



# Ferndown Middle Newsletter

## July 2018

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### Key Dates



### Term Dates are available on the school website

Tuesday 17th July 3.30pm-5.00pm and Wednesday 18th July 6.00pm-7.00pm – Art Exhibition

Wednesday 18<sup>th</sup> July – Summer Celebration Concert 7pm

Thursday 19<sup>th</sup> July – Year 8 Leavers' Celebration 6pm

Friday 20th July – End of Term – **2pm finish (Years 5,6,7)**  
**2.15pm finish (Year 8)**

Tuesday 4th September – first day of Autumn Term

### Summer Fair

On Friday, 30th June, we held our annual summer fair in the gorgeous sunshine of the current heat wave. Pupils and parents enjoyed many stalls and attractions, many of which the children themselves were running to raise money for projects in school. The Deputy Mayor of Ferndown, Councillor Mrs Jean Read, officially opened the fair and spent time talking to the pupils and visiting stalls. We were also entertained by the Samba Band, Parley First School Choir and the year 5 girls who were winners of "Ferndown's Got Talent" last term. A fantastic day was had by all and we raised over £1200. Many thanks go to the pupils for donating items for the fair and to parents, pupils and staff for giving up their time to set up and run the stalls.

Particular thanks go to the many businesses and individuals who donated prizes for the auction and raffle, including: David King Photography, Ferndown Fitness, Tesco, Palmer's Brewery, Lulworth Castle, Ferndown Leisure Centre, QE Leisure Centre, Knoll Gardens, Swanage Railway, Littledown Centre, Brownsea Island Ferries, Francesco Hair Salon, Hall and Woodhouse, Adventure Wonderland, Tank Museum, Larmer Tree, Athelhampton House, Abbotsbury Children's Farm, Ferndown Forest Golf Club, Charlie's Party Supplies, Flo and Frankie's Fudge, Flamingo Paperie, Sockies, Sue's Toys, Free Fuzion, Forever Living, Stacey Thompson, Mrs Baynham and Mac's Ices.

### Gardening Club Heroes!



After hearing about the vandalism in Peter Grant Way, where plants were pulled out of flower beds, FMS Gardening club thought they might be able help. So at lunchtime, gallant members of the club went to help re-plant the flowers and tidy up. When the children got there, they found that the re-planting had already been completed, but they were able to do a little tidying up and some watering. The club also had time for a little walk among the trees to enjoy the shade and admire the sculptures.

## Staffing Update

It is the time of year when staff move on and new staff will be joining us in September:

- We are saying goodbye to Madame Vincent after 25 years. She will be enjoying a well-deserved rest and filling her time with hobbies and interests. Madame Vincent recently received a long term service award from the Local Authority; this is a major achievement. Since joining Ferndown Middle School, Madame Vincent has taken on many roles and she has participated fully in the life of the school, giving extra commitment beyond teaching. This has included previously running the MFL department, organising and running residential trips. I know that staff and pupils, past and present, will miss Madame Vincent. On behalf of myself, the staff, pupils and the governors, we thank Madame Vincent for her dedication to our school.
- Mrs Brazier will also be leaving after 12 years. A big thank you for her hard work and dedication to the school and the extras beyond the classroom. These have included Eco club, trips and visits, Summer Fair and much more.
- Mrs Hall, head teacher's PA, will be leaving to relocate and set up her own business with family members. Mrs Hall has worked tirelessly to support the school and her skills and dedication will be greatly missed.
- Mrs Hammersley has achieved a well-deserved promotion and she will be joining the Leadership team at Winton Primary School. Thank you to Mrs Hammersley for successfully leading the maths department.
- Mrs Blanchard, a TA, has been at Ferndown Middle School since 2000. She has supported many pupils in the classroom as well as on trips and visits. Mrs Blanchard is venturing out and setting up her own business.
- Mr Furness will be leaving to join a school in North Dorset. We thank him for his time with year 5 this year.
- Mrs Cooper will also be leaving us this summer. We wish her well and thank her for her work over the last few years.

Other changes:

- Mrs Sykes will be working part time, job sharing with Mrs Barnes. They will be joint year 5 tutors. To replace Mrs Sykes' role as Assistant head, Mr Darch will be re-joining us. I am delighted to welcome Mr Darch back to this key role in our school.
- Mr Nesbitt will be moving up with the year 5 pupils, as the head of year 6. Mrs Littley will be leading the maths department.
- I am delighted to welcome Mr Bebbington as head of year 5. Mr Bebbington is an experienced teacher who has taught in schools both in this country as well as international schools across the world.
- Mr Wyeth will join us as a year 5 teacher. Mr Moloney as a teacher of maths, Miss Shew as teacher of French and Miss Smith as part time teacher of English

I am delighted to welcome Mrs Melia back from her maternity leave.

