



Jesus said, 'I am the way, the truth and the life.' -
John 14:6

Love Courage Friendship

**St. Francis Catholic & Church
of England Primary Academy**

Newsletter 1

5th September 2025

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Dear Families,

What a wonderful start to the new term! I am absolutely thrilled to share with you the fantastic energy and enthusiasm that has filled our corridors since we welcomed everyone back on Tuesday. Mr Augustus led our first collective worship of the year with a powerful focus on leadership, and I couldn't be more excited about the opportunities ahead for our children. We will soon be opening applications for various leadership roles throughout the school, including Junior Librarian positions, School Council representatives, Sports Crew members, and the prestigious House Captain roles for our Year 6 children. These positions offer our children the chance to develop their leadership skills, take on meaningful responsibilities, and make a real difference to our school community.

During worship, we explored the qualities that make truly effective leaders, drawing inspiration from how Jesus demonstrated exceptional leadership through his actions and values. It was wonderful to see our children engaging thoughtfully with these important concepts and beginning to recognise the leadership potential within themselves.

I must say, I am really excited about this new academic year and incredibly impressed with how smart all our children look as they return to school. The pride they are taking in their appearance reflects the pride they have in being part of our St Francis family, and it's truly heartwarming to see.

The fantastic work I've witnessed across every classroom this week has been nothing short of inspiring. Our children have returned ready to learn, eager to engage, and demonstrating the high standards we know they are capable of achieving. Their enthusiasm for learning is infectious and sets such a positive tone for the months ahead.

What has particularly caught my attention are the lovely manners being displayed throughout the school. From polite greetings in the morning to thoughtful interactions during break times, our children are really showing what it means to be part of our caring community.

Most importantly, I can see our school values of Love, Courage, and Friendship shining through in everything our children do. Whether it's showing kindness to a new classmate, having the courage to try something challenging, or demonstrating the love and care we have for one another, these values are truly at the heart of who we are as a school.

Our Big Question next week is:
What is your big dream?

Here's to a wonderful year ahead filled with learning, growth, and countless opportunities for our children to flourish.

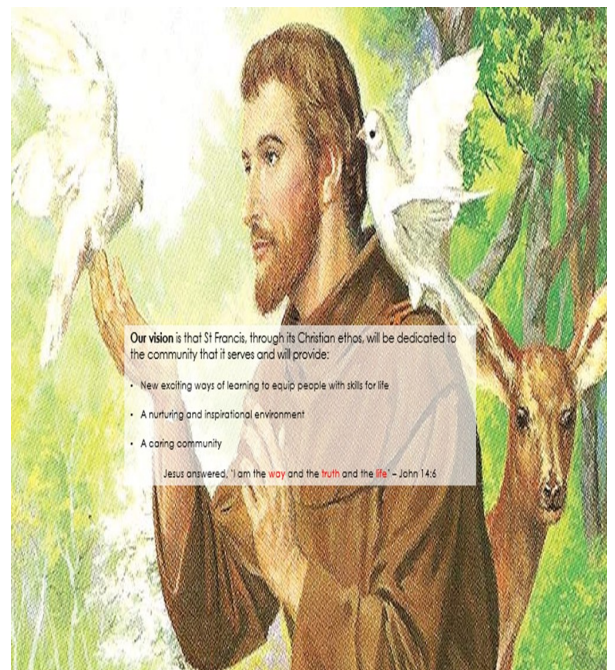
Robert Craig
Assistant Principal

A BACK-TO-SCHOOL PRAYER

Loving God, thank you for the rest and relaxation we enjoyed over the summer.
Today, we pray for our children as they begin their new school year.
Bless them with joy at seeing friends, excitement at new experiences, and a love of learning.
Watch over all who learn, replacing fear with joy, anxiety with peace, and tiredness with energy.
Grant teachers wisdom, patience, and joy in serving their students.
In Jesus' name we pray.
Amen.



Our School Vision



Our vision is that St Francis, through its Christian ethos, will be dedicated to the community that it serves and will provide:

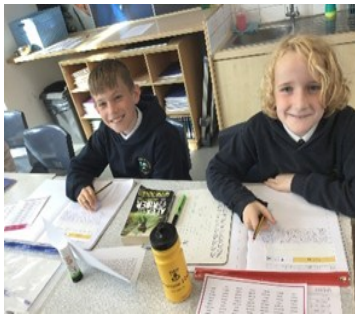
- New exciting ways of learning to equip people with skills for life
- A nurturing and inspirational environment
- A caring community

Jesus answered, 'I am the way and the truth and the life' - John 14:6

Dina Asher-Smith Class News

Year 6 have had an amazing first week back and we are so impressed with how well everyone has settled back into routines. Their behaviour, focus and enthusiasm for learning have been excellent - what a brilliant start to the year!

