

Vermont News 6 February 2026

Dear Parents and Carers,

It has been lovely to see the children embracing the wet weather and thoroughly enjoying their outdoor play. There has been lots of laughter, teamwork, and valuable learning as they play alongside friends and develop important relationship and social skills.

I also shared a letter earlier today to let you know that we have been granted an additional INSET day. I understand that this may place extra pressure on parents and carers, and I really appreciate your understanding. This time is essential in supporting the continued development and improvement of the school, so that we can better meet the needs of your children.

Thank you, as always, for your continued support. 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



6 February 2026

Dear Parents and Carers,

Additional INSET day

We are writing to let you know that the Governing Body has approved an additional INSET day on Friday 27th February. As a result, the school will be closed to pupils on this day.

This additional INSET day will support the school during a period of recent leadership change and will give staff valuable time to come together to plan carefully for the remainder of the academic year. It will also provide an opportunity for staff to engage in important training to help ensure we continue to offer the best possible education, care, and support for all our children.

We appreciate that any change to the school calendar can be inconvenient and thank you for your understanding. We are confident that this time will be beneficial and will support the continued development and direction of the school.

As mentioned by Louisa in her recent letter, you will receive further information from the Governing Body soon regarding next steps for the school leadership.

Thank you, as always, for your continued support.

With best wishes,

The Vermont Team

Reminders

Some key reminders:

- Children should refrain from bringing personal toys into school. This is because we do not want them getting lost or broken as this causes a lot of upset. Thank you.
- Children should bring plastic water bottles only, metal water bottles are not permitted in school. Thank you.
- With the wet weather forecast to continue, could children come into school with a spare change of clothes and a pair of wellington boots, where possible. Thank you.

Attendance



Each week we celebrate attendance. Our target is 90%

Our whole school attendance this week was 89%

Our class smashing attendance targets this week are: Pandas

Attendance HERO (Here Everyday Ready On Time)

Pandas are our HERO class this week! Pandas will enjoy cakes today to celebrate their attendance. 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.

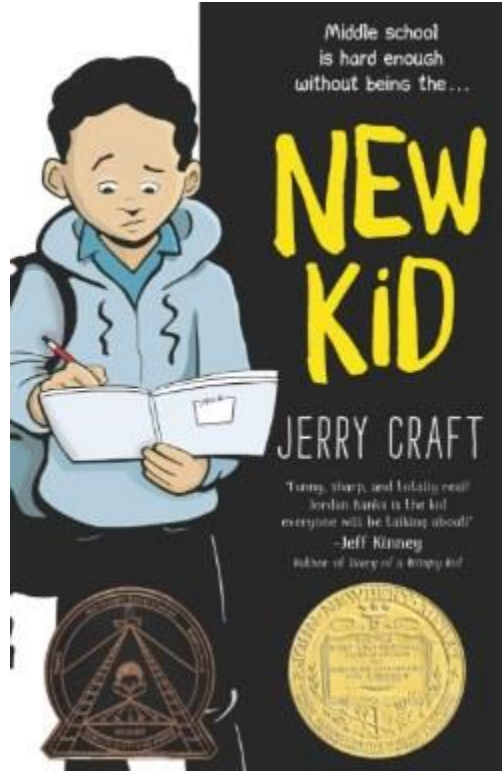
Parents Voice

Kellie Bright, best known for her role in EastEnders, has launched 'Post SEND', a new storytelling project that gives voice to real experiences of SEND. The project invites people to share short, honest reflections by post, with no pressure to write perfectly or in detail, and submissions can be made anonymously. By gathering these personal stories, Post SEND aims to build a powerful collective picture of SEND life.

Read the full article to find out more about the project and how to take part.

<https://www.netmums.com/child/child-health/kellie-bright-launches-powerful-send-project-and-wants-families-to-get-involved-so-real-voices-are-heard>

Our Learning



In English we are reading New Kid by Jerry Craft.

It is a friendly, relatable graphic novel about a boy named Jordan who starts at a new school and learns how to fit in while staying true to himself. Through colourful illustrations and humour, it explores themes like friendship, confidence, and understanding differences. Children are really enjoying the book.

Geography

This term in Geography, children are learning all about *Southampton as a city by the sea*. They are exploring the city's rivers and coastline, discover how the port works, and learn why ships, trade and travel are so important to Southampton. Through maps, photographs and hands-on activities, pupils are building a strong understanding of their local area and how it connects to the wider world, developing curiosity, confidence and pride in the city they live in.

