



Mental health awareness week takes place between 13<sup>th</sup> -19<sup>th</sup> May 2024. The theme is 'Movement for mental health' more information can be found on <u>https://www.mentalhealth.org.uk/</u>.

In school children will be learning about the benefits of exercise for wellbeing, this links well to the '5 ways to wellbeing' which KS3 have been learning about this year. Additionally, pupils will take part in PE lesson designed by the Mental health Foundation.

To mark the week, we are asking pupils on Friday 17<sup>th</sup> May 2024 to wear something green alongside their normal school uniform.

### Supporting children's mental health - 10 conversation starters for parents and carers

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, the conversation starters below are designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins. We have also attached advice on what parents and carers need to know about social media and mental health.





### TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 't know when something like that has happened to me! felt like this... is that how you are feeling or are you feeling something else?'

### EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

### 8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

### 9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

### 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.





This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.



LISTEN

The campaign from time to change is great. https://www.time-to-change.org.uk/support ask-twice-campaign. Be tenacious about your child's wellbeing. Children instinctively knowwhen your questions and support come from a place of wanting to help and care.

#### THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belitting, then they will have more confidence to ask the biggest of questions.

### BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'Ifeel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older taen, as their experience and understanding of death is different.

### 5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



#### Year 6 Dorset Schools Pitman Cup Champions



### Ferndown Middle 5 Longfleet 2 at The County Ground, Hamworthy

Our Year 6 boys excitedly represented our school in the final of the Dorset Schools Football Final against Longfleet Primary School on Friday 3 May 2024.

Our boys were in good spirits on the coach journey and produced a focused warm-up to get them prepared. We started lively but quickly found ourselves 1-0 down after two minutes after conceding a penalty. This could have had an adverse effect, but we rolled our sleeves up and continued with our bright start. After about four minutes we won a penalty and Ollie calmly tucked it into the corner. We got into our groove and Oscar cooly slotted home a free kick to put us 2-1 up. Two soon became three where Bailey followed up to fire home a rebound. The boys had the eye of the tiger and went in 3-1 up at half-time. All of the team had that look of determination and quicky scored a fourth through Frankie in the second half.

Longfleet kept pressing and Riley made some great saves, but we eventually conceded a second to make it a potentially tense final ten minutes. However, Bailey grabbed his second goal and that secured a brilliant 5-2 victory against a strong Longfleet team.



Our boys were jubilant and we're deserving winners. At the presentation Mr Helm described our performance as a "powerful performance." I have to agree as we saved our most complete match of the season for the most important. The boys' eyes were a picture when the historic Pitman Cup was rolled out. It has winners engraved since 1961. After Ollie and Frankie proudly lifted this iconic trophy all of the boys laid down to study the history of the previous winners. A lovely moment.

I have to give special praise to our team. They were an absolute pleasure and have demonstrated what can be achieved through team work, courage, character and resilience. I hope they are able to take this victory and use it to inspire them in all aspects of their school life and beyond. I'm very proud of them.

This victory is for all of the pupils at our school but especially to all of the Year 6 boys and girls that attend football club. We've had over 50 pupils attend this season.

I would like to offer my congratulations to Longfleet Primary for reaching the final and they contributed to a brilliant match. Also, I'd like to thank Mr Gavin Rusling for coordinating the Dorset Schools Football this season, it's a big task that goes alongside being a full-time teacher. Finally, thanks to The Dorset Football Association for allowing us to use their facilities.

All that's left to say is it's been a memorable season where our Year 6 team have won the Dorset Schools 7 Aside and now the Pitman Cup. Massive Congratulations. Treasure those memories.

Yours in sport

Mr Higgins 🔇 🟅



#### School News

#### Headteacher Message

Thank you to everyone who attended the Meet the Headteacher workshops over the last couple of weeks. These have been incredibly useful to gain feedback from parents about the strengths of the school and priority areas to focus on. I will be collating all of the feedback received and looking at next steps for the school.

As mentioned in the workshops, my aim for this term is to be curious about the school and seek feedback from students, staff, parents and Governors before deciding what changes to implement. My main priority is to fully embed the school values of kindness, curiosity and ambition. Thank you again for giving up your time to attend one of the sessions. If you have any follow up questions or queries, please don't hesitate to contact us.

