

Truth – Being honest  
Respect – Being Fair  
Unity – Being Friendly  
Sincerity – Being Genuine  
Tolerance – Being accepting

# Brading CE (Controlled) Primary School



We are a Team that Trust each other to unlock potential.  
Tel: 01983 407217 email – admin@bradingcepri.iow.sch.uk

## News from Brading CE Primary School

Headteacher: Mrs B Gilbert

**Our Christian Values: TRUST - TRUTH, RESPECT, UNITY, SINCERITY, TOLERANCE -**

**This week our focus has been on TRUTH**

27th March 2026

Dear Parents and Carers,

As we come to the end of this term, I would like to extend my sincere thanks to our entire school community for another successful and productive period of learning. Our pupils have shown great enthusiasm and determination in all areas of school life. Whether in the classroom or through creative activities, they have demonstrated a real commitment to doing their best. I would like to take this opportunity to thank our staff members and governors for their hard work and commitment, as well as you, our families for your continued support and partnership. Working together makes a significant difference to the children's success and wellbeing.

**Attendance Week** – This week we carried out another attendance week. Thank you for supporting us with this. We will be giving prizes to all children with 100% attendance on the first week back of the new term. The first week back we will also be holding attendance week so please make sure the children are in school ready to learn.

**Parent/carer sessions** – Thank you to everyone who came along to see their children's teachers. If you could not make your appointment please contact the office and we can speak with the teacher to arrange a time to call you.

**Easter Celebrations and Church Service** – Wow what a wonderful day we had today. It was so lovely to see so many parent/carers visit their child's class's today. I hope you enjoyed looking through all of the amazing work they have completed over the last term. I would like to say a huge well done to all the children who came to our Easter Service which we had in our hall today. It was a lovely service and you all did amazing with your songs and poems. The children really enjoyed their Easter egg hunt around the school. The Easter bunny left lots of treats for everyone.

**Professional Performance** – On Friday 17<sup>th</sup> April we are going to be joined by Troubadour from the mainland. They are going to be working with us to give the children an experience of a live performance. This will come again in the autumn term and the performance will be at Quay Arts. Last year our focus was about making, this year is about performing. On Friday 17<sup>th</sup> April we will also have Songs of Place Worship coming in and it will be an exciting and memorable experience for the children across the whole school.

**Fun Clubs** – We still have spaces for Fun Clubs for next term. Please contact the office via email or pop in to book.

Monday – Sporting activities at the Bay with Mrs Powell (this will start on Monday 20<sup>th</sup> April)

Tuesday – KS1 Geography with Mrs Atwell (this will start on Tuesday 21<sup>st</sup> April)

Tuesday – KS1 Netball with Miss Fuller

Tuesday – KS2 Cooking with Mrs Gardner

Tuesday – SATS Booster (yr6) with Mr Baker

Have a fabulous break and see you all on Monday 13<sup>th</sup> April.

Mrs Gilbert

**P.S** – Please don't forget Mrs Willshire and myself are available from 8.30am everyday if you need to discuss anything. All teaching staff are not available in the mornings but will be available after school only

**Collective worship this week** – we have been continuing to focus on Tolerance  
**Bible Reflection** – "Be completely humble and gentle; be patient, bearing with one another in love."

# School Reminders

## Safeguarding Reminders

**Safety End of the day Pick up** - We have reminded all of the children that they should stay with their adult when they leave. Once you have picked up your child from school please make sure that they stay with you. Year 5 & 6 children who leave school without an adult, please remember you are representing the school and to be safe at all times. All roads are dangerous and I don't want any accidents happening, especially as the evenings are still quite dark. In addition, can I please remind you about parking sensibly. There are residents who also live along this road and we all should be considerate of this. – If your child is not attending their fun club, you will need to let the office know and sign them out. Children attending clubs in Years 5&6 still need to be collected by an adult after. Don't forget that we need to keep the entrance of school clear in case the emergency services need to attend. This includes the yellow zigzag zone is strictly no parking.

**Wraparound Care Booking** – Remember that there is a new way to book Wraparound. Ideally, we will need a week's notice of any bookings for Wraparound. To make sure the booking is secure for wraparound, we will require you to send us an email and make payment on School Money. Do not assume your child has a place until you receive an acknowledgement from the school office. Any bookings made on school money without contacting the office will be invalid. Without an email sent to the office and a confirmation email back from the school office we cannot book any Wraparound.

## Other Reminders

**Absences/Illness** - Please make sure if your child is going to be absent from school due to illness, medical appointments or any other reasons, you need to provide the office with a phone call, email or pop into the office (also any supporting letter you may have) on the day of the absence to inform them. Remember to please keep your child off of school for 48 hours after the last episode of diarrhoea and vomiting before bringing your child back into school. If we do not hear from you by 9.15am we will ring you. This is part of our duty of care and our safeguarding to ensure everyone is kept safe. We have changed our answer phone so you are unable to leave a message, you will need to ring the office from 8.45am daily and talk directly to us and let us know the reason your child is unable to attend school.

