

# FOSTON PRIMARY SCHOOL BULLETIN

## Class 1

This week we have been developing our artistic skills by learning how to use resources to create beautiful self-portraits. We have been concentrating on making sure we show attention to detail in our use of line and colour. As part of our RE topic we have been learning all about the Christian tradition of baptism. We will be learning about the traditions followed by a different religion next week. In our independent learning some of us are wondering if the cooler weather recently is enough to create ice!



## Class 2

We're so excited to share our news about the fantastic time we had at the Sports' Enhancement Day last Friday! We had a great time developing our skills in a range of different sporting activities from athletics drills to tag rugby! This also gave us the opportunity to develop friendships with children from across the federation as well as some healthy school rivalry!

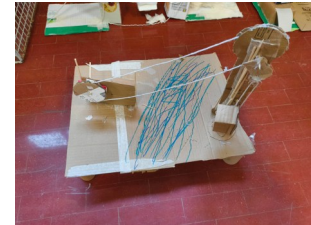
### Visit to the Methodist Church

On Thursday the children were invited to a service at the Methodist Church. We had a lively and thought provoking service about the power of forgiveness involving some interesting animal characters-maybe your child can tell you more! We finished with a joyous rendition of a school favourite "My Lighthouse". Many thanks to our friends at the Methodist for the chance to come together.



## Class 3 and Class 4

Class 3 and 4 had a brilliant DT Day on Monday. They worked together to create great designs of effective pulley systems and used a range of materials to build them across the course of the day. We evaluated our designs afterwards talking about what went well and what we could improve.



## Year 6 Parents I

If you haven't yet submitted an application for your child's secondary school place for September 2026, please remember to do so by **31 October 2025**. Applications can be made online at: [www.northyorks.gov.uk/admissions](http://www.northyorks.gov.uk/admissions) Thank you for your attention to this important deadline.

## KS2 Residential

We are very excited to offer our KS2 pupils (Years 3-6) the opportunity to attend a residential trip to Beverley Park. To help us gauge interest and begin planning, please complete the form via the link below to express your interest in your child attending this residential by Monday 3rd November - <https://forms.cloud.microsoft/e/bwmcWcF6LQ>

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## **Foston Clubs Autumn 2**

Please find below our extra-curricular clubs for next half term. To book a place, please do this by booking wrap around care through Arbor.

	Monday	Tuesday	Wednesday	Friday
Club	Musical Theatre	Multi- Skills Sports Club	Musical Theatre	Games Club
Leading Adult	Mrs Read	Total Sports	Mrs Read	Mrs Dale
Time	3.30-4.30pm	3.30-4.30pm	3.30-4.30pm	3.30-4.30pm
Age	Key Stage 1 (years 1-2)	KS1&KS2 (years 1-6)	Key Stage 2 (Years 3-6)	All Children

## **World Mental Health Day**

Last Friday was World Mental Health Day. The children in our schools spent a wonderful day taking part in lots of sporting activities, finishing off with a special collective worship. The children learnt there are 5 ways to well-being -connect, give, take notice, keep learning and be active. These are things that experts have found are really beneficial for our mental health. We focused on 'connecting', with the children taking a moment to think about why it is important to connect with others.

- Having friends and people you trust is really important for your mental health.
- When you feel connected to others—like family, friends, or even classmates you feel happier, safer, and more confident.
- These good feelings can help your brain work better and even keep your body healthier!

We then looked at 5 ways being connected can help us feel better

- When you're feeling sad, worried, or scared, it's nice to talk to someone who listens and cares.
- This can help you feel better and not so alone.
- Sharing experiences out loud is proven to help calm us down and offer a sense of relief. It can even boost our immune system.
- It's great to be able to share worries but also positive experiences too.

