers under your care.

scan to download or head to:  
[bit.ly/MHSTParentingTeens](https://bit.ly/MHSTParentingTeens)

In this guide we talk you through teenage brain development to understand why teenagers make decisions, need more sleep and may make riskier choices. We offer advice about how you can help your teenager while looking after yourself in the process.

@DORSETMHST

**FREE RESOURCES FOR CHILDREN & YOUNG PEOPLE TO HELP BUILD POSITIVE MENTAL HEALTH AND WELLBEING**

scan to download or head to:  
[linktr.ee/dorsetmhst](https://linktr.ee/dorsetmhst)

Dorset Mental Health Support Team in Schools

NHS  
Dorset HealthCare University  
NHS Foundation Trust

@DORSETMHST



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**Guide for parents/carers: Children's Worries and Anxieties:** This booklet is packed full of resources and activities, including our top tips and advice, about how to look after children when they feel worried or anxious. [Children's Worries and Anxieties: A Guide For Parents/Carers](#)

**Transition to Secondary School:** This resource is all about making a smooth transition from primary to secondary school. We know change can be nerve-racking, unsettling, and anxiety provoking. It is okay to feel like this. Emotions are like a rollercoaster; they are never permanent and constantly changing. You may feel different emotions at the same time, for example, excited for a change but also nervous because it feels unknown. In this resource, we'll give you tips on how to handle this big shift and make it easier for you. You'll learn some awesome coping skills that'll help you when you need it. It's all about finding what works best for you, because we know everyone is unique! [How to Prepare for School Transition or Change](#)

We know that **Exam Stress** can be a worry for many young people. We have created a handy guide with some top tips to help you manage this: [Guide to managing Exam Stress](#)

**FREE**

Dorset Mental Health Support Team in Schools

NHS Dorset Healthcare University NHS Foundation Trust

RESOURCES & ACTIVITIES TO HELP CHILDREN MANAGE:

# WORRIES & ANXIETIES

PARENT/CARER GUIDE

scan to download or head to: [bit.ly/30ackTV](https://bit.ly/30ackTV)

Dorset MHST have created a resource free to download for parents/carers with lots of different resources and activities to help manage children's worries and anxieties.

Facebook X Instagram @DORSETHST

**FREE**

How to prepare for school transition or change

scan to download or head to: [bit.ly/MHSTBackToSchool](https://bit.ly/MHSTBackToSchool)

If you're about to start secondary school or you've already rocked the first few days, this activity pack is the ultimate guide to understanding this new chapter in your life. Plus, it's not just about school stuff, we'll also help you take care of your mental health too.

We'll give you tips on how to handle this big shift and make it easier for you. You'll learn some awesome coping skills that'll help you when you need it. Plus, it's not just about school stuff, we'll also help you take care of your mental health too.

Facebook X Instagram @DORSETHST

**FREE**

THE ULTIMATE REVISION GUIDE

Top tips to navigate exam season

scan to download or head to: [bit.ly/UltimateRevisionGuide](https://bit.ly/UltimateRevisionGuide)

This guide shares top tips of how to stay resilient during exam season. From self-care rituals to study hacks, we've got everything you need to prep like a pro. You got this! 🌟

- ✓ How to start your revision
- ✓ Productivity tips
- ✓ How to deal with exam stress
- ✓ Revision timetable tips
- ✓ How to prepare for exam day
- ✓ Revision techniques

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### Key Dates

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

Mon 6 May 2024	Bank Holiday
Mon 13 May – Thurs 16 May 2024	KS2 SATs Week
Wed 12 June 2024	Year 8 Alcohol Awareness
Fri 28 June 2024	Transfer Day
Wed 3 July 2024	Sports Day

### Residential and Visits

20 - 24 May 2024	Year 6 Residential to Hooke Court
20 - 23 May 2024	Year 7 Residential to Butchers Coppice
17 - 21 June 2024	Year 8 Residential to Woodmill Outdoor Activity Centre





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](https://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](https://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



### 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 Summer Term 1, from 15 April to 24 May 2024

Day	Club	Duration	Times	Room/area	Leader
Monday Lunchtime	<b>Cricket – All Years</b>	30 mins	12.15–12.45	Field	SH/SG
	<b>Library - All Years</b> Max 30 children, quiet reading, choosing, renewing and returning books	25 mins	12.45–1.10	Library	GB
	<b>Music Theatre Group - All years</b>	30 mins	12:40–1:10	Music Room	SW
Monday After School	<b>Rippa Rugby - Years 5, 6 and 7 (External club paid) 15 Apr to 20 May</b> <a href="#">Welcome to Rippa Rugby</a>	1 hour	15.20–16.20	Field	External
	<b>Orchestra – Invite only</b>	1 hour	15.20–16.20	Music Room	SW
	<b>Tennis (External club paid) 15 Apr to 20 May</b> <a href="#">Live4tennisbookingform</a> Collection outside the school reception office	1 hour	15.30–16.30	Ferndown Tennis Courts	External
Tuesday Lunchtime	<b>Spanish – All years</b>	30 mins	12.15–12.45	LA15	FS
	<b>Athletics, Year 5 &amp; 6</b>	30 mins	12.15–12.45	Field	SH
	<b>Library - All Years</b> Max 30 children, quiet reading, choosing, renewing and returning books	25 mins	12.45–1.10	Library	GB
	<b>Singing – All Years</b>	30 mins	12.40–1.10	Music Room	SW
	<b>Youth Club (Year 7 invite only)</b>	45 mins	12.15–1.00	Youth Club	LB
	<b>STEM Club – Years 7 &amp; 8</b> First 10 to sign up with Miss Dale	30 mins	12.35–13.05	PA02	KD/NBA
Tuesday After School	<b>Dodgeball (External club paid) 16 Apr to 16 Jul</b> <a href="#">TeamThemebooking</a>	1 hour	15.25–16.25	Gym	External
	<b>Homework Club – All years</b>	1 hour	15.20–16.20	Library	GB
Wednesday Lunchtime	<b>Rounders – All Years</b>	30 mins	12.15–12.45	Field	SH/SG
	<b>Gardening Club – All years</b> Max 12 pupils, sign up with Mrs Cooper	30 mins	12.30 – 1.00	Tranquillity	LC/TW
	<b>Library - All Years</b> Max 30 children, quiet reading, choosing, renewing and returning books	25 mins	12.45–1.10	Library	GB

