



Dear Dover Park Family,

I hope you've all had a fantastic week. It's been a busy one here at school, but the children have been brilliant, as usual. It has been a great week, and I've been so impressed by how hard the children are working. I had the absolute pleasure of stepping back into the classroom this week to teach in both Year 4 and Reception class.

In Reception, I was treated to some very enthusiastic building and thought about storytelling in RE and in Year 4, the level of focus while the children learnt how to crack the code of Roman Numerals was fantastic. Being able to see the progress our pupils are making first-hand is the best part of my job—it's clear that all that hard work is really paying off.

Rhythm and Beats

A huge "Well Done" to our 'Young Sounds' Musicians. They took part in a drumming workshop alongside pupils from Greenmount Primary School and the sound was incredible. I was genuinely amazed at how quickly they picked up the djembe drums and mastered some very challenging beats. My office desk was vibrating for an hour, but the talent on display was well worth it!



HAF Project and half term support

For our eligible families, there are several exciting activity options available through the HAF (Holiday Activities and Food) project. This includes some great sports sessions over at Dover Park. Later in the newsletter, you'll find a QR code and additional information. I'll also send attach more details to Class Dojo later today.

Constant Growth and Glowing Reviews

We are always looking for ways to "level up" our teaching and improve what we offer your children. This week, we welcomed the English Hub for a formal Phonics review and I am thrilled to share that they were extremely positive about the consistency and quality of our teaching. We seek to gain external validation for our educational offer, as it helps us to ensure we're doing the right things and the right times for our children. We often have visits to review every aspect of 'business' at Dover Park. Last week, we had a full health and safety audit by the local authority, who were extremely positive about our processes and procedures to keep children safe.

Behind the scenes, our staff are just as studious as the pupils! We provide continuous professional development (CPD) to all our teachers and support staff to ensure we stay at the top of our game. We're really fortunate to have such a dedicated team at Dover Park.

Parent Evenings

Please mark your calendars for the week commencing 2nd February. The office will be sending out sign-up links shortly.

Parents' evenings are a vital chance to discuss your child's journey, celebrate their wins and look at next steps together. School reports will be handed out during your meeting, so it's a great opportunity to see everything in writing too and to talk through targets.



A Polite Request at the Gates

We love seeing how much our pupils love their parents and carers, but please try to say your goodbyes at the gate and avoid encouraging children to come back for one last wave.

We want the children to head straight into class to get stuck into their morning activities. Plus, we've had a lot of mud walked into the school where pupils are walking into the mud to say a last goodbye. I know our cleaning team will very much appreciate your support too.



Mud, sweat and tears

Our Year 6 football team faced Holy Cross on Thursday in what can only be described as a "mud bath." Despite the wet and slippery conditions, they played brilliantly.

While the final score didn't go our way this time, their team spirit was the real winner. Hearing them cheer each other on and seeing how much they've grown as a cohesive unit was a proud moment for the school. Well done, team—a fantastic example of demonstrating our school value of 'belonging'.



HAF Project

How to book:

All bookings can be made through the HAF Booking System, where families can browse through all the available activities in one convenient location. By visiting the Eequ Booking System (QR code below) users can quickly find and secure their preferred sessions.

<https://eequ.org/hafontheisleofwight>



Full details on all of the activities can also be found on the Isle of Wight Family Information Hub webpage.

LEARNING

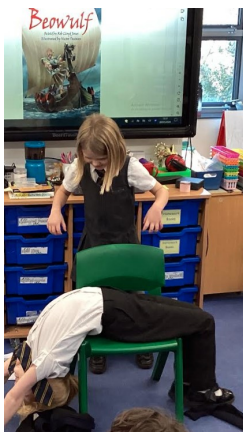
Having practiced a range of techniques linked to clay sculpture, Year 6 have made their Mayan artefact. The next step will be to decorate it with a range of well chosen colours so as to match artefacts that they have researched.



We were lucky to explore some fascinating World War One artefacts, kindly donated to Stuey by his neighbour. The class also enjoyed their attendance reward: a fun and creative crafternoon, complete with a microphone and wrestling belt trophy — expertly modelled by Annie! Finally, you'll spot some early plans for our upcoming portrait art pieces, where creativity is already shining through.



This week year 4 acted out chapters from our book Beowulf to help them understand chronological order.



