



Newsletter

Friday 10th October 2025

Dear Parents and Carers,

What a wonderful week it's been in school!

Today we had an amazing visit from Rock Kidz, who brought the house down with their fantastic rock concert! The children absolutely loved it – look at our social media pages to see some brilliant photos and videos from the event. Next week we have the Gladiator Steel visiting us on Thursday afternoon.

Our Year 2 children also took part in a fantastic Aboriginal Dance Workshop, which linked perfectly with their learning.

To top it all off, the PTA ran their spooky discos this week, which were a huge success. The children had an incredible time, and we would like to say a massive thank you to all staff who helped, and especially to our wonderful PTA for your hard work and creativity in organising such special events for the children.

A big well done, too, to everyone for getting the children in on time every day – consistency really is key and makes such a positive difference to their learning. As always, please remember that we operate an open-door policy – if there is ever anything you wish to discuss, please do not hesitate to speak to a member of staff or send us a message via Class Dojo.

Thank you for your continued cooperation and support.

Have a lovely weekend, everyone!

Ms. Aujla

Head of School



Dates for your diary

| Monday 13th October 2025 | Tuesday 14th October 2025 | Wednesday 15th October 2025 | Thursday 16th October 2025 | Friday 17th October 2025 |
|---------------------------------------|--|--------------------------------|-------------------------------|---|
| Giraffes/Lions British Museum Trip | YEAR 3 Lesnes Abbey Trip Zebras swimming | Choir Club | Gladiator Steel ZACTIV | FAB PTA Own Clothes Day Break the Rules 50p Per Rule |

Attendance % & Number of Children Lates

| | | |
|-------------|-------|---|
| Ladybirds | 87.2% | 1 |
| Butterflies | 91.5% | 2 |
| Dragonflies | 95.4% | 0 |
| Owls | 98.4% | 2 |
| Squirrels | 93.5% | 2 |
| Koalas | 93.8% | 0 |
| Kookaburras | 97.3% | 2 |

| | | |
|----------|-------|---|
| Narwhals | 93.3% | 4 |
| Penguins | 94.7% | 1 |
| Dolphins | 95.0% | 0 |
| Sharks | 95.4% | 5 |
| Whales | 96.3% | 1 |
| Giraffes | 93.3% | 2 |
| Lions | 92.6% | 2 |
| Zebras | 92.9% | 4 |
| Eagles | 91.0% | 2 |
| Falcons | 95.0% | 3 |
| Hawks | 98.6% | 0 |

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



Parents Evening

👤 Important Notice for Parents/Guardians! 👤

Book Your Parents' Evening Appointments on ARBOR!

This Year, all bookings for Parents' Evening will be made through the Arbor Parent Portal or the Arbor App.

📅 Key Dates:

- Parents' Evening Date(s): Monday 24th November and Tuesday 25th November
- Booking Opens: ***Thursday 16th October at 5.00pm***
- Booking Closes: Friday 21st November at 9.00pm

📱 How to Book in 3 Simple Steps:

1. Log In:

- **App:** Open the **Arbor App** on your smartphone.
- **Web:** Go to the **Arbor Parent Portal** at <https://fairford-academy-barnhurst.uk.arbor.sc>

2. Find Consultations:

- On the main page/dashboard, look for the "Guardian Consultations" section

3. Select & Book:

- Click on the relevant Parents' Evening event.
- Choose your child (if you have more than one).
- Select the **teacher** and an **available time slot**.
- Click '**Book Time Slot**' and confirm!

⚠️ Need Help?

- **First time using Arbor?** Check your email for a welcome email/login instructions from the school. Your username is usually your email address.
- **Forgotten Password?** Click the 'Forgot your password?' link on the login page.
- **Still having trouble?** Please contact the **School Office** for support.

