

Vermont News 5 December 2025

Dear Parents and Carers,

The wet weather seems determined to stay with us a little longer, so please ensure children come to school with spare clothes. They love playing outdoors in all conditions, and we want them to stay comfortable throughout the day.

This week, the children have continued their preparations for the Christmas Fayre. There's a wonderful buzz around school as they work on their creations, and they can't wait to share their hard work with you.

If you're able to donate any raffle prizes, we would be most grateful. Donations can be popped into reception at your convenience, every contribution helps make our Fayre a great success.

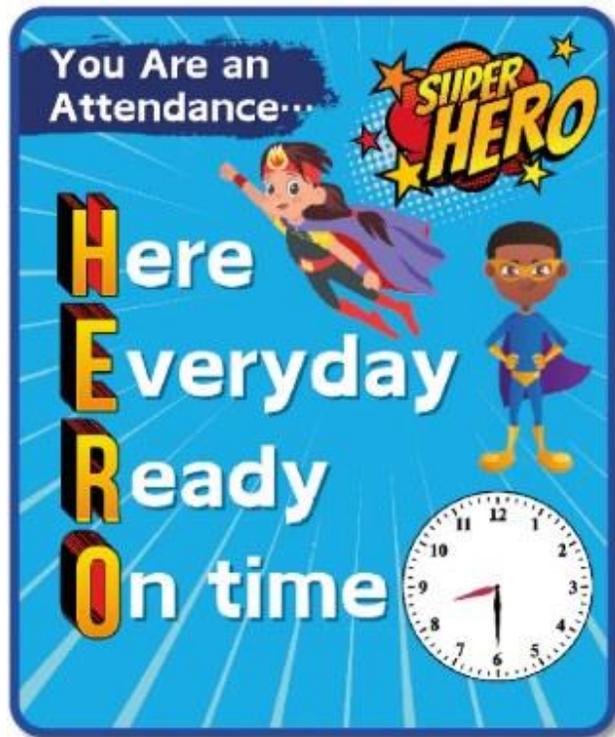
Thank you, as always, for your continued support. We're looking forward to a magical few weeks ahead! 🎄 ✨

If you have any thoughts, concerns, or ideas, please don't hesitate to share them with us at tellus@vermontschool.co.uk.

With best wishes,

Louisa & The Vermont Team

Attendance



Each week we celebrate attendance. Our target is 90%

Our whole school attendance this week was 90%

Our class smashing attendance targets this week are: Turtles 98%

Attendance HERO (Here Everyday Ready On Time)

Our HEROs this week receiving a class cake for the best attending class in school is **Turtles**- Well done!

You will receive an email every **Friday** with your child's **attendance percentage**. This is to help keep you informed and up to date on your child's attendance throughout the school year.

This year, we are placing a strong focus on attendance, as we know how important it is for every child's learning, progress, and wellbeing. Please know that our Attendance Lead, **Sian**, is here to offer support and guidance if you have any questions or concerns about your child's attendance.

Get Ready for 'In It to Win It' this December!

All through December, we are running our amazing '**In It to Win It**' competition!

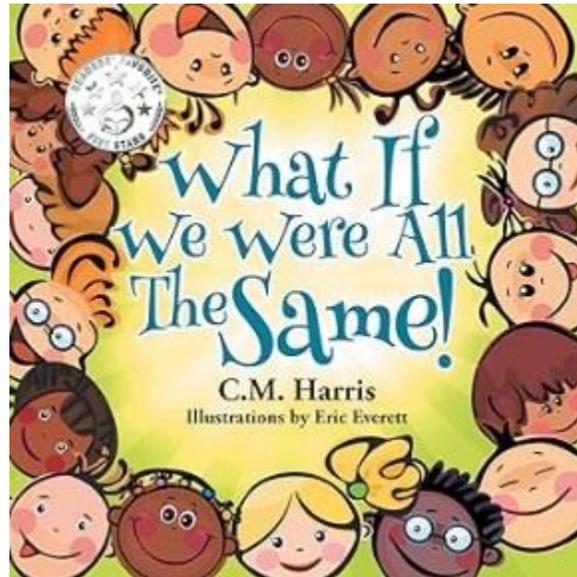
On random days, there will be **surprise prizes** for children who are in school that day.