**Headlice** – We have started to see a rise with Headlice in school. It is important to check your child's hair for head lice. The best technique is to use a head lice comb when the hair is wet, leaving in conditioner and combing the hair in sections. When the hair is wet, head lice cannot move so they are easier to comb out. Please note that they do not jump or fly, you can only catch head lice from head to head contact. Treat appropriately: the wet combing technique eradicates the lice and eggs. This should be done every 3 to 4 days over a 2-week period to break the life cycle. If you require further information please have a look at the following website: <https://www.chc.org/how-to-treat-head-lice-and-nits-successfully/> Children who become clear of head lice can be re-infected at school. You can help to tackle this by following good prevention, by being vigilant to spot any new infections or re-infections and by seeking prompt treatment if you find any head lice.

**Lunch boxes/Bags** – Please remember that the children can only use hard plastic lunches boxes in school. Please do not send your child in with a material one. Also, we cannot have rucksacks in the classrooms. Please send your child in with a drawstring bag or a book bag that can fit in their trays.

## Weekly Focus

Outstanding payments - We are coming to the end of the financial year, please log on to SchoolMoney to check for any outstanding balances that may be due. Please make sure that all monies owing to school are paid in full. If your child will continue to have school dinners, please make sure you have put enough credit on the account to cover any future payments. If you are experiencing financial difficulties, please do contact the office. All calls will be dealt with in the strictest of confidence.

# Dates for Your Diary

## March

27<sup>th</sup> – Last day of term for Easter

## April

13<sup>th</sup> – First day back at school

## May

11<sup>th</sup> – 14<sup>th</sup> – Yr. 6 SATS exams

## Foodbank Vouchers

Mrs Willshire is able to issue Foodbank Vouchers to anyone who may be struggling. Please email Mrs Willshire to request one if required.

[Jo.willshire@bradingcepri.iow.sch.uk](mailto:Jo.willshire@bradingcepri.iow.sch.uk)

## Attendance

**Whole School Target: 95%**  
**Current weekly % = 86.16%**

Class	% Last Week
Antigua	100%
St Lucia	85.7%
Cuba	87.8%
Hawaii	82.7%
New Zealand	92.5%
Galapagos	89.5%
Jamaica	82.9%



### Penalty Notice Fines for School Attendance are Changing.

As set down by the Department for Education, penalty notices can be issued for unauthorised absence. With the introduction of the new National Framework for Penalty Notices, the following changes will come into force for Penalty Notice Fines issued after 19th August 2024.

#### Per Parent, Per Child

Penalty Notice Fines will now be issued to each parent, for each child that was absent.

#### For example:

3 siblings absent for term time leave, would result in each parent receiving 3 separate fines.

#### 5 consecutive days of term time leave

Penalty Notice Fines will be issued for Term Time Leave of 5 or more consecutive days. INSET training days are school days and can be included in the 5 or more consecutive days where there was intent to be absent for term time leave.

#### 10 sessions of unauthorised absence in a 10-week period

Penalty Notice Fines will be considered when there has been 10 sessions of unauthorised absence in a 10 week period.

#### 1 First Offence

The first time a Penalty Notice is issued for Term Time Leave or Irregular Attendance the amount will be:

**£160 per parent, per child paid within 28 days.**

**Reduced to £80 per parent, per child if paid within 21 days.**

#### 2 Second Offence

##### Within 3 years

The second time a Penalty Notice is issued for Term Time Leave or Irregular Attendance the amount will be: £160 per parent, per child paid within 28 days.

#### 3 Third Offence

##### And Any Further Offence (Within 3 years)

The third time an offence is committed for Term Time Leave or Irregular Attendance a Penalty Notice will not be issued, and the case will be presented straight to the Magistrates' Court. Magistrates' fines can be up to £2500 per parent, per child.

Cases found guilty in Magistrates' Court can show on the parent's future DBS certificate, due to 'failure to safeguard a child's education'.

# Attendance Traffic Light System



90% and below

90 - 95%

96 - 100%

**Concern**  
Drastic affect on academic achievement.

**Cause for Concern**  
We work with our EWS Officer who will conduct home visits when attendance becomes a concern

**Excellent attendance!**  
Keep up the good work.

**MISSING SCHOOL = MISSING OUT!**  
96 – 100% attendance equates to 4- 7 days off each year  
90-95 % attendance equates to 9-20 days off each year (50-100 lessons lost)  
90% and below equates to 20-30 school days off each year (100-150 lessons lost)

We want our children at Brading CE Primary to enjoy coming to school.  
Research proves that there is a high correlation between school attendance and academic performance and success.  
Absence from school is often the greatest single cause of poor performance and achievement.  
Ensuring children attend school is crucial for the welfare of children and safeguarding their wellbeing.

## EVERYDAY MINUTE COUNTS



**3 school days lost per year**



**10 school days lost per year**



**19 school days lost per year**

If you have any safeguarding concerns within the school or the community please see the below poster. These are our school Designated Safeguarding Leaders. They are always here to help.



# Safeguarding

is everyone's responsibility



If you have concerns regarding a child in our school or community please report immediately to a DSL or DDSL.

