



ST MARY'S Catholic Primary School Newsletter



22nd January 2026

St Mary's Catholic Primary School, Amphill Road, Ryde, Isle of Wight. PO33 1LJ 01983 562000 www.stmaryspri.co.uk

Celebration of the word

This week, we have learned about the Gospel of John, spoken by John the Baptist (John 1:29), identifying Jesus as the prophesied sacrifice who redeems humanity from sin, connecting to Old Testament Passover lambs and signifying Jesus's role as the ultimate atoning sacrifice. It's a central Christian theme, emphasizing Jesus's sacrificial death for forgiveness, and also the title of a popular Christian concept album by Andrew Peterson.

Dear families,

This week we have been focusing on celebrating different cultures and traditions across the school, with a whole day dedicated to this tomorrow for Mother Tongue day. Children can wear traditional clothes, colours, or symbols linked to their culture/language for the day if they would like to. Please ensure that any clothing is suitable for a school day and emphasises pride and respect.

Just a reminder for our KS2 families that we still have tickets left for our theatre trip in March. This is a wonderful opportunity for children to see a live show for the BFG at a significantly reduced cost. If you haven't already done so, please make payment for this trip via compass (under clubs).

We had a lovely visit from Miss Rose this week, who will be coming back after half term to join the year two team. Miss Rose is very excited to be returning to the classroom again after having a baby and getting to spend time with our year two children. Mrs Moore and Mrs Dobson will remain within the year two team for the rest of this year.

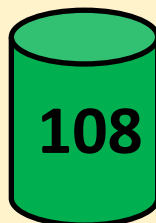
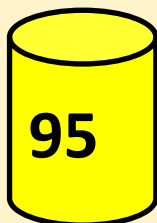
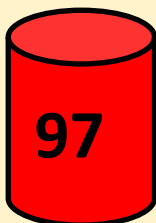
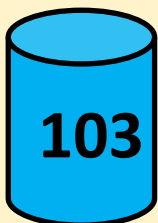
Miss Newman will still continue to work with us within our EYFS team and is very excited to get to know our youngest children.

Sadly, Mrs Ranson will be leaving us at half term to pursue another role within a specialist provision. Mrs Ranson's passion above PE is working with children with complex needs and has the opportunity of a new role to develop this passion further. We will really miss her but wish her well in her new adventures.

Mrs Broome

House Point Totals

Well done to **St Martin's house** who were the winning house this week!



Our School Lottery

Support our school and
buy your chance to win
here -

[https://
www.yourschoollottery.co.uk/
lottery/school/st-marys-
catholic-primary-school.](https://www.yourschoollottery.co.uk/lottery/school/st-marys-catholic-primary-school)

