Wednesday 28th October 2026

Autumn Term 2026 (2nd Half) – Primary PE, Swimming and Forest School Dates

Dear Parents and Guardians,

What a half term it has been! We have navigated new systems, new classes, and new routines, and the children have taken it all in their stride. We thank you all for your patience as we have navigated the first few weeks of using Arbor, our new management system, and we appreciate the helpful feedback you have shared with us.
We have seen a wonderful improvement in pupil behaviour - a clear sign that positive conversations are happening at home regarding reward points and sanctions. It is fantastic to see so many parents actively engaging with the Arbor parent portal.
There are a few changes to the timetable for the second half of the autumn term, which I have highlighted below. Please do not hesitate to contact your child's class teacher after half term should you have any queries.

Phonics Lessons after half term

After half term, children in Reception and Key Stage One (Year 1 and 2) will begin learning in new phonics groups tailored directly to their prior knowledge and current stage of reading. Phonics streaming is a widely recognised, evidence-based approach that allows us to focus precisely on specific letter sounds and blending skills, ensuring every child receives the exact level of support and challenge they need. Phonics lessons will take place first thing in the morning. As a result, your child may be taught in a different classroom and by a different teacher or teaching assistant for this daily session before returning to their regular class. This targeted approach may also happen to a lesser extent for some children in Key Stage 2 (Years 3 to 6) who require specific, small-group reading support. Teaching children at their exact developmental stage builds confidence, accelerates progress and helps foster a lifelong love of reading. Our team will be on hand to ensure every child settles quickly into their new morning routine.

Forest School

A quick reminder to help ensure our pupils stay warm, dry, and happy during their Forest School adventures!
Pupils are welcome to wear non-uniform on their Forest School days. We recommend long trousers, long-sleeved tops, and sturdy wellies or waterproof outdoor shoes. Please make sure to send in wet weather outer layers for every session so everyone can enjoy being outdoors whatever the weather!
Please check whether your child's session is in the morning or afternoon each week:

- Morning Sessions: Children can come to school ready in their full Forest School clothes. Please pack a spare pair of shoes and socks in a named bag just in case they get a little too muddy!
- Afternoon Sessions: Children should come to school in their everyday non-uniform clothes. Please send their waterproof outer layers and wellies in a named bag so they can pop them on after lunch.

A quick note for Reception parents: Reception classes will no longer alternate between morning and afternoon sessions. Following some updates to the Year R timetable, all sessions will now be an equal length.

Due to the Year 4 trip to Winchester Science Museum which is taking place on Tuesday 3rd November, Year 4 will not have a Forest School session on the first Tuesday after half term, we are working with our Forest School leaders to see if we can add on an additional session in the last week of term.

	Tuesday	Wednesday	Thursday
W/C 2nd November	No Forest School – school trip	Y2 Chestnut (am) Y2 Cedar (pm)	EYFS Apple (am) EYFS Cherry (pm)
W/C 9th November	Y4 Rowan (am) Y4 Sycamore (pm)	Y2 Cedar (am) Y2 Chestnut (pm)	EYFS Apple (am) EYFS Cherry (pm)
W/C 16th November	Y4 Sycamore (am) Y4 Rowan (pm)	Y2 Chestnut (am) Y2 Cedar (pm)	EYFS Apple (am) EYFS Cherry (pm)
W/C 23rd November	Y4 Rowan (am) Y4 Sycamore (pm)	Y2 Cedar (am) Y2 Chestnut (pm)	EYFS Apple (am) EYFS Cherry (pm)
W/C 30th November	Y4 Sycamore (am) Y4 Rowan (pm)	Y2 Chestnut (am) Y2 Cedar (pm)	EYFS Apple (am) EYFS Cherry (pm)
W/C 7th December	No Forest School Sessions		

Physical Education (PE)

Pupils are asked to come into school in their CFS school PE uniform on their PE days. For further information about uniform and PE kit, please see the 'Key Info' section on our school website. Please note the change for Year 4, where the outdoor PE has changed from a Friday to a Thursday.

For PE, we aim to have one PE session for indoor PE and the other for outdoor PE. Indoor PE could involve dance or gymnastics in the Carmelite Hall. Outdoor PE follows our games curriculum and will usually be outside. However, due to other events taking place in the Carmelite Hall, there are often times when both sessions are outside. For this reason, please ensure that pupils wear clothing suitable for outdoor PE on their PE days. As we move further into the autumnal months, please ensure that children have a coat every day.

All children will need to remove their earrings for PE lessons. It is not possible to cover earrings with tape; if your child cannot remove their earrings, they will not be able to take part in the lessons.