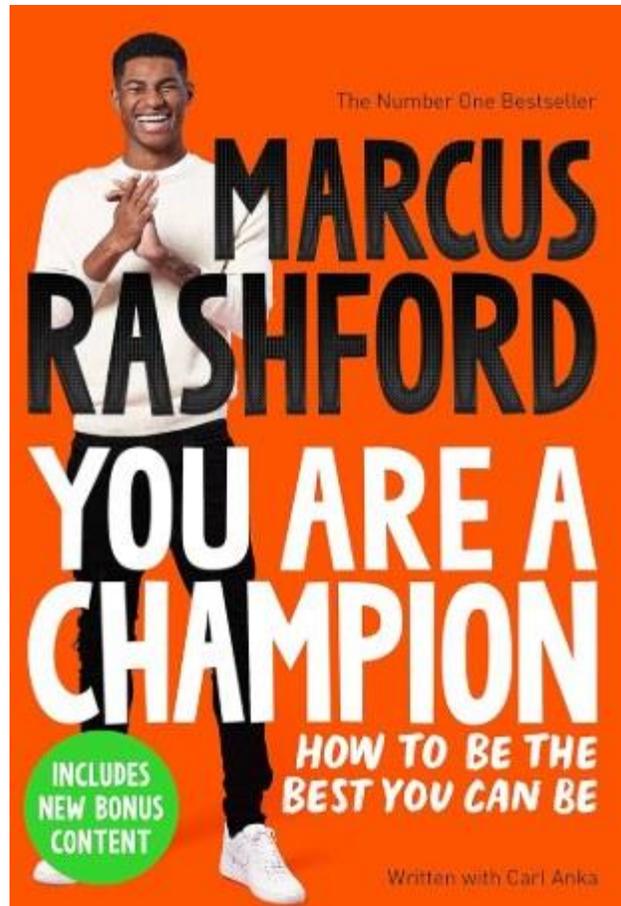
Remember — **if you're not in school, you can't win.**

Don't miss a day... you never know when the next prize will appear!

Our Learning

In English the children have continued reading *What If We Were All The Same* by C.M Harris (Lower School) *You Are A Champion* by Marcus Rashford (Upper School). These books underpin all of our work in Reading and Writing.

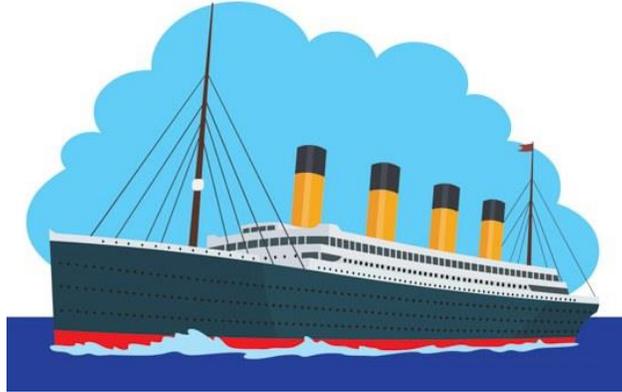




The Titanic - History

This half term in history, we will be learning about the Titanic. The children will have the opportunity to learn and explore a range of facts about the Titanic, including:

- Understand what the Titanic was and why it is remembered
- Learn about life on the Titanic
- Find out who worked on the Titanic and what jobs they had
- Explore why the Titanic was so important to Southampton



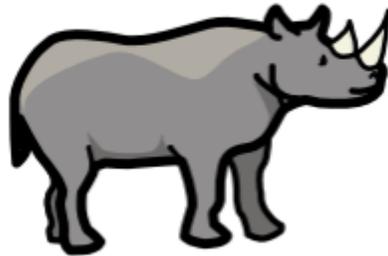
Headteacher Award



Caleb C - Turtles

For working incredibly hard on your self regulation skills and the ability to verbally communicate when things are not going quite right, well done, we are so proud of you

