

# Fairford Academy Barnehurst

Newsletter Friday 24th January 2025



Dear Parents and Carers,

I would like to say how immensely proud we were of the choir who had the phenomenal opportunity of performing at the o2 arena at the beginning of this week, well done to all who took part and a huge thank you to Mrs Lowe, Miss Roach, Mr Lilley, Mrs Howes, Mrs Alone, Miss McQueen and Miss Valentine for her support with organising the event. This week Year 3 took part in a workshop about fossils and Year 2 took part in a workshop based on the Great Fire of London. You will see that we have captured elements of these memorable learning experiences on social media, do have a look when you get a minute, we are on Facebook, Instagram and TikTok.

Our Baby and Toddler sessions are continuing to grow in numbers each week, it's been really lovely to welcome members of the local community to our school, please invite friends and family along, the sessions are held on Mondays at 9.30am and Fridays at 1.30pm.

A huge thank you to every one who has signed up to Class Dojo, I have received extremely positive feedback from teachers and from parents. This is a quick way to send a message directly to your child's class teacher and likewise they will send messages and reminders too. If you haven't already signed up to the app speak to your child's class teacher and they will send an invite out again.

We are always looking of ways to improve communication and to support our families at home, so if you would like us to host any specific workshops or coffee mornings please let us know.

We look forward to seeing our KS1 children and parents at the reading event in the library on Thursday 30th January.

Please note that there have been a few changes to Learning Showcase dates in February, apologies for any inconvenience caused.

Have a lovely weekend!

Ms A. Aujla  
Head of School

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# Dates for your diary



Monday 27th January 2025	Tuesday 28th January 2025	Wednesday 29th January 2025	Thursday 30th January 2025	Friday 31st January 2025
Baby & Toddler Stay & Play Session 9.30am—11.00am	*3.20 Football Club for Year 5 & Year 6	*3.20 Phonics Booster Club for Year R (4pm finish)  *Mindfulness Colouring Year 3 & Year 4	Y4 Whales & Sharks trip to Lesnes Abbey  Lions Swimming Lesson  KS1 Bedtime Reading Event 5pm—6pm (see poster on Page 4)	Baby & Toddler Stay & Play Session 1.30pm—3.00pm

\*These clubs were bookable via IRIS ParentMail. You will receive email confirmation to confirm your place. These clubs will run from 3.20pm to 4.15pm. Children are to be collected from outside the main office when the club finishes.

## Attendance % & Number of Children Late

Ladybirds	90.8%	3	Narwhals	97.0%	6
Butterfly	96.8%	5	Penguins	94.8%	7
Dragonfly	83.5%	6	<b>Polar Bears</b>	<b>98.7%</b>	4
Owls	90.4%	3	Dolphin	93.2%	3
Squirrels	96.8%	9	Shark	93.8%	7
<b>Kangaroos</b>	<b>97.1%</b>	2	Whale	95.2%	5
Koalas	94.3%	5	Giraffe	93.4%	3
Kookaburras	95.2%	4	Lion	96.2%	5
			Zebra	93.3%	3
			Eagle	91.8%	3
			Falcon	93.3%	7
			Hawk	91.8%	5

For w/e: 24/01/25



Challenge— Let's hit the 96% mark for all classes. Those classes who have had the biggest improvement will win a prize!

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# Menu



# WEEKLY MENU

**NOURISH**  
GROW WITH US  
NOVEMBER 2024  
TO MARCH 2025

**LOOK OUT FOR OUR THEMED DAYS!**

## WEEK ONE

- 4TH NOVEMBER
- 2ND DECEMBER
- 6TH JANUARY
- 3RD FEBRUARY
- 10TH MARCH

## WEEK TWO

- 11TH NOVEMBER
- 9TH DECEMBER
- 13TH JANUARY
- 10TH FEBRUARY
- 17TH MARCH

## WEEK THREE

- 18TH NOVEMBER
- 16TH DECEMBER
- 20TH JANUARY
- 24TH FEBRUARY
- 24TH MARCH

## WEEK FOUR

- 25TH NOVEMBER
- 30TH DECEMBER
- 27TH JANUARY
- 3RD MARCH
- 31ST MARCH

## MONDAY

- Cheese & Bean Lasagne 1,3,4,7,9 V
- Sweet Potato & Chick Pea Curry VG
- Jackets with a Choice of Toppings 7,8,9
- Rice, Sweetcorn, Peppers
- Rice Pudding & Syrup 7
- Mr Nourish Biscuit 1 VG
- Fruit Pots VG

## TUESDAY

- Beef Stew & Dumpling 1
- Pesto Pasta Bake 1,7 V
- Jackets with a Choice of Toppings 7,8,9
- Herby Bread 1,3,7,9, Green Beans, Carrots
- Apple Crumble 1 VG & Custard 7
- Mr Nourish Biscuit 1 VG
- Fruit Pots VG