Year 3 had an amazing time at Amazon World last week! This week they have used the trip and the knowledge gained to aid us in understanding where rainforests are in the world, the different layers and climates there, facts about the different animals and what they eat, and the importance of camouflage.



Year 2 listened to Ferdinand Herold's 'La Fille mal Gardee' (or Clog Dance) from the Romantic period. The children spotted where the dynamics (volume) and tempo (speed) of the music changed. Afterwards they conducted their partners using the vocabulary they



had learned.

In music Year 1 listened to a new piece of music Bizet - March of Toreadors (from Carmen Suite 1). The class talked about how this piece made them feel - 'joyful, crazy, bouncy, like we want to dance' were some of the answers. Then the class moved to the music. The children changed their moves with the music and were bouncing,



gliding, hopping and

This week we had the penguins out for a track game- the children independently used them to create repeating patterns demonstrating their learning from last term is embedded.



Rewards from Home

Well done to Etta and Raine for gaining medals for their gymnastics skills and to Ellie and Maisie for working hard in swimming earning certificates and badges.





Diary Dates

30th January —Year 3 Music Workshop

9th February —Year 4 DT Workshop (please note this has changed from Art)

13th February — Year 2 Assembly

4th March —Year 6 Music Workshop

12th March —Year 2 DT Workshop

16th March — Year 4 Music Workshop

18th March —Year 5 Assembly

20th March — Easter Egg donation — Dress Down Day

26th March — Year 1 Assembly

27th March —Easter Egg Tombola

4th May —Year 5 Music Workshop

14th May — Year 4 Assembly

20th May — Year 1 Music Workshop

21st May — School Disco

29nd May — Reception Music Workshop

5th June — Year 3 Parent Workshop

19th June— Whole School Teddy Bear Picnic 12:15-1:00

25th June — Year 2 Music Workshop

2nd July — Reception Assembly

Making Relationships Work for Professionals

Wednesday 28th January
9.30-11.30am Online

This training introduces:

- the key findings from Gottman research
- what actually predicts relationship success or breakdown
- practical ways professionals can support parent relationships

Book Now



lovemattersiow@gmail.com



LOVE MATTERS

REAL RELATIONSHIPS CONNECTION CARE

Supporting Parent Relationships



The Gottman Institute
A RESEARCH-BASED APPROACH TO RELATIONSHIPS

Funded by
Isle of Wight Council

Making Relationships Work

Webinars for parents who want to renew & strengthen their relationship



- "How can we reconnect emotionally after years of focusing on the kids?"
- "How do we handle feelings of resentment or frustration that may have built up over time?"
- "How do we maintain meaningful conversations that don't revolve around parenting?"
- "Can we really keep the spark alive without feeling guilty for taking time away from the kids?"

4 ONLINE EVENING SESSIONS



- Session 1: What makes relationships last?
- Session 2: Renewing Your Friendship
- Session 3: How conflict can be a place of connection
- Session 4: Sharing your hopes & dreams for the future

Thursdays from 22nd January 8pm
Online (cosy up on your sofa solo or with your partner)
To book email: lovemattersiow@gmail.com

LOVE MATTERS

REAL RELATIONSHIPS CONNECTION CARE

Supporting Parent Relationships



Funded by
Isle of Wight Council

The Gottman Institute
A RESEARCH-BASED APPROACH TO RELATIONSHIPS

Bringing Baby Home



The Gottman Institute
A RESEARCH-BASED APPROACH TO RELATIONSHIPS

A 5 week series of webinars for parents with babies to stay connected in this time of change

What will you learn?

- What "successful" couples do to keep love alive after children
- How to grow in friendship
- Practical ways to manage stress
- How to regulate conflict so you grow together & not apart
- Nurturing intimacy & Creating your unique family



"A couple's emotional connection provides the foundation for a child's development"

John Gottman

Funded by
Isle of Wight Council

Fully Funded & Online
To book scan QR code or email:
lovemattersiow@gmail.com

Book Now



LOVE MATTERS

REAL RELATIONSHIPS CONNECTION CARE

A not-for-profit organisation supporting all relationships at all stages. Providing workshops & 1:1 support for parents, children, families, couples

PRIVATE 1:1 or 1:2 RELATIONSHIP SUPPORT



Informal & practical tools inviting you to experience a closer & more satisfying relationship



With Katie, Gottman Trained Relationship Educator

@lovemattersiow
07772192815

More info



www.facebook.com/lovemattersiow
lovemattersiow@gmail.com



Funded by
Isle of Wight Council



The Gottman Institute
A RESEARCH-BASED APPROACH TO RELATIONSHIPS



Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust

PARENT ENGAGEMENT AND HEALTH PROMOTION DAY

Saturday 24 January 2026

Join our special event
dedicated to supporting
children's development
and wellbeing.