Rhinos



This week has been a fantastic week of learning in class. The children have made great progress in their English, confidently identifying and using adverbials, adjectives, nouns, and verbs in their writing. In maths, they have been working hard on addition and subtraction using the column method, showing real accuracy and focus. Out in the woods, they have been collaborating brilliantly playing together, supporting one another, and demonstrating excellent teamwork during games. In science, we have continued to work scientifically as we explore the human body and deepen our understanding of how it functions. The children also had great fun taking part in a blind taste test, which sparked lots of discussion and curiosity. They have enjoyed studying two very different artists, Picasso and Frida Kahlo, and have created imaginative portraits inspired by their unique styles. Overall, it has been a busy, creative, and rewarding week!







Pastoral



We are now well into the school year and have been actively carrying out interventions with our children, as well as regularly checking in to support their ongoing well being. Zola, our school dog, continues to be a wonderful presence in the school. She enjoys spending time with the children and especially loves playing ball with them on the playground.



Health and Wellbeing

We have introduced a new snack menu in-line with our mission to be a Healthy High 5 School. These are the snacks we will provide to all children every day.



The dates and contacts bit

The best way to speak to us about your child:

If you would like to talk about your child's learning please use the home school communication book. Our phone lines are open from 08:30 to 16:00 Monday to Thursday and until 15:30 on a Friday and we commit to responding to your calls and emails within 2 working days.

If you have any concerns, thoughts, ideas, please share them with us at tellus@vermontschool.co.uk.

Upcoming dates

- 19th December 2025 - Christmas Fayre and early finish (12.30pm)
- 5th January - Structured conversation day - meeting times will be sent out this half term

INSET and key dates for this year

- 5th January 2026 - Structured conversation day
- 13th April 2026 - Structured conversation day
- 1st June 2026 - INSET day
- 20th, 21st and 22nd July 2026 - INSET days

Online Safety

We have been made aware of a pop-up that is appearing on Roblox, encouraging children to download an app called pollybuzz (or pollyfuzz in some spelling cases). The app seems quite simple where children are asked questions, and it generates an Artificial Intelligence 'friend' - this starts off quite innocently but then begins to show extreme content (including suicide, self-harm and pornography). Please remind children about not clicking on pop-ups in games and to report anything that is worrying or inappropriate to a trusted adult.

There are also some links here that may help.

<https://www.itv.com/watch/news/extremist-content-exposed-on-gaming-platform-roblox/z0htgkh>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/roblox/>

Please click on the link [here](#) to see some free online course for parents and carers to access in regards to online safety.

Virtual Reality (VR)

VR is a 3D computer generated environment that users can explore wearing a VR Headset.

Meta Quest Parental Controls
Meta Quest are one of the more popular VR Headsets. Users aged 13+ can use Meta Quest (children between 10 and 12 years old can use it through a parent managed account). Meta Quest state that VR Headsets are not recommended for use by younger or smaller-sized children for a variety of reasons including eye strain. Optional supervision tools are available for those aged 13-17. Find out more here: <https://familycenter.meta.com/uk/our-products/horizon-and-quest/>

Meta Quest has a Safety Centre; it includes health and safety warnings and how to set privacy settings. <https://www.meta.com/gb/quest/safety-center/>

Gorilla Tag
This is a popular game and whilst rated as PEGI 3 (even though young children should not be using VR), it is important to note that it does include in app purchases and players can interact so there is a risk of offensive/inappropriate language. <https://www.esrb.org/blog/a-parents-guide-to-gorilla-tag/>

What can I do?
- Check what games your child is accessing and make sure they are appropriate.
- Play together.
- Set time limits and ensure plenty of breaks.

Further information:
- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/virtual-reality-headsets/>

Online Privacy



It is important to develop an understanding of how you can protect your child's privacy online. Any personal information shared online creates a digital footprint and it is vital that we control who sees what.

What are Privacy settings?

Privacy settings are tools available on most social media apps, websites, and games. They allow users to control who can view what they share online.

