

# FOSTON PRIMARY SCHOOL BULLETIN

## Class 1

Thank you to our friends at the Methodist Church! We had a lovely time doing lots of craft activities. It was lovely to see our fabulous hand wreath that we made with children from Class 2. On Wednesday we made cress heads. We have put them somewhere warm and sunny and will top them up with water to help us grow a head of cress hair! Thursday saw us all dress up as our favourite book characters-everyone looked fabulous and it was a great opportunity to share our favourite books with friends.



## Class 2

We've had a very busy week with lots of exciting activities! On Monday we had a special visit from Spike the Hedgehog who taught us all about road safety. On Tuesday we took part in some lovely craft activities with our friends from the Methodist Church while thinking about loving our beautiful world. Wednesday saw us pulling on our trainers for some dodgeball games at Malton School. Thursday gave us the opportunity to go "All in for reading" as we shared our favourite stories, designed book tokens and had a costume parade!



## Class 3

It has been another busy week in school! The week started with a bang when we had a visit from Spike the Hedgehog, who taught us all about road safety. On Tuesday, we carried out some experiments in science to investigate the properties of different rocks. On Wednesday, we were lucky enough to visit the Methodist church, where we learnt about love languages and the importance of loving ourselves. We also made some amazing cards and a beautiful class wreath. Then it was World Book Day, and it was such a pleasure to see everyone get creative and share their love for reading. The costumes were amazing!



## Class 4

This week, our children welcomed Spike the Hedgehog into Foston School, to teach us all about Road Safety. We learned the importance of being careful when walking across the road. Can you guess which of our lovely teachers dressed up as Spike?



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## Staffing update

We share the news that Mrs Snowden has gone on maternity leave slightly earlier than anticipated and she was unable to say goodbye to the children today. We look forward to seeing Mrs Snowden when the new addition to her family arrives and wish her all the luck. I would like to take this opportunity to thank Mrs Snowden for all she has done at Foston, as teacher to our wonderful children and across our federation as both reading and eyps leader.

We are lucky to have found Mr Kirk to continue her fantastic work in our early years classroom. Mr Yip will be our senior teacher at Foston in the absence of Mrs Moore or Miss Stringer. He will also be our new reading leader. Mr Yip is an experienced teacher, who has taught all primary year groups, bringing a wealth of experience to the role.

## World Book Day



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### Parents Evening Bookings

Our parents' evenings will take place on Tuesday 17th March from 5-7pm and Thursday 19th March from 3.30-5.40pm. Appointments for parents' evening will be made bookable through Arbor this time. We hope this method is easier for parents and there will be more information when they are released.

If you are a split family and not on Arbor and would like a meeting either email the office or let a member of staff know the preferred time /date and I will book you in.

The bookings will be available on Friday 27th February .

### Tuesday Sports club

We are pleased to share that Total sports will be returning to Foston on a Tuesday for after school from 3:30-4:30pm starting 3rd March. The theme of the club is racket sports. If you would like your child to attend, please book a place via Arbor.

### Sports Enhancement Day

We are excited to announce that we will be visited by Paralympic Athlete Roy Turnham! All children will be bringing home a sponsor form today. Please only input TERRINGTON Primary School when using the online sponsor page via the QR code otherwise you will not be able to find the event.

**Can we remind parents that a packed lunch is required for years 1-6 on Friday 13th March.**

### Residential Trip – Next Payment Information KS2.

Dear Parents and Carers,

We are writing to share an update regarding the next set of payments for the residential trip.

The cost of the trip is £264, broken down as follows:

Food: £80

Accommodation: £92

Activities: £76

Transport (bus): £16

As you have already paid a £40 deposit, the remaining balance is £224.

This can be paid via Arbor in 4 instalments of £56, or as a single payment if preferred. Arbor will be updated shortly to allow payments to be made. **Please can all payments be made by the 15th May 2026.**

If you have any questions, please don't hesitate to contact the school office.

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## Being aware of Online Bullying – Speaking to your child

Defined as ‘ongoing hurtful behaviour towards someone online’ cyber-bullying makes it’s victims feel upset, uncomfortable and unsafe. In the digital world it has numerous forms – such as hurtful comments on a person’s posts or profile, deliberately leaving them out of a group chat, sharing embarrassing images or videos of someone, or spreading gossip about them. Cyber-bullying can severely impact a young person’s mental health –we are re sharing a poster with you, that provides a list of tips to help trusted adults know what to look for and how to respond to it.

**What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING**

Defined as “ongoing hurtful behaviour towards someone online”, cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person’s posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person’s mental health – so, in support of Anti-Bullying Week, we’ve provided a list of tips to help trusted adults know what to look for and how to respond to it.