In Maths, we are developing our understanding of place value up to ten million. This includes reading and writing large numbers, comparing and ordering them and recognising the value of each digit. We are also working on using number lines and exploring how rounding can help us estimate and check our answers.



Our focus in English has been on *settings*. We've been learning how to create detailed descriptions that help the reader picture exactly where a story is taking place. The class have already produced some wonderful descriptive paragraphs - we can't wait to see these skills being used in their own stories!

In History, we have started our new topic on World War II. We began by looking at when and why the war started, and how it affected people's everyday lives. Over the coming weeks, we will be exploring themes such as evacuation, rationing, the Blitz, and the role of different countries.



We are very proud of how Year 6 have started the term.

Parent lunches

Parent lunches are returning this term and you are more than welcome to join your child for lunch on the dates and times below.

Please follow the link for your child's class to book your meal and once this is done please go onto Arbor to pay for your meal, this can be found under the Activities/ clubs tab.

Meals need to be pre booked and paid for before the day.

Year 6 - Friday 12th September @ 12.30pm - book by Wednesday 10th September.

<https://www.surveymonkey.com/r/5FYBVZ8>

Year 5 - Friday 19th September @ 12.30pm - book by Wednesday 17th September

<https://www.surveymonkey.com/r/PSDX7QF>

Year 4 - Friday 26th September @12.30pm - book by Wednesday 24th September

<https://www.surveymonkey.com/r/5FNKJT9>

Year 3 - Friday 3rd October @ 12.30pm - book by Wednesday 1st October

<https://www.surveymonkey.com/r/PSTL9RR>

Year 2 - Friday 10th October @ 11.50am - book by Wednesday 8th October

<https://www.surveymonkey.com/r/PS3RYYP>

Year 1 - Friday 17th October @ 11.50am - book by Wednesday 15th October

<https://www.surveymonkey.com/r/53CRKQV>

Reception Class - Friday 7th November @ 11.40 am -book by Wednesday 5th November

<https://www.surveymonkey.com/r/PSPNTDL>

Themed lunch days

Bonfire Night -Wednesday 5th November.

Menu to be confirmed

Dinners are now £3.10.

PE days

Here are the following PE days:

EYFS: Monday and Friday

Year 1: Wednesday

Year 2: Thursday

Year 3: Monday

Year 4: Monday

Year 5: Tuesday

Year 6: Monday and Friday

Please can children come into school in their PE kits on these day.

Also, there may be times (for example poor weather) when the day might need to be changed - the teachers will let you know if that is the case.

Clubs

There are still spaces in the following after school clubs.

Tuesday—Bikes & Scooters - KS1

Wednesday— Football—Years 2,3,4.

Thursday— Dance & Cheerleading - Years 4,5,6.
£4.00 per session.

These can be booked and paid for on Arbor.

Lost Property

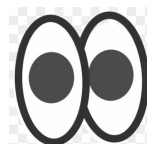
We already have items in the lost property box.

PLEASE name your child's uniform/ belongings so we can return them to them.

PTA

The PTA have been very busy planning some exciting events for the children for this year.

Watch this space !!



Online Safety

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and diverse change. Formally delivered by National Online Safety, these guides now deliver more impact and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

- 1 SPOT THE SUBTLE SIGNS**
Look out for changes to mood, behaviour, or energy levels, such as irritability, withdrawal, or frequent headaches. Young people may indicate that a child is feeling overwhelmed by having less time to sleep, or by having a room that is cluttered with items. A calm, non-judgemental space to talk, adults can help children feel heard and supported before issues become.
- 2 KEEP CONVERSATIONS FLOWING**
Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.
- 3 MAKE MOVEMENT PART OF THE DAY**
Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.
- 4 SUPPORT HEALTHY SLEEP PATTERNS**
Poor sleep makes stress harder to manage. Establish a calming evening routine that creates a screen-free bedtime and promotes winding down, such as reading, listening to music, or sharing quality time. Sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.
- 5 PRACTISE MINDFULNESS**
Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before school or short breathing meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.
- 6 SET DIGITAL BOUNDARIES**
Excessive screen time, especially before bed or on school days, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest alternatives like reading, outdoor play, or board games to promote digital balance and reduce overstimulation.
- 7 NURTURE SOCIAL CONNECTIONS**
Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build bonds through shared activities and meaningful interactions.
- 8 PROGRESS OVER PERFECTION**
Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.
- 9 TEACH EVERYDAY PROBLEM-SOLVING**
Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.
- 10 BE THE MODEL THEY NEED**
Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert
Anna Botman is Director of Inclusion Education Ltd, Director for Wellbeing and Family Services at Leigh Tross, and Head of Mental Health for the National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.