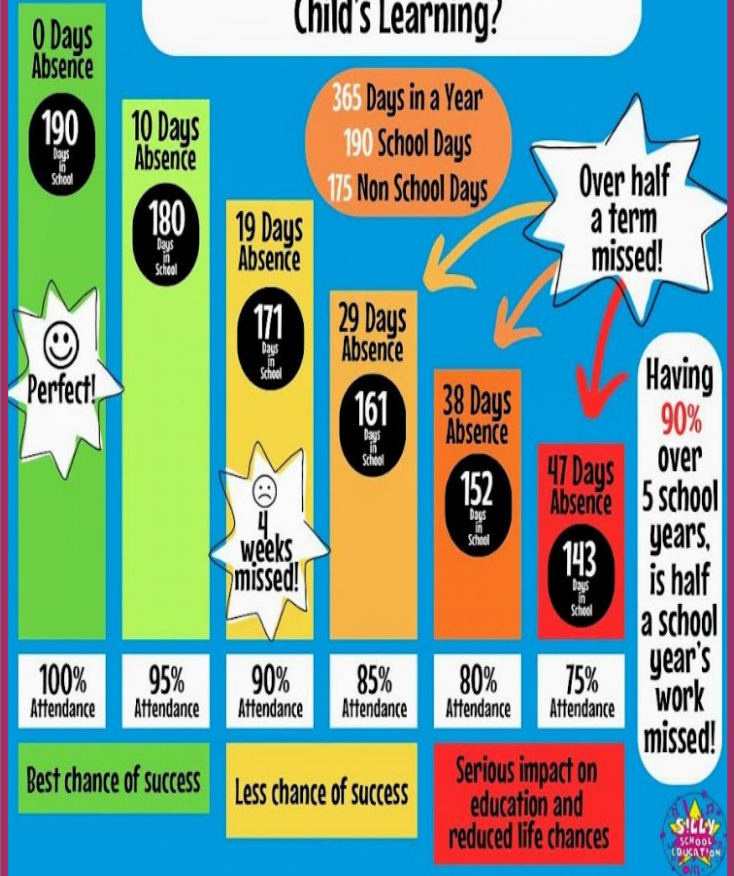
LIVE LOVE BELIEVE

PHYSICAL EDUCATION

SPRING 1 2026

MONDAY	YEAR TWO
TUESDAY	YEAR ONE & FOUR
WEDNESDAY	YEAR THREE & FIVE
THURSDAY	EYFS & YEAR 6
FRIDAY	EYFS

How Does School Attendance Affect a Child's Learning?



Attendance and Lateness

School target 96%

This weeks whole school attendance **90.91%**

Unfortunately our system is down so there isn't any available data this week.

EYFS = **91.2%** 3 lates

Year 1 = **96.5%** 6 lates

Year 2 = **87.71%** 7 lates

Year 3 = **93.6%** 2 lates

Year 4 = **94%** 5 lates

Year 5 = **89.2%** 0 lates

Year 6 = **97.31%** 4 lates

Well done Year 6 Great work!



PRESCHOOL UPDATE

We have been busy since we came back. We are working on numbers 1-5. The order they come in and how we can make them, where we can see them.

This week our story is Some Dogs Do. We have been chalk drawing our letters outside, playing hopscotch and having tea parties/picnics indoors.

We now have a Facebook page if you want to follow us and share our page, that would be great.

Thank you for the donations of toys



SEND Focus

'POSITIVE APPROACHES TO BEHAVIOUR' ADHD & SCREENS

WHEN SCREENS FEEL LIKE THE ONLY CALM THING

For many young people with ADHD, screens offer something their brain rarely gets in day-to-day life: focus without friction. The digital world is predictable, rewarding and easier to manage than the constant demands of the real one. What looks like "obsession" is often a genuine moment of nervous system relief.

WHEN DOPAMINE DRIVES THE PULL

ADHD brains typically have lower baseline dopamine and fewer dopamine receptors. Screens deliver rapid, consistent dopamine hits through novelty, achievement and instant feedback. It's not that a child prefers screens over you — it's that their brain finally feels balanced, engaged and regulated.

WHEN HYPERFOCUS TAKES OVER

Hyperfocus isn't intentional. It's a state the ADHD brain slips into when something offers enough stimulation to "lock in". During screen use, transitions become genuinely harder because the brain is chemically and cognitively absorbed.

This isn't defiance — it's neurology.

WHEN EXECUTIVE FUNCTION MAKES STOPPING DIFFICULT

ADHD isn't a lack of willpower. It's difficulty with task-shifting, time awareness and impulse control. Turning a screen off requires multiple executive skills in quick succession, which can feel overwhelming. Without structure and support, the child's system tips into dysregulation.

WHEN THE DIGITAL WORLD FEELS SAFER

Screens reduce social pressure, minimise unpredictability and offer clear rules. For many ADHD children, this lowers anxiety and reduces the emotional load of the day.

What adults often call "avoidance" is sometimes the child seeking safety and recovery.

WHEN UNDERSTANDING CHANGES EVERYTHING

Recognising the brain-based reasons behind screen struggles helps parents move from conflict to connection. With predictable routines, sensory bridges, clear cues and co-regulation, children can manage screens in healthier, calmer ways — without shame, punishment or fear.



FOR A COPY OF A BITESIZE INFORMATION SHEET, HEALTHY SCREEN HABITS, COMMENT SCREEN IN THE COMMENTS.

SEND Focus

THE SCREEN-DOPAMINE LOOP: WHY YOUNG PEOPLE GET STUCK

THE BRAIN LOVES DOPAMINE

Dopamine is the brain's 'feel-good messenger'. Young people's brains release more of it, more quickly, and with stronger emotional impact. Screens offer constant micro-bursts — likes, notifications, new levels — and the brain pays attention.