I have spent some time visiting Ferndown First, Parley First and Ferndown Upper schools over the last week to meet the Headteachers and pupils in order to discuss transition and strengthen ways of working to build relationships. I am really looking forward to seeing year 4 pupils again for transfer day on Friday 28<sup>th</sup> June 2024.

I hope all families have a lovely weekend and enjoy the sunshine.

Mrs A Barter, Headteacher

### SATS Week

Just a reminder that the SATs tests begin on Monday 13th May and finish on Thursday 16th May 2024. We are offering an opportunity for all Year 6 children to get together before the tests each morning in the hall at 8:30am on Monday, Tuesday, Wednesday, and Thursday. Croissants, a piece of fruit, biscuits and juice will be available, it will be a chance for your child to sit with friends and relax before the tests begin. We look forward to hopefully seeing your child for breakfast on some or all of these days.

### Tutor Group and Year 8 Photographs

Fraser Portraits has recently taken class photographs of each tutor group and the whole of year 8. To view and order these please go to their website <u>www.orderphotos.co.uk</u> and use the ID provided via ParentMail last week. The deadline for ordering is Monday 13<sup>th</sup> May 2024. Please contact the school office if you are unsure of the ID code for your child's class.

### Challenging behaviour at home KS2 workshop Thursday 13th June 2024

In partnership with the Mental Health Support Teams (MHST) we will be hosting a workshop with a focus on challenging behaviour at home for KS2 parents. It will be held in the school hall between 9.00am and 10.00am. Refreshments will be provided. If you would like to attend the workshops, please complete this form: <u>FMS</u> <u>Workshops 13 June 2024</u>

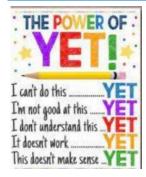
#### Is Maths really that important at home?

Parents have a great opportunity to develop their children's Maths skills at home by involving them in everyday activities. If your children can help you find the best deal for your car insurance or work out which supermarket deal is cheapest, then it's helping them understand Maths in real life. It also helps develop their basic Maths and problem-solving skills, which are really important in the UK primary curriculum.

Don't underestimate yourself, or the power you have as a parent getting involved in your child's learning. Ofsted have specifically stated that parental engagement raises pupil achievement.

So here are some tips and ideas to show how you can improve your child's Maths skills at home.

### Positive Mindset



Quite often, it is easy to fall into the trap of using language such as 'I'm really bad at Maths' or 'I just didn't get Maths at school.

This can actually create a barrier for children in their Maths learning as it suggests that it is too hard.

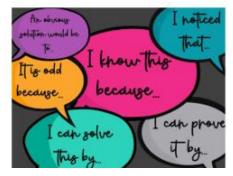
Instead, try to use language such as 'Don't worry, it's ok to make mistakes, we all do' or 'you can't do it yet, but we can learn it together.'

Positivity can go a long way to improving children's attitudes and readiness to learn in Maths.

### **Everyday Maths Talk**

Talking about Maths is really important to your child's Mathematical development.

- Play Maths Games jigsaws can help develop children's logical and spatial awareness. Board games such as snakes and ladders enable the children to count rolls of dice, moves across a board and patterns of numbers on a dice. Other games that could help develop Mathematical skills are darts, scrabble and chess.
- Practise reading the time using an analogue clock. As we become more and more a digital world, children are exposed less and less to telling the time using an analogue clock. Incorporate this into everyday life as much as possible.
- Practise paying for items in shops using 'real money.' Again, an increasingly digital world is decreasing children's exposure to and recognition of notes and coins!

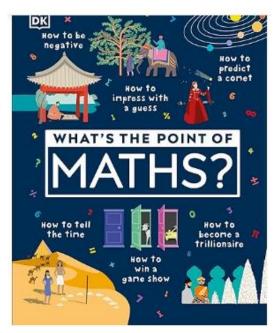




- Simple common fractions can be reinforced at home even if you're not too confident yourself! For example, a window split into four equal parts what fractions can we find?
- Everyday problem solving the KS2 Maths curriculum puts a significant emphasis on problem solving. Here are some examples of how you could incorporate this into everyday life... What is the best deal at the supermarket? How much would your trousers cost if there was a 30% sale? Which internet provider has the best deal?
- Use open questions next time your child needs help with their Maths homework try asking prompting questions to encourage Mathematical thinking and talk. Such as... Why did you write that down? How did you get that answer? What method did you use?

