

SHF NEWS

Tuesday 6th May 2025



Inspire, Believe, Achieve

Headteacher's News

*Sir Henry Fermor enables everyone to succeed; as Jesus teaches through the parable of The Lost Sheep: no one is left behind. **Inspiring** children and adults, **believing** in God at the heart of all we do, through Christ's love and guidance; all in the Sir Henry Fermor family flourish, **achieving** fullness.*

Hopefully you all had an enjoyable long bank holiday weekend, perhaps holding some VE celebrations in your community. We are looking forward to acknowledging this important day on **Thursday 8th May** where everyone is invited to wear **red, white and blue**. We will showcase some of our activities in next week's newsletter.

Year 6 are preparing to complete their end of **Key Stage 2 assessments** next week. We are so proud that they continue to show determination and focus to showcase their learning and hard work—with some children attending multiple after school revision sessions.

Well done to **Year 1** for their **service** last Wednesday. Mrs Price reported that a real highlight was seeing how much more confidence the children have gained over the year, so much so that they immersed themselves amongst those watching, with their microphones. Our final year group led worship is in just a couple of weeks.

Have a wonderful week!

Safeguarding

Operation Encompass: What it does

Operation Encompass is a police and education early information safeguarding partnership enabling schools to offer immediate support to children experiencing domestic abuse.

Operation Encompass ensures that there is a simple telephone call or notification to a school's trained Designated Safeguarding Lead /Officer (known as key Adult) prior to the start of the next school day after an incident of police attended domestic abuse where there are children related to either of the adult parties involved.

Information is shared with a school's Key Adult (Designated Safeguarding Lead or Officer) prior to the start of the next school day after officers have attended a domestic abuse incident. This sharing of information enables appropriate support to be given, dependent upon the needs and wishes of the child.

Operation Encompass aims, by directly connecting police and schools, to secure better outcomes for children, to enable schools to better understand the impact living with domestic abuse has upon children, to help schools to better understand a child's lived experience and to therefore be able to support and nurture each child making a child's day better and giving them a better tomorrow.

The aim is to have Operation Encompass in every force, in every school, for every child no matter where they live. It is simply every child's right.

 OPERATION
ENCOMPASS

Key Dates

Wednesday 7th May
KS2 Swimming Gala 12.30pm

Thursday 8th May
VE Day 80 years - wear red, white and blue

Friday 9th May
Staff and Parent Prayers
8.20-8.30am

**Monday 12th May –
Thursday 15th May**
YEAR 6 KS2 SATS WEEK

Friday 16th May
FOFS Dress Down Day—
summer theme (toy/bottle
donations)

Monday 19th May
Year 5 Viking Day

Wednesday 21st May
National Numeracy Day
EYFS leading service at All
Saints Church

Thursday 22nd May
Professional Group Photos
Year 6 Heatree parent
information talk 6pm

Friday 23rd May
Staff and Parent Prayers
8.20-8.30am
Last day of Term 5.

**Monday 26th May –
Friday 30th May**
Half Term

Monday 2nd June
First day of Term 6

**Monday 2nd June –
Friday 13th June**
**YEAR 4 MULTIPLICATION
CHECK**

Tuesday 3rd June
Year 3 trip to Wakehurst
Place

Thursday 5th June
FOFS Summer Disco

Friday 6th June
Founders Day Service at All
Saints Church 8.45am
1.30pm Initial safeguarding
training for new volunteers

**Monday 9th June – Friday
13th June**
YEAR 1 PHONICS CHECK

Friday 13th June
Staff and Parent Prayers
8.20-8.30am

**Monday 16th June –
Friday 20th June**
Sports Week

Monday 16th June
Choir singing at Chapel
Green 4pm

All term dates are
available on our [website](http://www.fermorschool.org).



Uniform

Well done to Bertie in 1P who received the **Uniform Unicorn** this week for setting the high standard of wearing smart uniform. See the [website](#) for more information.

Attendance

Congratulations to **3B** for their attendance of 99.2% this week.

Well done to the following classes who achieved over 96% attendance:

Hedgehogs (98.3%), **1R** (97.9%), **5N** (97.5%), **6JP** (97.3%), **2C** (96.6%), **3J** (96.3%) and **2K** (96.2%).



Gold Book

Well done for your fantastic learning:

Hedgehogs: Olive, Liam and Isaac for writing their own books during Discovery Time.

