

Dear parents and carers,

What a fantastic start to the year! The children have settled brilliantly into their new year groups, embracing fresh expectations and re-focusing on their learning. We're proud of their enthusiasm and resilience.

A warm welcome also to the new families and staff who've joined our school community — we're glad you're here! Please keep a look out for correspondence over the year to keep you in the loop!

Best wishes, Mrs Pinto & Mrs Webb



October dates

Thursday 2nd: National Poetry Day

Monday 8th: After school clubs begin

Thursday 16th: Year 1 Milestones trip

Friday 17th: Harvest festival (please bring donations)

Friday 17th: Year 2 Fort Nelson trip

Thursday 23rd: Flu vaccinations
Thursday 23rd: Halloween disco

Thursday 23rd: End of term Friday 24th: INSET day

Monday 27th - Friday 31st: Half-term

Monday 3rd November: INSET day

Tuesday 4th November: Return to school

<u>2025</u> OCTOBER

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

Online Safety

Many popular online games that children enjoy are advertised as free to play. However, they often include optional in-game purchases that can quickly add up. These might offer new levels, character upgrades, outfits (known as "skins"), or ways to speed up gameplay.

While most games do provide free alternatives—such as waiting for a timer to run out—children may feel pressure to make purchases in order to keep up with their friends or stay competitive. These purchases can be made using real money, and some games also collect value through players' time, attention, or personal data.



As a parent, staying informed about the games your child is playing can help you better understand the financial and privacy risks involved. Regular conversations about in-game spending and setting appropriate boundaries can go a long way in promoting healthy gaming habits. For more information, please visit the following website: https://www.internetmatters.org/advice/by-activity/online-money-management-quide/in-game-spending/

Attendance Matters

Regular school attendance is vital for your child's learning and wellbeing. If your child is absent, please contact the school by phone or email on the first day by of absence as early as possible. If we do not receive any communication, a home visit will be carried out as part of our safeguarding procedures. In line with Hampshire County Council's attendance guidance, absences are rarely authorised unless there are exceptional circumstances. For full details, please refer to the Attendance Guidance Poster.





Wonderful Wellington News!

Avani (year 4) has been selected to represent UK in the JSKA Karate World Championships 2025 in Japan. She is the youngest participant from her dojo. Avani has been signed up to take part in 4 events:

- Kata a sequence of Karate moves which would replicate a real life fight against multiple opponents (pointed on accuracy, technique and performance)
- Kihon Ippon- a pre-arranged single exchange of a blocked attack and a subsequent counter-attack (pointed on accuracy, power and technique)
- Sanbon Kumite- a freestyle fight against an opponent. Avani will progress through rounds to the final if successful on each round.
- Team Kumite a team fight against other competing dojos.

Avani has taken parts in 5 competitions within UK since she started karate at the age of 6. This is her first ever international opportunity! We wish Avani the best of luck in representing the UK! The whole of Wellington are so proud!

Pantomime

This January, Sleeping Beauty is coming to our school! You will have received a letter with the details earlier this month. Please contribute £3 on your Arbor account so that the booking can go ahead and the children can avoid missing out on a fairy tale adventure!



Safe from choking

I always thought choking would have been more obvious. But the silence and the panic in his eyes will stay with me forever.

A child who's choking can't breathe, so there's no sound to alert you.

As scary as this sounds, you can stop this happening. It takes some simple steps.

Why do children choke?

- Children can choke at any age. Young children are at greater risk.
- Their narrow airways are more easily blocked.
- Anything smaller than a 2p can choke them.

Small objects

Babies and toddlers put things in their mouths. It's how they explore. So they can choke on small objects in their reach:

- Cheap toys can have small parts that come off. Check them over first.
- Use older children's toys in a specific area and check the floor afterwards. Use a tray underneath to catch small parts, like Lego.
- Don't let young children blow up balloons and clear away broken pieces.

Baby bottles

Never use a self-feeding baby pillow or prop your baby's bottle up to feed. They need an adult to help them feed.

First aid

- Give up to five back blows between the shoulder blades – it can force the object out.
- Give up to five abdominal thrusts squeezing above the belly button from behind – it forces air out of the lungs to clear the object.
- If 1 & 2 don't work call 999 and keep trying until help arrives.

Food

- Choking on food isn't just about young children not chewing properly. It takes time to learn to breathe, chew and swallow in harmony.
- Until then, they need you to cut up or avoid anything that could block their airway. And to teach them to sit still to eat.

Size and shape matter

- Cut lengthways and quarters grapes, blueberries, strawberries, cherries and small tomatoes.
- Remove skin, pips or stones from fruits or vegetables.
- Cut thin strips sausages, cheese, vegetables and large fruit like melon, apple, carrot, cucumber and mango.
- Steam, mash or grate foods to soften them – carrots, chickpeas, butter beans.
- Cut strips and remove bones, skin or fat

 meat and fish.
- Toast bread to stop doughy balls. Cut all bread into narrow strips.

Save for later

- Round hard sweets, including mini eggs and lollipops
- Whole grapes and nuts
- Globs of peanut butter
- Popcorn
- Marshmallows
- Jelly cubes













DALEY THOMPSON

ATHLETICS ACADEMY
BE COACHED BY DALEY'S TEAM

DTA CLUB 5+ YEARS

THE EMPHASIS IS ON FUN AND MOVEMENT! THE CHILDREN WILL HAVE A GREAT TIME BURNING OFF ENERGY WHILST LEARNING AND DEVELOPING THEIR ATHLETICS SKILLS TO HELP THEM REACH THEIR FULL POTENTIAL.

- RUNNING
- JUMPING
- THROWING
- LOTS OF FUN!

SCAN HERE



TASTER SESSIONS AVAILABLE REGISTER ONLINE

AGES:

5+

WHERE / WHEN SEE WEBSITE FOR DETAILS

Don't Miss Out, Register Today!





Book your child's place today www.aspiretogreatness.co.uk

Call on: 0333 6000 121 to find out more! or Email: admin@aspiretogreatness.co.uk







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Discounted days out to Merlin Theme Parks to make special memories

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Free and low cost activities including bowling, laser tag, swimming, ninja warrior and fun days out

Peer and parenting support

£5 per person per year.

Register Here

SCARLETT'S SMILES



- Young carers to give respite from their daily 'duties'
- Children who have a terminal illness or long-term medical condition, or their siblings or parents do
- Children experiencing loss or separation
- · Children in care
- · Children affected by domestic abuse
- · Armed forces families with a parent serving abroad
- FREE SCHOOL MEALS CHILDREN

Visit our website: www.spotlightuk.org Get in touch: 07804 880072 | scarlettsmiles@spotlightuk.org