



Newsletter

Friday 16th January 2026

Dear Parents and Carers,

It has been a truly wonderful week here at Fairford. It has been really lovely to carry out learning walks across the school this week; stepping into classrooms and seeing the children so engaged and enthusiastic about their learning has been lovely to see.

It is amazing to see the variety of learning happening from our youngest to our oldest pupils:

- Nursery kick started the week with a lovely circle time session.
- Reception are absolutely loving the Evil Pea book (watch out, Supertato!).
- Year 1 are continuing their exploration of London.
- Year 2 have travelled back in time to learn about the Great Fire of London.
- Year 3 have been working hard in Maths, mastering division.
- Year 4 have been producing some excellent writing about the Mayans.
- Year 5 have been writing and practicing speeches about the Kingdom of Benin.
- Year 6 have been tackling complex Maths problems as they learn about ratio.

Attendance: Every Minute Counts We are pleased to report that attendance is really improving - thank you for your efforts! We will continue to drive this forward and support you as much as we can.

However, we are striving for every single child to be in school and on time. There are no excuses for lateness; every minute of learning matters. Let's keep this momentum going!

Reminders

- **Young Voices at the O2:** On Monday, our choir is performing at the O2 Arena! This is very exciting for everyone involved. A huge thank you to all the adults who are giving up their time to come along and support the children.
- **Wrap Up Warm:** The weather is still very cold. Please ensure your children are well-equipped with warm coats, hats, and gloves - this is especially important for children who have Forest School sessions.
- **SEN Surgeries:** A reminder that SEN surgeries are taking place this coming Wednesday and Thursday. Please contact the school office if you wish to book an appointment.

Have a lovely weekend, everyone.

Best Wishes,

Ms. Aujla

Head of School



Dates for your diary

Monday 19th January 2026	Tuesday 20th January 2026	Wednesday 21st January 2026	Thursday 22nd January 2026	Friday 23rd January 2026
Young Voices Concert KS1 French Club Nicole's Dance Club	YR6 WW2 Workshop LIONS SWIMMING YR5&6 Netball Club YR3&4 Colouring Club YR4&5 Violin Club YR3 Choir Club	SEN Surgeries KS2 French Club	SEN Surgeries YR5 & SRP Rainforest Animal Workshop YR3&4 Cinema Club YR1&2 Bell Ringing Club Girls Football Club YR4&5 Recorder Club YR3 Violin Club	

Please email fairfordadmin@illuminate minds.org if you would like to book a SEN Surgery appointment

Attendance % & Number of Children Lates

W/E 16th January

Ladybirds	90.7%	0
Butterflies	94.4%	6
Dragonflies	94.1%	4
Owls	94.6%	6
Squirrels	94.8%	6
Koalas	94.5%	3
Kookaburras	97.3%	6

Narwhals	94.0%	4
Penguins	94.0%	2
Dolphins	94.8%	2
Sharks	96.5%	8
Whales	98.1%	3
Giraffes	90.4%	3
Lions	94.8%	3
Zebras	96.8%	2
Eagles	94.8%	3
Falcons	93.1%	11
Hawks	94.0%	1