1R: Logan W, Sabine and Jochebed for excellent, independent story writing, using their phonics knowledge.

3B: Khrystyna for showing great determination and focus to reach "explain" in maths.

3J: Judah for trying hard in geography and for improving his handwriting.

5N: Kieran L for trying hard in his maths learning and is now able to consolidate statistics.

Theme of the Month: Unity

'Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble.' 1 Peter 3:8

The apostle Paul said this about unity: 'I appeal to you, dear brothers and sisters, by the authority of our Lord Jesus Christ, to live in harmony with each other. Let there be no divisions in the church. Rather, be of one mind, united in thought and purpose (1 Corinthians 1:10).

God makes us all unique, but He creates us in His image and loves each and every person. Jesus died for all of us, and when we consider others, we should remember that they are worthy of Christ's love and sacrifice. God wants us to care for one another and remember that on the inside, we are all alike. We identify ourselves as children of God, ruler and creator of the universe. By thinking about what unity is, children can learn how to build bridges across different backgrounds, cultures, and perspectives, and develop a deeper appreciation for the diversity that makes our communities so rich and varied. They also learn to practice forgiveness, patience, and compassion as they navigate the challenges of building relationships with others.



Subject in the Spotlight: Mental Health

Tests and exams can be a challenging part of school life for children and young people and their parents or carers.

Exams can come with a lot of pressure. Lots of us know what it feels like to be stressed, but there's no one way to describe what stress is. Stress might feel different for you than it does for someone else. How we experience stress can feel different at different times. It can also depend on what's causing it. Feeling stressed, worried or under pressure around exams can be difficult to manage. But there are things that can help - it's about finding what's right for you.

But there are ways to ease the stress.

Top tips:

Having someone to talk to about their work can help. Support from a parent, teacher or study buddy can help young people share their worries and keep things in perspective.

A balanced diet is vital for your child's health, and can help them feel well during exam periods. Good sleep improves thinking and concentration. Most children need 8 to 10 hours' sleep a night.

Be flexible around exam time. When your child is revising all day, do not worry about household jobs left undone or untidy bedrooms. Staying calm yourself can help.

Make sure your child has somewhere comfortable to study. Ask them how you can support them with their revision. Help them come up with practical ideas that will help them revise, such as drawing up a revision timetable. To motivate your child, encourage them to think about their goals in life and see how their revision and exams are related to them.

Remind your child that it's normal to feel anxious.

Exercise can help boost energy levels, clear the mind and relieve stress. Activities that involve other people can be particularly helpful.

With your child, think about rewards for doing revision and getting through each exam. Rewards do not need to be big or expensive. They can include simple things like making their favourite meal or watching TV.

Navigating exam season

Student guide to managing exam stress

Exams can be a challenging time, and the pressure to do well can feel overwhelming, especially if you're feeling pressure from school or family.

It's perfectly normal to feel worried about your exams, but it's important that you find ways to manage your worries.

We've shared some advice below:

1. Recognise when you're stressed

Think about when signs tell you you are stressed: perhaps you find you have a racing heart, or find it difficult to sleep. There are perfectly normal responses. Notice the signs so you recognise when you're struggling.

2. Create a daily timetable

Create a plan and be realistic about what you can achieve each day. Planning your revision time will help you know what you want to study when, which can make revision seem less overwhelming.

3. Play to your strengths

Not everyone learns the same way, so consider your strengths and how you learn best. You may prefer to read, watch videos, draw diagrams, write lists of notes... Find what works best for you.

4. Ask for help

Let your family, friends, and teachers know if you are struggling so that they can support you. If you're feeling overwhelmed and need to talk:

• Use CONNECT to 03282 for more support

• Call 0800 1111 to speak to Childline, or visit www.childline.org.uk for more advice

• Visit [place2be.org.uk](https://www.place2be.org.uk) for more advice

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Know the signs of stress

What signs tell you that you are stressed?

- Perhaps you do certain things (shop, eat, sleep, study more, don't study)
- Perhaps you think certain things (I am hopeless, 'I can't do this')
- Perhaps you feel certain ways (grumpy, sad, hopeless, helpless)

5. Develop coping strategies

There are different ways you can calm your body's stress response. Look online for guided breathing exercises or relaxation techniques (see from these <https://www.nhs.uk> resources from NHS Scotland).