**1. GET CONNECTED**  
Playing online games together with your child or connecting with them on social media (providing they’re old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you’ve both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

**2. KEEP TALKING**  
Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it’s important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

**3. STAY VIGILANT**  
Observe your child while they’re using technology and just after they’ve used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone when you look it’s the right time, you may want to check in with them to see if everything is OK.

**4. MAKE YOURSELF AVAILABLE**  
If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won’t be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

**5. BE PREPARED TO LISTEN**  
When conversations about online bullying do take place, they’re likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they’re bringing you up to speed, and try not to show any judgement or criticism – even if they haven’t dealt with the situation in exactly the way you would have hoped.

**6. EMPOWER YOUR CHILD**  
Depending on their age, your child might not want a parent “fighting their battles for them”. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you’re putting them in control but are also demonstrating that you’re there to support them along the way.

**7. REPORT BULLIES ONLINE**  
Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

**8. ENCOURAGE EMPATHY**  
Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don’t feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report their person to the app or game where the bullying occurred.

**9. SEEK EXPERT ADVICE**  
Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child’s mental wellbeing, then seek psychological support for them. Here are some useful contact details in the central panel below.

**10. INVOLVE THE AUTHORITIES**  
If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

**FURTHER SUPPORT AND ADVICE**  
If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to:  
 Childline: talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)  
 National Bullying Helpline: counsellors are available on 0845 225 5737 or by visiting [www.nosenaonlinebullyinghelpline.co.uk/cyberbullying.html](http://www.nosenaonlinebullyinghelpline.co.uk/cyberbullying.html)  
 The NSPCC: the children’s charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 050 5000

**Meet Our Expert**  
Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

**NOS National Online Safety**  
#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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## Diary Dates

Event	Date	Key Points
Stay and Play	Mondays 12th January onwards	<ul style="list-style-type: none"> <li>• Every Monday in term time 1-30pm-3.00pm</li> <li>• For children aged between 2-4 years.</li> </ul>
Sports Enhancement Day	Friday 13th March	<ul style="list-style-type: none"> <li>• Fun activities for the day</li> <li>• PE Kits and named water bottle.</li> <li>• Sponsorship Forms sent out on Fri 27th Feb.</li> </ul>
Parents' Evening	Tuesday 17th March Thursday 19th March	<ul style="list-style-type: none"> <li>• 17.00 until 19.00.</li> <li>• 15.30 until 17.30.</li> <li>• Book appointments on Arbor</li> </ul>
Celebration Assembly	Tuesday 24th March 2026	<ul style="list-style-type: none"> <li>• 9.15am Village Hall.</li> </ul>
Easter Service KS2 (Y3-6)	Wednesday 25th March 2026	<ul style="list-style-type: none"> <li>• 9.30am-10.30am All Saints Church (Foston)</li> </ul>
Easter Service EYFS/KS1	Wednesday 25th March 2026	<ul style="list-style-type: none"> <li>• 2.30pm-3.30pm Methodist Church (Thornton le Clay)</li> </ul>
Easter	Last day at school Friday 27th March 2026 First day back <b>Tuesday 14th April 2026</b>	
Basketball, Handball, Netball KS2 Malton Sports Centre	Wednesday 15th April	<ul style="list-style-type: none"> <li>• PE Kits and named water bottle.</li> </ul>
Quick Rounders & Cross Country KS2 Malton Sports Centre	Wednesday 29th April	<ul style="list-style-type: none"> <li>• PE Kits and named water bottle.</li> </ul>
Bewerly Park KS2	Monday 1st June— Wednesday 3rd June	<ul style="list-style-type: none"> <li>• Payments to be made before 15th May.</li> </ul>

## Helpful information

### What should I do if I am worried about a child?

#### How to report your safety concerns

If you believe that a child is immediate danger from significant harm, dial 999 to report it to the Police.

#### How do I make a referral?

Referrals can be made via the universal referral form or following an Early Help Assessment. Both can be located on North Yorkshire Safeguarding Children Partnership website:

<https://www.safeguardingchildren.co.uk/professionals/forms-and-tools/>

Urgent referrals can be made via telephone to the Customer Resolution Centre on 0300 131 2 131.

or alternatively call the NSPCC Helpline: 0808 800 5000 or email: [help@NSPCC.org.uk](mailto:help@NSPCC.org.uk)

Foston C.E. Primary School YO60 7QB Tel 01653 618265 Email : [fostonoffice@foston.n-yorks.sch.uk](mailto:fostonoffice@foston.n-yorks.sch.uk)

Executive Head : Mrs S Moore Headteacher : Miss K Stringer