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



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	<p>Chicken Pie 1 Pesto & Pea Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Crushed Potato Cauliflower, Carrots</p> <p>Strawberry Mousse 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Margherita Pizza 1,3,7 V Bean Biryani VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rainbow Pasta 1 Seasonal Vegetables</p> <p>Toffee Apple Pudding 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Roast Gammon & Gravy Broccoli Tot 1,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Rustic Roast Potatoes, Cabbage, Peas</p> <p>Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Beef Bolognaise Pasta Bake 1,7 Loaded Bean Chilli Wedges VG Jackets with a Choice of Toppings 7,8,9</p> <p>Green Beans Grated Carrots</p> <p>Parsnip Brownie 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Pork Sausages 1,6 Vegetable Sausage VG Jackets with a Choice of Toppings 7,8,9</p> <p>Chips, Sweetcorn, Baked Beans Cucumber Sticks</p> <p>Oaty Cookie 1,15 VG Yoghurt 3,7 Fruit Pots VG</p>
WEEK TWO	<p>Caribbean Brown Chicken Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rice, Carrots, Peas</p> <p>Chocolate Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Cheese & Broccoli Pasta Bake 1,7 V Buffalo Cauliflower Wings & Wedges VG Jackets with a Choice of Toppings 7,8,9</p> <p>Seasonal Vegetables</p> <p>Plum Pudding 1VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Roast Chicken & Gravy Ratatouille Puff 1,3 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rustic Roast Potatoes Broccoli, Carrots</p> <p>Crispy Cake 1,3,7,16 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Beef Stew & Dumpling 1 Pesto Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Cauliflower, Green Beans</p> <p>Apple & Cinnamon Pinwheel 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Salmon Bites 1,8 Margherita Pizza 1,3,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Chips, Peas, Coleslaw 9</p> <p>Marble Cookie 1 VG Yoghurt 3,7 Fruit Pots VG</p>
WEEK THREE	<p>Macaroni Cheese 1,7 V Sweet Potato & Chick Pea Curry VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rice, Green Beans, Mixed Salad</p> <p>Peach Crumble 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Chicken Noodles 1 BBQ Vegetable Burrito 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Sweetcorn, Peppers</p> <p>Chocolate Rice Pudding 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Roast Pork & Gravy Vegan Sausage Roll 1 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>Beef Cottage Pie Herby Tomato Pasta 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Seasonal Vegetables</p> <p>Beetroot Cake 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Fish Fingers 1,8 Cheese, Carrot & Tomato Swirl 1,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Chips, Peas, Baked Beans, Grated Carrot</p> <p>Caramel Flapjack 1,7,15 V Yoghurt 3,7, Fruit Pots VG</p>

Primary 3

1 Wheat 2 Gluten 3 Crustaceans 4 Soybean 5 Mustard 6 Sesame 7 Sulphites/Sulphur Dioxide 8 Milk 9 Fish 10 Egg 11 Peanuts 12 Molluscs 13 Celeriac/Celery 14 Nuts 15 Oat 16 Gluten 17 Barley 18 Gluten 19 Vegan V Vegetarian

AVAILABLE DAILY

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

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 climate change. Formally delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

- SLEEP DISRUPTION**
Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.
- ONLINE PEER PRESSURE**
Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.
- CYBERBULLYING EXPOSURE**
Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.
- REDUCED PHYSICAL ACTIVITY**
Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.
- EMOTIONAL DYSREGULATION**
Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.
- PRIVACY AND SAFETY RISKS**
Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

- SET CLEAR BOUNDARIES**
Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and create a digital use agreement with children to encourage responsibility. Try a strict schedule or timer app to help children understand and stick to limits.
- ENCOURAGE OPEN DIALOGUE**
Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and openness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.
- MODEL HEALTHY HABITS**
Children mirror adult behaviour. Demonstrate balanced device use, like regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.
- PROMOTE DIGITAL LITERACY**
Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practice spotting fake information.

Meet Our Expert
Adam Gillett is Associate Vice-Principal for Personal Development at Parkside Grammar School and works on a commitment one day a week for Mental Health, which works with schools on improving their mental health provision.

#WakeUpWednesday **The National College**

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FAIRFORD ACADEMY BARNESTUR FAB
Happy and Bright

JOIN THE PTA TODAY

The Goal... is to put on fun activities and events to help with fundraising to make our school a better place for our children. To ensure we can continue to do this, we really need your help. This could be as a volunteer at events or as a voting member of the PTA team.

Projects we have funded...

- Sensory Garden
- Leavers Disco
- Classroom supplies
- Books for the library
- Forest school equipment

Funds raised
Autumn 1 £1,100
Autumn 2 £ 505

WE NEED your SUPPORT!

Planned projects

- Football kits & equipment
- Wet play activities
- Low level reading books
- Playground markings

Events planned

- Spring Terms
- Movie Nights
- Own Clothes Days
- Easter Discos
- Easter Hat Competition

Total Funds £4,982

Sign of the Week

Friend

Attached with this week's Newsletter is #WakeUpWednesday guide helping parents and educators understand how digital devices affect children's wellbeing and how to promote healthier habits.

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