What can we do to support our children with their online privacy?

Talk to your child regularly: Talk to your child about what is personal information and to think about what they share online. Personal information includes their name, address, current location and the school they attend. This also includes information within photos or videos that they may share, for example does it show their current location?

Apply appropriate privacy settings: For any app, game or device that your child uses, check the privacy settings and apply them as appropriate. For example:

- o Check if their location is being shared.
- o Check who can tag them in posts (as what others tag them in can also affect their digital footprint).
- o Check who can share their content.

Check these settings regularly as new options may become available or sometimes updates can change previous settings.

Children learn from us: Think about what you are sharing online – do you share photos of your child in their school uniform or their current location?

Set strong/complex passwords: Teach your child to create strong/complex passwords and to never share them with others.

Search their name – search their name in a search engine to see what information can be seen about your child. Remind your child that they can delete any information that they no longer want others to see.

Further Information

- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/taking-care-your-digital-footprint/>
- <https://www.unicef.org/parenting/child-care/online-privacy>
- <https://www.ceopeducation.co.uk/11-18/lets-talk-about-online-safety/privacy-settings/>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date revised to 08.20. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos, nor are we claiming any ownership or copyright in the content of the linked materials.

Instagram

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. Users can also upload to 'Stories' (which disappear after 24 hours), broadcast live and upload reels (short videos).

Teen accounts

Teen accounts are automatically set up for users aged 13 – 17. Teens under the age of 16 will need your permission to update their safety settings. With a Teen Account, additional safety settings are applied, for example, who your child can contact is limited and the content they access will be set to the most restrictive setting to reduce exposure to sensitive content. Find out more here: <https://help.instagram.com/99596839195964>

Supervision settings

Instagram also offers a supervision facility, which is a set of tools that you can use to help support your child. It is important to note that both you and your child must agree to these settings, and they can be removed at any time by either person. Once set up you can:

- Set a time limit.
- See which accounts your child is following and who is following them.
- View who your child has messaged in the past week (you will not be able to see the contents of these messages)
- The option to block your child from accessing Instagram at certain times e.g. during school or at night.

Find out more here: https://help.instagram.com/658522825492278/?helprelated_articles

How to Reset Your Instagram Recommendations

You can reset recommendations, which will clear recommended content across Explore, Reels and Feed. You can find out more here: <https://about.fb.com/news/2024/11/introducing-recommendations-reset-instagram/>

What are the risks of using Instagram?

- Cyberbullying.
- Risk of contact from strangers.
- Viewing inappropriate content.
- Echo chambers - algorithms can create an echo chamber. Once we show an interest in a subject, the app/site will promote that content, which may mean we are overly exposed to it.

Safety Features

If your child is using Instagram, then ensure they know how to report posts and people, how to unfollow/block people as well as delete and turn off comments. Find out how: <https://help.instagram.com/269765046710559>

More information

Visit the family centre to learn more about the features available: <https://familycenter.meta.com/uk/>

Talking to your child about online mistakes

The online world is difficult to navigate, and mistakes will happen. When they do, it is important that as a parent you are ready.

Stay Calm

If your child tells you about something that they have done wrong online, then try to stay calm and listen.

Be Honest

You may not know how to solve the issue but tell them you will help them work it out.

Solve It Together

Try and resolve the problem together to help your child learn and understand what went wrong. This will also develop their digital literacy skills.

You should also take the opportunity to review/set up any available parental controls.

Help and Support

If you feel like you need support from an external organisation, then Parent Zone have listed some of the different organisations available. <https://parentzone.org.uk/article/help-and-support>

Further information:

<https://www.brightcanary.io/what-to-do-when-your-child-sends-inappropriate-things/>

Texting dictionary from Internet Matters

Internet Matters have created a list of text language terms to help you understand some of the text slang that your child might be using. Find out more here: <https://www.internetmatters.org/resources/text-dictionary/>

Online gaming and social media
Young people can see all kinds of things online via social media and through online games. The popularity of online gaming has given extremists more opportunity to make their narrative sound more mainstream and reach out and radicalise others. What usually starts off as conversations on mainstream platforms can quickly escalate when the person being targeted is invited into closed groups, chatrooms and forums.