#WakeUpWednesday The National College

@wake_up_weds | www.thenationalcollege | @wake.up.wednesday | @wake.up.weds

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Please support Hannah and her amazing challenge.

Hannah is very near to her target of £1000 and will finish her marathon next Friday at St Francis.

I've decided to take on a challenge starting Monday 8th of September, 7 Marathons in 7 days.

I'm raising money for the SEN department at St Francis school.

This is something very close to mine and my family's heart and people close to us as well.

Each day I take on my marathon there will be a strong reason why I'm doing this to help and support the SEN department at the school.

So each donation will be massively appreciated and will go a long way.

This will be my biggest challenge yet. It will push me physically,

mentally and there will be days I will struggle. But the reason why

I'm doing this will push me through each day.

Please follow my journey to the 7 Marathon's in 7 days.

https://www.justgiving.com/crowdfunding/hannah-atkins?utm_medium=CR&utm_source=CL

DODGEBALL FUN!

For Ages 7-12

Come join our exciting dodgeball sessions filled with:

- ✓ Fast-paced games
- ✓ Team challenges
- ✓ Fun & fitness
- ✓ Safe environment

Where?

The Bay CE Primary School
Winchester Park Road,
Sandown, PO36 9BA

When?

Wednesday 4:20pm-5pm
£5 per session

No experience needed!

Just bring comfy clothes, trainers and a bottle of water.

Sign up today!

07594389531

sandownsoccer@yahoo.com

Contact Lewis (Mr Mitchell) to book your place!

MUSIC LESSONS FOR KIDS AND FUN

Help Your Child With:
Confidence
Concentration
Self Discipline
Better School Grades

Want to play the Trumpet or learn the Trombone, French Horn, Euphonium, Clarinet, Flute?

- Instrument provided, lessons only £1 a Week!
- Sundays 9:30am - 11am at Nine Acres Primary School
- Call Now to book your 4 FREE Lessons



We have a dedicated Brass Music Instructor
Gareth Balch

Dedicated Woodwind and Percussion instructors

CALL

07837792518

EMAIL - MEDINAMARCHINGBAND@GMAIL.COM

School Uniform

The uniform at St Francis is:

- Grey trousers/ shorts/skirt/pinafore/ Blue & white gingham dresses for the summer
- White Polo (with logo if possible) Years R, 1, 2
- White button through shirt/blouse and tie Years 3, 4, 5 & 6
- School Sweatshirt/Cardigan with logo
- Grey socks/tights
- Black School Shoes (not trainers or boots)

PE Kit is:

- White Logo T Shirt
- Navy PE shorts
- Plimsolls / Trainers

Hair longer than shoulder length should be tied up at all times this applies to both boys and girls and hair accessories should be subtle (no big bows/ ribbons please)

For safety reasons children should not wear any jewellery in school. However if your child has pierced ears, small studs may be worn.

We are proud of our school and its uniform, please help us to keep looking smart.

PE Days:

Monday - Reception, Yr 6,3,4.

Tuesday - Yr 5

Wednesday - Year 1

Thursday - Year 2

Friday - Reception & Yr 6

**Please remember PE kit
MUST be worn to school
on your child's PE day.**

**PE kits should be brought
in for all after school sports**

School Information

School starts at 8.30am and finishes at 3.00pm. Please ensure your child is dropped off in plenty of time for the start of the day and that you collect your child promptly at the end of the day or after their club.

Attendance

If your child is absent from school please ensure you contact the school office promptly in the morning, you can leave a message on 857449.

Break and lunch boxes

A reminder that children should bring a healthy snack for break (no chocolate) and a healthy balanced lunchbox, thank you.