



Newsletter

Friday 30th January 2026

Dear Parents and Carers,

It has been a wonderful end to the week here at school. Today, I had the pleasure of hosting tours for prospective families. It was truly lovely to walk around the whole school and see the children engaged in their learning.

Our visitors commented specifically on how lovely the school environment is and the distinct "sense of warmth" they felt as they walked through our halls. This is a testament to our fantastic staff, who work incredibly hard to build and maintain strong, nurturing relationships with every single child.

Forest School & A Special Plea

We are huge advocates for outdoor learning; it is key to a rounded education, and we know how much the children love their time in the Forest School.

We have a plea: If you have any spare or old wellies and/or coats at home that are still in suitable condition, please consider donating them to the school. We would love to utilize them to ensure every child can enjoy the forest, regardless of the weather!

PTA Movie Night

Excitement is building for the PTA Movie Night running next week. If you haven't secured a spot for your child yet, there is still time to book! Please support the PTA in this fun event.

Mobile phones

Phones should only be brought into school if children walk home on their own. If your child is dropped off and collected by you there is no need for them to bring their mobile phone into school.

Communication & The Home-School Partnership

The relationship between home and school is incredibly important to us. We all share a common best interest: the happiness and success of your children. To ensure our communication remains smooth and effective, a few reminders:

- Class Dojo: We continue to use this for regular updates.
- Open Door Policy: We value face-to-face contact. You can usually speak to class teachers at the end of the school day for quick queries or catch-ups.
- Email: If you email the Fairford Admin address, please do allow up to 5 working days for a response.

Attendance & Punctuality

We have just two weeks left until half-term, so please do continue to ensure your children are in school and on time every day.

I must say a huge THANK YOU regarding punctuality. The number of late arrivals improved significantly this week. Today, we had only 2 children arrive late across the whole school! This makes a huge difference to the start of the day.

Let's set a goal for next week: Lets aim for 0 lates on Monday.

Have a lovely, restful weekend. We look forward to seeing you all bright and early on Monday at 8:40 am.

Best Regards

Ms. Auja

Head of School



Dates for your diary

Monday 2 nd February 2026	Tuesday 3 rd February 2026	Wednesday 4 th February 2026	Thursday 5 th February 2026	Friday 6 th February 2026
KS1 French Club Nicole's Dance Club	Lions Swimming YR5&6 Netball Club YR3&4 Colouring Club YR4&5 Violin Club YR3 Choir Club	KS2 French Club FAB PTA Movie Night	YR3&4 Cinema Club YR1&2 Bell Ringing Club Boys Football Club YR4&5 Recorder Club YR3 Violin Club	

Attendance % & Number of Children Lates

W/E 30th January

Ladybirds	80.5%	4
Butterflies	97.6%	5
Dragonflies	93.5%	4
Owls	93.8%	7
Squirrels	83.8%	6
Koalas	87.6%	2
Kookaburras	96.6%	1

Narwhals	93.3%	3
Penguins	94.3%	6
Dolphins	94.8%	2
Sharks	98.6%	5
Whales	90.3%	3
Giraffes	97.8%	3
Lions	95.7%	4
Zebras	88.4%	6
Eagles	87.8%	4
Falcons	90.0%	3
Hawks	95.3%	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



NOVEMBER TO MARCH 2026

NOURISH



WEEK ONE

3 Nov
24 Nov
15 Dec
19 Jan
9 Feb
9 March
30 March

MONDAY
Chicken Pie 1 Pesto & Pea Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9
Crushed Potato Cauliflower, Carrots
Strawberry Mousse 7 Mr Nourish Biscuit 1 VG Fruit Pots VG

TUESDAY
Margherita Pizza 1,3,7 V Bean Biryani VG Jackets with a Choice of Toppings 7,8,9
Rainbow Pasta 1 Seasonal Vegetables
Toffee Apple Pudding 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG

WEDNESDAY
Roast Gammon & Gravy Broccoli Tot 1,7 V 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

THURSDAY
Beef Bolognaise Pasta Bake 1,7 Loaded Bean Chilli Wedges VG Jackets with a Choice of Toppings 7,8,9
Green Beans Grated Carrots
Parsnip Brownie 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG

FRIDAY
Pork Sausages 1,6 Vegetable Sausage VG Jackets with a Choice of Toppings 7,8,9
Chips, Sweetcorn, Baked Beans Cucumber Sticks
Oaty Cookie 1,15 VG Yoghurt 3,7 Fruit Pots VG

WEEK TWO

10 Nov
1 Dec
5 Jan
26 Jan
23 Feb
16 March

MONDAY
Caribbean Brown Chicken Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9
Rice, Carrots, Peas
Chocolate Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG

