

# FOSTON PRIMARY SCHOOL BULLETIN

## Nursery & Reception

The children have had a very busy week completing our nativity performances and a trip to Malton library as well! I am very proud of all the children for their performance and how hard they have worked to learn the words to all of the songs. I hope that it helped everyone to get in the festive spirit! The children also had a brilliant time at the library looking at lots of great books and with many children getting a library card for the first time!



## Year 1 & 2

This week has been a busy week for the children. The staff in Class 2 are so incredibly proud of the children's performances in the nativity. They have shown patience, dedication and bravery speaking and singing in front of a large group of people. Well done to the whole class!

This week we have also been consolidating our knowledge of materials in Science, sorting materials into different groups. The picture shows a group of transparent materials and a group of opaque materials. The children used good vocabulary to describe the materials they had. The class has also enjoyed making our Tudor houses on our DT day, using what we have learnt about joining materials and about the Great Fire of London period.

We have been learning all about 'The Great Fire of London' in our History topic this term, and in DT we have used our knowledge of building a free standing structure to build ourselves some Tudor houses.

Next week, the years 1 and 2 will be taking our houses to the field and we will model the burning of 'The Great Fire of London.' The children will be told about this prior to the event and made aware that such a fire like this is unlikely to happen nowadays due to the safety measures and precautions put in place. To alleviate any worries or concerns, please can you also talk to your children at home prior and talk to your class teacher if your child feels a bit wobbly so we can reassure them. The children have really enjoyed this topic and this will be a valuable learning experience to complete the term.

## Year 3 & 4

We had a beautiful Christingle service celebrating the birth of Jesus Christ. The children sang songs beautifully and held their Christingle oranges proudly to demonstrate the light of Jesus shining.

## Year 5 & 6

This week in Class 4 we have been completing our end of term assessments. The class have applied themselves well to get all the hard work out of the way so we can enjoy Christmas activities next week. Mr Carlisle is super proud of how the children have worked this term and the progress they have made.



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### Celebration Assembly

On **Tuesday 17<sup>th</sup> December** we have our Celebration Assembly at the village hall. The assembly will take place at **9.10am** and PAFFS will be selling teas and coffees. If your child is receiving a certificate, there will be a note in their planner this week. All parents are welcome to join us.

### Christmas Parties

On **Thursday 19<sup>th</sup> December** all of the children will be having a Christmas party at the village hall in the afternoon, with Nursery - year 2 and year 3 - 6 coming together. The children are welcome to bring party clothes or a Christmas outfit to change into at lunchtime in a clearly labelled bag. We encourage you to label the clothing you bring it to ensure we can identify it.

### Fantastic Friday

On **Friday 20<sup>th</sup> December**, our Fantastic Friday is music themed. This year we are lucky to be having an African drumming workshop come to school to give the children a chance to explore different drums and techniques. We ask for a voluntary contribution of £4 per pupil for this to take place. This is a fantastic opportunity for the children to develop their music skills, so we ask for parental support to make this possible and go ahead. Years 3, 4, 5 & 6 children will be doing a performance for parents at on **Friday 20<sup>th</sup> December, 3.15pm at the village hall**. We welcome parents to come see what we have created.

### FEAST Vouchers

Please see attachments for mor information.

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## Speaking to your child about chatting/messaging online

Included in this bulletin is some advice for parents/carers about speaking to your child about chatting/messaging online. Although this is often thought about more with older children, applications that younger children have access to such as Roblox or fortnight (on games consoles) allow children to chat individually or in groups. If your child is playing on these games, it is important to speak with them regularly about not only keeping themselves safe but also about what they may be writing or saying about others that can be hurtful.

## Managing The Christmas Sensory Overload.

It's that time of year which for some of us is exciting: meeting and catching up with friends and family, putting up glittery decorations and sparkly lights, giving and receiving shiny gifts, parties, dressing up, singing songs, and watching TV specials. Yet for many children, young people and adults, this time of year can be filled with emotional and sensory overwhelm. An increase in noise, multiple voices, crowds, social expectations, changes in routine, flashing lights, different textures brought into the house, loud and busy music and surprise gifts. Attached is a handy guide and advice from Beacon House to ensure a more joyful, or tolerable time for all the family as well as some contact information below for support with emotional and mental health.

