



# Farnborough Road Infant School

'LEARNING, CARING AND ACHIEVING TOGETHER'

## Newsletter 9 16th January 2026



Welcome back to all our Farnborough families.

It is lovely to have the children back in school and ready to learn after the Christmas break. 2026 promises to be another exciting year at Farnborough Road Infant School.



### Parents Meetings—4th and 5th February

We will be using the Arbor online booking system to book a face to face appointment for you. Links for booking the appointments will be sent by email and/or text. Appointments will be for 10 minutes with your child's class teacher and there is 1 appointment available per child. If you are unable to attend either date please speak to your child's class teacher as they may be able to see you after school on an alternative day. Please ensure that the office is kept up to date of changes to emails or phone numbers so you don't miss out on your appointment.

Chris Kaye from the MHST (Mental Health Support Team) will be available in the Hall on Thursday 3.30-4.30pm if you would like to drop in for any advice.



## Mrs Flanagan is running the London Marathon for Elsie's Story!

Please give her your support!

On Sunday 26th April Mrs Flanagan will be running the London Marathon for Elsie's Story as a member of Farnborough Road Infant School staff.

Mrs Flanagan said "Elsie never passed you in the corridor without saying 'hello', 'good morning' or showing you her gorgeous smile. She was unforgettable, charismatic and the epitome of joy. Elsie loved life, school and friends.

After receiving a ballot place in the London Marathon, it felt like a perfect opportunity to support Elsie's Story, who are doing incredible work in our community. I will of course, be channelling my inner Elsie Stancombe for the whole 26.2 miles. Forever in our Farnborough hearts, Elsie-Dot, you really were one of a kind."

If anyone would like to support Mrs Flanagan with her London Marathon Challenge please can you sponsor her using the Just Giving page below

<https://www.justgiving.com/page/emily-flanagan30>



**Give your child the very best start to their education**



**LAST FEW PLACES AVAILABLE** for our Caterpillar and Nursery classes for September 2026.

We are extremely proud of our 2 year old and 3 year old Nursery provision at FRIS. We can offer provision for 2 year olds for up to 15 hours – funded or paid places. Our Caterpillar Nursery continues to be very popular with our families and those new families in our community. If your child is aged between 1- 2years and you are interested in a place for your child in our Caterpillar class, please fill in an expression of interest form via the Nursery Tab on our website to avoid disappointment.

In our 3 year old Butterflies and Ladybird Nursery we can provide:

- \* Wrap around care from 7.45 till 6pm,
- \* A choice of sessions to suit every family's needs;
- \* 30 hours, 15 hours, top up sessions or choose your days
- \* A qualified teacher who provides a curriculum which ensures our children get the very best start to their education and is ready for school.

If you already have a child in the main school please give their siblings the best start to their education. We could also save you money as we have no additional charges to our provision and you'll have only one drop off in the morning too!

We have already contacted parents for their preferences of sessions for September. Classes have been filling up fast and will be allocated on a first come first served basis.

If you would like a school tour, or know someone who would be interested in our nursery, appointments can be made via the Infant school office on 01704 577637.

## **Important Dates for the Half Term 1**

**Wednesday 4th February -Class Photos**

**Week Beg 9th February -Children's Mental Health Week**

**Wednesday 4th and Thursday 5th February - Parents Meetings**

**Tuesday 10th February— Safer Internet Day**

**Thursday 12th February -PTFA Discos**

**Friday 13th February -We love our community event—for the 3 girls charities Elsie's Story, Bebe's Hive and Alice's Wonder dance.**

**Break up for Half term**

**Monday 23rd February**

**Back to School**



**LIGHT PORT**

AN IMMERSIVE LIGHT AND SOUND EXPERIENCE THAT WILL WRAP YOU IN A RAINBOW

14 - 16 FEBRUARY | 17.00 - 21.00 | FREE  
LORD STREET, SOUTHPORT  
WWW.SOUTHPORT2026.COM

2026  
**SOUTHPORT**  
*Elegantly eccentric*

LIVERPOOL CITY REGION METROMAYOR LIVERPOOL CITY REGION DESTINATION PARTNERSHIP Sefton Council

There are a number of exciting new events coming to Southport in 2026! The first event of the year is 'Light Port'!

