



# FEBRUARY NEWSLETTER

## HEAD TEACHER'S MESSAGE

Welcome back! It has been an absolute joy to see our hallways and classrooms filled with life again as we begin Term 4. We have had a truly lovely start to the new term, and the energy across the school is incredibly positive.

Recently, we have placed a particular focus on our behaviour in the school environment and the way we conduct ourselves as a community. We wanted to share how impressed we have been with the children! They have been showing exemplary manners, holding doors open for one another, and moving sensibly and quietly. Visitors to our school regularly comment on the outstanding behaviour and values our children have and we are so proud.

It is heartening to see our students being so polite and respectful, embodying the school values so strongly.

We look forward to a fantastic term ahead.

## SPORTING EVENTS





1 - Year 5 & 6 represented the school at the Stour Centre in a 'Multi Sports' competition.

## STAFFING UPDATE

*We are sadly saying goodbye to Mrs West this month. We thank Mrs West for all she has done in school and all the wonderful support she has given the children. We know Mrs West will be fantastic in her new role and you will join us in wishing her the very best.*

## YEAR 3 STONE AGE DAY

Year 3 have been learning about the Stone Age in class, they all enjoyed a Stone Age day where they did drawing using pastels and made different things out of clay.













## WELLBEING ASSEMBLY

We had the Wellbeing School Team come into school and present an assembly firstly to Key Stage One and then the Key Stage Two. They spoke about looking after both your mental and physical health



*2 - The children enjoyed asking and answering questions*

## YEAR 5 - TRIP TO HIGHWORTH GRAMMAR SCHOOL



*3 - Year 5 took part in the Ashford Primary Singing Day along with other schools. They were the only school to sing as a class on their own. Miss Cowley was very proud of them, so well done.*

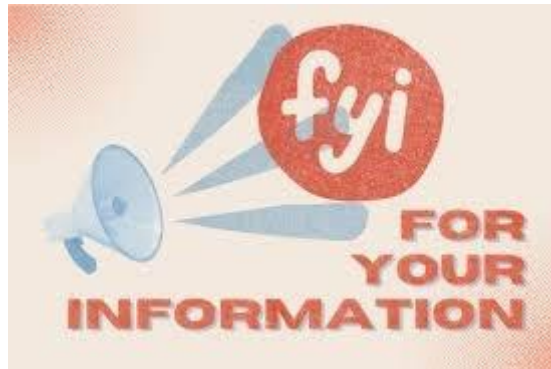
## BOOK FAIR



'THANK YOU' to everyone who came along and purchased books at the Book Fair. All the classes have now got new books for the children to read due to the rewards the school received by you purchasing books for your child.

Please do not forget WORLD BOOK DAY on Thursday 5th March, where the children can dress up as their favourite character.

## FOR YOUR INFORMATION



## Term 4 Diary Dates

Term 4	Mon 23 <sup>rd</sup> February 2026 - Thurs 22 <sup>nd</sup> April 2026	
Week 1 Mon 23 <sup>rd</sup> Feb — Fri 27 <sup>th</sup> Feb	Mon 23 <sup>rd</sup> Feb	Children back in school — First day of Term 4
	Tues 24 <sup>th</sup> Feb	Book Fair — After school in hall
	Weds 25 <sup>th</sup> Feb	Yr 5 — Ashford Primary Singing Day — details sent separately
	Thurs 26 <sup>th</sup> Feb	Book Fair — After school in hall
	Fri 27 <sup>th</sup> Feb	Class Newsletters and Home Learning out
Week 2 Mon 2 <sup>nd</sup> March — Fri 6 <sup>th</sup> March	Mon 2 <sup>nd</sup> March	Yr 6 Parents — Secondary School National Offer Day — emails sent to parents after 4 pm
	Tues 3 <sup>rd</sup> March	KSI Sports hall athletics (by invite only) — details to follow
	Tues 3 <sup>rd</sup> March	Yr 5 & Yr 6 Sports hall athletics (by invite only) — details to follow
	Weds 4 <sup>th</sup> March	Yr 3 & Yr 4 Sports hall athletics (by invite only) — details to follow
	Thurs 5 <sup>th</sup> March	World Book Day — children to dress up — details to follow
Week 3 Mon 9 <sup>th</sup> March — Fri 13 <sup>th</sup> March	Mon 9 <sup>th</sup> March	Cross Country Sports Event TBC (by invite only) - details to follow
	Weds 11 <sup>th</sup> March	Yr 5 & Yr 6 — Community Lifesavers CPR Training
	Weds 11 <sup>th</sup> March	Easter Raffle tickets go on sale in office
	Thurs 12 <sup>th</sup> March	Year 5 Astrodome Visit — details sent separately
Week 4 Mon 16 <sup>th</sup> March — Fri 20 <sup>th</sup> March	Mon 16 <sup>th</sup> March	Year 6 Parents — Deadline for accepting/declining secondary school places
	Tues 17 <sup>th</sup> March	Year 6 - Trip to Natural History Museum — details sent separately
	Tues 17 <sup>th</sup> March	Yr R — School Nurses in — Hearing & Vision Screening
	Weds 18 <sup>th</sup> March	Yr 3 & Yr 4 — Hockey Tournament — details to follow
	Weds 18 <sup>th</sup> March	Yr 6 — Bikeability Day 1 — details to follow
	Weds 18 <sup>th</sup> March	Yr 5 — Shared learning assembly @ 9:00 am — parents invited
	Thurs 19 <sup>th</sup> March	Yr 6 — Bikeability Day 2 — details to follow
	Thurs 19 <sup>th</sup> March	Yr 3 & Yr 4 — Session 1 - National Numeracy Parent Workshop — details sent separately
Fri 20 <sup>th</sup> March	Maths & Science Day	
Week 5 Mon 23 <sup>rd</sup> March — Fri 27 <sup>th</sup> March	Mon 23 <sup>rd</sup> -Fri 27 <sup>th</sup> March	Year 3 Litter picking will take place this week
	Mon 23 <sup>rd</sup> March	Down Syndrome Awareness Day — details to follow
	Tues 24 <sup>th</sup> March	Yr 5 & Yr 6 — Hockey Tournament (by invite only) — details to follow
	Weds 25 <sup>th</sup> March	Yr R — Shared learning assembly @ 9:00 — parents invited
	Thurs 26 <sup>th</sup> March	Yr 1 — Trip to Beany Museum — details to follow
	Thurs 26 <sup>th</sup> March	Yr 3 & Yr 4 — Session 2 - National Numeracy Parent Workshop — details sent separately
Week 6 Mon 30 <sup>th</sup> March — Thurs 2 <sup>nd</sup> April	Mon 30 <sup>th</sup> March	Year 6 Parents — deadline for lodging appeals to secondary schools
	Mon 30 <sup>th</sup> March	Healthy Schools — Skipping day — details to follow
	Tues 31 <sup>st</sup> March — Thurs 2 <sup>nd</sup> April	Times table data out to parents
	Tues 31 <sup>st</sup> March	Yr 2 — Parent Consultations (Early 3:30 pm — 6:00 pm) — details to follow
	Weds 1 <sup>st</sup> April	Yr 3 & Yr 4 — Easter Performance @ Christchurch 9:30 am — details to follow
	Weds 1 <sup>st</sup> April	Yr 2 — Parent Consultations (late 4:00 pm — 7:00 pm) — details to follow
	Weds 1 <sup>st</sup> April	Easter Raffle Drawn
	Thurs 2 <sup>nd</sup> April	March Newsletter out
	Thurs 2 <sup>nd</sup> April	Whole school — Easter Bonnet Parade @ 2:00 pm — details to follow
Thurs 2 <sup>nd</sup> April	Last day of Term 4- FINISH @ 2:15 PM - NO CLUBS (Asc & MR C'S)	