## Emotional and Mental Health

### **For Adults**

Mind: Mind offers tips and advice on coping with the holiday season, including managing stress, dealing with loneliness, and maintaining mental well-being.

## Christmas and Mental Health

Samaritans: Provides 24/7 support for anyone struggling to cope. They offer a safe space to talk about whatever is troubling you.

Call 116 123 or visit—[Contact Us | Samaritans](#)

NHS: The NHS offers advice on managing mental health during the holidays, including tips on dealing with stress and where to find support.

NHS Mental Health Support - [Mental health - NHS](#)

### **For Children**

The Go To: **The Go To website** is the home of wellbeing and mental health for young people in North Yorkshire and provides a wealth of information and practical advice for children, young people, their carers and professionals.

## The Go -To - Emotional wellbeing and mental health

YoungMinds: Offers advice on supporting children and young people with their mental health, including how to handle anxiety around Christmas.

## Helping Your Child with Anxiety at Christmas

The Children's Society: Provides tips for managing children's mental health during the festive season, including maintaining routines and understanding their needs.

## Supporting Children's Mental Health at Christmas

Childline: Offers free, confidential support for children and young people. They provide a safe space to talk about any worries or concerns.

Resource: Call 0800 1111 or visit Childline - [Childline | Childline](#)

Kooth: Kooth is a free, safe and anonymous **online wellbeing service** for children and young people. The Kooth team provide free, safe and anonymous online support and counselling. The whole team are made up of friendly and experienced individuals and are a bacp accredited service. [Home - Kooth](#)

Shout!: Shout is the UK's first and only 24/7 text service for anyone in crisis. Get free, confidential mental health support anytime, anywhere. Text 'Shout' to 85258.

[Shout: the UK's free, confidential and 24/7 mental health text service for crisis support | Shout 85258](#)

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## Diary Dates

Event	Date	Key Points
Celebration Assembly	Tuesday 17th December 2025	Thorton-Le-Clay Village Hall at 9.15am
Christmas Parties	Thursday 19th December 2025	Thornton-Le-Clay Village Hall During school hours
Fantastic Friday	20th December 2024	All children complete the workshop in the day. There will be a KS2 performance at 3.15pm at the village hall to parents.
<b>Christmas</b>	<b>Last day at school - 20th December 2024</b> <b>First day back - 7th January 2025</b>	
Special Lunch—Best of British	16th January 2025	Chicken Pie Cheese & bean pasty (V) Mashed potato Medley of vegetables Syrup sponge & custard
Special Lunch—Valentines	14th February 2025	Pizza sub Chips Peas & sweetcorn Love heart biscuit
<b>Spring half-term</b>	<b>Last day at school - 14th February 2025</b> <b>First day back - 24th February 2025</b>	
Special Lunch—World Book Day	6th March 2025	Magic meatballs Hufflepuff (V) Slytherin topped spuds Ollivander's wands Ravenclaw slaw Goodwin's chocolate extravaganza
Special Lunch—Easter	31st March 2025	Roast Chicken, Yorkshire pudding & gravy Veggie sausage (V) Potatoes Carrots & broccoli Easter chocolate nest
<b>Easter</b>	<b>Last day at school - 4th April 2025</b> <b>First day back - 23rd April 2025</b>	
<b>May Day bank holiday</b>	<b>Last day at school - 2nd May 2025</b> <b>First day back - 6th May 2025</b>	
Special Lunch—Street Food	15th May 2025	Chicken nuggets Veggie nuggets (V) Skinny fries BBQ beans Doughnut muffin
<b>Summer half - term</b>	<b>Last day at school - 23rd May 2025</b> <b>First day back - 2nd June 2025</b>	
<b>Summer</b>	<b>Last day at school - 18th July 2025</b>	