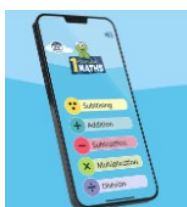


Southport Learning Partnership, which is run by the Headteachers from all our primary and secondary schools across Southport, are keen to get the children in all our schools involved in the forthcoming events.

A couple of representatives from each of our schools will be able to meet with Lucid, the team responsible for Light Port and take part in the press launch and then return to school to tell all the children about it.

We will also have a window of light activity set up in each of our classrooms on the theme of 'Rainbows' in which one of the Rainbow windows will be displayed in Southport Market. Look out for the FRIS badge to find ours during the event!

## One Minute Maths



Download a free app by White Rose called 1 min Maths to develop children's number confidence and fluency.

**Attendance over One School Year**

If a student had:

- 98% attendance = less than 4 days absent from school
- 95% attendance = less than 10 days absent from school
- 90% attendance = 4 weeks absent from school
- 85% attendance = 5  $\frac{1}{2}$  weeks absent from school
- 80% attendance = 7  $\frac{1}{2}$  weeks absent from school

# Attendance Update



**Our Best Class Attendance this fortnight and winner of our attendance bears are :**

**Week Beg 5th Jan 99% Room 2 99% Room Room 8 & Room 10**

**Week Beg 12th Jan 100% Butterflies & Room 4 99% Room 5**

**Well Done to all of the children in these classes.**

**Whole school attendance this week has been back up to 97%. With this years overall average now 95.5%.**

Proud to support  
The National Year  
of Reading 2026.

**GO  
ALL  
IN.**

## Are you ready to GO ALL IN with Farnborough Road Infant School for the National Year of Reading 2026?

### The FRIS Masked Reader

To celebrate the **National Year of Reading**, we are launching a 5-week "Masked Reader" competition! This is a fantastic opportunity for you to sit down with your child, listen to some famous stories, and potentially win a prize for their hard work.

**How it works:**

**Weekly Extracts:** Every Monday for 6 weeks, we will post a short extract from a well-known children's book on Class Dojo for your year group. This will be read aloud by a member of staff in your child's year group, whose identity will be concealed by a mask! The first extract will be shared on **Monday 19th January**.

**The Challenge:** Your child needs to identify which book the extract is from and the member of staff who is reading it. We have chosen books that are popular and familiar to their Year Group! Each year group recording card will be different.

**Recording Answers:** Your child will receive a **Recording Card** at school. Please help them keep this safe at home.

**The Final Step:** Once all 6 weeks are complete, children should bring their completed cards back to school by **Wednesday 4th March** ready for the **World Book Day** big reveal!

**The Prize:** All correctly completed cards will be entered into a Year Group prize draw. One lucky winner from each Year Group will receive a **Book Voucher** to spend on a story of their choice!

