

Bitterne Church of England Primary School

Weekly Newsletter

Hope

Courage

Creativity

6 February 2026

Issue 18

Message from the Senior Leadership Team

Healthy bodies fuel healthy minds, and we are committed to ensuring our lunchtime experience reflects that. Following a productive meeting with the City Catering Service Manager, I am pleased to share some updates regarding our school meal provision.

Encouraging Healthy Choices

To ensure every child benefits from a balanced diet, we have agreed that school meals will now be fully plated as per the daily menu. This means children will be served the full variety of vegetables on offer. The salad bar will continue to be optional.

We have noticed some children are currently refusing these healthy options. However, we want to give every child the opportunity to expand their palate and try new things. While we remain strictly mindful of all medical dietary requirements and allergies, our dinner staff will be actively encouraging children to "have a try" of the different items on their plate.

To note – there are no changes to the menus at this stage, simply ensuring children take up the full offer of the meal.

How you can help: Please speak with your child about the importance of trying new foods. A little encouragement at home goes a long way in building their confidence in the dining hall!

Exciting New Flavours

We are looking forward to launching our new Summer Menu after the Easter break, which includes some delicious new dishes. To help the children transition:

Taster Sessions: After February half-term, the kitchen will provide small "tasters" of new menu items alongside the children's regular meals.

Parents' Evening: We want you involved, too! A selection of these new dishes will be available for parents to sample during our upcoming Parents' Evening.

We are incredibly grateful to City Catering for their ongoing support in helping our pupils make nutritious food choices. We believe these small changes will lead to much healthier habits for our children.

Best wishes

Mrs Sullivan



Collective Worship

This week in Collective Worship we have been looking at our New Testament Creativity story which is the Parable of the Talents (Matthew 25:14–30), Jesus tells the story of servants entrusted with different amounts of money. Two use what they are given and make it grow, while the third, afraid of failure, hides his talent. When the master returns, the servants who took action are praised - not for having more, but for using what they had.



Today, talent also means ability or skill, making this parable relevant to creativity. Each of us has unique gifts, whether in art, music, problem-solving, or kindness. These gifts are not meant to be hidden but explored and shared. Trying new ideas, expressing yourself, or taking creative risks can feel uncomfortable, but growth comes from using our talents rather than burying them out of fear.

The parable reminds us that everyone's talents are different, and what matters most is how we use them. When we encourage creativity and support one another in taking risks, we help our talents grow and strengthen our school community.

Year 3&4 Phase Leader Update

It has been a busy and exciting time across Lower Key Stage 2, with both Year 3 and Year 4 showing fantastic enthusiasm for their learning.



In Year 3, the children have begun learning column addition in maths and are developing their confidence when working with larger numbers. In English, they have truly blown us away with their newspaper writing based on *The Iron Man*. Their creativity, use of language and understanding of journalistic features have been impressive. In science, the children carried out a soil experiment, exploring how soil is formed and developing their investigative skills through hands-on learning.

Both year groups enjoyed a visit from The Pollution Solution, where the children learned about how pollution affects our planet and our own health. They also discussed practical ways we can all reduce our impact on the environment, sparking thoughtful discussions and a strong sense of responsibility.



In Year 4, our science topic on sound has been a huge success. The children explored how sound travels through solids, liquids and gases, and investigated how distance affects sound. This learning was brought to life during a trip to Winchester Science Centre, where the children had the opportunity to explore sound even further through interactive exhibits. The children were outstanding throughout the trip and were a real credit



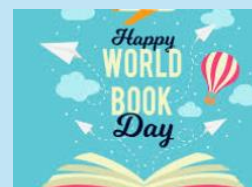
to the school.

Best wishes,
Mrs Wood

World Book Day – Book Donations Requested

Ms Perrin, our School Librarian, is kindly requesting donations of good-quality, used books in support of World Book Day. Donations may include both children's and adult books, in any genre. We kindly ask that all books are no more than five years old. Please bring any donations to the school office. The books will be used for a World Book Day book sale and all proceeds will go towards adding new books to our library.

Many thanks in advance for your support.