THE CYCLE BUILDS FAST

Every swipe, scroll, or ping gives a tiny hit. The brain remembers: This feels good. Do it again. Over time, the child isn't being "naughty" or "obsessed"; their brain is simply following a strong reward pattern.

WHEN DOPAMINE DIPS, CRAVING RISES

After a spike, dopamine drops — and that dip feels uncomfortable. Restless. Irritable. Low. The child reaches for the quickest fix they know: the screen. It's not defiance; it's neurobiology.



SELF-CONTROL IS STILL DEVELOPING

The parts of the brain involved in impulse control and transitions (the prefrontal cortex) are still under construction. Expecting a young person to "just switch off" ignores how their brain is wired in childhood and adolescence.

SCREENS MEET UNMET NEEDS

Connection, stimulation, escape, predictability — screens offer them all instantly. When we address the underlying need, not just the behaviour, the cycle softens.

SUPPORT, NOT SHAME, BREAKS THE LOOP

Boundaries help, but compassion helps more. Slow transitions, co-regulation, predictable routines, sensory-friendly downtime, and dopamine-balanced alternatives build healthier patterns over time. You're not fighting them — you're supporting their brain.

FOR A COPY OF A BITESIZE INFORMATION SHEET, HEALTHY SCREEN HABITS, COMMENT SCREEN IN THE COMMENTS.

FOSMA NEED YOU



We need your help to keep **FOSMA** a success, whether you can attend regular meetings, help plan an event, share ideas, spare us a few hours at an event or simply have a skill you can offer us, we would like to welcome you all.

Our aim, with your help, is to raise money through various events & activities for the fun things that the school may not have a budget for. Each & every penny we raise goes straight back into your child's school to benefit in some way.

The school belongs to your children & as their parents & carers we can do so much to enrich their school experience.

For further information, please chat to any of our members, or email:

fosma@stmaryspri.co.uk



HELP MAKE A DIFFERENCE!



Spring 1 after school clubs

St Mary's Catholic Primary School After School Clubs – Tuesday 6th January – Friday 13th February All clubs finish at 4pm unless otherwise stated	
<p>Your child will NOT be offered a place until payment in full has been received, together with a consent form, which contains important contact information for the club leader. All clubs are offered on a first come first served basis.</p>	
Monday	<p>Skateboarding (KS2) Run by John Cattle's Skate Club C.I.C Minimum 8. Starting 12th January (5 sessions). £24. To book please go to your Compass Portal</p> <p>Homework Club (Yrs 2 - 6) Run by school staff Free to attend To book please go to your compass portal</p>
Tuesday	
Wednesday	<p>Indoor cricket Club (Years 1-6) Run by LJR Coaching Minimum 5 children. Starting 7th January (5 sessions) £24.00 To book: https://ljrcoaching.classforkids.io/info/218</p> <p>Art Club (Years 2-6) Run by Portraits with Fleur Starting 7th January (6 sessions) £33.00. To book please go to your Compass Portal</p>
Thursday	<p>Football Club (Years 1-6) Run by LJR Coaching Minimum 5 children. Starting 8th January (5 sessions) £24.00 To book: https://ljrcoaching.classforkids.io/info/219</p>
Friday	<p>----- Llama Drama (Years R-3) 3:00pm-4:00pm Starting 9th January (6 sessions). £30. To book: https://llama-drama-iow.classforkids.io/info/152</p> <p>----- Llama Drama (Years 4-6) 4:00pm-5:00pm Starting 9th January (6 sessions). £30. To book: https://llama-drama-iow.classforkids.io/info/156</p>

Diary Dates 25-26

NEW DATES WILL BE ADDED IN RED

Tuesday 12th February—Skipping workshops
Wednesday 25th February—Whole school Mass
Wednesday 18th March—Creative workshops
WB Monday 23rd March—Mission week
Wednesday 25th March—Rock Kidz
Thursday 26th March—KS2 Theatre trip
Wednesday 6th May—Whole school mass
WB Monday 11th May—Year 6 SATs week
WB Monday 1st June—Year 4 multiplication check
WB Monday 8th June—Phonics check week
Monday 22nd June—School closed—INSET day
Wednesday 22nd July—Whole school mass

We are having an issue with children being picked up late from school. Just a reminder that we have a school run after school club that runs until 5pm everyday.