Enrichment Activities

Enrichment

All children at Vermont take part in Enrichment. This is part of our core curriculum offer. We rotate the enrichment activities every half term so that classes get a wide a varied curriculum offer. Enrichment is part of the normal school day and are carefully planned to help children build confidence, manage emotions, develop communication skills, and engage with learning. These activities also help meet the support set out in a child's Education, Health and Care Plan (EHCP).

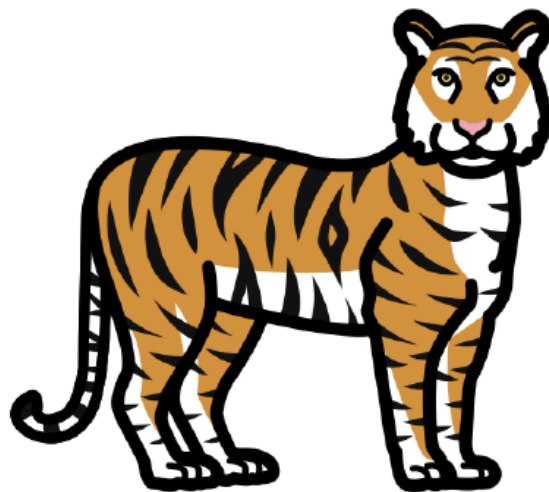
Headteacher Award



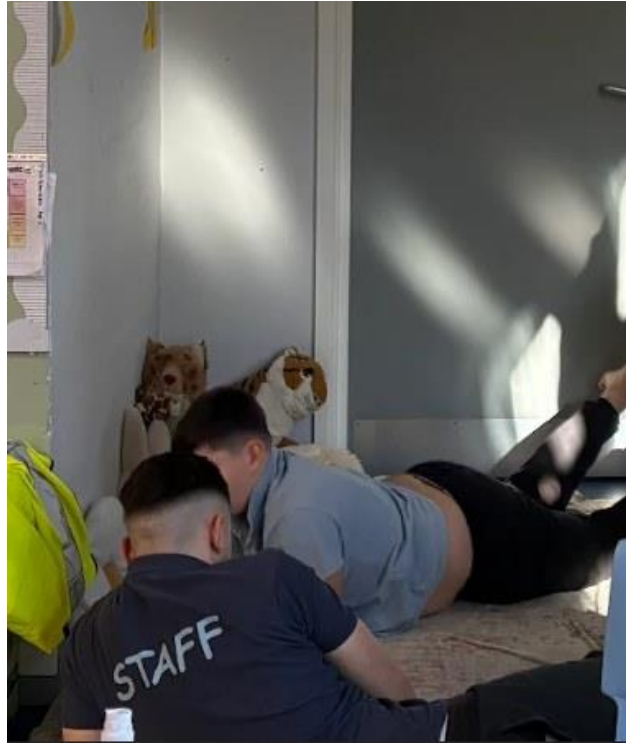
Noah S - Orangutans

For having a brilliant attitude to all your learning this week, well done, we are so proud of you

Tigers



This week in Tigers, we've been smashing our maths learning! We've been working hard on long multiplication using the lattice method and practicing division with the bus stop method, including problems that result in remainders. We also had a brilliant time on our visit to the farm — lots of fun and great memories made. Keep up the fantastic work, Tigers







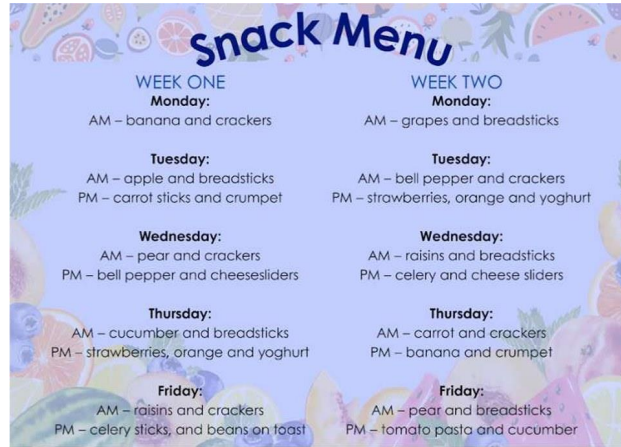


Zola - School Dog update

  
Zola won't be in school for
   
a little while because her body
  +  
needs to rest and have some
   +
quiet time. She is healthy and
 +    
safe and she will be back when
 
she is ready.