Tips on how to stay safe online:

- Have a conversation with your child about the potential dangers of being invited into closed groups or chatrooms.
- Talk to your child about who they are connecting with online. People and strangers online are not always what they might at first seem to be.
- Talk to your child about how radicalisers search tweets, chatroom forums and social media profiles and posts to identify people who may be vulnerable.

What information is being shared online?
Games are a great way to make friends online, but are they sharing too much personal information.

Choose a safe username
Make sure usernames doesn't include their full name, date of birth, address or mobile number.

Who are they playing with?
Online gaming can allow users to play with friends, and strangers, from around the world. Remember people might not always be honest about who they are.

Explore online together
Sit down with your child and learn about what websites and apps they like. Are they viewing age appropriate content?

Check your privacy settings
Changing their privacy settings can affect who can see they are online and who they play with. If they download new apps, remind them to review and adjust privacy and safety settings. Check they know how to use privacy settings.

RADICALISATION AND THE INTERNET
Is your loved one safe online?

Be vigilant
Have a conversation about what they are using and who they are talking to online

Check content is appropriate

Don't give out personal information

Use parental controls

Spot the signs of online radicalisation

- Are they becoming increasingly intolerant to other people's views?
- Are they sharing and liking extremist posts on social media?
- Are they being secretive about who they are talking to online?
- Are they reading, posting, watching or sharing hateful or extreme content and links?
- Do they appear to be expressing someone else's views?

Please visit the websites in the 'advice and support' section for more information about staying safe online.

ADVICE AND SUPPORT

- Act Early**
actearly.uk
- Internet Matters**
internetmatters.org
- Safer Internet**
saferinternet.org.uk
- Parent Zone**
parentzone.org.uk
- Think You Know**
thinkuknow.co.uk

We are all using the internet more than ever before and so it's increasingly important to know what to look out for and how to protect our loved ones online.

The internet has opened up many new opportunities in communication, entertainment and knowledge. But it's also given extremists the means to target, connect and communicate with people vulnerable to radicalisation.

Anyone can be at risk of being radicalised regardless of their age, but teenagers and young people can sometimes be at greater risk. Radicalisers are very good at identifying people's anxieties and exploiting vulnerability. They will offer them a new narrative or a way out from how they are feeling.

It's not easy to challenge a young person who wants their privacy – and your trust. But it's important to find out who they might be coming into contact with online. Having a conversation about online radicalisation and extremism early and often is vital. It's important to engage with your loved one about the dangers of the internet and have ongoing conversations.

Thrive

The children at Vermont School are here because they have an education health and care plan which has social emotional and mental health as one of their primary areas of need. The Thrive approach is about having an understanding of neuroscience (brain development), children development and attachment theory.

We identify possible gaps in development and help to fill those gaps using a creative and playful approach. Thrive is preventative, reparative, pragmatic and easy to use.

Thrive Practice

Each and every one of our children will benefit from Thrive practice and we currently have two Thrive Licensed Practitioners in training at the school: Miss Louisa and Miss Alana. The changes that Thrive has brought about can already be seen in the language used with children and also in the activities that children take part in as all our pupils are already making fantastic progress.

Please take a look at our website - under curriculum for full details of what Thrive looks like at school. If you would like to find out any more about Thrive, please let us know at tellus@vermontschool.co.uk.



Embracing Thrive: a parent and carers guide

The Thrive Approach®
For over 25 years, Thrive has been working with schools, settings and organisations to support the mental health and wellbeing of children and young people.
Thrive equips educators with training, resources and an award-winning online tool, so they can better understand children and young people's needs and provide targeted, effective support.
With its focus on building secure relationships and providing positive experiences, Thrive helps young people to feel safe, supported and ready to learn.