Year 4/5 Cross Country Competition: 29 January 2026

A team of 12 pupils proudly represented our school at the Cross-Country Competition held at The Gregg School, with 6 children from Year 4 and 6 children from Year 5 taking part. All pupils showed great determination, resilience and sportsmanship throughout the event. They worked hard, encouraged one another, and gave their best effort from start to finish. We are incredibly proud of how well they represented the school both on and off the course.



First Aid Notifications

If your child visits the medical room during morning break or lunchtime and receives treatment for a bumped head or another minor injury, the school office will send you a text message after lunch, and no later than 1:30 pm. For more significant injuries, parents will be contacted directly by phone.

Minor injuries that occur during the afternoon session will be communicated by text message by the end of the school day and not later than 4.00pm.

If your child has had a bump to the head or face, the message will include information to help you monitor them safely at home.

If you receive a text message and not a call your child was able to settle back into class.

Reminder: SENDCO Drop-In Sessions

A friendly reminder that our SENDCO drop-in sessions are running on alternate Mondays from 3:15–4:00pm, in a small room just off the library. The next one is February 9th. These sessions offer a relaxed, informal opportunity to chat, share any concerns, or seek guidance about your child — no appointment needed. You're very welcome to come in via the library, and we look forward to seeing you.

Best Wishes

Mrs Gear



Appointments with the School Nurse: Thursday February 12 2026

The School Nurse will next be visiting our school on the morning of Thursday 12 February. The Nurse is able to offer support and advice on a range of issues, including eating, sleeping and toileting, among other areas. If you would like to book an appointment, please contact Amy Davies via email at fso@bitterneceprimary.net



Message from the PTA

Please remember that Movie Night will take place on Wednesday 11 February. You can sign up your child using the link <https://forms.gle/VCGutBegY4UFaMCN9>. We also have a few dates for your diary:

- The School Disco date has changed and will now take place on Thursday 7 May. Further information will follow soon.
- Beyond the Rules Non-Uniform Day will be held on Friday 27 March. All money collected on this day will be returned directly to the school.

Thank you for your continued support.



Sibling Photographs: Monday 24 February 2026

The school photographer is visiting the school on 24/02/26 to take sibling photos of children within our school. If you would like a sibling photo taken, please visit Yellow's web site below and complete the online Sibling Request Form.

Visit website www.smileYellow.com/sibling or type in browser www.smileYellow.com/sibling

- School password is bitt240226

Closing date for requests is midnight 13/02/26

Facebook

A reminder to follow our new Facebook page at
<https://www.facebook.com/BitterneCEPrimary>



Dates for your Diary

- **9 February:** SENDCo Drop-in Session, 3.45pm-4pm
- **11 February:** PTA Movie Night, 3.15pm-5pm
- **12 February:** Parent Forum Meeting, 9am-10am – more information to follow
- **16 February-20 February:** Half term
- **24 February:** Sibling photos – please sign up for these
- **26 February:** SEND Coffee Meeting 9am-10am
- **27 February:** Year R Trip to Longdown Dairy Farm
- **5 March:** World Book Day
- **10 March:** Parent Forum Meeting 2pm-3pm
- **17 March:** Parents Evening 3.45pm-6pm
- **18 March:** Parents Evening 3.45pm-6pm
- **26 March:** Easter Church Service 2pm-3pm
- **27 March:** Beyond the Rules Non-Uniform Day
- **30 March – 12 April:** Easter Holidays
- **15 April:** Year 2 Trip to Butser Ancient Farm – more information to follow
- **4 May:** Early May Bank Holiday
- **7 May:** PTA School Disco KS1 4.45pm-5.45pm and KS2 6pm-7pm – more information to follow
- **20 May:** SEND Coffee Meeting 2pm-3pm

Weekly Celebrations

- This week House Cup winner is Pound with 2619 points, Brownlow is second with 2545 points, Brook is third with 2439 points and Maytree is fourth with 2220 points.
 - Tidy Year Group Award goes to: Year 6 Orient and Laurel Class
 - Star of the Week certificates awarded to: Hugo; Eleanor; Harper; Marcus; Ella-Rose; Florence; Nicky; Isla; Darcie; Josh; Connor and Elliot.
 - This week's most improved attendance goes to Harlequin with 96.5%
- Well done everyone!**





MOVIE NIGHT

Wednesday 11th February 3.15 to 5.15pm

NOW SHOWING

KS1 - Secret life of pets
KS2 - Home

We're so excited to invite your child to our BFU Movie Night! To make sure everyone has a great time, you **MUST** complete the registration form for your child to attend. One form for each child.