Autumn Term	Indoor PE	Outdoor PE
Year R		Wednesday
Year 1	Thursday	Tuesday
Year 2	Friday	Tuesday
Year 3	Wednesday	Monday
Year 4	Monday	Thursday
Year 5	Tuesday	Wednesday
Year 6	Friday	Wednesday

**Please note that when Year 5 are swimming they will not have an outdoor PE lesson as the swimming will be in place of this*

Swimming Days (information for Year 5 parents only)

Year 5 Swimming Autumn Term		
	Weds 28th October	HALF TERM
7	Weds 4th November	Year 5 Swimming
8	Weds 11th November	Year 5 Swimming
9	Weds 18th November	Year 5 Swimming
10	Weds 25th November	Year 5 Swimming
	Weds 2nd December	No Swimming Lesson
	Weds 9th December	No Swimming Lesson

Year 5 will continue their swimming sessions this term at Westgate Leisure Centre on the dates listed above.
All children will need their swimming kit in school first thing on Wednesday mornings, as we travel by school minibus shortly after morning registration. On swimming days, children should come to school in their PE kit, with a named bag containing a towel, goggles and a suitable swimming costume. A suitable costume for boys is a pair of plain, dark-coloured trunks or shorts, and for girls, a plain one-piece swimming costume. Swimming hats are optional for all pupils, though strongly recommended for those with longer hair.
Please note that all children must remove their earrings for swimming lessons. It is not possible to cover earrings with tape, so children who are unable to remove their own earrings will unfortunately not be able to participate. We also strongly advise clearly labelling all items of your child's swimming kit.
Looking ahead to the spring term, Year 4 will begin their swimming lessons on Wednesdays at Westgate Leisure Centre. Further information regarding Year 4 swimming will follow towards the end of the autumn term.

Class Assemblies

Class assemblies are a fantastic opportunity for children to share their learning and develop their public speaking and performance skills. We have published the assembly dates for each class below to give you as much notice as possible. All assemblies will take place in the Carmelite Hall during the morning. We are currently reviewing our timetables and will confirm exact timings closer to the date, but assemblies will begin between 9:30 am and 11:00 am at the latest.
Year Six are preparing a special end-of-year performance as a whole year group rather than a termly class assembly, with further details to follow in the summer term. Our Year R classes will host in-class workshops throughout the year instead, as our formal class assemblies begin in Year One.

Class	**Date**
Y1 Oak	Thursday 28th January
Y1 Beech	Thursday 29th April
Y2 Cedar	Tuesday 23rd March
Y2 Chestnut	Thursday 21st May
Y3 Willow	Thursday 11th February
Y3 Elm	Thursday 22nd April
Y4 Rowan	Thursday 3rd December
Y4 Sycamore	Thursday 6th May
Y5 Hazel	Thursday 15th April
Y5 Birch	*Taken place in Autumn Term (1st half)*

Upcoming PSHE Curriculum Content (Years 1–6)

After half term, parents across Years 1 to 6 will receive further information regarding the upcoming PSHE curriculum content for Autumn Term 2, specifically focusing on body safety, relationships education and puberty. The resources we use at CFS are fully aligned with the Department for Education (DfE) statutory RSHE guidance, which came into force on September 1, 2026.

All topics are taught using factual, age-appropriate language, with resources focused on safety, protection, health, and wellbeing. Parents with questions or concerns, or those wishing to view the teaching materials, are encouraged

to contact our Primary PSHE Leads, Mr Cook and Miss Smith. An overview is included below, and further details will follow after half term.

Summary of Curriculum Content by Year Group

Years 1–4: Body Safety

- Core Topics: Age-appropriate naming of body parts, personal privacy, distinguishing between safe and unsafe feelings, identifying trusted adults and the NSPCC PANTS rules (Privates are private; Always remember your body belongs to you; Talk about secrets that upset you; Speak up, someone can help).

Year 5: Puberty and Body Safety

- Core Topics: Physical and emotional changes during puberty across all genders, menstruation, age-appropriate body part naming, personal boundaries, consent, NSPCC safety principles, and online safety.

Year 6: Puberty, Body Safety, and Sex Education

- Statutory RSHE Content: Physical and emotional changes during puberty, menstruation, boundaries, consent, and online safety. *(Please note: Parental withdrawal is not possible for these statutory topics).*
- Non-Statutory Sex Education Content: Conception, human reproduction, and the stages of labour and birth *(content outside the statutory science curriculum).*

Note for Year 6 Parents: You have the legal right to request to withdraw your child specifically from the non-statutory Sex Education lessons (conception, reproduction, and birth). If you wish to discuss withdrawing your child from these specific lessons, please contact your child's class teacher or our Primary PSHE Leads, Mr Cook and Miss Smith.

Thank you for your continued support. We hope you have a fun-filled restful half term.



Mrs C Tunnicliffe
Head of Primary