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	<b>Singing – All years</b>	30 mins	12.15–12.45	Music Room	MB
	<b>Samba - All years</b>	25 mins	12:45–1:10	Music Room	SW
	<b>Computers – Years 6 &amp; 7</b> Max 15 places, sign-up sheet in ICT room	30 mins	12.30–1.00	PA03	MM
	<b>Art Club – All years</b> 20 pupils, sign-up sheet on Art door	30 mins	12.15–12.45	PA10	NC
<b>Thursday Lunchtime</b>	<b>Sports Leaders – Year 8</b>	30 mins	12.15–12.45	Gym	SG
	<b>Ukulele– All years</b>	30 mins	12.40-1.10	Music Room	SW
	<b>Library - All Years</b> Max 30 children, quiet reading, choosing, renewing and returning books	25 mins	12.45–1.10	Library	GB
	<b>The Ark – All years</b> 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
	<b>Science – Year 5 (Sign up with Mrs Johns)</b>	35 mins	12.35–1.10	PA2	CJ
	<b>School Council – Every other Thursday</b>	1 hour	12.15–1.15	PA4	
<b>Thursday After school</b>	<b>Homework Club – All years</b>	1 hour	15.20–16.20	Library	GB
	<b>Athletics – Years 7 &amp; 8</b>	1 hour	15.20–16.20	Field	SH/SG
	<b>Arts and Crafts – All years 10 places – Sign up with AM/LP</b>	1 hour	15.20-16.20	PA12	AM/LP
<b>Friday Lunchtime</b>	<b>Football – Year 5</b>	30 mins	12.40-13.10	Field	MW
	<b>Dance – Year 5 &amp; 6</b>	30 mins	12.15–12.45	Hall	KZ
	<b>DT Club – All years - opportunity to complete unfinished practical work</b> First 12 pupils each week	30 mins	12.15-12.45	PA11	AM
	<b>Eco Club – All years</b>	30 mins	12.15 –12.45	LA11	ML
	<b>Library - All Years</b> Max 30 children, quiet reading, choosing, renewing and returning books	25 mins	12.45–1.10	Library	GB

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### 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 | \(fernmid.dorset.sch.uk\)](http://fernmid.dorset.sch.uk)

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### Term Dates 2023 - 2024

#### Winter Term Dates 2023

<b>Inset Day</b>	<b>Friday 1 September 2023</b>	<b>Bank holidays in the autumn term</b> <ul style="list-style-type: none"> <li>Monday 25 December 2023</li> <li>Tuesday 26 December 2023</li> </ul>
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	<b>Bank holidays in the spring term</b> <ul style="list-style-type: none"> <li>New Year's Day: Monday 1 January 2024</li> <li>Good Friday: Friday 29 March 2024</li> <li>Easter Monday: Monday 1 April 2024</li> </ul>
<b>Inset Day</b>	<b>Friday 9 February 2024</b>	
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	<b>Bank holidays in the summer term</b> <ul style="list-style-type: none"> <li>Early May bank holiday: Monday 6 May 2024</li> <li>Spring bank holiday: Monday 27 May 2024</li> <li>Summer bank holiday: Monday 26 August 2024</li> </ul>
Half-term	Monday 27 to 31 May 2024	
<b>Inset Day</b>	<b>Monday 3 June 2024</b>	
Summer term ends	Friday 19 July 2024	
<b>Inset Day</b>	<b>Monday 22 July 2024</b>	
<b>Inset Day</b>	<b>Tuesday 23 July 2024</b>	

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### Term Dates 2024 - 2025

<b>Autumn Term 2024</b>	<b>Autumn Term Monday 2 September 2024 to Friday 20 December 2024</b>	
	Staff Training Day	Monday 2 September 2024
	Staff Training Day	Tuesday 3 September 2024
	Welcome Back to School	Wednesday 4 September 2024
	Half Term	Monday 28 October 2024 to Friday 1 November 2024
	Last Day of Term	Friday 20 December 2024
	Christmas Holidays	Monday 23 December 2024 to Friday 3 January 2025

<b>Spring Term 2025</b>	<b>Spring Term Monday 6 January 2025 to Friday 4 April 2025</b>	
	Welcome Back to School	Monday 6 January 2025
	Half Term	Monday 17 February 2025 to Friday 21 February 2025
	Last Day of Term	Friday 04 April 2025
	Easter Holiday	Monday 7 April 2025 to Monday 21 April 2025

<b>Summer Term 2025</b>	<b>Summer Term Tuesday 22 April 2025 to Tuesday 22 July 2025</b>	
	Welcome Back to School	Tuesday 22 April 2025
	Bank Holiday	Monday 5 May 2025
	Half Term	Monday 26 May 2025 to Friday 30 May 2025
	Staff Training Day	Monday 30 June 2025
	Last Day of Term	Friday 18 July 2025
	Staff Training Day	Monday 21 July 2025
	Staff Training Day	Tuesday 22 July 2025