Building positive relationships
The connections children and young people have with the adults around them are key to their social and emotional development. Thrive activities focus on providing positive experiences and building trusting relationships. This helps young people to:

- Feel good about themselves and know that they matter
- Feel safe and secure in school
- Improve their emotional wellbeing
- Improve their capacity to be creative and curious
- Build their self-esteem and confidence to learn
- Recognise and manage their feelings
- Think before behaving in a certain way...and much more!

thrive
Removing barriers to learning

How does it work?

Thrive equips educators with strategies and activities to help build young people's social and emotional skills, as well as develop their ability to manage stress and take on life's ups and downs.

The Approach is underpinned by neuroscience, attachment theory and child development research and is suitable for children and young people aged 0-25 years.

What difference does Thrive make?

Schools that have adopted the Thrive Approach have reported many benefits. These include calmer classrooms with fewer disruptions, improved attendance, reduced exclusions and higher achievements. To hear first-hand from settings already using Thrive, visit mythrive.uk/case_studies.

How will my child be involved in Thrive?

Your child will be profiled using Thrive-Online, an award-winning tool used to measure and monitor social and emotional development. Thrive-Online has behaviour and skills surveys that help staff to see where young people are in their development and identify any pupils who could benefit from additional support.

Thrive-Online profiling will be led by school practitioners who will:

- Assess classes, groups and individuals to see where they are in their social and emotional development
- Create targeted action plans to help pupils to manage their behaviour, build emotional resilience and become more open to learning
- Measure and report on progress over time

Find out more

There is lots more information on the Thrive website: thriveapproach.com.

"Thrive has helped my son tremendously. It has given him more confidence and also it has helped him to calm down in difficult situations. I can see a huge difference in him. He looks forward to his Thrive time."

Parent

thrive
Removing barriers to learning



Families trial new digital support to help children with ADHD sleep better

<https://www.southampton.ac.uk/ctu/news/2025/11/families-trial-new-digital-support-to-help-children-with-adhd-sleep-better.page>

News from around the city



The Big Christmas Give

Can you help Spotlight bring joy this Christmas by purchasing a toy for our Christmas toy appeal or making a small donation...



Use the qr codes below for ways to donate.

Amazon Wishlist



Give As You Live



SNOW WINDOWS TRAIL



29 November – 4 January
10am – 5pm

The streets of Southampton have been transformed into a gallery of beautiful snow window artworks.



Explore the **SNOWFLAKE** and **STAR** routes to discover over 20 unique window scenes inspired by winter wildlife, nature and quirky characters. Along the way, write down your answers to the questions you see at each window.



Once you've finished exploring Southampton, head to **SeaCity Museum** to collect your **FREE** prize and be in with the chance of winning our **Ultimate Winter Package**.

(*Closed 24–26 December 2025 and 1 January 2026)

Take the **SNOWFLAKE ROUTE** and write down your answers to the quiz questions below. Scan the QR code at each stop to reveal the answer and unlock special offers and prizes.

- | | |
|--|---|
| 1 The Mayflower Village
(Commercial Road, SO15 1SE) | 7 Barber Lab & Co
(London Road, SO15 2AF) |
| 2 Oceana House
(Commercial Road, SO15 1GA) | 8 Southampton Solent University Sports Complex
(East Park Terrace, SO14 0YN) |
| 3 Premier Inn
(Cumberland Place, SO15 2WV) | 9 John Hansard Gallery
(Above Bar Street, SO14 7DU) |
| 4 Grosvenor House
(Grosvenor Square, SO15 2BG) | 10 Dice & Dimpplings
(Above Bar Street, SO14 7DU) |
| 5 Ryman Stationery
(London Road, SO15 2VW) | 11 1 Guildhall Square
(Guildhall Square, SO14 7FF) |
| 6 Goodaby Estate Agents
(London Road, SO15 2AH) | 12 SeaCity Museum
(Havelock Road, SO14 7FF) |

Take the **STAR ROUTE** and write down your answers to the quiz questions below. Scan the QR code at each stop to reveal the answer and unlock special offers and prizes.