Designated Safeguarding Lead



Mrs Beverley Gilbert

Deputy Designated Safeguarding Leads



Mrs Jo Willshire



Miss Clare Matson



Mrs Alison Attwell

Contact information:

Isle of Wight MASH – 01983 823436

LADO – 01983 823723 (only call if urgent otherwise use online form)

Safeguarding Governor – Dave Piggott & Pat Redfern



### Wraparound care prices:

FREE Breakfast Club (from 7.45am)

Wraparound until 4pm - £6

Wraparound until 5pm - £8

Wraparound until 6pm - £12 (this needs to be agreed by Mrs Gilbert with prior notice)

Wrap Around number – 07864599219

All to be booked via SchoolMoney

### Class emails:

[antigua.class@bradingcepri.iow.sch.uk](mailto:antigua.class@bradingcepri.iow.sch.uk)

[cuba.class@bradingcepri.iow.sch.uk](mailto:cuba.class@bradingcepri.iow.sch.uk)

[stlucia.class@bradingcepri.iow.sch.uk](mailto:stlucia.class@bradingcepri.iow.sch.uk)

[newzealand.class@bradingcepri.iow.sch.uk](mailto:newzealand.class@bradingcepri.iow.sch.uk)

[galapagos.class@bradingcepri.iow.sch.uk](mailto:galapagos.class@bradingcepri.iow.sch.uk)

[jamaica.class@bradingcepri.iow.sch.uk](mailto:jamaica.class@bradingcepri.iow.sch.uk)

[hawaii.class@bradingcepri.iow.sch.uk](mailto:hawaii.class@bradingcepri.iow.sch.uk)

### PE Days:

Cuba - Friday

St Lucia - Wednesday

New Zealand - Wednesday

Galapagos – Thursday/Friday

Jamaica – Tuesday/Thursday

Hawaii – Tuesday

Children are to come in their PE kits on these days.

### Coats, Hats and Scarves

Now that the temperature has started to rise can you please ensure children still bring a warm, waterproof coat into school every day, it's not quite warm enough to be wearing only a jumper. Please make sure all items are named to prevent them from getting lost!

Thank you

### Fun Clubs:

Mon – Sports Activities at the Bay  
for Yr. 5&6

Tues – Yr. 6 SATS BOOSTER Club

Tues – KS1 Geography Club

Tues – KS1 Netball Club

Tuesday – KS2 Cooking Club

Wednesday – Yr. 1,2&3 Sports Club

Please contact the office to book.

### Makaton

As part of our ongoing learning here at Brading Primary School we focus on a Makaton symbol every week.

Here is our next Makaton sign.

# SCHOOL LUNCH

## WHAT'S COOKING?

### SCHOOL MENU WEEK COMMENCING 13<sup>th</sup> April 2026

We also offer Vegetarian options, tomato pasta as well as jacket potatoes, baguettes and sandwiches with a selection of fillings each day.

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Tomato Pizza BBQ Vegetable Wrap	Beef Bolognese Vegetable Bolognese	Roast Chicken Roast BBQ Quorn	IOW Pork Sausages Macaroni Cheese	Fish Fingers Quorn Nuggets
Chocolate Brownie	Oat Cookie	Strawberry Shortcake Mousse	Vanilla slice with Melon	Berry Blondie

Here are the new menus for SPRING/SUMMER. These will be ready to book from after the last day of term.

## SPRING/SUMMER 2026 MENU

## WEEK 1

W/C 13/04/2026, 04/05/2026, 01/06/2026, 22/06/2026, 13/07/2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1	Cheese and Tomato Pizza with Potato Wedges 🌱	Beef Bolognese with Wholewheat Pasta 🍷🍷	Roast Chicken with Roast Potatoes and Gravy 🍷	I.O.W Pork Sausages with Mashed Potato and Gravy	Fish Fingers with Chips
	OR					
	OPTION 2	BBQ Vegetable Wrap with Wholegrain Rice 🌱🍷🍷	Vegetarian Bolognese with Wholewheat Pasta 🌱🍷🍷	Roast BBQ Quorn with Roast Potatoes and Gravy 🌱	Macaroni Cheese 🌱🍷	Quorn Dippers with Chips 🌱
OR						
OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Wholewheat Pasta 🌱🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Wholewheat Pasta 🌱🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Wholewheat Pasta 🌱🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Wholewheat Pasta 🌱🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Wholewheat Pasta 🌱🍷	
HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD						
DELI	OPTION 4	Baguettes Choice of either Ham, Cheese or Tuna 🌱	Baguettes Choice of either Ham, Cheese or Tuna 🌱	Baguettes Choice of either Ham, Cheese or Tuna 🌱	Baguettes Choice of either Ham, Cheese or Tuna 🌱	Baguettes Choice of either Ham, Cheese or Tuna 🌱
	DELI DISHES ARE SERVED WITH MIXED SALAD					
DESSERT		Chocolate Brownie 🌱	Oat Cookie 🌱	Strawberry Shortcake Mousse	Vanilla Slice with Melon Wedges 🌱	Berry Blondie