## WEDNESDAY

- Roast Gammon & Gravy
- Falafel Burger 1,5 VG
- Jackets with a Choice of Toppings 7,8,9
- Rustic Roast Potatoes
- Cauliflower, Broccoli
- Fruit Jelly VG
- Mr Nourish Biscuit 1 VG
- Yoghurt 3,7, Fruit Pots VG

## THURSDAY

- Chicken Arbiattata Pasta 1
- Biryani Balls in a Curry Sauce 1,5 VG
- Jackets with a Choice of Toppings 7,8,9
- Seasonal Vegetables
- Chocolate & Vanilla Cake 1,7
- Mr Nourish Biscuit 1 VG
- Yoghurt 3,7, Fruit Pots VG

## FRIDAY

- Fish Fingers 1,8
- Cheese & Tomato Puff 1,7 V
- Jackets with a Choice of Toppings 7,8,9
- Chips, Peas, Baked Beans, Coleslaw 9
- Ginger Biscuit 1,15 VG
- Yoghurt 3,7
- Fruit Pots VG

## WEEK TWO

- Mild Chili Beef 4
- Pesto & Pea Penne 1,7 V
- Jackets with a Choice of Toppings 7,8,9
- Rice, Seasonal Vegetables
- Toffee Apple Pudding 1 VG & Custard 7
- Mr Nourish Biscuit 1 VG
- Fruit Pots VG

## WEEK TWO

- Roast Chicken & Gravy
- Vegan Sausage Roll 1 VG
- Jackets with a Choice of Toppings 7,8,9
- Rustic Roast Potatoes
- Cabbage, Sweetcorn
- Chocolate Crispy Cake 1,3,7,16
- Mr Nourish Biscuit 1 VG
- Yoghurt 3,7, Fruit Pots VG

## WEEK TWO

- Macaroni Cheese 1,7 V
- Rice & Bean Burrito 1 VG
- Jackets with a Choice of Toppings 7,8,9
- Baked Wedges
- Green Beans, Cauliflower
- Fruit Loaf 1,3,7,9
- Mr Nourish Biscuit 1 VG
- Yoghurt 3,7, Fruit Pots VG

## WEEK TWO

- Salmon Fish Cake 1,7,8
- Margherita Pizza 1,3,7,9 V
- Jackets with a Choice of Toppings 7,8,9
- Chips, Peas, Baked Beans, Carrot Stricks
- Jaffa Biscuit 1 VG
- Yoghurt 3,7
- Fruit Pots VG

## WEEK THREE

- Cheese & Onion Pinwheel 1,7 V
- Spagheti Vegetable Bolognese 1 VG
- Jackets with a Choice of Toppings 7,8,9
- New Potatoes, Green Beans, Carrots
- Syrup Sponge 1 VG & Custard 7
- Mr Nourish Biscuit 1 VG
- Fruit Pots VG

## WEEK THREE

- Savoury Beef & Yorkshire Puddings 1,17,9
- Samosa Puff 1 VG
- Jackets with a Choice of Toppings 7,8,9
- Rustic Roast Potatoes, Cabbage, Peas
- Fruit Jelly VG
- Mr Nourish Biscuit 1 VG
- Yoghurt 3,7, Fruit Pots VG

## WEEK THREE

- Sweet Chili Chicken Noodles 1,3,16
- Potato & Vegetable Cake
- Jackets with a Choice of Toppings 7,8,9
- Garlic Bread 1,3,7,9, Seasonal Vegetables
- Cinnamon Roll 1,3,7,9
- Mr Nourish Biscuit 1 VG
- Yoghurt 3,7, Fruit Pots VG

## WEEK THREE

- Sausages 1,6
- Quorn Sausage 1 VG
- Jackets with a Choice of Toppings 7,8,9
- Chips, Peas
- Baked Beans, Roasted Onions
- Apple Flapjack 1,15 VG
- Yoghurt 3,7, Fruit Pots VG

## WEEK FOUR

- Chicken Curry
- Tomato Spagheti 1 VG
- Jackets with a Choice of Toppings 7,8,9
- Rice, Seasonal Vegetables
- Banana Loaf 1 VG & Chocolate Custard 7
- Mr Nourish Biscuit 1 VG
- Fruit Pots VG

## WEEK FOUR

- Beef Bolognese Penne Pasta 1
- Cheesy Cajun Wedges 4,7 V
- Jackets with a Choice of Toppings 7,8,9
- Cauliflower, Broccoli
- Jam & Vanilla Cake 1 VG
- Mr Nourish Biscuit 1 VG
- Yoghurt 3,7, Fruit Pots VG

## WEEK FOUR

- Fish Fingers 1,8
- Bruschetta 1,7 V
- Jackets with a Choice of Toppings 7,8,9
- Chips, Peas
- Baked Beans, Coleslaw 9
- Coconut Cookie 1,7
- Yoghurt 3,7, Fruit Pots VG

**AVAILABLE** Selection of Salads 9, Homemade Bread 1,3,7,9. Some of our schools may use pre prepped potatoes or vegetables on occasions.