- | | |
|---|--|
| 1 Kalamita Meditation Centre
(Roverer Buildings, SO14 1AJ) | 6 Amplifon Hearing Centre
(Above Bar Street, SO14 7FG) |
| 2 Run Company
(Roverer Buildings, SO14 1AJ) | 7 Sling & Lettuce
(Above Bar Street, SO14 7FG) |
| 3 Metro Bank
(Above Bar Street, SO15 1QC) | 8 Above Barbers
(Above Bar Street, SO14 7FG) |
| 4 Cool Merch
(Marlands Shopping Centre, SO14 7SL) | 9 Sprinkles Gelato
(Above Bar Street, SO14 7DU) |
| 5 The Marlands
(next to One Below)
(Marlands Shopping Centre, SO14 7SL) | 10 London Camera Exchange
(Civic Centre Road, SO14 7KJ) |
| | 11 SeaCity Museum
(Havelock Road, SO14 7FF) |

TRAIL INFO
 Depending on your speed this trail should take...



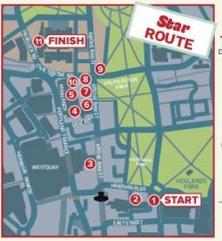
The Snowflake Route is **1.6 miles** long.



TRAIL INFO
 Depending on your speed this trail should take...



The Star Route is **0.7 miles** long.



How to claim your prize

To claim your prize, write down your answer to each of the quiz questions provided on the inside of this map.

Take your maps to **SeaCity Museum** and complete the short feedback section below (or scan the QR code) to claim your **FREE** prize.



Number of people in your group: Adults Children Postcode:

Did you enjoy the trail?
Please rate your experience by circling a face:    

Comments:

WIN Our Ultimate Winter Prize

Leave your details below to enter our **Ultimate Winter Prize**, where the lucky person will win:

- An overnight stay for two with breakfast at The White Star Tavern
- A family day ticket to SeaCity Museum and Tudor House & Garden
- Four tickets to The Princess Proms (2 April) at the O2 Guildhall
- Four tickets to Peppa Pig's Big Family Show (21 February) at Mayflower Studios
- £100 Matalan gift card

Contact name:

Contact email address:

Would you like to sign up to Visit Southampton's digital newsletter to learn more about other events and activities in the city? Yes No

The winner will be announced in January 2026 and the winner's details will be passed onto the relevant businesses offering prizes. For full T&Cs go to visitsouthampton.co.uk/christmas/terms-and-conditions

To plan your Christmas in Southampton head to visitsouthampton.co.uk/christmas
(*Closed 24-26 December 2025 and 1 January 2026)

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Next week at Re:Minds...

8th - 12th December 2025

<p>Autism Advice Clinic</p> <p>Tuesday 9th December 10:30am</p> <p>Book a private, 10 minute virtual Zoom appointment to speak with a clinician about any issues related to Autism.</p> <p>The clinic is led by the Southampton Autism Assessment Service</p> <p>Email info@reminds.org.uk to book</p>	<p>CAMHS Advice Clinic</p> <p>Thursday 11th December 10am</p> <p>Book a 15 minute, private, virtual Zoom appointment to speak with a clinician about any issues CAMHS deal with.</p> <p>The clinic is led by the Southampton Specialist CAMHS Service and is open to ALL members of the Islands for general advice.</p> <p>Email info@reminds.org.uk to book</p>	<p>ADHD Advice Clinic</p> <p>Monday 8th December 10am</p> <p>Book a private 10 minute, virtual Zoom appointment to speak with a clinician about any issues related to ADHD.</p> <p>Appointments will be with Laura Nabel, Lead ADHD Nurse from CAMHS</p> <p>Email info@reminds.org.uk to book</p>	<p>New Support Group Weston</p> <p>10am Monday 8th December</p> <p>Meet other parents and carers who bring children with autism to the Weston area. We will discuss any issues of inclusivity and mental health, and also up to date information and support - all on a friendly basis. No booking needed and no need to attend - just drop in - you'll be warmly welcomed!</p> <p>Weston Community Health Centre, Weston, Dorset</p>
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Please email info@reminds.org.uk to book your space at the clinic
No need to book to attend the support group - just drop in!