**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

# SPRING/SUMMER 2026 MENU

# WEEK 2

W/C: 20/04/2026, 11/05/2026, 08/06/2026, 29/06/2026, 20/07/2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1	Cheese and Tomato Pizza with Potato Wedges 🍷	Beef Burger with Potato Wedges	Roast Gammon with Roast Potatoes and Gravy	Chicken and Vegetable Korma with Wholegrain Rice 🍷	Fish Fingers with Chips
	OPTION 2	OR	OR	OR	OR	OR
	OPTION 3	Tex Mex Vegetable Fajita with Wholegrain Rice 🍷 🍷	Beany Vegetable Burger with Potato Wedges 🍷	Bean and Cheese Pastry Turnover with Roast Potatoes and Gravy 🍷	Macaroni Cheese 🍷	Quorn Dippers with Chips 🍷
		OR	OR	OR	OR	OR
	OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Wholewheat Pasta 🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Wholewheat Pasta 🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Wholewheat Pasta 🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Wholewheat Pasta 🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Wholewheat Pasta 🍷
HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD						
DELI	OPTION 4	Baguettes Choice of either Ham, Cheese or Tuna 🍷	Baguettes Choice of either Ham, Cheese or Tuna 🍷	Baguettes Choice of either Ham, Cheese or Tuna 🍷	Baguettes Choice of either Ham, Cheese or Tuna 🍷	Baguettes Choice of either Ham, Cheese or Tuna 🍷
		DELI DISHES ARE SERVED WITH MIXED SALAD				
DESSERT		Banana Oat Bite 🍷	Chocolate Cookie	Caramel Mousse	Chocolate Brownie 🍷	Lemon Cookie



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



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

Chartwells Schools

🍷 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.

# SPRING/SUMMER 2026 MENU

# WEEK 3

W/C: 27/04/2026, 18/05/2026, 15/06/2026, 06/07/2026, 27/07/2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1	Cheese and Tomato Pizza with Pasta Salad 🍷	All Day Breakfast with Potato Wedges	Roast Chicken with Roast Potatoes and Gravy 🍷	Lasagne with Garlic Bread 🍷	Fish Fingers with Chips
	OPTION 2	OR	OR	OR	OR	OR
	OPTION 3	Veggie Meat Feast Pizza with Pasta Salad 🍷	Cheesy Bean Burrito with Wholegrain Rice 🍷 🍷	Vegetarian Cottage Pie with Gravy 🍷	Vegetable Lasagne with Garlic Bread 🍷 🍷	Quorn Dippers with Chips 🍷
		OR	OR	OR	OR	OR
	OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Wholewheat Pasta 🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Wholewheat Pasta 🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Wholewheat Pasta 🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Wholewheat Pasta 🍷	Tomato Pasta Fresh, homemade Tomato Sauce with Wholewheat Pasta 🍷
HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD						
DELI	OPTION 4	Baguettes Choice of either Ham, Cheese or Tuna 🍷	Baguettes Choice of either Ham, Cheese or Tuna 🍷	Baguettes Choice of either Ham, Cheese or Tuna 🍷	Baguettes Choice of either Ham, Cheese or Tuna 🍷	Baguettes Choice of either Ham, Cheese or Tuna 🍷
		DELI DISHES ARE SERVED WITH MIXED SALAD				
DESSERT		Custard Shortbread with Melon Wedges 🍷	Strawberry Jelly	Banana Cake 🍷	Lemon Drizzle Cake	Chocolate Flapjack



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



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

Chartwells Schools

🍷 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.

# THIS WEEK AT BRADING

## ANTIGUA

This week in Antigua we've had fun continuing with our Easter topic. We have had lots of interesting Easter tuff trays, we had an eye spy game. We went on a scavenger hunt, played a shadow game. We spoke about the meaning of Easter and watched a short video explaining this using sand. The children then all had a try at making their story in a tray of salt. Our science experiment this week was angel delight, the children enjoyed watching how it went from a powder to a liquid and then turned into something yummy to eat! We would like to wish everyone a very happy Easter.



## CUBA

This week we have continued with our Easter theme, the children have enjoyed painting eggs, making Easter bonnets and exploring the book Peek a Boo Chick. On Wednesday it was really windy, so we tied material to the fence and enjoyed watching it fly. We have really enjoyed exploring our new sensory tent.



## ST LUCIA

This week we have continued our Easter topic. We have done our RE day which was all about how eggs are signs of new life. The children found it fascinating to watch a chick hatching out from an egg and even pretended to hatch out of eggs themselves. We had lots of discussions about why we have Easter eggs and how this links to the Easter story, the children had great ideas and did really well to take it in turns and listen to each other's ideas.



# THIS WEEK AT BRADING

## NEW ZEALAND

Wow, I cannot believe another half term has flown by. Thank you for taking the time to come and hear how well your child is doing. The children have worked really hard and have been fully immersed in their learning. They loved Jack and the Beanstalk and have created some fantastic pieces of writing. In science, they enjoyed learning about plants and have even planted their own sunflower seeds. In maths, we have started to learn about measurement which we will continue after the Easter break. The children really enjoyed learning about Toys from the Past and sorting through the decades. Have a lovely break.

## GALAPAGOS

What a great last week of half term! We have been busy finishing all our topics, we completed our science topic on light by exploring how shadows change and how different materials create different shadows. In topic we finished our Ancient Egyptians topic by looking at Egyptian gods. Finally, we had a DT day where we built sarcophagus'. They turned our amazing and the children were so proud! Have a wonderful half term!

## JAMAICA

This week in Jamaica class, we have been busy completing our mock SATs week. We have worked so hard revising SPaG, reading and maths. On Tuesday, we completed a RE day looking at resurrection. We created pieces of art to demonstrate our vision on the afterlife. We then linked this to the Easter story. To round off the week, we completed our sticky knowledge checks for topic and science.

## HAWAII

This week in Hawaii Class, the children finished their topic on the Ancient Egyptians by learning about the Gods and their roles in society. In PE, we finished our dance by adding our group finale and performing our full dance to adults. Finally, we learnt about the Easter story and how emotions change throughout and made cornflake cakes with mini eggs to represent new life.