**THE RIVERSIDE
CENTRE, NEWPORT**



- ✔ Connect with experts
- ✔ Explore resources
- ✔ Take part in workshops

Neurodiversity & Executive Function: Making Sense of Behaviour

Free online session for parents

January 29th 2026

10am to 11am or 6pm to 7pm

Parenting can feel tough, especially when big reactions or everyday tasks feel overwhelming. This session helps you understand why these moments happen and what's really going on in the brain.

What you'll learn:

- Understand what neurodiversity is (and what it isn't)
- Explain what Executive Functions are in plain English
- Understand how Neurodiversity and Executive Function are linked
- Learn the definitions of each Executive Function and what they include

Join this free session to feel more confident and informed.

To book email us at info@revealyou.co.uk

Limited spaces available



REVEAL YOU C.I.C.

For more information

go to www.revealyou.co.uk or

email info@revealyou.co.uk



Health, Hooves and Tea



" Bodster is like nowhere else 'horsey' I have encountered. The vibe is all inclusive, very supportive, very relaxed where I can experience success by setting small steps to achieve."

Big Thank you to "The National Lottery Awards For All" for funding "Health, Hooves and Tea"

This new fully funded project (developed from past projects) is to support adults who have experienced a traumatic or life changing experience, such as Cancer, PTSD and other events affecting mental, emotional or physical well being where they now feel depressed, lonely or over-whelmed. It will enable interaction with our ponies on the ground (**no riding involved**) including Mindfulness activities, time over tea to talk about worries, time being in nature, simple exercises with ponies.

Spending time quiet and patiently around our ponies will empower people to take on challenges in healing and hopefully feel less isolated.

To find out more about what we can offer through this project contact Jo and Giles Boddington on:-

joandgi@googlemail.com

07887876138

SEN

Sensory play

Come and explore our multi sensory play space.
Using the senses of sight, hearing, smell and touch, including activity room and messy play.

Saturday 31st
January

10-11.30am

Siblings welcome

Book here

<https://bookwhen.com/sensoryspacecic>

At Sensory Space cic

United Reform Church, Upton rd, Ryde

PO33 3LE

Contact 07773570505

sensoryspacecic@gmail.com



Find out how KOOOTH can help your children access Free Mental Health Support



WHAT IS KOOOTH?

Kooth is a free, safe, and anonymous online platform where young people can access mental health support whenever they need it. Delivered in partnership with the NHS, Kooth is available to anyone between the ages of 11-25



ACCREDITED

Providing NHS services



bacp Accredited Service

COME TO AN INFO EVENT, KOOOTH ARE VISITING

Weds, January 21st

5.15 - 6pm St Margarets Hall

Anyone who wants to know more about how the service can support is welcome! Inc. professionals who support children. Refreshments provided.



HELP @ KOOOTH

Resources (24/7): Articles, mood tracking, journals, and peer support are always available.

Live Chat/Messaging: Available weekdays 12 PM-10 PM & weekends 8 PM-10 PM.

Anonymous & Safe: A secure space for emotional wellbeing support.



FREE

WHAT MAKES KOOOTH SPECIAL?

Anonymous & Safe

Kooth is safe - it's a fully moderated platform where users can seek help without anyone knowing who they are. Every comment, article and support chat is checked by professionals. If something is flagged as a concern, we reach out to the person.

Trusted

Kooth is accredited by the British Association for Counselling and Psychotherapy (BACP), and delivered through the NHS. Young people can be confident they will receive high-quality, professional care from real people, not robots.

Accessible

The service is fully mobile-accessible, allowing users to access support from their smartphones or tablets, making it convenient for on-the-go help. You can use Kooth on the go, at home, or whenever you use. Using live text chat is just like sending text messages.



CHILDREN

If you can, it is really good to talk to a trusted adult, this could be parents or adults at school or youth club.