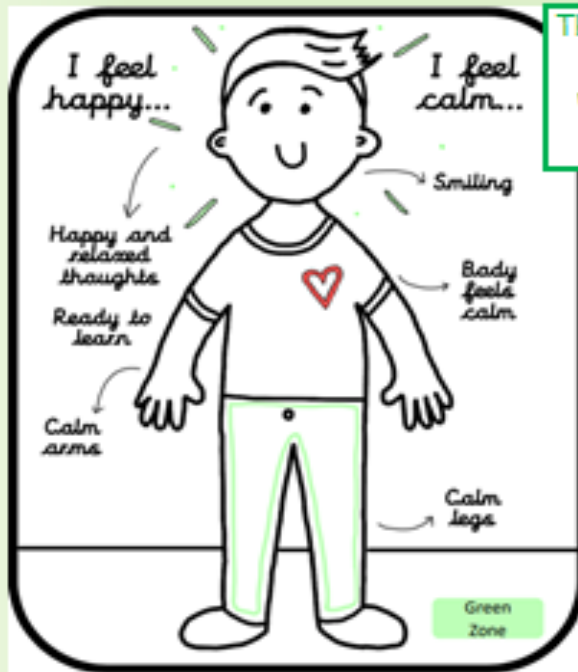
**Happy sleuthing everyone!**



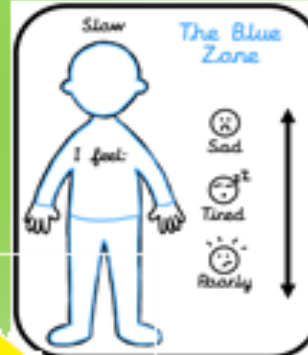
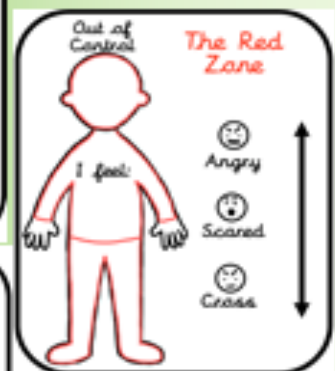
# School Improvement Update

## Zones of Regulation

In school, we think about our emotions being in zones. We call these the 'Zones of Regulation'. Each emotion has it's own coloured zone and we use body mapping cards to help us explain what might happen to our bodies when we are in each zone. Just like this...



The Green Zone is where we like to be most of the time. It's when we feel happy, calm and regulated.



When using this approach with children, it's a good idea to use your own feelings as an example. You might say, "I'm feeling a little frustrated and in the yellow zone because... I think I'll do some mindful breathing to help me get back to green."

This approach helps to demonstrate that everyone - including adults, feel lots of different emotions and that's ok. This then helps our children to think of ways they can start to manage their own emotions.

Take a look at the next page for ideas and strategies to support each zone...

### What Can I Do When I feel...?

When I feel

I can

- talk to an adult
- shake it out
- talk to a friend
- throw a ball
- swing or rock
- bounce
- hug somebody
- do some yoga stretches
- take a walk
- do 10 star jumps

Other ideas might be to have a nice, warm drink, cuddle my favourite teddy, listen to my favourite song. How many more can you think of?

### What Can I Do When I feel...?

When I feel

I can

- listen to music
- hold my favourite toy
- take deep breaths
- talk to an adult
- count to 10
- talk to a friend
- lie upside down
- swing or rock
- do some yoga stretches
- do some mindful colouring
- take a walk

### What Can I Do When I feel...?

When I feel

I can

- take deep breaths
- use a sand timer
- talk to an adult
- have some alone time
- shake it out
- throw a ball
- swing or rock
- hug somebody
- look at the clouds

Engaging your child in discussion around zones when they are in the red zone is unlikely to be effective. You need to discuss the different zones and tools they can use when they are more regulated / calm.

## Mindful Breathing & Grounding Techniques

Here are some breathing activities we use in school. We also use 'Happy Breathing' which the children really enjoy.

### Rainbow Breathing

Imagine a rainbow and think of each colour as you breathe.



Use your pointer finger to slowly trace each colour of the rainbow. Breathe in through your nose and out through your mouth.

### Hot chocolate Breathing

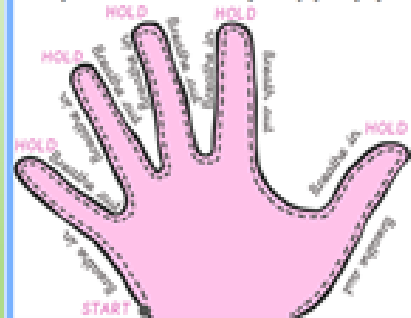
Imagine you have a yummy hot chocolate. Do you have a favorite mug? What does it look like?



- 1) Hold your hot chocolate with both hands.
- 2) Slowly smell the hot chocolate - Yum
- 3) Breathe out through your mouth.

### High-five Breathing

Imagine a rollercoaster riding along your fingers.