# Class HOOKS for this Term

## ANTIGUA

Our topic this week has been Chinese New Year so we had an amazing experience trying a range of Chinese inspired food for our hook including noodles, spring rolls and prawn crackers.

## CUBA

Chinese New Year – We have enjoyed tasting spring rolls and prawn crackers for snack. The children really liked noodle play and spent a long time exploring them.

## ST LUCIA

Our topic this week has been Chinese New Year so we had an amazing experience trying a range of Chinese inspired food for our hook including noodles, spring rolls and prawn crackers.

## NEW ZEALAND

Learning all about the Toys from the Past.

## GALAPAGOS

We have been transforming the classroom into an ancient Egyptian tomb for the children to explore and discover hidden Egyptian Artefacts.

## JAMAICA

Talking about holidays in the 20<sup>th</sup> century.

We looked into Butlins holidays in the 1950s and foreign holidays travelling by aeroplane in the 1980s

## HAWAII

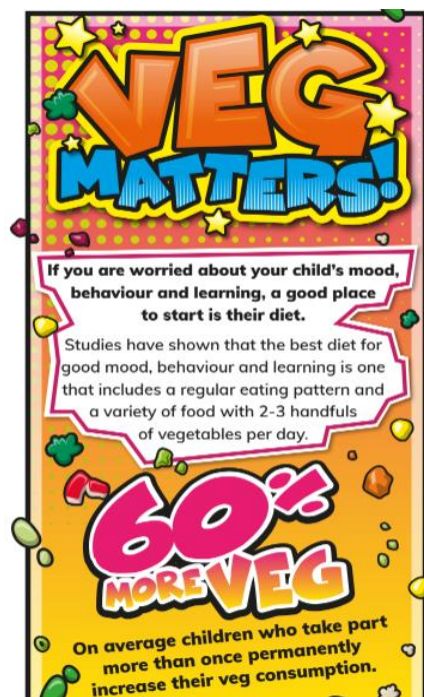
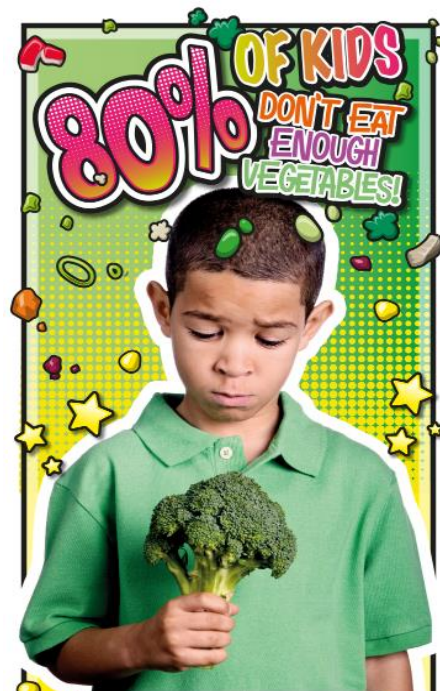
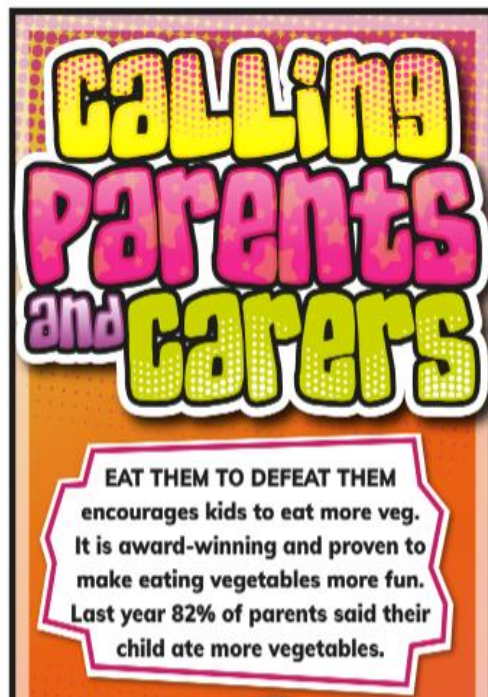
We have been transforming the sensory room into an ancient Egyptian tomb for the children to explore and discover hidden Egyptian Artefacts.

# This week in photos









The children were sent home with an eat them to defeat them pack. This is to encourage children to eat more vegetables. We would love it if you could get your children involved at home.



# Friends of Brading

If you would like to support the school and the children by arranging some fun, exciting events while raising much needed funds, please let the office know! Absolutely anyone who has a connection with Brading Primary can become a 'Friend of Brading'. Mums, Dads, Guardians, Carers, Grandmas, Grandads – you are all welcome to join

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

Social media has its benefits for connecting with friends, sharing experiences and widening their understanding of broader issues beyond their local community. The challenge with connecting and sharing experiences via social media is that these shared experiences are often via images. Wanting to fit in and caring about their physical appearance is a perfectly normal part of adolescence. However, with the easy access of image changing software and filters, this physical appearance is often not the reality, further increasing the pressure for young people to gain or portray unreal perceptions.