**DAILY:** These may contain sulphites and celeiac. Please discuss with your manager.

VG Vegan V Vegetarian  
1 Wheat Gluten 2 Custardians 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk  
8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celeraia/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten

**A1** **Vegetarian**  
Accreditation

**EAT YOUR VEGGIES!**



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# Information / Reminders



## KSI BEDTIME READING EVENT

Parent & Child event at FAB Library

Thursday 30th January  
17:00 - 18:00

Snuggle up with your favourite book

*Warm up with hot chocolate*

ENJOY READING TOGETHER WITH YOUR LOVED ONES

### What Parents & Educators Need to Know about HEALTH & FITNESS APPS

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance activities, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

#### WHAT ARE THE RISKS?

- LACK OF PERSONALISATION**  
Many apps take a one-size-fits-all approach, being designed for the average person and unable to cater to a specific user. As everyone will have different physical needs, a one-size-fits-all approach can be problematic. Some physical wellbeing apps may be too generic for your user, or even worse, they may be too difficult to use.
- NOT DEVELOPED BY EXPERTS**  
Some fitness and wellbeing apps are developed by people who are not experts in the field. This can mean that the apps are not designed with the best safety concerns in mind. Some apps may also be developed by people who are not experts in the field of health and wellbeing, which could lead to incorrect advice.
- REDUCED INTERACTION WITH OTHERS**  
Physical wellbeing apps can reduce the social interaction between users. This can be a problem for those who are using the app to track their progress. Some apps may also be designed in a way that makes it difficult to interact with others, which could lead to a lack of motivation.

- DATA AND PRIVACY CONCERNS**  
Fitness and wellbeing apps tend to collect a lot of personal information from their users, including names, addresses, phone numbers, and other personal details. It's important to be aware of what data is being collected and how it is being used. Some apps may also share this data with third parties, which could lead to a loss of privacy.
- ADDITIONAL COSTS**  
While many fitness apps are free to download, they often have additional costs. Some apps may require a subscription fee, while others may have in-app purchases. It's important to be aware of these costs before downloading an app.
- DEPENDENCY ON THE APP**  
While physical wellbeing apps can help motivate users to exercise, they can also lead to a dependency on the app. Some users may find it difficult to exercise without the app, which could lead to a loss of motivation if the app is not used.

### Advice for Parents & Educators

#### EXERCISE AND SOCIALISE

Highlight the importance of choosing engaging fitness activities with friends and family, rather than using wellbeing apps. Encourage the fun that can be had by exercising with others rather than using an app. Encourage users to set realistic goals and to be aware of the importance of sleeping well, as well as the benefits of doing so each night.

#### REVIEW THE APP FIRST

Before allowing someone to use a fitness and wellbeing app, it's important to review the app first. This includes checking the app's privacy policy, reading reviews, and checking the app's features. It's also important to be aware of the app's costs and to be clear about the app's data collection and sharing practices.

#### PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure that they don't become obsessed with their weight and body image. Encourage users to focus on feeling good and healthy, rather than on their weight. Encourage users to be kind to themselves and to avoid comparing themselves to others.

#### USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any parental controls available to use these on a child's account. The controls will vary very between providers but most commonly these will relate to app ratings, app permissions, and in-app purchases. Encourage users to be aware of these controls and to use them to protect their child's account.

**Meet Our Expert**  
Dr Claire Suberland is an online safety consultant, educator and researcher who has developed and delivered digital wellbeing and cyber safety courses for schools. She has written national guidance papers and worked with the Home Office to develop the national guidance on the use of social media for young people in the UK, UK and Australia.

Source: See the reference list on this page at: <https://www.nationalcollege.ac.uk/wake-up-wednesday>

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### What Parents & Educators Need to Know about JUSTALK KIDS

This poster is attached in the ParentMail with this week's Newsletter

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## Learning Showcases

### Thursday 6th February

Nursery & Year 6

### Friday 7th February

Reception & Year 5

### Monday 10th February

Year 4

### Tuesday 11th February

Year 2

### Wednesday 12th February

Year 3

### Thursday 13th February

Year 1

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## APPLYING FOR NURSERY

Children born between 1 September 2021 and 31 August 2022 will be due to start in Nursery in September 2025.

Closing date is **Sunday 6th April 2025**

Apply online at

<https://www.bexley.gov.uk/services/schools-and-education/nursery-schools/starting-nursery>

(26 AM & 26 PM places will be available for 15 and 30 hours )



If you would like to speak to a member of the school leadership team please email

[fairfordadmin@illuminateminds.org](mailto:fairfordadmin@illuminateminds.org)



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