This helps us plan numbers in advance and makes sure every child has a seat and popcorn. 🍿

Children go straight from class to the hall and will be supervised by school staff and PTA volunteers.

Tickets: £3 per child (includes popcorn) Please also send your child with a water bottle and a snack of their choice which **must not contain nuts, sesame, and eggs.**

Fill in name, class, allergies and payment declaration in the form, then follow the SumUp link for payment.

Pick-up at 5:15 pm per the below (same route as disco)

1. Arrive at school on Brownlow Avenue, walk around the left side gate to the KS1 playground.
2. You will enter school through the Year 3 door, off the KS1 playground.
3. Walk through the KS2 hall - collect your KS2 child as needed - and continue through the link corridor
4. Walk through the KS1 hall - collect your KS1 child as needed - and exit

Please ensure if your child is returning to After School Club that you tick the box on the form ☒

CLICK LINK TO FORM: <https://forms.gle/VCgutBegY4UFaMCN9>

Southampton Parent Carer Forum Review and Updates

February 2026

Welcome to this month's Southampton Parent Carer Forum Review and Updates

As we move into February, we want to take a moment to acknowledge the challenges many families continue to face, from ongoing pressures and changing routines to increased demands at home and school. Please remember you are not alone. In this edition, you'll find updates on the support available as families continue to settle into the months ahead, along with ways to stay connected and have your voice heard. Thank you for being part of our community and for everything you do to support your children and young people – your voices continue to shape and strengthen our work.

Key Updates

- Please use the generic email address for the Southampton SEND Team rather than contacting individual Case Officers, in case they are absent due to annual leave or illness. 0-25service@southampton.gov.uk
- Responses from the SEND Team can take up to 10 working days, although they are often quicker. The team is currently managing a high workload due to Year 2 and Year 6 phase transitions.

Team in the Spotlight

Unpaid Carers in Southampton - NDPT - The new Neurodiversity Profiling Tool (NDPT) is being piloted digitally in a small number of schools across the city. We met to discuss accessibility and the support available to families following completion of the tool, with a focus on ensuring early and effective support is in place. For more info, check out the QR code below.



Meeting in the Spotlight

Unpaid Carers in Southampton - NDPT - The new Neurodiversity Profiling Tool (NDPT) is being piloted digitally in a small number of schools across the city. We met to discuss accessibility and the support available to families following completion of the tool, with a focus on ensuring early and effective support is in place. For more info, check out the QR code below.



Key Dates - More info on the following page

Monday 27th Feb

Early Years event - See next page for info

Tuesday 3rd Feb

Understanding behaviour workshop

Thursday 26th Feb

Keeping young people safe online workshop

Tuesday 3rd March

Sensory workshop

Tuesday 31st March

SEND Fun Day - See info on next page

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Scan the QR code for the link to our Facebook page for the most up to date info

Continued...

Southampton Parent Carer Forum invites you to...
Early Years Information event for families with children with additional needs/SEND/ concerning behaviours
Monday 27th February - 1pm - 2.30pm

For Parent Carers: Range of Local offer Service providers for advice, ideas and support
For Children and Young People: Mon Baynard Fall of things to play with Refreshments for all included
88 Looe Avenue, Chichester, PO19 1LH, Sussex, SO19 1LH - Free Parking
For more information: 01243 777777
Follow us on Facebook

We can make food bank referrals and signpost you to local support for help with energy costs. We are also a scratch partner. If you need assistance with either, please don't hesitate to get in touch.