## What parents need to know about SOCIAL PRESSURES LINKED TO 'APPEARANCE'



**ONLINE APPEARANCE AND MENTAL HEALTH**

The opportunity to change physical appearance through social media apps is creating a high level of performance for children to portray themselves. Features and image transforms to images which are unrealistic. This can lead to anxiety, depression and poor self image and an overall sense of never feeling good enough. Viewing your self image can affect the way that your child interacts with others and how we care for ourselves.

**AIRBRUSHING**

Refers to the retouching done to an image that changes the reality of the photo. It may include removing people, objects, unwanted body shapes or ageing markers like acne or scars. The digital technology to enable retouching is now readily and easily available for desktop computers and social media apps. It is sometimes known as "Photoshop".



**FILTERS**

Filters applied to manipulate a photograph are another way of creating a different view of what is real. Software within social media apps can reshape your face and skin to look more aesthetically pleasing. In general, and like all these filters may seem, they are sending a message that we are more attractive when we hide our true selves.





**APPS WHICH CHANGE APPEARANCE**

These relate to free downloadable apps or games within social media apps which create a fun and easy way to alter your appearance. They are designed to be fun and can become addictive because once an altered image is used, it is very difficult to resist. It is sometimes known as "Photoshop".



**MULTIPLE PHOTOS FOR THE PERFECT IMAGE**

Taking multiple shots to capture the perfect image to put onto social media is another way of disguising reality. Creating an image which receives approval from peers through multiple comments and likes exacerbates the desire for a perfect picture and the approval for continuing to achieve the perfect image.



## National Online Safety #WakeUpWednesday

### Safety Tips for Parents

**QUESTIONS TO CONSIDER BEFORE TALKING TO YOUR CHILD**

- Do most of their social media photos have a filter/image changing app on them?
- How often do they talk about their physical image in a negative way?
- Do they often talk about wanting to gain comments and 'likes'?
- Are they excessively anxious about their physical appearance, to the point it impacts on their every day life?

If you have answered yes to most of these questions, then it would be a good idea to have a discussion about their use of image altering apps.

**DON'T GO COLD TURKEY**

Talk with your child about taking one unfiltered image of themselves and sharing it with family first and then posting on social media. Perhaps ask other members of the family to send or post an social media unfiltered pictures of themselves.



**BE COMPLIMENTARY**

Whilst improving body image starts with the child's image of themselves, complimenting them daily on their personality and qualities will provide external, positive encouragement about themselves, away from just their physical appearance.



**DAILY APPRECIATION**

When we have the sense that we are not good enough, we can feel like we are always falling short. You and your child together might want to create a gratitude journal, bound with post-it's or wipe board where you write down things that you are grateful for or appreciate. This could range from the weather to a kind deed or to a piece of food that went well.



**CHANGE THE STORY**

We all have a narrative or a story we've created about ourselves that shapes our own self image. Sometimes automatic negative thoughts like "you're fat" or "you're ugly" can be repeated in your mind so often that you start to believe they are true. These thoughts are learned, which means they can be unlearned. You can start with helping your child reframe the story into a more positive assertion or story. This will link to complimenting and daily appreciation.



**WHEN TO GET HELP**

If your child becomes overly dependent, withdraws or there is a change in behaviour over a prolonged period of time, they may need some professional support to help them.

<https://www.bacp.co.uk/search/therapists>  
<https://www.theminds.org.uk/> is good organisation as a source of support if your child wants to reach out for support themselves.



**Meet our expert**

Anne Katerman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.





# School Readiness Workshop

Starting primary school is an exciting time for your child and your family. The 'School Readiness Workshop' can help your whole family prepare and be ready for school life.



## Dates:

Ryde Family Hub – Thursday 23rd April 9.30am to 11.30am

Newport Family Hub – Thursday 4<sup>th</sup> June 12.30pm to 2.30pm



To book a free place on the workshop, please scan the qr code or book via the Eventbrite link.

<https://iowfamilycentres.eventbrite.co.uk>

# Parenting Puzzle

**Are you a parent or carer of a child aged 3-5 years?**  
Parenting can be challenging... but you don't have to figure it out alone.

Join our **FREE 5-week Parenting Puzzle Programme**, developed by the **Centre for Emotional Health** and based on proven strategies that really work.

Our 5<sup>th</sup> week includes our **Preschool and School Readiness** workshop.

This relaxed and supportive course will help you:

- ✔ Understand your child's emotional needs
- ✔ Build stronger communication and connection
- ✔ Manage behaviour positively
- ✔ Reduce stress for the whole family
- ✔ Feel more confident in your parenting



## Up coming dates:

Face to face at Ryde Family Hub

**Starting 12<sup>th</sup> January 2026 for 5 consecutive**

**Mondays, ending 9<sup>th</sup> February 2026**

**9.30am until 11.30am**

Or

Online via Microsoft Teams

**Starting 27<sup>th</sup> February 2026, for 5 consecutive**

**Fridays, ending 27<sup>th</sup> March 2026**

**9.30am until 11.30am**

You don't have to be struggling to benefit – the Parenting Puzzle is packed with strategies and insights that are valuable for **all** parents and carers of children age 3-5 years.

You'll meet other parents and carers, share experiences, and discover practical tools to make family life calmer and happier.