### **Recommended Read**

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Maths makes the world go around. An educational book that will give you surprising answers to everyday maths challenges.

This book unpacks how maths is an essential part of our everyday life in ways that you never thought of.

Crazy facts, magic tricks, mathematical brainteasers and beautiful illustrations show you that maths is interesting, fun, and unintimidating!

### **Helpful Websites**

### https://corbettmaths.com/

A Brilliant resource for all year groups up to GCSE, including videos and practice sheets.

Corbettmaths
 https://corbettmaths.com

Corbettmaths - Videos, worksheets, 5-a-day and much more

Welcome to **Corbettmaths**! Home to 1000's of maths resources: Videos, Worksheets, 5-a-day, Revision Cards and much more.

Videos and Worksheets Videos, Practice Questions and Textbook Exercises on every ...

5-a-day GCSE 9-1 The Corbettmaths 5-a-day for the 9-1 GCSE.

GCSE Revision AQA GCSE Higher Revision - 100 Days to Go - Edexcel Foundation

Primary

We have created a new Primary website! www ...

#### 5-a-day

The Corbettmaths 5-a-day for GCSE, Primary, Further Maths ....

#### Sports News

### Friday 26<sup>th</sup> April 2024 – Dorset Schools Golf Championships at Came Down Golf Club, Dorchester

Abigail represented our school in the Dorset Schools Golf Championships at Came Down Golf Club in Dorchester. Abigail was entered in the girl's competition and performed exceptionally well where she finished second in the net (one behind the winner). Abigail played really well, and this is such a great experience for her, and she should be massively proud in representing our school in this prestigious event. We thank Mr Hunt from Purbeck School for organising such fabulous event.

### Wednesday 1st May and Thursday 9th May - Poole and East Dorset Schools Sport Association (PEDSSA) Athletics Trials at Canford School

Ava and Nancy represented our school in the trials over two weeks at Canford School. The girls worked extremely well and put in tremendous effort in their track and field events. We await the results for selection for the PEDSSA District squad but both girls should be proud of their efforts. We thank Mr Rusling for the organisation and Canford School for the hosting of these trials.

### Thursday 9th May - Year 7 & 8 Cricket Fixture v West Moors

In our first cricket match of the season, we hosted West Moors in our playground for a splendid afternoon of cricket. There was a lovely atmosphere amongst both teams demonstrating some lovely sportsmanship. There was high level batting, bowling and fielding where all pupils had an opportunity to bat and those that wanted to bowl had that chance too.

I am delighted to say that we won through defending an exciting last over run chase where West Moors were running, batting and going for it. It was great fun and the spirit between all 22 players was what school sport should be all about. We thank Mr Perry for bringing West Moors over and thank both teams for their spirit and fair play.

This was a great opportunity to build participation in cricket in our school and we are keen to provide these opportunities for our pupils. We have cricket club on a Monday lunch, and it is open to all pupils. Anyone interested please see Mr Higgins.

Thanks for all of your continued support.

Yours in sport Mr Higgins







### **Key Dates**

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

Mon 13 May – Thurs 16 May 2024	KS2 SATs Week
Mon 27 to Fri 31 May 2024	Half-term
Mon 3 June 2024	Inset Day
Wed 12 June 2024	Year 8 Alcohol Awareness
Thurs 13 June 2024	Challenging behaviour at home KS2 workshop
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







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 <u>website</u>.