TUESDAY
Cheese & Broccoli Pasta Bake 1,7 V Buffalo Cauliflower Wings & Wedges VG Jackets with a Choice of Toppings 7,8,9
Seasonal Vegetables
Plum Pudding 1VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG

WEDNESDAY
Roast Chicken & Gravy Ratatouille Puff 1,3 VG Jackets with a Choice of Toppings 7,8,9
Rustic Roast Potatoes Broccoli, Carrots
Crispy Cake 1,3,7,16 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG

THURSDAY
Beef Stew & Dumpling 1 Pesto Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9
Cauliflower, Green Beans
Apple & Cinnamon Pinwheel 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG

FRIDAY
Salmon Bites 1,8 Margherita Pizza 1,3,7 V Jackets with a Choice of Toppings 7,8,9
Chips, Peas, Coleslaw 9
Marble Cookie 1 VG Yoghurt 3,7 Fruit Pots VG

WEEK THREE

17 Nov
8 Dec
12 Jan
2 Feb
2 March
23 March

MONDAY
Macaroni Cheese 1,7 V Sweet Potato & Chick Pea Curry VG Jackets with a Choice of Toppings 7,8,9
Rice, Green Beans, Mixed Salad
Peach Crumble 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG

TUESDAY
Chicken Noodles 1 BBQ Vegetable Burrito 1 VG Jackets with a Choice of Toppings 7,8,9
Sweetcorn, Peppers
Chocolate Rice Pudding 7 Mr Nourish Biscuit 1 VG Fruit Pots VG

WEDNESDAY
Roast Pork & Gravy Vegan Sausage Roll 1 VG Jackets with a Choice of Toppings 7,8,9
Rustic Roast Potatoes, Green Beans, Carrots
Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG

THURSDAY
Beef Cottage Pie Herby Tomato Pasta 1 VG Jackets with a Choice of Toppings 7,8,9
Seasonal Vegetables
Beetroot Cake 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG

FRIDAY
Fish Fingers 1,8 Cheese, Carrot & Tomato Swirl 1,7 V Jackets with a Choice of Toppings 7,8,9
Chips, Peas, Baked Beans, Grated Carrot
Caramel Flapjack 1,7,15 V Yoghurt 3,7, Fruit Pots VG

Primary 3

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 16 Gluten 16 Barley 17 Gluten VG 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. Formerly delivered by National Online Safety, these guides now address wider topics of interest. For further guides, hints and tips, please visit [thenationalcollege.com](#).

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

A research study by Ofcom revealed that children aged 8-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnosis. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

WHAT ARE THE RISKS?

POPULAR ONLINE SOURCES
Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unverified influencers, including health influencers, mental health advocates, and celebrities. While appealing to young audiences, this unvetted content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS
Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can impact school, family, and professional support, or delay essential professional intervention. This has the potential to exacerbate mental health conditions and more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS
Social media platforms struggle to filter misinformation effectively, leaving young people to navigate unvetted content. Without proper guidance, young people may not discern fact from fiction, potentially leading to incorrect beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS
Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or self-harm or anxiety. For example, past TikTok trends on self-harm or anxiety have been spread among young people, increasing the risk when misinformation is not promptly addressed or corrected by authoritative sources.

MISLEADING CLINICAL TERMS
Online trends often include the misuse of clinical terms, such as "bipolar" or "OCD", making serious or sensitive issues trivial or inaccurately understood. Such misinformation can distort perceptions and lead young people to misunderstand mental health complexities, potentially preventing them from seeking real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP
Regular reliance on digital content can deter young people from seeking professional support. This substitution can delay diagnosis, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT
Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Look out for potential red flags or concerning content, such as posts relating to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

SCHOOL-HOME COLLABORATION
Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education assists in identifying and responding to misinformation, can significantly improve people's ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

IDENTIFY RELIABLE SOURCES
Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to seek for trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

ENCOURAGE OPEN DIALOGUE
Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns builds clarity, understanding, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where and how sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert
Anna Graham is Director of Safeguarding at The National College, and lead expert for mental health at 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.

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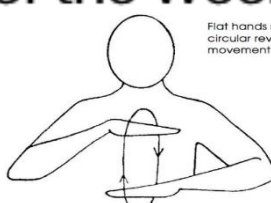
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Attached is This #WakeUpWednesday guide explores how adults can support children and young people to recognise and challenge mental health misinformation online.

Sign of the Week

Flat hands make inward circular revolving movement

Calm




Reminders

There is no smoking or vaping allowed on site, including the Colyers Lane walk way.

Please do not push the automatic gates.

Forest school would like donations



ITEMS NEEDED

Wellington Boots
Coats

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

