



Date	Who	Detail, Timing and Venue
Wednesday 29th January	Parents/Carers	FPTA Meeting, 6pm at Fairlands
Monday 3rd Feb	Year 8 & Year 6 Parents Eve Booking System	Booking system opens at 8am
Tuesday 4th Feb	Year 8 Pupils/Parents/Carers	Options Evening at KOW 5pm, Main Hall for surnames A to H 6pm, Main Hall for surnames I to Z
Wednesday 12th & Thursday 13th Feb	Year 5 Pupils	Carymoor Centre Vikings Trip, details shared on Class Charts
Wednesday 26th Feb	Year 8 Parents Eve	4:30pm – 7pm
Wednesday 26th Feb	Year 6 Parents Eve	4:30pm – 7pm

Year 6 SATs Information Evening



We were delighted that so many families joined us for our SATs evening this week. It was great to talk about all the small steps we can take with our learners to succeed in the key areas of English and Maths. We are so proud of the progress our Year 6 pupils are making already!



Martin Davis – Assistant Head, Teaching and Learning

Year 6 & Year 8 Parents Evening

In our bulletin last week, we communicated we would be holding our year 8 parents evening on the 30th January 2025.

Following parent feedback, we have changed the date, to allow more time for parents to be available to attend. We will also be holding parents evening for year 6 on the same evening. The appointments booking system will be open on Monday 3rd February at 8am.

FPTA Update



A massive thank you to the PTA and to all parents and students who baked cakes - and to those who bought cakes - at the cake sale last term. Some of the cash raised has enabled the purchase of some wonderful new books for our school library. These brilliant titles are a great addition to our library stock, so the student librarians and I look forward to lending these copies out to our students throughout this term.

Once again thank you to our dedicated PTA! The FPTA are looking for volunteers to join their team, their next meeting will take place at Fairlands **on Wednesday 29th January at 6pm.**



Useful Information

Further information can be found on our website: www.fairlandsmiddleschool.co.uk
You can also keep informed via our Twitter feed @Fairlands482

Our Vision and Values 'Ambition, Belonging, Challenge'

Safeguarding

Safeguarding children is everyone's responsibility. If you are worried about a child, please email

safeguarding@fairlandsmiddleschool.co.uk

Designated Safeguarding Lead:
Paul Stephens

Wellbeing

If your child needs any help, advice or someone to talk to, please contact the school office. We have trained mental health first aiders that are here to help. 'You are human and it's ok to struggle.'

'It is important to look after yourself and mind.'

Reporting Absence

If your child is feeling unwell, please report their absence using one of the following.

By phone 01934 743186,
On Class Charts, or email

absence@fairlandsmiddleschool.co.uk

School Calendar

Fairlands Middle School
Masons Way, Cheddar
Somerset, BS27 3PG

Main Office: 01934 743186

Email:

office@fairlandsmiddleschool.co.uk



Year 6 Author Visit – AF Harold



Last week, we were thrilled to have the esteemed children's author and poet, AF Harrold, visit our school. He worked with our Year 6 pupils, who are currently immersed in their poetry unit in English. AF Harrold led an engaging assembly with the whole year group and then ran a poetry workshop with a group of Year 6 pupils, providing them with a special chance to glean insights from a poetry expert and to delve into their own creativity. It was an enriching session that enhanced our pupils' appreciation and understanding of poetry. Huge thanks to the Education Team at The Wells Festival of Literature for organising and funding this visit!



Year 8 Choices Evening

Tuesday 4 February 2025
5.00pm - 7.00pm

We warmly invite Year 8 Students and Parents/Carers to attend for September 2025 entry



Welcome meetings will be held in the Main Hall at 5.00pm for surnames A to H and 6.00pm for surnames I to Z

All Subjects will be open from 5.00pm – 7.00pm



You are invited to visit each option subject. Our subject specialists will be delighted to answer any questions you may have.

We look forward to meeting you



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Parent Mental Health Day 27th January



Parenting can be energising and exhausting all at the same time. There is constant pressure on parents to provide a fun, happy family life whilst juggling work and home priorities. Protecting their own mental health is often overlooked by many parents. Parent Mental Health Day aims to encourage understanding and awareness of the importance of parents' mental health and wellbeing and its impact on the whole family. Mind provides some advice and support on how to take care of yourself and how to get help if you are experiencing poor mental health as a parent. [Parenting and mental health - Mind](#)

We all use unhelpful coping strategies sometimes, but as with any skill we can learn new, helpful coping strategies. Here's some **self-care tips** to help **protect against stress**:

#ADDRESS YOUR STRESS

Try

Get moving! Physical and mental health are connected — so eat well and exercise to release endorphins. Find a fun activity that suits you and your schedule. 

Setting aside time to have fun or indulge yourself — positive emotions can help build a buffer against stress. 

Learning a new skill — whether painting, playing guitar or a new language. 

Sharing how you're feeling — it's OK to ask for help and support. 

Switching off from distractions — make time for yourself as a regular part of your routine. Schedule a reminder if you need to. 

Avoid

Overdoing it on sugar, caffeine or alcohol — they're a quick fix which can increase stress in the long term. 

Overworking and checking your emails out of hours — we all need time to unwind. 

Spending **too much of your free time** in front of a screen — phone included. Don't feel pressured to always be 'doing' something. 

Chasing perfection — it can create unrealistic expectations. Accept that mistakes will happen. 

Bottling up your feelings and assuming they will go away — this can make things worse in the long run. 

There are simple steps you can take to #AddressYourStress. Check out our resources at mhfaengland.org



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Upcoming Events



UPCOMING EVENTS

<p>GOACTIVE ARCHERY & AEROBALL</p> <p style="text-align: center;">JAN 25</p> <p>1PM - 3PM</p>	<p>GOACTIVE ARCHERY & AEROBALL</p> <p style="text-align: center;">FEB 17</p> <p>11.45 - 1.30</p>
<p>POOL PARTY</p> <p>TIME TBC</p> <p style="text-align: center;">HALF TERM</p>	<p>WEEKEND & HOLIDAY ACTIVITIES</p> <p style="text-align: center;">£10 EACH</p>

CHEDDAR YOUTH CLUB AND CHEDDAR WOODS

January Youth Club The Space

- 07/01/25 NEW YEARS RESOLUTION PAPER PLANES 
- 14/01/25 PROJECT NIGHT 
- 21/01/25 BIRD FEEDERS AND SEED PREPARATION 
- 28/01/25 DJ 

HAPPY NEW YEAR TO ALL!

THE SPACE

TUESDAYS
6:30 - 8:30PM

METHODIST CHURCH HALL
CLIFF STREET
CHEDDAR



AN EVENING WITH MICHAEL MORPURGO

Author of War Horse and over 150 children's books



22ND FEBRUARY

7 PM

COSSINGTON VILLAGE HALL

TICKETS
£15 / Under 16's £10

AVAILABLE FROM
KATHY 01278 723105

Event organised by Cossington Church Events Team
Profits shared between St Mary's Church Cossington & Farms for City Children Charity Number: 325120

February Youth Club The Space

- 04/02/25 PANCAKE PARTY 
- 11/02/25 LINGHOOP - CHINESE NEW YEAR 
- 18/02/25 HALF TERM PROJECT NIGHT 
- 25/02/25 GUITARS 

THE SPACE

TUESDAYS
6:30 - 8:30PM

METHODIST CHURCH HALL
CLIFF STREET
CHEDDAR



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