Term dates & Lunch Menu

Illuminateminds Trust - Term Dates 2025/26

| September 2025 | | | | | | | |
|----------------|----|----|----|----|----|----|----|
| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
| 36 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 37 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 38 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 39 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 40 | 29 | 30 | | | | | |

| October 2025 | | | | | | | |
|--------------|----|----|----|----|----|----|----|
| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
| 40 | | | 1 | 2 | 3 | 4 | 5 |
| 41 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 42 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 43 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 44 | 27 | 28 | 29 | 30 | 31 | | |

| November 2025 | | | | | | | |
|---------------|----|----|----|----|----|----|----|
| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
| 44 | | | | | | 1 | 2 |
| 45 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 46 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 47 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 48 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |

| December 2025 | | | | | | | |
|---------------|----|----|----|----|-----|----|----|
| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
| 49 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 50 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 51 | 15 | 16 | 17 | 18 | *19 | 20 | 21 |
| 52 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 1 | 29 | 30 | 31 | | | | |

| January 2026 | | | | | | | |
|--------------|----|----|----|----|----|----|----|
| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
| 1 | | | | 1 | 2 | 3 | 4 |
| 2 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 3 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 4 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 5 | 26 | 27 | 28 | 29 | 30 | 31 | |

| February 2026 | | | | | | | |
|---------------|----|----|----|----|----|----|----|
| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
| 5 | | | | | | | 1 |
| 6 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 7 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 8 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 9 | 23 | 24 | 25 | 26 | 27 | 28 | |

| March 2026 | | | | | | | |
|------------|----|----|----|----|----|----|----|
| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
| 9 | | | | | | | 1 |
| 10 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 11 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 12 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 13 | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 14 | 30 | 31 | | | | | |

| April 2026 | | | | | | | |
|------------|----|----|----|----|----|----|----|
| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
| 14 | | | 1 | 2 | 3 | 4 | 5 |
| 15 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 16 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 17 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 18 | 27 | 28 | 29 | 30 | | | |

| May 2026 | | | | | | | |
|----------|----|----|----|----|----|----|----|
| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
| 18 | | | | | 1 | 2 | 3 |
| 19 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 20 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 21 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 22 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |

| June 2026 | | | | | | | |
|-----------|----|----|----|----|----|----|----|
| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
| 23 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 24 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 25 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 26 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 27 | 29 | 30 | | | | | |

| July 2026 | | | | | | | |
|-----------|----|----|----|----|-----|----|----|
| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
| 27 | | | 1 | 2 | 3 | 4 | 5 |
| 28 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 29 | 13 | 14 | 15 | 16 | *17 | 18 | 19 |
| 30 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 31 | 27 | 28 | 29 | 30 | 31 | | |

| August 2026 | | | | | | | |
|-------------|----|----|----|----|----|----|----|
| Wk | Mo | Tu | We | Th | Fr | Sa | Su |
| 31 | | | | | | 1 | 2 |
| 32 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 33 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 34 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 35 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 36 | 31 | | | | | | |

INSET DAYS

HOLIDAYS

*School finishes at 1pm on 19/12/25 & 17/07/26



APRIL TO OCTOBER 2025



WEEKLY MENU



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|---|--|--|--|--|
| WEEK ONE | <p>Mild Chilli Beef Tomato & Herb Penne Pasta 1 VG Jacket with a Choice Of Toppings 7,8,9</p> <p>Rice, Mixed Peppers, Peas</p> <p>Jammy Finger 1,6 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p> | <p>Chicken Pesto Pasta Shells 1,7 Rice & Bean Burrito & Wedges 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Seasonal Vegetables</p> <p>Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p> | <p>Sausage Roll & Gravy 1,6 Vegetable Sausage & Gravy VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rustic Roast Potatoes, Green Beans, Carrots</p> <p>Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p> | <p>Margherita Pizza 1,3,7 V Loaded Cajun Bean Wedges VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rainbow Pasta 1, Sweetcorn, Coleslaw 9</p> <p>Sultana Cake 1VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p> | <p>Fish Fingers 1,8 or Salmon Fish Cake 1,7,8 Cheese & Tomato Pinwheel 1,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Chips, Peas, Baked Beans, Cucumber</p> <p>Caramel Cookie 1,7 Yoghurt 3,7 Fruit Pots VG</p> |
| WEEK TWO | <p>Vegetable Nuggets with Katsu Sauce 1VG Onion Bhajis with Katsu Sauce VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rainbow Rice, Carrots, Peas</p> <p>Vanilla Sponge 1VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p> | <p>Beef & Onion Pie 1 Cheesy Pasta Twists 1,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Crushed Potatoes Seasonal Vegetables</p> <p>Chocolate & Mandarin Mousse 7,3 Mr Nourish Biscuit 1 VG Fruit Pots VG</p> | <p>Roast Chicken & Gravy Roasted Vegetable Hot Pot VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rustic Roast Potatoes Broccoli, Carrots</p> <p>Cornflake Cookie 1,3,7,16 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p> | <p>BBQ Pulled Pork Loaded Wedges Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Cauliflower, Coleslaw 9</p> <p>Spiced Apple Focaccia 1,3 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p> | <p>Tuna Penne Pasta 1,7,8 Margherita Pizza 1,3,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Chips, Peas, Grated Carrot</p> <p>Oaty Biscuit 1,15 VG Yoghurt 3,7 Fruit Pots VG</p> |
| WEEK THREE | <p>Pork & Beef Bolognese Pasta Shells 1 Cheese & Pesto Swirl 1,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Baked Wedges Seasonal Vegetables</p> <p>Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p> | <p>Caribbean Chicken Curry Herby Tomato Penne Pasta 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rice, Green Beans, Carrots</p> <p>Peach Sponge 1VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p> | <p>Roast Gammon & Gravy Samosa Puff 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rustic Roast Potatoes, Cabbage, Swede</p> <p>Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p> | <p>Macaroni Cheese 1,7 V Coconut & Spinach Biryani 6 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Cauliflower, Mixed Peppers</p> <p>Chocolate Cake 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p> | <p>Chicken Bites 1 Cheese & Cauliflower Nuggets 7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Chips, Peas, Sweetcorn, Coleslaw 9</p> <p>Ginger Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p> |