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.



snack Menu	
WEEK ONE	WEEK TWO
Monday: AM – banana and crackers	Monday: AM – grapes and breadsticks
Tuesday: AM – apple and breadsticks PM – carrot sticks and crumpet	Tuesday: AM – bell pepper and crackers PM – strawberries, orange and yoghurt
Wednesday: AM – pear and crackers PM – bell pepper and chees sliders	Wednesday: AM – raisins and breadsticks PM – celery and cheese sliders
Thursday: AM – cucumber and breadsticks PM – strawberries, orange and yoghurt	Thursday: AM – carrot and crackers PM – banana and crumpet
Friday: AM – raisins and crackers PM – celery sticks, and beans on toast	Friday: AM – pear and breadsticks PM – tomato pasta and cucumber



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.

INSET and key dates for this year

- 27th February 2026
- 13th April 2026 - Structured conversation day
- 1st June 2026 - INSET day
- 20th, 21st and 22nd July 2026 - INSET days

Upcoming Dates

- National Storytelling Week - 2nd-6th February
- Safer Internet Day - 10th February
- Last day of term 13th February
- Half term 16th - 20th February
- 23rd February - first day back after half term

Road Safety

We would like to kindly remind everyone to please drive slowly and carefully in the school car park and on the surrounding roads. The speed limit is 5mph.

These areas can become very busy with children, families, and staff moving about, and taking a little extra care helps keep everyone safe. We appreciate your patience, awareness, and cooperation in following speed limits and being mindful of pedestrians at all times.

Thank you for helping us maintain a safe environment for our whole school community.

Online Safety

Online Safety Day - Tuesday 10th February

Children will be taking part in Online Safety Day, where they will learn how to stay safe when using the internet and digital devices. Through discussions, stories, games, and role-play, they will explore how to recognise when something online doesn't feel right and what to do if they

are worried. The focus will be on building confidence, understanding feelings, and knowing that trusted adults are always there to help.

Mobile Phone Safety

Mobile phones are becoming an everyday part of children and young people's lives, bringing many benefits for learning, communication, and staying connected. However, it's important that phones are set up safely and appropriately for a child's age and stage of development.

Parental and adult controls are a key tool in helping to keep children safe online. These controls allow adults to:

- Limit access to age-inappropriate websites, apps, and content
- Set screen-time limits and downtime
- Approve app downloads and in-app purchases
- Monitor or restrict contact with unknown users

Most smartphones and tablets include built-in parental control settings, and mobile network providers also offer filters that can block adult or unsuitable content. Taking time to set these up when a child first gets a phone can make a big difference.

Locking down phones to age-appropriate content doesn't mean removing independence, it's about creating a safe digital environment. Controls can be gradually adjusted as children grow older, helping them learn to manage technology responsibly while still having appropriate safeguards in place.

Alongside technical settings, open conversations are just as important. Encourage children to talk about what they see online, who they communicate with, and to ask for help if something makes them feel uncomfortable. Reminding them not to share personal information and to think carefully before posting or messaging can help build good digital habits.

By combining parental controls, age-appropriate settings, and regular conversations, we can help children enjoy the benefits of mobile technology while staying safe and supported.

Roblox

We have been informed of a pop-up message appearing within Roblox that encourages children to download an external app called Pollybuzz (sometimes shown as Pollyfuzz). Although the app appears harmless at first—asking simple questions and creating an AI “friend”—it has been reported that, after initial use, it begins to display extremely inappropriate and unsafe content, including references to suicide, self-harm, and pornography.