If parents are consistently late to pick up their children, the children will be sent to this after school club located at our pre-school and parents will be charged for this time.

FREE SCHOOL MEALS

Have your circumstances changed? Could you now be entitled to Free School Meals?

To apply online please go to:

www.iow.gov.uk/council/OtherServices/Free-School-Meals/Key-Stage-1-and-2

Medical Appointments & Leave of Absence Requests

If your child has a hospital/dental appointment, please ensure you have notified the school office of the time and date and handed in a copy of the medical letter or appointment card.

Leave of absence request forms for holidays/funerals etc. are available upon request at the school office.



We are a cashless school and only accept payments through Compass. Please contact the office if you need to set this up. Please use this service to pay for:

- School dinners*
- After school clubs*
- Trips and visits*

Free parking!

Free parking permits are available from the school office for the local canoe lake car park.

We urge all parents that need to drive to and from school to use this service as parking around the school site is limited and our local residents still require access to their property at all times.

School dinner menu

**AUTUMN/WINTER
2025 MENU**

WEEK 1

W/C: 03/11/2025, 24/11/2025, 15/12/2025, 19/01/2026, 09/02/2026, 09/03/2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1	Cheese and Tomato Pizza with Potato Wedges 🌱	Beef Bolognese with Wholewheat Pasta 🍷🍷	Roast Pork with Roast Potatoes and Gravy	Chinese Sticky Lemon Chicken with Wholegrain Rice 🍷🍷	Fish Fingers with Chips
	OPTION 2	BBQ Vegetable Wrap with Potato Wedges 🌱🍷	Vegetarian Bolognese with Wholewheat Pasta 🌱🍷🍷	Roast Quorn with Roast Potatoes and Gravy 🌱	Cheesy Vegetable Hotpot 🌱	Quorn Dippers with Chips 🌱
	OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱🍷
HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD						
DELI	OPTION 4	Ham, Cheese or Tuna Baguette with Mixed Salad 🌱	Ham, Cheese or Tuna Baguette with Mixed Salad 🌱	Ham, Cheese or Tuna Baguette with Mixed Salad 🌱	Ham, Cheese or Tuna Baguette with Mixed Salad 🌱	Ham, Cheese or Tuna Baguette with Mixed Salad 🌱
	DELI DISHES ARE SERVED WITH MIXED SALAD					
DESSERT		Crunchy Apple Slice 🌱	Strawberry Shortcake Mousse	Apple Crumble with Custard 🌱	Chocolate Ice Cream	Oat Cookie 🌱



BAKED POTATOES SERVED DAILY
With a choice of toppings 🍷🍷



AVAILABLE DAILY
Fresh fruit, salad, yoghurt and water

🌱 Vegetarian 🍷 Vegan 🍷 Oily Fish 🍷 Fruity! 🍷 Wholegrain 🍷 Nutritionist's Choice

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

Chartwells
Schools

WALL 10.2024

**AUTUMN/WINTER
2025 MENU**

WEEK 2

W/C: 10/11/2025, 01/12/2025, 05/01/2026, 26/01/2026, 23/02/2026, 16/03/2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1	Macaroni Cheese 🌱	Pork Sausages with Mashed Potatoes and Gravy	Roast Chicken with Roast Potatoes and Gravy	Chicken and Vegetable Korma with Wholegrain Rice 🍷🍷	Battered Fish with Chips
	OPTION 2	Veggie Burrito with Wholegrain Rice 🌱🍷🍷	Vegetarian Sausage with Mashed Potatoes and Gravy 🌱	Sweet Potato, Chickpea and Herb Roast with Roast Potatoes and Gravy 🌱🍷	Cheese and Tomato Pizza with Pasta Salad 🍷🌱	Quorn Dippers with Chips 🌱
	OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱🍷
HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD						
DELI	OPTION 4	Ham, Cheese or Tuna Baguette with Mixed Salad 🌱	Ham, Cheese or Tuna Baguette with Mixed Salad 🌱	Ham, Cheese or Tuna Baguette with Mixed Salad 🌱	Ham, Cheese or Tuna Baguette with Mixed Salad 🌱	Ham, Cheese or Tuna Baguette with Mixed Salad 🌱
	DELI DISHES ARE SERVED WITH MIXED SALAD					
DESSERT		Chocolate Caramel Crunch	Banana Flapjack 🌱🌱	Chocolate Brownie 🌱	Raspberry Jelly 🌱	Strawberry Ice Cream



