Oak Bites

Issue 46, Tuesday 10th November 2026

Christmas Lunch

Please submit your child's Christmas Lunch choice by the **11th November** or your child may miss out. Please scan the QR code below.



Alternatively you can use **this** link to access the Christmas Lunch ordering.

Dress Down Day for Children in Need!

On Friday 13th November pupils are invited to come to school in their own clothes to support BBC Children in Need.

Pudsey themed clothing
or something spotty is encouraged!

Keep an eye out for a seperate email this week regarding donations to our JustGiving page.

Upcoming Events

4th January 2027
29th March 2027
9th July 2027

13th November - Children in Need (Dress down day)

8th & 9th December - Year 3 Nativity

10th December - Christmas Lunch and Christmas Jumper Day

More information about upcoming events can be found here.

Year 3 News

This year the Year 3 Nativity is planned for **Tuesday 8th December** in the afternoon and **Wednesday 9th December** in the morning. Please keep an eye on future Oakbites for further details.

Year 4 News

There is no news specific to Year 4 for this week.

Year 5 News

Ifyoucouldn'tmakethe meeting about the Stubbington trip, please click **here** to view Mrs Gowers' informationdocument.

Y ear 6 News

There is no news specific to Year 6 for this week.

General Information

Smoking and vaping

We are grateful that all visitors adhere to the No Smoking policy when on school grounds.
We would like to remind all parents & carers that vaping is also not permitted within school grounds.

Price increase on School Meals 2027

Chartwells have advised us that there will a price increase from £2.75 to £2.95 from January 2027.

Parent Information Drop In sessions

Parent Information Drop In sessions are held at the fountain cafe. Please the dates on the flyer below and if you have any questions, please let us know.

HCC Food Habits Survey

Please click here to view a document from Hampshire County Council with a link to complete a survery.


Fair Oak
Junior School
PSA
SECRET
SANTA
IS NOW OPEN!
Get ready to buy a little gift for someone special!
CUT OFF DATE:
1st December 2026
at 6pm
SALE DATES:
14th & 15th
December
£4
per gift
CLICK HERE
To visit our website to take part!
Let's make Christmas
extra special!

Remembrance Day

Remembrance Day hada veryhighprofile at Fair Oak Junior School .





Students laid a wreath at the memorial in Fair Oak Village Square on Sunday.











In the summer term, we carried out a survey with parents about children's mobile phone use.

Following the feedback received, we have introduced a mobile phone agreement for pupils in Years 5 and 6 who n bring a phone to school to support their safe travel to and from school.

From **Monday 23rd November**, any child bringing a mobile phone to school must have a signed mobile phone agreement in place. If an agreement has not been signed, the phone will be taken to the school office and will nee collected by a parent or carer.

Signed agreements will be kept securely in each class's phone box. The agreement is available on the school we and a printed copy can be obtained from the school office.

Please remember that mobile phones are brought onto the school site at the owner's risk, and the school cannot a responsibility for any loss or damage.

Thank you for your support in helping us ensure that mobile phones are brought to school safely and responsib

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Thank you to the 140 people who have ordered from the Christmas shop. Your orders will be delivered to the school over the next couple of weeks - because this incorporates part of half term, please be aware that you may not receive your order until after half term.

I am pleased to tell you that if you missed out this time, the shop will re-open on the 20th November until noon on 30th November. We will remind you of this via OakBites nearer the time.

Please keep hold of your proof card.
If you've lost your proof card, the please email the school office when the shop re-opens.

Thank you for your support



The PSA



If anyone has any bags of kindling, or wood for a fire pit that they would like to donate, we would be grateful. It's for outdoor learning and we would love to have a fire every week!





Shoeboxes for the homeless

Mrs Sear is collecting items to put together “Christmas Shoeboxes” from FOJS for homeless men (and a few wom
Winchester area, in conjunction with the charity “Trinity House Day Centre.”