Look out for your friends too & encourage them to talk to someone aswell as you. Tell an adult when you are concerned. It is to help...

If you don't feel able to talk to someone, which would be best: then you can sign yourself up to KOOOTH, free & anonymously! I can help if you aren't sure how. How to is shown below

GOT A PROBLEM? NEED ADVICE?

FEELING LOW | **RELATIONSHIPS** | **BULLYING** | **Eating disorder**

Being abused | Self harm | Sexuality: gay, lesbian or just confused

Need writing or voice recording services for young people

KOOOTH.COM IS A FREE, ANONYMOUS, CONFIDENTIAL WEBSITE WHERE YOUNG PEOPLE CAN GO FOR HELP.

→ Single chats
→ Booked 1:1 sessions
→ Themed message boards and info more

97% of our users prefer online counselling so visit www.kooth.com

How to sign up

- 1 Visit our website
- 2 Click on the 'Get started' button on the homepage
- 3 Choose your age and location from the drop down menus
- 4 Select the year and month you were born
- 5 Click on the gender, ethnicity and background that most closely describes you
- 6 Create an anonymous username and secure password
- 7 Let us know how you'd prefer to be contacted about health from the drop down menu
- 8 Select 'Next Step' to complete your registration

Where to find us

KOOOTH.COM

I really appreciate the help! I've got 3 messages to read. It's good to know you are out there & get support from other children & adults.

It was used to have my face recorded so they have the support starting point to me.

FEED BACK FROM KOOOTH USERS



CULTURAL FOOD WORKSHOP

AT MEN ONLY



Join Mark and Cece for an engaging session on Food, culture, and mood – and discover how what we eat can support emotional well-being and mental health.

Join Mark to explore and play 'The Eatwell Guide Bingo' to recognise the different types of foods and drinks we should consume, and in what proportions – to have a healthy, balanced diet. You can also have a go at solving a 'Healthy Food Puzzle'.

Join Cece to learn how to prepare and make for cooking an exciting Korma Curry with fresh vegetables, Onion Bhaji and Chapati. You will taste the delights of the meal together, and enjoy the psychological, social and biological benefits of eating meals with other people.

Together, you'll learn about:

- The role of carbohydrates, proteins, and healthy fats
- The importance of vitamins, minerals, and gut health
- How food choices impact mood, confidence, and overall well-being

This is a free course

To book a place, text Mark 0785 485 2518

Call 01983 722737

Email: team@memonlyiow.co.uk

WHERE AND WHEN?

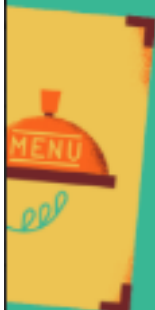
Tuesday 27th January 2026

10:30am to 2pm

Rodger and Steve's

134 High Street, Ryde, Isle of Wight

PO33 2RJ



Equals IW



Family Assist
Solent

NHS

Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust

Helping to keep your child healthy

The Isle of Wight 0-19 Team is made up of Health Visitors, School Nurses, Community Nurses, Associate Practitioners and Administrators.

We use our skill mix team to ensure that all families are offered mandated health contacts for needs assessment, advice and support.

Please see Family Assist for additional support information.



If you have any questions or would like to speak to a Health Visitor or School Nurse, please ring the 0-19 duty desk on **0300 123 5224**





Isle of Wight SENDIASS Online Workshops

- Free impartial advice relating to SEND for 0-25 years.
- Confidential sessions not recorded.
- Peer support, talking to others experiencing a similar journey.
- A dedicated session with an experienced support worker

**6
JAN
13:00**

Considering an EHC Plan?

Independent and impartial information to guide you through the process

**7
JAN
12:00**

Responding to a draft EHCP

If you are in that critical time frame having received your draft

**8
JAN
17:30**

Appeals to SEND Tribunal

A step-by-step guide through the appeals process

**14
JAN
11:00**

Ordinarily Available Provision and SEN Support

Looking at support available for those who do not have an EHCP

**19
JAN
12:00**

Alternative Provision

What constitutes as a suitable education in relation to section 19 of the education act

**23
JAN
10:00**

Responding to a draft EHCP

If you are in that critical time frame having received your draft

www.iowsendiass.org.uk/workshops



**PLEASE
DON'T PARK**

**ON DOUBLE
YELLOW LINES**