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



Extra-Curricular Clubs Summer Term 1, from 15 April to 24 May 2024

Day	Club	Duration	Times	Room/area	Leader
	Cricket – All Years	30 mins	12.15-12.45	Field	SH/SG
Monday Lunchtime	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	30 mins	12:40-1:10	Music Room	SW
Reader Offer	Rippa Rugby - Years 5, 6 and 7 (External club paid) 15 Apr to 20 May Welcome to Rippa Rugby	1 hour	15.20–16.20	Field	External
Monday After School	Orchestra – Invite only	1 hour	15.20-16.20	Music Room	SW
School	Tennis (External club paid) 15 Apr to 20 MayLive4tennisbookingformCollection outside the school reception office	1 hour	15.30–16.30	Ferndown Tennis Courts	External
	Spanish – All years	30 mins	12.15-12.45	LA15	FS
	Athletics, Year 5 & 6	30 mins	12.15-12.45	Field	SH
Tuesday Lunchtime	Library - All Years Max 30 children, quiet reading, choosing, renewing and returning books	25 mins	12.45–1.10	Library	GB
	Singing – All Years	30 mins	12.40-1.10	Music Room	SW
	Youth Club (Year 7 invite only)	45 mins	12.15-1.00	Youth Club	LB
	STEM Club – Years 7 & 8 First 10 to sign up with Miss Dale	30 mins	12.35–13.05	PA02	KD/NBA
Tuesday After School	Dodgeball (External club paid) 16 Apr to 16 Jul TeamThemebooking	1 hour	15.25–16.25	Gym	External
SCHOOL	Homework Club – All years	1 hour	15.20-16.20	Library	GB
	Rounders – All Years	30 mins	12.15-12.45	Field	SH/SG
Wednesday Lunchtime	Gardening Club – All years Max 12 pupils, sign up with Mrs Cooper	30 mins	12.30 - 1.00	Tranquillity	LC/TW
	Library - All Years Max 30 children, quiet reading, choosing, renewing and returning books	25 mins	12.45–1.10	Library	GB

# Ferndown Middle School

### Parent Weekly Newsletter w/c 6 May 2024



	Singing – All years	30 mins	12.15-12.45	Music Room	MB
	Samba - All years	25 mins	12:45-1:10	Music Room	SW
	Computers – Years 6 & 7 Max 15 places, sign-up sheet in ICT room	30 mins	12.30-1.00	PA03	MM
	Art Club – All years 20 pupils, sign-up sheet on Art door	30 mins	12.15–12.45	PA10	NC
	Sports Leaders – Year 8	30 mins	12.15-12.45	Gym	SG
	Ukulele– All years	30 mins	12.40-1.10	Music Room	SW
	Library - All Years Max 30 children, quiet reading, choosing, renewing and returning books	25 mins	12.45-1.10	Library	GB
Thursday Lunchtime	<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
	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	
Thursday After	Homework Club – All years	1 hour	15.20–16.20	Library	GB
Thursday After	Athletics – Years 7 & 8	1 hour	15.20–16.20	Field	SH/SG
school	Arts and Crafts – All years 10 places – Sign up with AM/LP	1 hour	15.20-16.20	PA12	AM/LP
	Football – Year 5	30 mins	12.40-13.10	Field	MW
Friday Lunchtime	Dance – Year 5 & 6	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
	Eco Club – All years	30 mins	12.15 - 12.45	LA11	ML
	Library - All Years Max 30 children, quiet reading, choosing, renewing and returning books	25 mins	12.45-1.10	Library	GB



#### 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)

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### Ferndown Middle School Parent Weekly Newsletter w/c 6 May 2024

### Term Dates 2023 - 2024

### Winter Term Dates 2023

Inset Day	Friday 1 September 2023	Bank holidays in the autumn term
Autumn term starts	Monday 4 September 2023	Monday 25 December 2023
Half-term	Monday 23 to Friday 27 October 2023	Tuesday 26 December 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
Inset Day	Friday 9 February 2024	New Year's Day: Monday 1 January 2024
Half-term	Monday 12 to Friday 16 February 2024	Good Friday: Friday 29 March 2024
Spring term ends	Thursday 28 March 2024	Easter Monday: Monday 1 April 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
Half-term	Monday 27 to 31 May 2024	Early May bank holiday: Monday 6 May 2024
Inset Day	Monday 3 June 2024	<ul> <li>Spring bank holiday: Monday 27 May 2024</li> </ul>
Summer term ends	Friday 19 July 2024	Summer bank holiday: Monday 26 August 2024
Inset Day	Monday 22 July 2024	
Inset Day	Tuesday 23 July 2024	





### Term Dates 2024 - 2025

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

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

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