**For more information check out our website [Parenting Puzzle & The 10 Week Nurturing Programme : Isle Of Wight Family Centres](#)**



Scan the QR code to Contact us now : [Contact Us : Isle Of Wight Family Centres](#)

# Drop-in Sessions

For parents of Early years children with emerging



## SEND

Please scan the QR code for more information and to book

Come and join us for a friendly and informal drop in session, designed to provide support, advice, and a chance to connect with other parents and carers.

**21<sup>st</sup> April 2026- Newport Family Centre**

**21<sup>st</sup> May 2026- Sandown Family Centre**

**22<sup>nd</sup> June 2026- Ryde Family Centre**

**21<sup>st</sup> July 2026- Newport Family Centre**

***9.30am - 10.30am or  
10.30am - 11.30am***



**Isle of Wight  
Council**

**NHS**  
Hampshire and  
Isle of Wight Healthcare  
NHS Foundation Trust



## Never miss school notifications

Download the School Jotter Mobile App today and you'll get:

-  News and message notifications
-  School calendar access
-  Other links to useful resources



Download APP from one of the above APP Stores

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Click Search

Type in Brading in the search bar at the top

Click on Brading

Click Select

You won't need to do this each time

# Raise funds for us for FREE

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Join as our supporter today at:

[www.easyfundraising.org.uk/support-a-good-cause](http://www.easyfundraising.org.uk/support-a-good-cause)

Just search for:

The Friends of Brading - Sandown

8,000+ retailers will donate to us whenever you shop with them



JOHN  
LEWIS



Plus, you'll get...



Exclusive retailer offers



Competitions



A warm feeling inside!

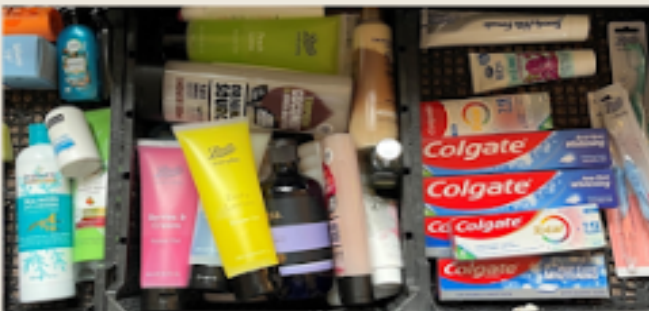
Over  
**£60m**  
raised for UK good causes

**£0**  
extra cost to anyone



# The Isle of Wight Salvation Army

Working together to fight against hygiene poverty



Providing people with essential hygiene and household cleaning items.

If you are experiencing financial difficulties and as a result experiencing hygiene poverty please speak with a professional. Your GP, children's school, social worker etc and request a hygiene bank referral.

If you do not have a professional contact please contact the Isle of Wight Salvation Army hygiene bank on the details below .

## Contact Us

📞 01983 526312

✉️ [IsleofWight@salvationarmy.org.uk](mailto:IsleofWight@salvationarmy.org.uk)

📍 72 Pyle Street, Newport,  
Isle of Wight, PO30 1UJ

Please contact Mrs Willshire via email: [jo.willshire@bradingcepri.iow.sch.uk](mailto:jo.willshire@bradingcepri.iow.sch.uk) if you require this service.

# Occupational therapy

## Parent advice sessions

The NHS Occupational Therapy Team will be running monthly parent advice sessions. These sessions are open to any families which don't have an existing referral.

The sessions will be with an Occupational Therapist and an Assistant.

The team will be able to give advice, signpost to other services / charities and support with completing a full referral to Occupational Therapy if it is felt the needs discussed require a full assessment.

The team will be able to support with advice around:

- Self Care tasks - e.g. washing, dressing, using cutlery, toileting
- Fine motor skill development
- Play skills
- Preschool / school readiness



### Session Dates for 2026

(more dates and locations may be added if required):

15 Jan, 19 Feb, 19 March, 16 April, 21 May and 18 June.

Slots will be available at 9am, 10am and 11am.

Appointments will last for 45mins.

To book, contact the department on **01983 534520** or via email to **[iownt.paediatric-ot-mailbox@nhs.net](mailto:iownt.paediatric-ot-mailbox@nhs.net)**

Sessions will take place at the Childrens Therapies Department,  
St Mary's Hospital, Newport, Isle of Wight



# The Nurturing Programme

If you have a child aged 3 to 13 years,  
then this programme is for you.



The Nurturing Programme offers strategies to add to your parenting toolkit, giving you positive ways of helping children handle their feelings and behaviour.

**We have 2 new courses starting in January at our  
Newport Family Hub**

**Wednesdays - 7<sup>th</sup> January until 18<sup>th</sup> March**

(no session in February half-term)

9:30am till 11:30am

Or

**Mondays - 12<sup>th</sup> January until 23<sup>rd</sup> March**

(no session in February half-term)

9:30am till 11:30am



**Please visit our website and complete the contact us form to  
register your interest:**

[www.isleofwightfamilycentres.org.uk/contact-us](http://www.isleofwightfamilycentres.org.uk/contact-us)



For any questions or support booking on, please  
email [iowfamilycentres@barnardos.org.uk](mailto:iowfamilycentres@barnardos.org.uk)  
or call 01983 529208





Hampshire  
SENDIASS

# Y6 SECONDARY TRANSITION

Join Lisa for our SEN Support Workshop

- Learn what a smooth transition looks like
- Explore practical SEN strategies
- Make the most of the time before September
- Get signposted to extra guidance