Thank you for your support throughout the year and I hope that you have a restful summer.



## Sport

The PE Department would like to say a huge well done to all of our students for their tremendous effort on Sports Day. It was a joy to witness our school community coming together to support one another; competing with honesty and integrity whilst demonstrating outstanding determination and resilience.



We would particularly like to thank our fantastic Sports Leaders for their hard work and support. Each of our 22 year 8 leaders set a fine example to the rest of our students and went out of their way to offer their help. Well done!

Finally, thank you to all of the parents and carers who came along to show their support. You helped us to create an amazing atmosphere and we have no doubt that you will feel unbelievably proud of your wonderful children. A superb day – see you next year!

## Daily Mile

You will probably be aware of recent concerns around physical inactivity and childhood obesity. As they go through Primary school, many children put on weight and, across the UK, around 35% of pupils in their final year of Primary are categorised as overweight or obese.

Experts have described this as an epidemic and a crisis that must be tackled before it is too late. The World Health Organisation regards childhood obesity as one of the most serious global public health challenges for the 21st Century. So far, no approach in the western world has made any difference, with millions of pounds spent on schemes which have had no lasting impact - and the situation continues to worsen.

There is, however, an initiative called The Daily Mile which was started in February 2012 by Elaine Wyllie, who was then headteacher of a large Scottish Primary school in Stirling. She was concerned by the children's obvious lack of fitness and went on to prove The Daily Mile to be both sustainable and effective in combatting inactivity and obesity in her school. The result was that, in November 2015, the Scottish Government wrote to every Scottish primary school to recommend that they implement the scheme too. In addition, in August 2016 the UK government's Childhood Obesity strategy identified and supported The Daily Mile contributes towards the recommended hour that children should spend taking daily exercise.

The Daily Mile is very simple to start in a school. Without wasting time to change into kit, every child in a school goes out in the fresh air to run, jog or walk for 4510 minutes. It is not competitive: most children will average a mile in that time, with some doing more and some doing less. It is not PE, sport or cross-country but a physical activity which is aimed at improving the children's physical, social, emotional and mental health and wellbeing. It can help children to focus and concentrate in the classroom and raise their attainment.

Since 2015, The Daily Mile has been adopted by over 1,600 schools in the UK alone, proving extraordinarily popular with thousands of children, parents and teachers. The initiative is also attracting strong overseas interest, with both Belgium and the Netherlands launching nationally in 2016.

We would like to introduce The Daily Mile for all the children in Ferndown Middle School and ensure its health and wellbeing benefits are available for everyone. Children will be participating at 11am every day for 10 minutes before break time. As a school we are really excited about all of our students being part of this ~~new~~ initiative and we are looking forward to the benefits it will bring to your child/children. To find out more about how it works please visit: [www.thedailymile.co.uk](http://www.thedailymile.co.uk).

## Holiday Physical Activity Challenge

In preparation for the introduction of the Daily Mile in September and with the school holidays fast approaching, we are launching an exciting challenge to keep you and your family active and therefore healthy over the prolonged break. We have no doubt that you will be aware of the increasing concerns regarding childhood obesity in the UK. It has therefore never been more important to encourage young people to put down their controllers and get out into the fresh air for some fun!

This summer we are challenging all of our amazing students to be more active than ever. The aim is to use the ideas below and the 'Holiday Activity Log' provided to help your child to carry out daily physical activity.

*Below are the Government's recommendations for Children and Young People aged 5-18:*

*1. All children and young people should engage in moderate to vigorous intensity physical activity for at least 60*

minutes and up to several hours every day.

2. Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.

3. All children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods.

Here are just some of the activities going on in the local area that your child, and even you, could get involved with!

- 'One You Couch to 5K' is an app that can be downloaded for free. The programme is designed for beginners to gradually build up their running ability so they can eventually run 5km without stopping. Simply download it and follow the week by week guidance.
- Parkrun organise free, weekly, 5km timed runs. They are open to everyone, free, and are safe and easy to take part in. The nearest park runs in this area are Moors Valley, Kings Park in Bournemouth and Poole Park, all of which start at 9.00.
- Splashdown
- New Forest Waterpark
- Dorset Waterpark
- Activate Trampoline Park
- Ice Hockey
- Swimming
- Taekwondo
- Golf
- Cycling E.g. Castlemain trail to Moors Valley
- Skipping
- Dancing
- Brisk dog walk
- Tennis E.g. At Ferndown Tennis Club
- Badminton
- Paddle boarding
- Surfing
- Kayaking
- Rollerblading
- Rowing
- Canoeing
- Football
- Netball
- Gymnastics

A prize will be awarded to the student who is the most active this summer. Hard copies of the Activity Log are available from the PE Office. Parents/Carers, please sign your child's activity log to confirm that it is filled out accurately. Have fun!