BAKED POTATOES SERVED DAILY
With a choice of toppings 🍷🍷



AVAILABLE DAILY
Fresh fruit, salad, yoghurt and water

🌱 Vegetarian 🍷 Vegan 🍷 Oily Fish 🍷 Fruity! 🍷 Wholegrain 🍷 Nutritionist's Choice

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

Chartwells
Schools

WALL 10.2024

School dinner menu

AUTUMN/WINTER 2025 MENU		WEEK 3				
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1	Cheese and Tomato Pizza with Pasta Salad 🌱 🌱	Chicken and Broccoli Pasta Bake With Garlic Bread 🍷 🌱	Roast Gammon with Roast Potatoes and Gravy	BBQ Chicken with Rainbow Rice	Fish Fingers with Chips
	OPTION 2	Veggie Meat Feast Pizza with Pasta Salad 🌱 🌱	Macaroni Cheese 🌱	Vegetable Pastry Slice with Roast Potatoes and Gravy 🌱	Spanish Vegetable Rice 🍷 🌱	Quorn Dippers with Chips 🌱
	OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱 🌱	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱 🌱	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱 🌱	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱 🌱	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱 🌱
HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD						
DELI	OPTION 4	Ham, Cheese or Tuna Baguette with Mixed Salad 🌱	Ham, Cheese or Tuna Baguette with Mixed Salad 🌱	Ham, Cheese or Tuna Baguette with Mixed Salad 🌱	Ham, Cheese or Tuna Baguette with Mixed Salad 🌱	Ham, Cheese or Tuna Baguette with Mixed Salad 🌱
	DELI DISHES ARE SERVED WITH MIXED SALAD					
DESSERT		Chocolate Marble Cake 🌱	Apple Crumble with Custard 🌱	Lemon Cookie 🌱	Crunchy Chocolate Mousse	Strawberry Jelly 🌱

 **BAKED POTATOES SERVED DAILY**
 With a choice of toppings 🍷 🌱

 **AVAILABLE DAILY**
 Fresh fruit, salad, yoghurt and water

🌱 Vegetarian 🌱 Vegan 🍷 Oily Fish 🌱 Fruity! 🌱 Wholegrain 🍷 Nutritionist's Choice

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.



Menu 18.2024

Are you entitled to free school meals?

If you receive any of the following, you can claim free school meals and the school can access additional funding too!

- Income support
- Income based jobseekers allowance
- Income-related employment and support allowance
- Guaranteed pension credit
- Support under part 5 of the immigration and asylum Act 1999
- Universal credit (with an annual net income of no more than £7,400)
- Child tax credit, provided the parent is not entitled to working tax credit and have an annual income, as assessed by HMRC, which does not exceed £16,190.
- Where a parent is entitled to working tax credit run-on (the payment someone receives for a further four weeks after they stop qualifying for working tax credit)

Registering for free school meals could raise an extra £1320 to fund valuable support like extra resources, additional teaching staff or after school activities. This is why it is so important to sign up!

We have forms to complete to make this happen, so please come and fill one in!

St Mary's Catholic Primary School Uniform

For all pupils:

Navy polo shirt with logo

Navy round neck sweatshirt

Navy cardigan

(Jumpers and Cardigans may be worn without a logo if wished. However, if you wish to you can purchase them from Kids and Co. with a logo or take the item bought elsewhere to Kids and Co. who for a small fee will add the school logo.)

Warm navy-blue tracksuit bottoms (not shiny or branded ones)

These items may be worn in warm weather but you always need to bring in the tracksuit bottoms so we can access the woods easily

Grey knee length skirt

Grey knee length pinafore

Grey shorts

Blue and white checked dress

White or grey socks / tights

Black shoes – the shoes need to be robust so that when the children are outside at lunch or break time as well as when outside learning their feet are supported. Ballet style shoes or ill-fitting shoes do not provide this support and should not be worn.

The shoes must be plain black with no decoration. They may be trainer styled shoes.