Southampton Parent Carer Forum invites you to...
SEND Family Fun Day 2026
Tuesday 31st March - 10am to 2pm

For Children and Young People: Reunite, Cuddle, two partners, Unicorn, bubbles and lots more...
For Parent Carers: Range of Local offer Service providers for advice, ideas and support
Refreshments for all included, Fruit, biscuits and ice cream are all free, there will be a food van with food for sale!
Oasis Academy Mayfield, Ashley Crescent, SO19 8BA - Free Parking
For more information: 01243 777777
Follow us on Facebook

As part of an ICB project, we need parent carers and young people to mystery shop a range of local leisure and cultural venues – e.g. leisure centres, museums, cinemas, and theatres.

Once you have visited a venue and completed the survey about your experience, you will be reimbursed for one young person and one adult ticket.

If you would like to get involved, please email chair@stotpcpf.org.uk. We can then let you know which venues we still need families to visit.

Wednesday 6 May 2026

Southampton & New Forest



The 2026 Your Future event is joining forces with Get Inspired. All the hands-on activity of the Get Inspired event PLUS all the post 16 education information you'd expect at the Your Future Transition afternoon.

Community Inclusion Project (Mystery shopping leisure and cultural venues)

As part of an ICB project, we need parent carers and young people to mystery shop a range of local leisure and cultural venues – e.g. leisure centres, museums, cinemas, and theatres.

Once you have visited a venue and completed the survey about your experience, you will be reimbursed for one young person and one adult ticket.

If you would like to get involved, please email chair@stotpcpf.org.uk. We can then let you know which venues we still need families to visit.

Whats on ..

Date	Event Info	Time	Location
Tuesday 3 rd February	Understanding Behaviour Workshop with ND Team	10-12	High Point, Bursledon Rd, Thornhill, SO19 8BR
Thursday 5 th February	SEND get together with Mental Health in Schools team	10-12	Woolston Community Centre, Church Rd, Woolston, SO19 9FU
Tuesday 9 th February	SEND get together with ND (Neurodiversity) Multi-Disciplinary Team	10-12	Lordsmill Community Centre, Cromarty Rd, Lordsmill, SO16 6LX
Tuesday 24 th February	SEND get together with the learning disability nursing team	10-12	Oasis Hub East Southampton, 47 Melchet Road, SO18 5GH
Thursday 26 th February	WORKSHOP - Keeping young people safe on line with the Police	10-12	High Point, Bursledon Rd, Thornhill, SO19 8BR
Tuesday 3 rd March	WORKSHOP - Supporting your child's sensory needs	10-12	Freemantle and Shirley Community Centre, Randolph Street, SO15 3HE
Thursday 5 th March	SEND get together with the forum staff for general help, support and advice	10-12	Climbing Hanger, Third Ave, SO15 0LD
Wednesday 11 th March	SEND get together with ND (Neurodiversity) Multi-Disciplinary Team	10-12	Holy Saviour Church, 2 Bursledon Rd, Bitterne Village, Southampton SO19 7LW
Monday 16 th March	SEND get together with Jigsaw (Social Care)	10-12	Beautifully Boutique at the Crafty Bug, 82 Bridge Rd, Southampton SO19 7GQ
Thursday 26 th March	SEND get together with the forum staff for general help, support and advice	10-12	Robins Nest, Atlantic Works, Oakley Rd, SO16 4LL

WORKSHOP - Keeping your child safe online

Workshop on Keeping your child safe online delivered by the Police.

They will show you a range of ways to keep your child safe on line including parental controls and various options to do this.

They will also discuss how to have conversations with your young people about keeping themselves safe online.

When: Thursday 26th February

At: 10 to 12

Where: High Point, Bursledon Rd, Thornhill, Southampton SO19 8BR



Hampshire and Isle of Wight



Next Week at Re:Minds 9-13th of February

Please email info@reminds.org.uk to book your space at a clinic

With thanks to:

Hampshire and Isle of Wight

CAMHS

Shenstone

ADHD Advice Clinic

10am Monday 9th of February

About the Clinic
Book a private, 10 minute virtual appointment to speak with a clinician about any questions or concerns related to ADHD, pre or post diagnosis.

Appointments will be with Laura Walsby, Lead ADHD Nurse from CAMHS

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk

To book your advice slot, please email: info@reminds.org.uk