6. Take regular breaks

Make sure you take regular breaks, as your brain cannot concentrate for hours at a time. If you can, use breaks as an opportunity to go outside, exercise, or spend time with family and friends.

7. Keep things in perspective

Remember that there's more to life than your grades. Exams are only a small part of the picture, and your results don't define who you are.

Place 2be



Friends of Fermor



We are busy preparing for the summer fair, and are still **collecting prizes for our ever-popular summer raffle**, which will be drawn at the fair. If you, or your employer, would like to donate a prize, please drop us an email at friends@fermorschool.org.uk.

Our first **summer dress down day** is coming up next week, on **Friday 16th May**.

Children are invited to wear summer outfits (no open toe shoes or beachwear though please!) in exchange for a donation for our tombolas:

Early Years and Key Stage 1 - Toy donation

Key Stage 2 - Bottle donation

The next dress down day will be a **pyjama day** on **Friday 27th June**, when we will be collecting hamper donations - watch this space for this year's themes! We also have a **disco** coming up on **Thursday 5th June** - more details coming soon!

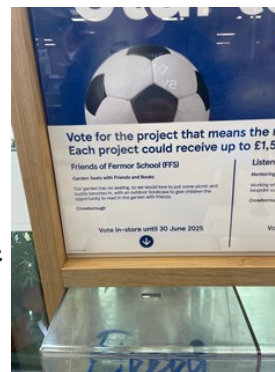
Finally, a reminder to keep supporting us through **Crowborough Tesco's**

Blue Token scheme. We are raising funds for outdoor seating. The scheme runs to the end of June, and the more tokens we collect, the higher the grant, so if you - or friends and family - shop in Crowborough Tesco, please make sure you pick up your blue token at the checkout and vote for us.



FOFS FACEBOOK

The FoFS Team



In Other News...

- **Footpath**

It was disappointing that so many parents, carers and children needed to be extra vigilant on the footpath this week due to the amount of dog mess deposited along the length of the path. Should you see anything that needs reporting, please use this [link](#) to direct your concerns to the local council.

- **Warm and Sunny Weather**

As summer approaches, we ask that children bring in a named cap/hat. This is essential for when children are able to access the field, although time in the shaded wooded area will also be provided. Please apply any sun cream prior to the start of the school day.

- **Playground Reminders**

We ask that children refrain from bringing in accessories to use during unstructured times, such as hand-held fans or sunglasses. During the hot weather, we ensure the wooded area is open for all to provide shade.

- **Charity Football Match**

Danny Lawrence and his JBFC team are hosting a charity football match against Simla FC this Saturday 10th May. Kick off is at 1.30pm at JBFC.

They are raising money for cancer research - a wonderful charity close to many of our hearts. It will be a real family fun day for all, with a bar, BBQ, bouncy castle and mini pitch set up for the younger children.

Donation and information available on the QR Code on the poster.



- **Create Music Summer School**

Create Music, our county music education hub, is offering a wide range of Summer school courses at the end of the Summer term. There are courses for those with little experience and courses for those who already play an instrument ranging from singing to digital music making. This is a wonderful opportunity for children to meet others from around the county and engage in music making together. Absence from school is authorised as it is classed as education off-site and there is also help available with costs for those in receipt of benefits. The courses are all during the day at various sites across East Sussex. For all the information and to sign up, please click on this link:

[Music Summer School July 2025 | Create Music](#)

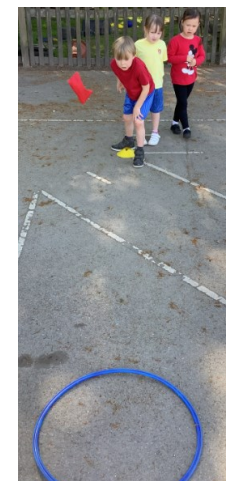
- **Resources Plea**

Our school council have raised that they would like some more resources on the KS1 playground. In particular we are looking for small world toys, cars, dinosaurs, animals and dolls. Any donations can be left at the main office.

- **Menu**

The summer lunch menu, provided by Chartwells, is now live and can be found on our [website](#). Extra salad is available daily for children to help themselves and, following feedback, sandwiches are also now available every day! All children in EYFS, Year 1 and Year 2 are provided with our school lunches.

Teaching and Learning: Photo Gallery



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