Use your pointer finger to slowly trace around the palm of your own hand. Breathe in through your nose and out through your mouth.

## GROUNDING TECHNIQUES FOR THE SENSES

5

THINGS YOU CAN SEE



4

THINGS YOU CAN TOUCH



3

THINGS YOU CAN HEAR



2

THINGS YOU CAN SMELL



1

THINGS YOU CAN TASTE



Grounding techniques focusing on the present moment, offer benefits like reducing anxiety, stress and panic by calming the mind and body, improving emotional regulation and increasing focus. Another way to do this could be to name 5 blue / green / orange etc things you can see.

## UPCOMING FRIS PTFA EVENTS

FRIS PTFA would like to say a massive **Thank You** for all your continued support. Last term we raised **£3,339.45!** So, lets make this term just as good.

### VALENTINES DISCO

THURSDAY 12 FEBRUARY

**£3 ON PARENTPAY**

Includes sweets, drink & crisps

Reception: 2:25 to 3:05pm - Children can wear own clothes to school

Year 1: 3:15 to 3:55pm - Children can bring own clothes to change into in a named bag

Year 2: classroom doors open from 3:50, disco starts at 4pm finishing at 4:45pm - If attending after school club, children can bring own clothes in a named bag

Children in afterschool club will be taken to and from the disco

### 2026 SMARTIES CHALLENGE

Children will be given a tube of Smarties (or allergy alternative) to enjoy over half term. We would like the children to help at home in exchange for coins to fill their tubes.

FRIS PTFA have given you a treat, these yummy Smarties for you to eat.

Keep the tube, don't throw it away, do tasks and good deeds, fill it with your pay.

So come on FRIS pupils, be supercool, and help us raise money for our school!

Return your Smarties tube to class by Wednesday 25 February 2026.

### Mother's Day Shop

Wednesday 11th March

£3 per gift on ParentPay until 4 March

The perfect gift for your special people!

A Mother's Day shop will take place on 11th March for children to get presents for the special people in their lives.

Please note: payment via ParentPay only, due to the advanced planning of this event.

WEDNESDAY 25 MARCH

£3 ON PARENTPAY

### EASTER FAIR

Each class will visit the Easter Fair during the school day for Easter fun, games, crafts and prizes!

Please bring one or two boxed Chocolate Easter Eggs to class by Wednesday 18th March for the Egg

Tombola, in exchange for non-uniform day on the day of the fair. Every child wins an egg to take home!

Children can enter the Decorate An Egg Competition for 50p. Please decorate an egg with your child at home\* and bring them on 25 March. Miss Sephton will pick the winners according to year group, who will come home with prizes! Please clearly name your creation along with class number.

Please note: only payments made via parentpay will be accepted

Please remember the school remains nut free!

\*Eggs can be hand sealed with the shell on or polystyrene

## Instagram Teen Accounts - update

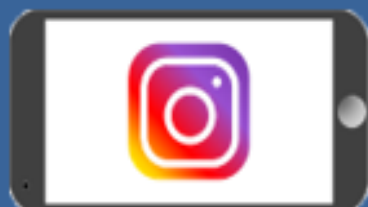
You must be over 13 years of age to set up an account. Instagram is used to post photos and videos as well as send direct messages, make voice/video calls, and send disappearing messages.

Teen accounts are automatically set up for users aged 13 – 17. Instagram have announced that teens will now see content similar to content that they would see in a PG-13 movie.

Instagram have also updated their policies around content to include "hiding or not recommending posts with strong language, certain risky stunts, and additional content that could encourage potentially harmful behaviors"

Finally, for parents who would like to apply more stringent settings, Instagram are also introducing a new, stricter setting called 'Limited Content.' This setting will mean your child is not able to see, leave, or receive comments under posts as well.