Any donations would be very much appreciated. For example we would be pleased to receive shoe boxes, toiletries
shampoo etc) hats, gloves, scarves, chocolates (not liquors) and biscuits.

Please send donations to Mrs Sear / Panda class any time before **Friday 4th December 2024.**

Thank you for your generosity

Cutting out stars

We are looking for volunteers who could help us by cuttingout stars from silver foil for our Year 5 Christingle se
Silver foil and templates will be provided.

If you are willing to help, please could you email the school providing your child’s name and class so the cutting out
to them.
Thank you in advance for your offer of help.

Mrs Sear

World Kindness Day on 13th November

This Friday, **13th November,** we will be joining schools and organisations to recognise World Kindness Day. This is not a dress-down day and we will not be asking for donations.

To mark the occasion, each child will come home with a yellow wristband (yellow is the colour for YoungMinds who support young people and their mental health). On them, we will be writing words of kindness for each other.

If you would like to continue this conversation at home, YoungMinds have a fantastic website which offers advice to support children and families further. This includes:
• online resources https://www.youngminds.org.uk/parent/
• a phone line, open 9.30am-4pm (0808 802 5544)
• an online chat for parents and carers to speak to trained professionals if you’re concerned about your children’s mental health (www.youngminds.org.uk/parents-helpline/)

Further support and guidance can be found here:
Mental Health Foundation - https://www.mentalhealth.org.uk/our-work/public-engagement
Mind - https://www.mind.org.uk/get-involved/
Random Acts of Kindness - https://www.randomactsofkindness.org/world-kindness-day
BBC - https://www.bbc.co.uk/bitesize/articles/zrx7h4j

As always, please contact your child's class teacher if you have any questions.

SPOTLIGHT ON SAFEGUARDING

WORKING TOGETHER TO KEEP OUR YOUNG PEOPLE SAFE

November 2026 | Junior | What parents and carers need to know about: Anti-bullying week | Roblox

Helping our children find their voice, speak up and support others

Bullying can have a lasting impact on a child's confidence, friendships and wellbeing. Yet many children stay silent, fearing they won't be believed, that things will get worse or simply not recognising that they are being bullied.

This November, Anti-Bullying Week's theme, **Break the Silence,** reminds us of the importance of helping children recognise bullying, speak up when something isn't right and support others who may be struggling.

Understanding bullying: When is it more than falling out?

Disagreements and friendship difficulties are part of growing up, but bullying is different. It usually involves repeated, deliberately hurtful behaviour and an imbalance of power. This might include name-calling, exclusion, spreading rumours or physical aggression. Bullying can also happen online, through gaming platforms, group chats and messaging apps.

An important message for children: You don't have to decide whether something counts as bullying before asking for help. If someone's behaviour is upsetting you, you deserve to be listened to.

Why might children stay silent?

Telling an adult about bullying isn't always easy. Children may worry that:

- The bullying will get worse if they tell someone.
- They will be called a 'snitch' or 'tell-tale'.
- Adults will take away their phone or stop them playing online.
- Their friends will turn against them.
- Nobody will believe them or take them seriously.

Younger children may also struggle to explain what is happening or find the words to describe how they feel. This is why we need to regularly remind children that asking for help is not telling tales. It is a way of keeping themselves and others safe.

What if your child tells you they are being bullied?

Start by listening and reassuring them that they have done the right thing by speaking up. Avoid suggesting they simply ignore it or retaliate.

Make a note of what has happened, including any repeated incidents, and contact the school to discuss your concerns. Work together on a plan to help your child feel safe and agree how the situation will be followed up.

Keep checking in with your child. Even when the bullying stops, they may need time and reassurance to rebuild their confidence.



Keeping your child safe is our number one priority at Fair Oak Junior School. Our Designated Safeguarding Leads are Laura Cooper and Oenone Steven. If you have any concerns or questions please contact them by emailing safeguarding@fairoak-jun.hants.sch.uk If it is urgent, please call the school and ask for a DSL.