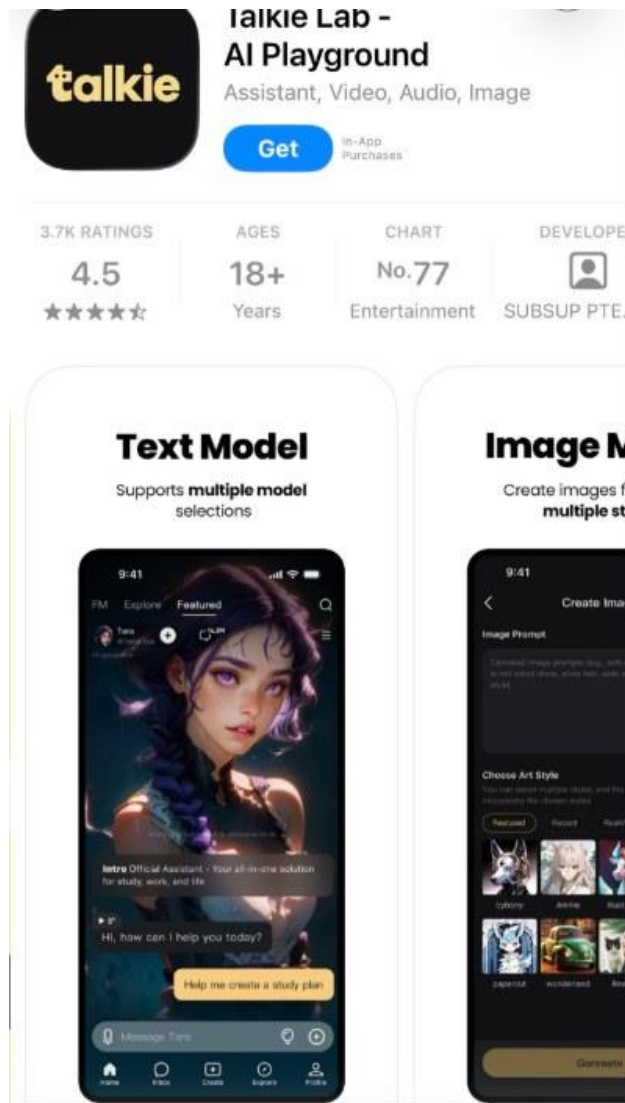
We advise that conversations with your child regarding:

- Not to click on pop-ups or download anything that appears while they are playing games.
- To tell a trusted adult immediately if they see or experience anything online that makes them feel worried, confused, or uncomfortable.

Roblox does offer a range of parental control settings, which can help reduce risks. Guidance on how to set these controls can be found on the Roblox Support page under Parental Controls. <https://en.help.roblox.com/hc/en-us/articles/30428310121620-Parental-Controls-Overview>

The Talkie app

Talkie is not appropriate for children to access. The app allows unrestricted conversations with AI characters that may include mature themes, suggestive language, emotional manipulation, or content that is not age-appropriate. Due to limited safeguards and the potential for exposure to adult topics, Talkie is better suited for older users and should not be used by children without strict parental supervision.



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

SOUTHAMPTON EL CONFERENCE



ELSA: 25 Years of Making a Difference

KEYNOTE CONFIRMED! **Adrian Faupel & Liz Herrick**

We are hugely excited to announce Adrian and Liz as our keynote speakers. As key Educational Psychologists involved in the introduction of Emotional Literacy support across our city, we can't wait for them to tell the story of the birth of the ELSA project, helping us consider the context, aims and principles of EL support 25 years ago and contemplate the parallels of our contemporary world.

£150 per person


- 4 for price of 3 for settings, trusts or clusters booking multiple spaces
- 30 ELSA tickets can be exchanged for tickets (0 tickets = 2 spaces)
- Lunch and refreshments included

PRICE MATCHED FOR 2026

LUNCH AND REFRESHMENTS INCLUDED

PLUS FREE ON-SITE PARKING

BOOK NOW!
(click or use QR code)



'Think', 'Feel' and 'Do' Workshops

Whether it's learning about the research base behind ELSA, trying out / adapting / developing EL tools and approaches, or focusing on your wellbeing and resilience in work - there will be positive take-aways for all from our 3 workshops.

Time to 'Connect and Compare'

With 80-100 delegates, our EL conference provides a great chance to network with fellow ELSAs and wider education colleagues who share a our passion for all things EL.

Feedback:

...I really enjoyed all aspects of it...

...I learnt a great deal and came away with lots of ideas and resource ideas to use with my school setting...

...I loved the keynote speech, the baked potato and the opportunity to meet others...

...a very exciting day full of useful content and time to make connections...