You can read about the updates here: <https://about.instagram.com/blog/announcements/instagram-teen-content-safety-pg-13>



## Playing games online

Does your child play games online? We have outlined some risks that you should consider:

### Chatting to strangers / risk of inappropriate language

Some games will allow communication via text chat, direct messages or chatting. Some games do offer the ability to switch communication off and/or the option to restrict bad language, so make sure settings appropriate to your child are applied. If your child is playing online with strangers, then you need to be aware that there is a risk of grooming. Some games do allow you to restrict communication to 'friends only,' however you would need to monitor that their online friends are real life friends. It can be difficult to moderate online chat so ensure your child knows how to block and report other players.



### Cyberbullying

It can be very easy online for children to behave in a way that they would not if they were face to face. Talk to your child about how they speak to others online and encourage them to talk to people online with respect. Other forms of cyberbullying whilst playing games could be excluding others, criticising the ability of other players and ganging up on others.

### In app purchases

Many games include the option to purchase additional items/ subscriptions so ensure you do not have payment cards saved or set up restrictions/ a password to approve purchases.

### What can I do?

- **Set up parental controls** - as well as setting up appropriate parental controls through the game's settings, ensure you have set them up on the console/device your child is playing on.
- **Check age ratings** - before buying the game, check that your child is old enough to play it. All games will either have a PEGI rating or be rated by the App Store/Google Play.
- **Chat to your child regularly** about the risks above so that they are aware of what can happen online and remind them to always talk to you or a trusted adult if they have any concerns

### Further information

CEOP provides further guidance and support regarding this topic: <https://www.ceopeducation.co.uk/parents/articles/gaming/>

# Snapchat

Snapchat is a popular social media app used for messaging and sharing photos and videos. You must be 13+ to sign up. Users can send messages (snaps) to others that are only seen for a set time, and users can also upload snaps to stories, which disappear after 24 hours.

## Key Concerns

There are potential risks such as:

- the risk of your child viewing content that is not appropriate for their age.
- location sharing (via Snap Map).
- cyberbullying.
- contact from strangers.
- excessive screen time – children may have a fear of missing out (FOMO) as well as pressure to maintain "streaks".
- "disappearing" messages can lead to more risky behaviour and a "false sense of security." These messages could be screenshot or another device used to take a photo, so they're not actually deleted as the sender believes. The image could then be shared.
- in app purchases.



## Parental Controls / Safety settings

Snapchat's Family Centre is a set of parental controls and includes tools such as allowing you to:

- see who your child is friends with.
- see who your child has sent messages (not the contents of conversations though), photos or videos to in the last week.
- view a list of group members for groups that your child has been active in.
- restrict content to limit access.
- report any accounts that you are concerned about.

You can learn more about Family Centre here:

<https://parents.snapchat.com/parental-controls?lang=en-GB>

If your child is using Snapchat, then make sure the appropriate privacy settings are set up, including who can see their location and who can contact them. Also ensure your child knows how to block and report other users if necessary:

<https://help.snapchat.com/hc/en-gb/articles/7012343074580-How-do-I-change-my-privacy-settings-on-Snapchat>

## More information

For more detailed advice and information:

- <https://parentzone.org.uk/article/snapchat>
- <https://parents.snapchat.com/safeguards-for-teens>

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## Family Smart Start

Family Smart Start is a free toolkit designed to help you and your child navigate the milestone of getting their first phone. The toolkit provides support on how to set up their new phone, how to talk to your child about digital safety and a template family agreement. Find out more here:

<https://familysmartstart.com/>

## Cyber security

Cyber security is the process of protecting your information and data whilst online against scams and cyber-attacks. Cyber-attacks are the process of maliciously targeting individuals or organisations to disable networks or steal data for example.

The National Cyber Security Centre (NCSC) have an area on their website with guidance to help protect you and your family. The guidance includes how to manage your digital footprint online, information about anti-virus software as well as top tips for staying online such as:

- Using a strong password
- Setting up 2step verification

You can find the resources here:

<https://www.ncsc.gov.uk/section/advice-guidance/you-your-family>

The NCSC also provide advice on what you should do if you are the target of a scam or cyber-attack. Find out more here:

<https://www.ncsc.gov.uk/section/respond-recover/you>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version: <https://www.knowsleycks.org.uk/januar-y-2026-primary/>