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

Primary 3 Selection of Salads 9, Homemade Bread 1,3. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.



Information

Admission to Reception in September 2026

Children born between 1 September 2021 and 31 August 2022 will be due to start in Reception in September 2026. The application period will be open on 1 September 2025 and the closing date is 15 January 2026.

Apply on line at:

<https://www.eadmissions.org.uk/>

More information visit:

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

10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

- A PREDICTABLE ENVIRONMENT**
Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.
- USE LANGUAGE THAT MATCHES THEIR AGE**
Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid over-reassuring them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.
- TRAUMA AND THE BODY**
Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'bad'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one size' children's response.
- AVOID RETELLING OR RELIVING TRAUMA**
Children sometimes get asked to explain or repeat their experience multiple times. Sharing a balance of stories to listen and when to gently redirect can help to avoid unnecessary re-traumatization. Acknowledge but don't provide for detail unless subsequent procedures require it.
- AVOID DISMISSING OR MINIMISING FEELINGS**
Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expressions and one often isn't helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.
- UNDERSTAND HOW THEY'RE FEELING**
Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, worried or sad – builds emotional literacy. Use fun emotional cards, drawing, or storytelling to help externalise feelings in a safe, imaginative way.
- BE AWARE OF YOUR OWN RESPONSES**
Children pick up on adult emotions and react, often mimicking them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourage children to do the same.
- SEEK PROFESSIONAL SUPPORT**
While many children benefit from every-day emotional support, some will need more specialist help. If symptoms persist, worsen, or change their daily life, contact with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.
- MAINTAIN CONNECTION**
Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and assure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.
- BE PATIENT – HEALING TAKES TIME**
There's no quick fix for emotional recovery. Children may have good days and bad ones, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert
This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.

Wake Up Wednesday
The National College

Attached with this week's Newsletter in ParentMail is the Wake-Up Wednesdays guide on "Traumatic & Challenging Events"

Sign of the Week 'Ghost'



Ghost

Year 6 - Secondary Transfer Online Applications – Closing date 11.59pm 31 October 2025

You must remember to apply online for secondary schools for your Year 6 child.

The deadline is **11.59pm 31 October 2025**.

The link is <https://www.eadmissions.org.uk/>

The link below is for the Admissions booklet, which contains extensive information on the admissions process.

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

FAB PTA

Thank you for all your support this week.

Pumpkin winners

| Places | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|-----------------|--------------------------------------|---------------------------|--------------------|-----------------------|-------------------|--------------------|---------------------|
| 1 st | Darcy-Mai B Dragonflies | Caerelle C-D Squirrels | Luna J Koalas | Caele C-D Narwhals | Dylan H Whales | Macey C Lions | Alex M Falcons |
| 2 nd | 2 nd Nayla G Ladybirds | Archie C Squirrels | Keegan B Koalas | Donnie C Narwhals | Ava I Dolphins | Matthew F Lions | Leona T-M Eagles |
| 3 rd | Ellie W Butterflies | Gabriela R Owls | Mila C Koalas | Sara S Narwhals | Lunah S Sharks | Remi R Zebras | Alfie I Eagles |



If you would like to speak to a member of the leadership team please contact:
fairfordadmin@illuminateminds.org