PE Kit

School PE Logo top

Navy shorts/skorts

Plain black trainers (Please provide non-laced ones until your child is able to tie their own laces)

Navy tracksuit bottoms

Navy sweatshirt/hoody

Hair

The children should wear their hair simply. This means no extreme haircuts including sculpting or shaved designs. No colour in hair. Hair bands and clips should be plain and small.

One small pair of earrings may be worn – if the child is not able to take them out they will be covered in tape during PE

Temporary tattoos, make up, other jewellery, nail varnish and festival bands should not be worn at school.

All uniform may be purchased from Kids and Co in Ryde - <https://www.kidsandcodirect.co.uk/>

Finally, please name all items. If you use pen to name the items, you will know that you need to write the name again several times throughout the year as it does wash out.



School Development Days

Monday 1st September 2025

Tuesday 2nd September 2025

Monday 29th September 2025

Monday 5th January 2025

Community News

Little Rockets Gymnastics Funday Adventure
Join Us at Cowes or Sandown!

Let's Get Moving!

COWES
Sea Cadets, Whitegates, Artic Road,
Cowes, PO30 5QT.

Dates: 8th April (Wed), 27th May (Wed),
28th May (Thu), 12th August (Wed),
19th August (Wed), 26th August (Wed),
28th October (Wed), 30th December (Wed).

SANDOWN
Fairway Sports Hall, The Fairway,
Sandown, PO36 9EE.

Dates: 9th April (Thu), 13th August (Thu),
27th August (Thu), 29th December (Tue).

10am - 3pm

★ Dress in comfortable gym clothes (leotard, shorts, t-shirt, joggers).
- Book online at <https://little-rockets.classforkids.io>

Dola Ak

FREE WEEK OF BASKETBALL
Every session we provide is *Completely Free*
Just turn up and play

OUR SESSIONS **JANUARY**
19th - 25th

Primary School Ages
Tues @ Medina Leisure Centre 5:30-7:30pm

Secondary School Ages
Weds @ Christ the King College
U14 & Beginners 6:30-8pm
14-18 7:30-9:30pm
Thur @ West Wight Sport Centre
11-18 5-6:30pm

Adults
Tues @ Fairway/Bay CE Sport Centre 8-10pm
Thur @ Fairway/Bay CE Sport Centre 7-10pm

Womens
Tues @ Medina Leisure Centre 6:30-7:30pm
Thur @ Fairway/Bay CE Sport Centre 7-8pm

For more info, check out:
www.iowbasketball.club
info@iowbasketball.club

LADIES BASKETBALL
SESSIONS
16+

TUESDAY EVENINGS **MEDINA LEISURE CENTRE NEWPORT**
6.30PM-7.30PM

THURSDAY EVENINGS **FAIRWAY BAY CE SPORTS CENTRE SANDOWN**
6.30PM-7.30PM

NO EXPERIENCE NECESSARY ALL ABILITIES WELCOME

Community News



ALL TICKETS £5.50

APOLLO THEATRE, NEWPORT

18th & 20th FEBRUARY

11am & 2:30pm

Tickets available from:

<https://booking.apollo-theatre.org.uk/>



QUAY ARTS CENTRE, NEWPORT

19th FEBRUARY

3pm

Tickets available from:

<https://www.iwstoryfestival.com/booking>

Community News

PSSC
Premier School Sport Coaching

Half-Term SPORTS CAMP

16&17 FEBRUARY

AT DOVER PARK PRIMARY SCHOOL

HOLIDAY
ACTIVITIES



FOR AGES 5-11



FOOTBALL



BASKETBALL



CRICKET

Cost: £FREE

(if on income related Free School meals)
Funded by the Department of Education
- LUNCH AND SNACKS PROVIDED!!!

OR

£15 per day

Monday, 16th February -

Gym, Dance, and Cheerleading

Tuesday, 17th February -

Team Sports including Football,
Basketball, and Handball

For more information:

Email Andy Day -
psscld@gmail.com or
phone/text 07970009509

Booking is ESSENTIAL -
Sign up today via the QR
code or via the link below

<https://eequ.org/book/pssc-haf-fun-sports-and-football-at-dover-park-with-premier-school-sports-coaching-limited-16253>

Why Attend

- MULTI-SPORT TRAINING
- EXPERT COACHES
- DEDICATED RELAXATION AREA.
- SKILL-BUILDING, TEAMWORK & CONFIDENCE



Supported by



Funded by
UK Government

Community News

School Aged Immunisation Service


Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust

IT'S NOT TOO LATE TO PROTECT YOUR CHILD AGAINST FLU



If your child missed the flu vaccination in school but you would like them to receive it, the Isle of Wight School Aged Immunisation Team are holding another four community clinics.