March 2026

Friday 6<sup>th</sup> 13:00

Tuesday 10<sup>th</sup> 17:00

Thursday 12<sup>th</sup> 10:30



JOIN US VIA  
TEAMS



[WWW.HAMPSHIRESENDIASS.CO.UK/WORKSHOPS](http://WWW.HAMPSHIRESENDIASS.CO.UK/WORKSHOPS)

Scan for our Padlet's  
and information

# Additional Information and Services



We have created a number of Online Notice Boards, known as Padlet's, full of information and guidance on a range of topics, including:

**Best Start in Life**

**Early Language**

**Oral health**

**Infant Feeding  
Support**

**Nutrition and  
Healthy Eating**

**Neurodiverse  
Information, Resources  
and Services**

**Toileting**

**School  
Readiness**

**Health Visitor  
Drop-in Clinics**



## Parent and Caregiver Peer Support Sessions

Where: Gunville Methodist Church Hall

When:



11<sup>th</sup> September 2025 (10am - 12 noon)

6<sup>th</sup> November 2025 (10am - 12 noon)

15<sup>th</sup> January 2026 (10am - 11am)

5<sup>th</sup> March 2026 (10am - 12 noon)

7<sup>th</sup> May 2026 (10am - 12 noon)

Come along to meet with other parents / caregivers for an informal meet up and chat about your neurodiversity journey. Refreshments provided. No need to book, just turn up.

Free onsite parking.

### Webinars

We host a range of webinars, that all parents and caregivers are welcome to join:

- Accepting Adolescence
- Break-Through 'Behaviour'
- Child to Parent Violence
- Feel without Fear
- Navigating Neurodivergence
- Reestablishing Routines
- Seasonal Sensory Awareness
- Sleep

### Parent Peer Support Groups

We host regular parent peer support groups and drop in sessions. (Details available upon request).



## Isle of Wight **Neurodiversity** Team

### Let's Walk Together on This Journey

- Celebrate neurodiversity.
- Understand strengths and differences.
- Support each child's growth every step of the way on the Isle of Wight.



If you have difficulty understanding this document, please contact us on 01983 821000 and we will do our best to help you.

## Isle of Wight **Neurodiversity** Team

### Parent Information Leaflet

2025/2026

Delivered by the Isle of Wight  
Neurodiversity Team

# Neurodiversity Team – Embracing Strengths, Supporting Journeys (0–19 years, Isle of Wight)

We value each child's unique neurotype and collaborate to provide respectful, practical support for families, schools, and professionals across the Isle of Wight.

## Our Team

We bring together a network of specialists including:

- Family Support Workers
- Neurodiversity Practitioners
- Sleep Practitioners

Each professional contributes to a holistic, strengths-based approach co-created with families and settings.

## What Is Neurodiversity?

**Innate differences** (e.g., autism, ADHD, dyslexia, dyspraxia, Tourette's, sensory needs): natural variations in brain function.

**Acquired differences:** brain changes arising from life experiences like trauma or health conditions.

## Our Vision & Mission

- A **needs-led, island-wide response**, with clear pathways for support.
- A **system-wide approach**, involving health, education, local services, and community partners.
- Promoting **timely, meaningful strategies** at home and in educational settings.
- **Empowerment through awareness** of evidence-based, affirming support.

## How We Support You

**Signposting & Universal Guidance** No diagnosis needed—access support, resources, and community links.

**30-Minute 1:1 Consultations** Confidential support sessions to explore needs and co-develop tailored strategies.

**Neurodiversity Profiling Tool** A collaborative visual assessment across nine developmental areas to spotlight strengths and areas for support.

**Training & Workshops** For families, schools, and organisations—building neuro-knowledge and inclusive practices.

## Inclusion & Impact

- **Strength-Based & Neuro-Affirming** We celebrate and validate neurodivergent ways of being.
- **Collaborative Co-Production** Families, schools, professionals, and young people partner in decisions and support planning.
- **Evidence-Informed, Practical Strategies** Tools that work in real life—home, school, and community.

## Accessing Support

- Contact us directly to discuss needs or book consultations.
- Referrals welcome from families, schools, health professionals, or community organisations.



# Parent and Caregiver Peer Support Sessions

11<sup>th</sup> June 2026 (9am – 11am) Cowes Family Centre

16<sup>th</sup> July 2026 (9am – 11am) Carisbrook & Gunville  
Church

16<sup>th</sup> September 2026 (9am – 11am) Ventnor Family Centre

16<sup>th</sup> October 2026 (9am – 11am) Sandown Family Centre

18<sup>th</sup> November 2026 (9am – 11am) Carisbrook & Gunville  
Church

13<sup>th</sup> January 2027 (9am – 11am) Carisbrook & Gunville  
Church

10<sup>th</sup> February 2027 (9am – 11am) Carisbrook & Gunville  
Church



Drop in for a chat, a cuppa and  
shared experiences

No booking needed



Isle of Wight  
**Neurodiversity**  
Team

**Cowes Family Centre –**  
Love Lane, Cowes PO31 7ET  
**Carisbrook & Gunville Church**  
Gunville Road, Newport  
PO30 5LS

**Ventnor Family Centre**  
Albert Street, Ventnor PO38 1EZ

**Sandown Family Centre**  
The Fairway, Sandown PO36 9EQ