When life gets tough—like if you're having a bad day or feeling nervous—talking to someone you trust can help calm you down and make things easier to handle. When you have people who support you, it's easier to get through hard times. You feel stronger and braver when you're not alone. These things can be done in lots of different ways - Laughing and talking with others can help your brain release "feel-good" chemicals like dopamine and serotonin. These help boost your mood! It stimulates circulation and aids muscle relaxing which also reduces stress.

As adults' life can be very busy, therefore, it is important to remember to look after ourselves too.

There are lots of places that offer help and support. Remember - You're never alone.

## **Local and national crisis support**

[North Yorkshire CAMHS Crisis Team \(Selby and Easingwold\)](#): 01904 615348 (Open 10 am to 10 pm)

[NHS 111](#): 111 (Select the mental health option for 24/7 support)

[Samaritans](#): 116 123 (24/7)

[Shout Crisis Text Line](#): Text SHOUT to 85258 (24/7)

[Hopeline247](#): 0800 068 4141 (For suicidal thoughts, 24/7)

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### **Fantastic Friday**

Instead of First Aid this Fab Friday, our school will be taking part in an exciting competition to decorate a Christmas tree for Nunnington Hall's "Nature's Noël" event!

Throughout the day, the children will be:

Learning about the National Trust and sustainability — and why caring for our planet is so important.

Coming up with a theme for our Christmas tree.

Designing and making sustainable Christmas decorations to bring their ideas to life!

This is where we need your help!

To make our decorations as eco-friendly as possible, we're collecting materials that can be reused or recycled.

Please send in any of the following items you might have at home:

- Old plastic bottles
- Cardboard and paper
- Tin foil
- Pine cones
- Scrap fabric or ribbons
- Any other small recyclable materials

Please note: We cannot use glitter, flowers, or foliage for this project.

Thank you so much for your support in helping us make this a creative, sustainable, and festive Fab Friday!

### **- KS2 Residential**

We are very excited to offer our KS2 pupils (Years 3–6) the opportunity to attend a residential trip to Bewerley Park. To help us gauge interest and begin planning, please complete the form via the link below to express your interest in your child attending this residential by Monday 3rd November - <https://forms.cloud.microsoft/e/bwmcWcF6LQ>

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## Diary Dates

Event	Date	Key Points
Stay and Play	Monday's 1.30pm-3.00pm	<ul style="list-style-type: none"> <li>Children age 2-4 years to come with their parents</li> </ul>
Celebration Assembly	<b>Tuesday 21st October 9.10am</b>	<ul style="list-style-type: none"> <li>Village Hall Thorton-Le-Clay</li> <li>All parents welcome</li> </ul>
Autumn Half Term	Last day at school 25th October 2025. First day back 3rd November 2025	
Open Events	Monday 3rd November 1.30-3.00pm Thursday 4th December 4-5.30pm	<ul style="list-style-type: none"> <li>Contact the school office to book a visit</li> <li>fostonoffice@foston.n-york.sch.uk</li> <li>01653 618265</li> </ul>
Parents' Evening	Tuesday 11th November 5-7pm	<ul style="list-style-type: none"> <li>Information to follow.</li> </ul>
Parents' Evening	Thursday 13th November 3.30-5.30pm	<ul style="list-style-type: none"> <li>Information to follow.</li> </ul>
KS2 Dodgeball	Wednesday 3rd December	<ul style="list-style-type: none"> <li>Malton Sports Centre.</li> <li>PE Kits Required</li> </ul>
KS2 Christingle Service	Tuesday 9th December 2.30pm	<ul style="list-style-type: none"> <li>Information to follow.</li> </ul>
EYFS/KS1 Nativity	Tuesday 9th December 4.00pm	<ul style="list-style-type: none"> <li>Information to follow.</li> </ul>
Community Lunch (KS2 Singing)	Wednesday 10th December 12.30pm	
Christmas	Last day at School 19th December 2025. First day back 6th January 2026	
Winter Half Term	Last day at school Friday 13th February 2026 First day back Monday 23rd February 2026	