



The Fryern Federation  
Oakmount Road  
Chandler's Ford  
Hants SO53 2LN  
Tel: 02380 254155

The Federation of  
**Fryern Infant &  
Junior Schools**  
*Growing Together, Learning for Life*

Friday 23<sup>rd</sup> May

**Fryern Federation Newsletter  
Summer Term #5**

**Goodbye Mr Nicol** – Sadly at the end of this term we will be saying goodbye to Mr Nicol, we would like to take a moment to express our thanks for everything he has contributed during his time here. While it's always sad to say goodbye we are excited for what lies ahead and know that he will continue to make a difference in whatever he does.

We wish Mr Nicol every success and happiness in his next chapter.

**School Library** – Over the half term holiday, please could you all have a look at home for any school library books and return them to school.

**Sand** - A huge thank you to Jack and Ryan from Chevron Green Services for their amazing help this week! They kindly took time out of their busy day to move 6 tonnes of sand from the front of the school all the way to the sandpit at the back! - We're now excitedly awaiting another 6 tonnes to complete the sandpit and can't wait to see it finished!



**Father's Day Shop** - The Fryern Acorns PTA will be running a Father's Day shop during the school day on Thursday June 12<sup>th</sup> (please also see the attached poster). Gift bundle vouchers will be available online for £4.00 from Monday 26<sup>th</sup> of May until 6pm on Tuesday, the 10<sup>th</sup> of June. Please visit <https://www.pta-events.co.uk/acorns/> during this time to get your voucher(s). As with our other pop-up shops, children will have a selection of different gift bundles to choose from. We will also need parents as volunteers to run the shop. If you can spare even 1 hour to join us on the day, please get in touch. Information will also be posted on the Fryern Acorns PTA Facebook pages.

**Friendship Forms** – Please return all friendship forms to the class teacher by **Thursday 5<sup>th</sup> June**.

**Cricket Event** – We're thrilled to share that this week's cricket event at St. Cross Cricket Club, Winchester was a great success!

Everyone that participated showed fantastic enthusiasm, teamwork, and sportsmanship throughout. A big thank you to everyone that supported the event, and especially our brilliant young cricketers. We look forward to many more exciting sporting events ahead!

**Year R Exit Event** – Year R's exit event for their topic, 'Our Jobs in the community' was a fantastic and fun celebration, where children explored different roles that help make our world work. Children came dressed as firefighters, nurses, doctors, teachers, chefs, builders and more! We were so proud to see our children using incredible imagination and enthusiasm. Classrooms were transformed into bustling role play areas giving children hands on experiences of every day jobs.

The highlight of this was welcoming parents and carers into school. They joined us to explore different role play stations, view the children's hard work and engage in hands on activities. Thank you to all the families who made the day so special. We are incredibly proud of our children and excited to see the paths they will follow in the future!



**Dress Down for Rainbow Raffle** -Friday 6th June is dress down for Rainbow Raffle Day. The Fryern Acorns PTA would like to invite all Fryern children to dress down for the day in return for a tombola donation which will be put together into different colour gift hampers for our Rainbow Raffle.

Each year group has been allocated a different colour but if this is difficult, a donation of any colour is appreciated (you can also go for gold, silver or even black if you wish)!!

Year group colours are as follows (please also see the attached poster below):

YR = red

Y1 = orange

Y2 = yellow

Y3 = green

Y4 = blue

Y5 = purple

Y6 = pink

**Guide Dog collection** – Mrs Herrick will be running a toy sale one day after school in June, date TBC. If you have any toys to donate, we would greatly appreciate it although no books please. All proceeds will be donated to the Guide Dogs for the blind.

**Ticks** – As the weather has got warmer and the children are now playing on the school field more often, please regularly check your child for ticks.

**Water Bottles** – As the weather is warming up, please can all children bring in a water bottle and sun hat. Please apply long lasting sun cream to children before school.

#### **Workers of the week**

YR: Jaylin, Jenna, Dexter, Harry, Molly

Y1/2: Felix, Florrie, Harry, Jessie, Bridget, Jenson, Sophia A,

Y3: Rowan, Albert, Molly, Elizabeth, Luke, Molly

Y4: Ava, Elliott, Lola, Rosie, Willow Katie, Ellie, Jessica D, Albie, Jenson

Y5: All the homebirds – Seren, Yasmin, Callum, Honey-Jae, Daniel, Vida

Y6: Freddie, Esme, Hannah, Olli, Caitlin, Sammy

#### **Head Teacher Awards**

YR: George,

Y1/2: Bethany, Teddy, Ivy, Parker

Y3: Luke, Elizabeth, Rowan,

Y4:

Y5: Lucie, Evie, Daisy,

Y6:

## Dates For the Diary

### May 2025

**26<sup>th</sup> – 30<sup>th</sup>**

**Half Term – School Closed**

### June 2025

2 <sup>nd</sup> Monday	Return to school
3 <sup>rd</sup> Tuesday	School Nurse Year R Height & Weight Summer Born
6 <sup>th</sup> Friday	Dress Down Day for Raffle
9 <sup>th</sup> - 13 <sup>th</sup>	Year 1 Phonics Screening Check week
8 <sup>th</sup> - 11 <sup>th</sup>	Year 6 Little Canada
12 <sup>th</sup> Thursday	Father's Day Shop – PTA
16 <sup>th</sup> Monday	Sports Day
20 <sup>th</sup> Friday	Year 2 Athletics competition at Merdon School 9am-2pm
23 <sup>rd</sup> Monday	Choir Show 4:00 – 4:30pm
23 <sup>rd</sup> Monday	Reserve Sports Day
24 <sup>th</sup> Tuesday	Class School Photos & Year 6 Leavers Photos
26 <sup>th</sup> Thursday	PTA Disco
26 <sup>th</sup> Thursday	SEND Parents Workshop – Transition – 1:30pm – 3pm

### July 2025

1 <sup>st</sup> Tuesday	Thornden & Toynbee Transition Day
2 <sup>nd</sup> Wednesday	Year 1/2 Performance – Rockpool (9.15-10.15am) (2.00-3.00pm)
3 <sup>rd</sup> Thursday	Year 1/2 Performance – Rockpool (9.15-10.15am)
11 <sup>th</sup> Friday	PTA AGM
15 <sup>th</sup> Tuesday	Year 6 Show (1.45-3.15pm) (6-7:30pm)
16 <sup>th</sup> Wednesday	Rock Steady Summer Concert – 10am
17 <sup>th</sup> Thursday	Year 6 Leavers Disco
18 <sup>th</sup> Friday	PTA Colour run
22 <sup>nd</sup> Tuesday	Last day of term

### September 2025

3 <sup>rd</sup> Wednesday	<b>Inset Day – School Closed</b>
4 <sup>th</sup> Thursday	Start of Autumn term return to school



FRYERN ACORNS PTA...

# Father's Day Shop

THURSDAY 12TH JUNE

£4 PER GIFT BUNDLE

ORDER VOUCHER...  
[WWW.PTA-EVENTS.CO.UK/ACORNS](http://WWW.PTA-EVENTS.CO.UK/ACORNS)

CHILDREN WITH A VOUCHER  
WILL BE TAKEN TO THE SHOP  
DURING SCHOOL HOURS  
(NO NEED TO PRINT VOUCHER)



FRYERN  
ACORNS  
PTA



YEAR R = RED  
YEAR 1 = ORANGE  
YEAR 2 = YELLOW  
YEAR 3 = GREEN  
YEAR 4 = BLUE  
YEAR 5 = PURPLE  
YEAR 6 = PINK

# RAINBOW RAFFLE DRESS DOWN DAY



**FRIDAY 6TH JUNE**

**PLEASE BRING IN A TOMBOLA DONATION IN YOUR  
YEAR GROUP COLOUR**

**RAFFLE WILL BE DRAWN ON 18/07/2025**

**COLOUR GROUPS ARE A SUGGESTION, ANY DONATION IS GRATEFULLY RECEIVED**



# Understanding ADHD: A Journey to Self-Acceptance Presentation

with guest speaker Ellie - Lived Experience Trainer | Autism & ADHD

Join For a **free** online session on:  
**16th June 4-5pm**



An insightful presentation to gain a deeper understanding of  
ADHD from a lived experience perspective!!

Ellie had no idea she had ADHD until she was 30. In this brand new session, she will share her personal journey to self-acceptance, shedding light on how ADHD impacts her life and what strategies have helped her along the way. This session is an opportunity to learn from Ellie's lived experience and gain insights into navigating ADHD in a positive, empowering way.