If you have already completed a consent form: please check your emails as you have been sent an invitation to book into a clinic.

If you have not already completed a consent form: please use the link or QR code below.

To access the consent form, use the link:

<https://www.hlowhealthcareimmunisations.co.uk/Forms/Flu>

or this QR code:



Your school code is: **CW118195**

Clinics available are:

Weds 14 th January	Ryde Family Hub (at entrance to Co-Op Car Park)	14:30 - 16:00
Tues 27 th January	Newport Health & Wellbeing Centre, High Street (opposite Correo Lounge)	14.30 - 16.15
Tues 17 th February	Newport Family Hub (next to Barton Primary School)	10:00 - 15:00
Thurs 19 th February	West Wight Sports Centre (Meeting Room inside the Sports Centre)	10:00 - 12:30

If the clinic does not appear as an option, it is full.

If you do not wish your child to be vaccinated and do not want to receive any further reminders this season, please use the link or QR code and select 'NO' on the consent form so that your child's record can be updated.

If you need any advice or help completing the form, please telephone the school Aged Immunisation Service on 0300 123 5074 or Email: hiowh.iowimms@nhs.net



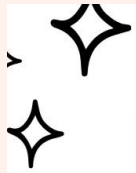
Prevent the
spread
of flu this



Protect your
family



Community News

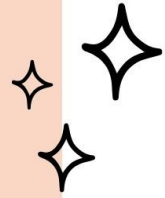



Isle of Wight
Pottery

Starts Fri 9th Jan



Kids Afternoon Pottery Club

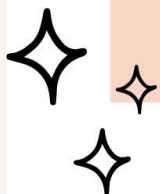


Fridays 4pm - 5:30pm during term time.

£108 for 6 weeks

An exciting opportunity for your child to learn a variety of making techniques in our working pottery studio. Over a 6 week period, we will explore wheel throwing, sculpting and modelling and follow the pottery process through to completion. They'll finish with a range of glazed and fired pieces to take home.

To book visit us at:
www.isleofwightpottery.com



Community News

FOSMA runs on the time and energy of parent and caregiver volunteers—and we could really use a few more helping hands! From pitching in at events to helping with fundraisers or behind-the-scenes planning, every bit of help goes a long way. Whether you have an hour here and there or want to get more involved, there's something for everyone. Volunteering is a fun way to meet other families, stay connected to the school, and make a real difference for our kids. We'd love to have you join us!

Interested or have questions?

We're also looking for new board members to help guide and run FOSMA. No prior experience is needed—just an interest in supporting the school and working with a great group of families. It's a rewarding way to have a bigger impact and help shape what FOSMA does throughout the year. We'd love to hear from you! Please reach out to us anytime at fosma@stmaryspri.co.uk and we'll help you find a way to get involved that works for you.

Did you know that whenever you buy anything online – from your weekly shop to your annual holiday – you could be raising free donations for Friends of St Marys RC Primary Association (FOSMAIOW) with easy fundraising? There are over 8,000 retailers on board ready to make a donation – including eBay, Argos, John Lewis & Partners, ASOS, Booking.com and M&S – and it won't cost you a penny extra to help us raise funds. All you need to do is:

1. Go to <https://www.easyfundraising.org.uk/causes/fosmaiw/> and join for free.
2. Every time you shop online, go to easy fundraising first to find the site you want and start shopping.
3. After you've checked out, the retailer will make a donation to Friends of St Marys RC Primary Association

(FOSMAIOW) at no extra cost to you whatsoever! There are no catches or hidden charges and Friends of St Marys RC Primary Association (FOSMAIOW) will be really grateful for your donations.

Thank you for your support.

 easyfundraising

**You spend,
retailers donate**

Sign up to easyfundraising
and see your favourite
retailers donate to

Friends of St Marys RC Primary Asso...

whenever you shop with them

Sign up and get started