Wednesday 15th April 2026
9:00am - 3:30pm
(Highpoint Conference Centre, Bursledon Road, Southampton, SO19 8BR)

jackie.holgate@southampton.gov.uk
ed.sayer@southampton.gov.uk

SOUTHAMPTON CITY COUNCIL
Southampton Psychology Service

FITNESS & GYM

TIMETABLE

MONDAY	
9:30 AM	BOX - FIT
5:15 PM	BURN, BUILD & LIFT
6:00 PM	FUNKYFIT*
6:15 PM	GYM INDUCTIONS
7:00 PM	DANCE YOURSELF FIT*
7:15 PM	GYM INDUCTIONS

TUESDAY	
9:30 AM	STRETCH & MOBILITY
9:30 AM	GYM INDUCTIONS
10:30 AM	BOX - FIT
12:00 PM	GYM INDUCTIONS

WEDNESDAY	
10:30 AM	FULL BODY FIT
5:15 PM	BURN, BUILD & LIFT
6:15 PM	BURN, BUILD & LIFT
6:30 PM	FUNKYFIT*
7:15 PM	GYM INDUCTIONS

THURSDAY	
10:30 AM	BOX - FIT
6:00 PM	FUNKYFIT*
6:15 PM	FULL BODY FIT
7:15 PM	HIIT

FULL BODY FIT

A balanced, feel-good workout that builds strength, improves fitness, and works your whole body from head to toe.

BOX FIT

A high-energy, non-contact boxing workout combining punches, footwork, and conditioning to boost fitness, confidence, and stress release.

HIIT

Short bursts of intense exercise mixed with recovery to maximise calorie burn, improve cardio fitness, and push your limits fast.

BURN, BUILD & LIFT

A strength-focused session designed to burn fat, build muscle, and lift overall fitness using functional movements and resistance.

STRETCH & MOBILITY

A calming session focused on improving flexibility, joint mobility, and recovery to help your body move and feel better.

STILL GOT IT (OVER 50'S)

A supportive, confidence-boosting class designed to improve strength, balance, mobility, and fitness at your own pace.

FRIDAY	
9:30 AM	STILL GOT IT (OVER 50'S)

*Highlighted classes are delivered by external instructors, are not part of any Testlands memberships & must be booked separately.

FEBRUARY HALF TERM

Hands on History: Castles and Catapults (6+)
 Mon 16 Feb | 10.30am, 1pm | Tudor House | £8

Art for All: Introducing Acrylics - Winter Scenes (8+)
 Mon 16 Feb | 10.30am, 12.30pm or 2.30pm | Art Gallery | £8

Tour for All: Saxons, Vikings and Normans Walking Tour
 Tue 17 Feb | 11am | Tudor House | £10 (accompanying children FREE)

Art for All: Minecraft Mosaic Worlds (7+)
 Tue 17 Feb | 10.30am, 12.30pm or 2.30pm | Art Gallery | £8

Art for All: Great Fire of London Clay Scenes (5+)
 Wed 18 Feb | 10.30am, 1pm | Tudor House | £8

Art for All: Bluey Inspired Pen Pots (3+)
 Wed 18 Feb | 10.30am, 12.30pm or 2.30pm | Art Gallery | £8

Art for All: K Pop Demon Hunters Clay Sculpture (6+)
 Thu 19 Feb | 10.30am, 12.30pm or 2.30pm | Art Gallery | £8

NEW FOR 2025
Toddler Time: Characterful Dogs! (under 4s and friends)
 Thu 19 Feb | 10.30am | SeaCity | £6

Hands on History: Awesome Egyptians (7+)
 Fri 20 Feb | 10.30am, 1pm | SeaCity | £8

Junior Art School: Go Wild with Wool (7 - 13 years)
 Drop off your young people
 Fri 20 Feb | 10.30am - 3.30pm | Art Gallery | £26

CULTURE CLUB FOR KIDS ACTIVITY DAYS
 (Age 6½ - 12 years)

Drop off your young people
 Three days per week | 9am-4pm (drop off from 8.45)

SeaCity | £35 per day or £90 for all three days

Get creative, explore our collections and learn new stuff while making really cool things at our themed activity days.
Cruise Adventures
 Mon 16, Tues 17, Wed 18 Feb



See venue websites for further details on events and to book
seacitymuseum.co.uk | tudorhouseandgarden.com | southamptoncityartgallery.com



Re:Minds

This Week at Re:Minds

2nd-6th February

No need to book for a support group, just pop in and stay as long as you want

With thanks to:

 Shentons Solicitors