To book onto this session please use our Ticket tailor  
link : <https://www.tickettailor.com/events/hpcn>





**AFTER SCHOOL CLUB AT FRYERN SCHOOL**



**TUESDAY'S 3.15-4.15PM YR 3-6**  
**FRIDAY'S 3.25-4.25PM YR R-2**

Classes cost £6.50 per class  
New courses commence after the may half term

**BOOK A SPACE: [WWW.BOOKWHEN.COM/DIVAACADEMY](http://WWW.BOOKWHEN.COM/DIVAACADEMY)**

**ACTIVITIES INCLUDE:**

Gymnastics instruction from certified coaches  
Fun games and challenges  
Tumbling, limbering and balancing

[divaacademy.co.uk](http://divaacademy.co.uk)





## Understanding Autism: A Lived Experience Perspective

With guest speaker Ellie - Lived Experience Trainer | Autism & ADHD

Join Us For a **free** online session on: 12th June 10-11am



What does it really mean to be autistic? In this honest and session we explore the lived experience,

 This session will explore:

- What Autism looks like from the inside
- Misunderstood traits and common myths
- The emotional impact of a late diagnosis
- Practical insights and strategies that helped Ellie thrive
- How you, as a parent carer, can better understand and support your young person

To book onto this session please use our Ticket tailor link : <https://www.tickettailor.com/events/hpcn>





HAMPSHIRE  
PARENT CARER  
NETWORK



**Sunshine Support - An Hour of Q&A's on EHCP,  
Yearly reviews, Section 19**

**Tuesday 24<sup>th</sup> June 12pm-1pm**

Join us for a live Q&A session where our expert advisors will be answering your questions on:



- EHCPs (Education, Health and Care Plans)
- Annual Reviews
- Section 19 provisions

**Book tickets via our ticket tailor :**  
**<https://www.tickettailor.com/events/hpcn>**  
**if you have any questions please contact :**  
**[BTG@hpcn.org.uk](mailto:BTG@hpcn.org.uk)**



# Understanding Self-Harm in Neurodivergent Individuals: A Presentation for Parent carers

With guest speaker Ellie - Lived Experience Trainer | Autism & ADHD

Join For a **free** online session on: 5<sup>th</sup> June 1-2pm  
**'A Safe Space for Parents'**



## Ellie's Journey: Overcoming Mental Health Challenges

Ellie, who received her diagnosis of autism and ADHD in adulthood, will share her personal story of triumph over years of mental health struggles, including self-harm and hospitalization.

## What the Session Will Cover:

- The prevalence of self-harm among neurodivergent individuals
- The emotional realities behind this behaviour—approached without judgment
- Emphasizing understanding and support rather than “fixing” or “curing”
- Creating a safe, welcoming space for parent caregivers to engage, listen, and feel a sense of community



To book onto this session please use our Ticket tailor  
link : <https://www.tickettailor.com/events/hpcn>



# Get togethers and workshops

HAMPSHIRE  
PARENT CARER  
NETWORK  
enabling voices to be heard



## June 2025

- **5th June, 10 -12pm: Fleet Get Together-** Fleet Town Football Club, Crookham Road, Fleet Hampshire GU51 5FA -
- **5th June, 1-2pm: Bridging the Gap -Self harm with Ellie** - Book via Ticket tailor
- **5th June, 7-8pm: Bridging the Gap -Mindfulness-** Book via Ticket tailor
- **11th June, 10am : Basingstoke** - The Viabes Craft Centre, 19 The Harrow Way, Basingstoke RG22 4BJ - **WITH SENDIASS**
- **12th June, 10-11am: Bridging the Gap -Living with Autism with Ellie** - Book via Ticket tailor
- **12th June, 7-8pm: Bridging the Gap -Mindfulness-** Book via Ticket tailor
- **16th June, 4-5pm : Bridging the Gap -ADHD with Ellie** - Book via Ticket tailor
- **17th June , 10-12pm: Eastleigh-** St Francis Hall, Nightingale Avenue SO50 9JH
- **23rd June, 1-2pm : Bridging the Gap -Topic to be confirmed with Ellie** - Book via Ticket tailor
- **24th June, 12-1pm : - Bridging the Gap -Sunshine support - EHCP, Yearly reviews, Section 19** - Book via Ticket tailor
- **27th June, 10-12pm: - Alresford** - The Swan Hotel, 11 West Street, Alresford, SO24 9AD

**To book onto the Bridging the Gap sessions use our Ticket Tailor link : <https://www.tickettailor.com/events/hpcn>**



## 🌱 Mindfulness & Wellbeing Workshop for Parent Carers and Young People (16+) with Special Needs 🌱

Take a moment to pause, breathe, and reconnect in a gentle, inclusive mindfulness session designed especially for parent carers and young people aged 16+ with special educational needs or disabilities.

🌸 Led by a qualified Mental Health & Wellbeing Practitioner, this calming session will include:

- 🌟 Guided Breathwork to ease tension
- 🌍 Grounding Techniques to help you feel steady and supported
- 🌈 Spoken Visualization to relax the mind and encourage inner peace

**All Online sessions 7-8pm**



**15th May**

**5<sup>th</sup> June**

**12<sup>th</sup> June**

**3<sup>rd</sup> July**

**10<sup>th</sup> July**



Please book your **free** tickets here  
<https://www.tickettailor.com/events/hpcn>

