



## Frieth Primary School

### NEWSLETTER

*Let Your Light Shine!*

13<sup>th</sup> February 2026

#### Forest School Update

As you're aware, Miss Catherine has moved on from her role as our Forest School teacher.

I am thrilled to announce that Amy Douglas is beginning her Forest School teacher training and will be taking over the role with immediate effect. Amy has been a volunteer at Forest School for a number of years, bringing enthusiasm, dedication, and a real passion for outdoor learning.

We are very much looking forward to this next chapter for Forest School and know the children will continue to have wonderful experiences outdoors.

#### Mental Health Week



We began Children's Mental Health Week with a special assembly led by our School Council, centred on this year's theme, *"This is my place."* The children shared thoughtful reflections on what it feels like to be included and how a strong sense of belonging can positively impact our mental health and well-being. Pupils also took part in a range of calm and creative activities, including puzzling, yoga, mindful drawing, colouring and beading. These activities gave everyone the chance to relax, be creative and focus on looking after their well-being.

We raised an amazing £250 for the Place2be charity, Thank-you!

#### Visit to Maidenhead Mosque



Ospreys had an amazing trip to Maidenhead Mosque. Our guide commented on the children's knowledge and deep questioning. The children learnt so much about Islam and were reminded that we all share this world and that our British values are all about mutual respect.

#### Smart Watches in School

A reminder that children are not permitted to wear smart watches in school, as many models have the capability to take photographs. We appreciate your understanding and support in helping us maintain a safe and respectful environment for all pupils.

#### Headteacher's Awards

It's been a pleasure giving out some Headteacher's Awards to pupils who have demonstrated our school values so well. Congratulations and well done to the following pupils:

Nico Dorley-Brown: Responsibility  
Eryn McKenzie: Kindness  
James Connell: Resilience

Gabriela Welfare: Creativity  
William Appleton: Creativity

## Netball



The netball teams produced two excellent performances against Claires Court with lots to celebrate from both matches. The teams played some lovely netball and showed outstanding sportsmanship throughout their wins. Their energy, teamwork, and positive attitude were clear to see across the whole afternoon. Well-done players and coaches!

League match: 10-3  
Friendly: 14-2

## Football



A stunning performance from our football team saw Frieth claim a deserved 2-0 victory over Highworth.

Goals from Ed and Arron sealed the win, rewarding a fantastic team effort and a very impressive all-round performance. A well-earned result and a night to be proud of for everyone involved!

## Young Voices



What an amazing day out at Young Voices! So incredibly proud of the 32 children who sang their hearts out and represented the school brilliantly. An unforgettable day making memories to last a lifetime!

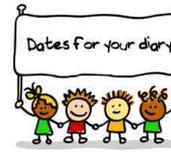
## Parking

As you will see, we now cone off the area outside the school at the end of the day where parking is not permitted. There will also be a staff and JRSO presence. Please **do not park where the cones are placed**. Thank you for your cooperation in helping us keep everyone safe.

## Falcons

As the school increases in size and our Falcons wraparound provision gets busier it is important to remember to book your child into breakfast or after-school club.

## PTA News



The Ultimate  **QUIZ NIGHT!**

At Frieth School

Hosted by Natalie Lampard and Annie Bramford

**6th March 2026**

Doors open at 6.45pm for a 7.30pm start

**TICKETS £12pp**  
Includes Meat or Veg Chilli

Bring Cash for Extra Games!

Teams of up to 8 people max or join a team on the night

Book your tickets here: 

**CASH/CARD BAR ALL NIGHT**



## Heart Health Month - Be Healthy Bucks

To mark Heart Health Month, Bucks have pulled together some simple yet powerful tips to support healthier hearts for the whole family.

They run Beezee Families, a **FREE** healthy lifestyle programme that nutritionists deliver across Buckinghamshire. The 12-week programme supports families to build healthy habits around food, physical activity, and how to have fun while doing so!

Click [here](#) to find out more.



**Be Healthy Bucks**

**Show your heart** 

some love this February

It's National Heart Health Month and we're here to help you and your family take gentle, everyday steps to look after your hearts together. Little changes to what you eat and how you move as a family can make a big difference. Here's some simple, fun tips to help everyone get involved.

**Activity 1:** Move a little together, every day  
Whether it's a mini dance off in the kitchen or a short family walk, small bursts of movement will keep everyone's hearts happy.

**Activity 2:** Fill your plates with colourful foods  
Boost meals with colourful fruit, veggies and wholegrains to grab kids attention.

**Activity 3:** Get kids involved in the kitchen  
Let them wash veggies, pick toppings or help stir. It makes healthy eating fun and helps them learn habits that stick.

Our free Beezee Families programme is here to help you feel healthier and happier as a family. Your heart works hard for you, so let's show it some love as a team!

**Beezee FAMILIES**

Want more healthy lifestyle support?  
Check out our website to find out how we can help your family.

Scan here  or  Click the link

[bbf.mosmumuk.co.uk](http://bbf.mosmumuk.co.uk)

All school dates can also be found on the school website. New dates in **red**. Sports Events in **blue** PTA events in **green**

- Thurs 26<sup>th</sup> Feb: Kestrels class trip to Roald Dahl
- Tues 3<sup>rd</sup> March: **Netball Match – Carrington v Frieth**
- Thurs 5<sup>th</sup> March: World Book Day
- Netball Match – Danesfield v Frieth**
- Frid 6<sup>th</sup> March: Osprey class trip to Hampton Court
- Sat 14<sup>th</sup> March: **Netball Tournament - Kingsmead**
- W/c 16<sup>th</sup> March: Culture Week
- Tues 17<sup>th</sup> March: **Netball Tournament – Shiplake College**
- Wed 18<sup>th</sup> March: Eagles Class Assembly (more details to follow)
- Thur 19<sup>th</sup> March: **Netball Match – Frieth v Stokenchurch (more details to follow)**
- Frid 20<sup>th</sup> March: **Red Nose Day (more details to follow)**
- Hawks Class Assembly (more details to follow)
- Football Match Frieth v Danesfield (more details to follow)**
- Tues 24<sup>th</sup> March: Buzzards Class Assembly (more details to follow)
- Netball Match – Frieth v Carrington (more details to follow)**
- Thurs 26<sup>th</sup> March: Kestrels Class Assembly (more details to follow)
- Frid 27<sup>th</sup> March: Church Service – 9.30am  
Break up 1pm
- Mon 13<sup>th</sup> April: Return to School
- Tues 14<sup>th</sup> April: **Netball Match Frieth v St Pauls (more details to follow)**
- Thurs 16<sup>th</sup> April: **School Swimming for invited pupils begins**
- Frid 17<sup>th</sup> April: **Hawks class trip to Oxford Castle (more details to follow)**
- Mon 20<sup>th</sup> April: **Internet Safety Day**
- Tues 21<sup>st</sup> April: **Netball Match Frieth v Stokenchurch (more details to follow)**