\*\* Any additional dates that arise will be added to this list as appropriate, and we will ensure you are informed of any updates in a timely manner\* \*

\*\*\*\*\* Easter Holidays Friday 3 rd April to Sunday 19th April \*\*\*\*\*

Children return to school on Monday 20th April 2026

# FRIENDS OF VRPS NEWSLETTER

Victoria Road Primary School

## Hot News

The Christmas Fayre successfully raised £1,131, thanks to the generous donations and support from the community. These funds will improve children's school experiences by upgrading playground equipment.

**£1,131 raised!**

## About FRIENDS OF VRPS

Join our friendly community of parents with children in Year R to Year 6, focused on enhancing their well-being and school experience. If you'd like to help with events or join us, please contact the school reception directly.

## What's coming up

- Quiz Night - tba
- Summer Fayre

It's needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [nationalonlinecollege.com](http://nationalonlinecollege.com) for further guides, facts and tips for adults.

# Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

## GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

## TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

## GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

## LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

## AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

## HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

## Meet Our Expert

Wendy Alford is a specialist for the UK's only specialist postgraduate mental health education. They research, deliver and support the education of mental health professionals – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is protected.



DEVICE BOX

The National College



National Online Safety  
#WakeUpWednesday

@nationalonline\_safety

/NationalOnlineSafety

@nationalonline\_safety

@national\_online\_safety

## BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend on potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

## PARK PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

## SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

## TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

## SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

## WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.



**Online Courses March 2026**

Course Code	Course Title	Start	End	Day	Start Time	End Time
153352	Autism Awareness	04/03/26	25/03/26	Wednesday	19:00	21:00
153357	Strategies to Support Your ADHD Child - Webinar	11/03/26	11/03/26	Wednesday	13:00	14:00
153354	Calm together - Emotional Regulation You and Your Child	13/03/26	13/03/26	Friday	10:00	12:00
153358	Supporting Your family* through our Screen Obsessed World	30/03/26	30/03/26	Monday	19:00	21:00
153355	Supporting Your Child's Anxiety	31/03/26	31/03/26	Tuesday	09:30	11:30
153356	Managing Sleep	31/03/26	31/03/26	Tuesday	10:00	12:00

To help us provide the best possible experience for you, please let us know if you or your child have any disabilities or particular support needs.

To book your place on one of these **FREE** courses, go to [www.kentadulteducation.co.uk](http://www.kentadulteducation.co.uk)

and enter the course code into the search box.

For further information email [businesssupport2@kent.gov.uk](mailto:businesssupport2@kent.gov.uk)

Call 03000 41 22 22



[kentadulteducation.co.uk](http://kentadulteducation.co.uk)  
Bringing learning to life

# Discovery Day

For pupils in years 5, 6, 7 & 8

**Saturday 28 February 2026**

Our Discovery Day gives pupils the chance to dive into the excitement of the CCF and to try a fantastic range of sports.



**CCF and Sport Discovery Day**

09.00 – 09.30: Arrival and parent tea with the Headmaster

09.30 – 11.00: CCF

11.00 – 11.30: Break

11.30 – 13.00: Sports

Ashford Senior School  
East Hill, Ashford, Kent, TN24 8PB



Reserve your place at:  
[www.ashfordschool.co.uk/discovery-day](http://www.ashfordschool.co.uk/discovery-day)