



Weekly Notices – 1

Fidget Toys

We would like to request that children do not bring fidget toys into school. They can be a distraction in class with some children bringing in a selection of fidget toys that are being shared round their peers and being taken outside at break/lunch times. For the majority of children, these are not needed in the classroom and, as the name suggests, they are used mainly as toys and are not supporting concentration or focus.

Fidget Tools

In school, there will be a very small number of children who have been identified as requiring a small fidget tool or other strategy to help them concentrate and regulate themselves better. These children are known to the SENCO and the school will provide something if required which best meets their need. We use specific fidgets as recommended by occupational therapists and they are used as a 'tool' to support sensory regulation. If they don't appear to be supporting the child then another strategy will be used. Teachers also use a range of strategies to support regulation such as giving the class a 'moving minute' or a 'mindful minute' when needed from our Trick Box programme. Thank you for your support on this.

Aspens Lunches

Aspens would like to thank everyone who has booked a lunch so far on returning to school. As a reminder, lunches need to be booked by 8.30am each morning. If your child does not have a lunch the office will make contact with you to request a packed lunch is brought in. If you no longer require a lunch that you have booked this also needs to be cancelled by yourself by 8.30am.

Aspens are hosting a theme day event on Thursday 19th September, please find the attached the menu for this day which is available now to book via <https://select.aspens-services.com/> If you have not set up your child's Aspens account and need their code, please contact the office via admin@freegrounds-jun.hants.sch.uk

Wessex Shoebox Appeal

Once again, this year we are pleased to be supporting the Wessex Rotary Shoebox appeal. To make the filled boxes easier to pack and ship to those in need we have been given boxes for you to fill should you want to join the appeal. These boxes are available from reception. Each box costs just £2 to send which you will need to sellotape to the top of the box. A leaflet is attached which all the information you need to fill the box correctly.

Boxes will be collected from school on **Tuesday 15th October**, your filled box will need to be **brought to reception at drop off on Tuesday 15th October** and not before as we do not have space in school to store them.

Supporting DKMS

One of our pupils has been diagnosed with Aplastic Anemia (bone marrow failure), unfortunately there is currently no perfect match worldwide on the donor register to treat their diagnosis. As a school we would like to help spread the word for the need of more blood and bone marrow donors. Please click the links below for more information.

<https://www.blood.co.uk/>

<https://www.dkms.org.uk/>

Jewellery Reminder

- No jewellery should be worn in school unless there are particular religious or cultural reasons, this includes bracelets that may have been worn over the summer, children will be asked to remove them.
- Children with pierced ears need to wear **small studs only** and these will need to be removed or covered over with micropore tape during PE lessons.
- Make-up, nail varnish and fake tattoos are not allowed.
- Watches are allowed.

Water Bottles

Please can you ensure your child comes to school each day with a reusable water bottle that is of average size. We have seen some large water bottles in school this week and unfortunately, they do not fit into the carriers

Coats

Children will still play outside during break and lunchtimes in light rain so please ensure your child has a coat in school every day.

Sickness and Diarrhoea

We have seen an increase in sickness and diarrhoea in the school recently. If your child becomes unwell with sickness and/or diarrhoea they cannot return to school until 48 hours has passed since their last episode of illness, unless the office has medical evidence confirming an earlier return. Although we understand this can be frustrating as your child may otherwise seem well it is essential to help prevent outbreaks spreading through classes.

After School Clubs – Available to book for the autumn Term

We have a variety of after school clubs available to book, please click the following link on our website for more information and to sign up.

<https://www.freegrounds-jun.hants.sch.uk/page/?title=Clubs&pid=86>

Inset Days For 2024/2025

Our inset days for the next academic year 2024/2025 are

Monday 2nd September 2024

Friday 11th October 2024

Friday 29th November 2024

Friday 14th February 2025

Friday 20th June 2025

Breaktime Snacks

Within our school, we aim to promote healthy eating and we would like to take this opportunity to remind our parents and carers that following are not permitted as a break time snack:

- crisps
- sweets
- chocolate biscuits
- nuts

Examples of snacks that can be eaten at break time:

- Any choice of fruit
- Any vegetable i.e, carrot sticks, cucumber, pepper sticks
- breadsticks, crackers or rice cakes
- cereal bars

We do not want children to be eating their lunch at break time. Please provide your child with an additional break time snack. If you have any queries, please speak to your child's class teacher.

PE Days

Please ensure you send your child to school in the correct PE uniform consisting of black bottoms (girls shorts can be a cycling short but not a hot pant style of short), a white round neck t-shirt, a black or green jumper and proper sports trainers.

Oak class - Thursday and Friday
Elm class - Monday and Thursday
Ash class - Tuesday and Thursday

Beech class - Monday and Wednesday
Pine class - Monday and Wednesday

Cedar class - Tuesday and Thursday
Willow class - Monday and Thursday
Larch class - Monday and Tuesday

Year 6 will only have one PE lesson a week due to bikeability this term
Sycamore class - Thursday
Juniper class - Tuesday
Hawthorn - Friday

Absence During School Time

We would like to take this opportunity to remind parents and carers who wish to take their child out of school during the school term that an absence request form needs to be completed and given to the office before the absence. Requests cannot always be authorised; however, they are looked at on a case-by-case basis. It is important that we as a school know where children are each day that they are absent for safeguarding reasons, as well as to monitor each child's attendance and their sickness and absence records.

If a child is absence from school for sickness immediately before or after a holiday absence you will be asked to provide confirmation of you holiday dates to ensure the correct processes have been followed. If we have reason to suspect that you have taken an unauthorised absence, we will continue to follow Hampshire County Council's procedures of a warning letter, followed by a Fixed Penalty Notice. Please read our attendance policy which can be found on our website for more information.

Dogs on School Site

We would like to take this opportunity to remind all parents, carers and visitors to our school that dogs are not allowed on site.

Health & Safety

Please can we remind all parents we are a **NUT FREE** school, this includes spreads in sandwiches, for example, **Nutella** and snack bars that the children bring in at break time. There are children in school with severe nut allergies so we ask that you ensure everyone in your family who makes packed lunches are aware.

Parking/driving up School Lane - Please be considerate of our neighbours when parking before and after school to collect your child/children. **Please follow the Highway Code and remember not to park on double yellow lines or zig zag white lines.** School Lane is for access for parents/carers who have been issued a permit (even when it is wet).



Social Media links

<https://www.facebook.com/freegroundsjuniorschool>

<https://twitter.com/freegroundsjun>

<https://www.instagram.com/freegroundsjun/>

Friends of Freegrounds Junior School Facebook group -

<https://www.facebook.com/groups/960606647304903/>

Diary Dates

Tuesday 17th September – Year 4 Southampton Art Museum Visit

Thursday 19th September – Aspens theme day lunch

Thursday 19th September – Year 5 Science Centre Visit

Friday 29th September – Individual pupil photos by Yellow

Friday 4th – Thursday 10th October – Year 6 Bikeability

Thursday 10th October – FOFJS lower and upper school discos, more details to follow