Wyvern College

Fair Oak Junior School



Parent Information Drop in sessions

Come and meet our Child and Family Support Workers from Fair Oak Infants, Fair Oak Juniors and Wyvern College.

Fountain Café Shorts Rd Fair Oak 9:30-11:30

Wed 16th Sept 2026 - Citizens Advice
Wed 21st Oct 2026 - School Nursing Team
Wed 18th Nov 2026 - CAP
Wed 16th Dec 2026 - MHST (Mental Health Support Team)
Wed 20th Jan 2027 - School Nursing Team
Wed 17th March 2027 - Online Safety
Wed 19th May 2027 - School Nursing Team
Wed 16th June 2027 - Wyvern and Fair Oak Infants and Junior school transition teams and SENCo



NHS

MENTAL HEALTH SUPPORT TEAMS

citizens advice Eastleigh



christians against poverty CAP

NHS
Hampshire Child and Adolescent Mental Health Services

HAMPSHIRE CAMHS

INFORMATION AND ADVICE SESSIONS 2026

ARE YOU CONCERNED ABOUT A YOUNG PERSON'S MENTAL HEALTH?



10am - 2pm

The Arc, Jewry Street
Winchester, SO23 8SB

This is an opportunity for parents/carers, professionals or young people to come and chat to our CAMHS clinicians, ask questions, get advice and resources.

Bookable slots available via our website or just drop in.

7 Jan	1 July
4 Feb	5 Aug
4 March	2 Sept
1 April	7 Oct
6 May	4 Nov
3 June	2 Dec

hampshirecamhs.nhs.uk

BIG MOUTH THEATRE

Big Mouth Theatre
bigmouththeatre.com
hello@bigmouththeatre.com
01489 786691

The children of Fair Oak Junior School will have enormous fun bringing to life terrific tales from around the world when they join the exciting after school theatre clubs run by Big Mouth Theatre, who, this term, will be exploring the theme of...

MYTHS & LEGENDS

Hold tight as we ride our pet dragon through mythical lands each week – but how do you actually train a dragon?! Are you as strong as Hercules? What will you find in Pandora's box? Why not try pulling the sword from the stone – will you be the next King?! Your child will have a tremendous time exploring the sensational stories and courageous characters in drama club this term!

Our session plans are produced in-house, which allows for fun, yet structured and inclusive sessions and they are guaranteed to have a great time building their **confidence and self-esteem** at our after school drama club.

Big Mouth Theatre is a high-quality drama activity provider offering a range of non-competitive, structured sessions designed to enhance, support, and nurture your child's wellbeing. Dynamic age-appropriate games and fundamental acting activities are led by our trained and DBS-certified drama coaches to help enable your child to feel a sense of achievement and inclusion, resulting in a more confident, well-balanced, happy individual... **because who doesn't want to see a smile on their child's face?**

Big Mouth Theatre drama clubs will take place every Tuesday from 3:30pm - 4:30pm at Fair Oak Junior School commencing for new members from 10th November. Subscriptions are payable half termly, in advance - that's just £32.50 for the **5 sessions**, taking us up to the Christmas holidays.

If, after the 1st session, your child does not choose to join us on a weekly basis, simply let us know and we'll refund your payment!

It could not be easier to book a place on our clubs.
Simply head to www.bigmouththeatre.com and click 'Join us Today!'
Alternatively, just scan the QR Code...

Numbers are limited, so please do book early to avoid disappointment.

See you soon... **From the Big Mouth Theatre Mermaids and Goblins!**

NEW

NHS
Hampshire and Isle of Wight Healthcare
NHS Foundation Trust

School Nurse Clinic

Who are we?

School Nurses are public health professionals who work with parents, children, and young people to support health and wellbeing needs.

What will be doing?

We are trialling a bookable school nurse clinic once per half term for your school. This will give you the chance to meet face-to-face with a team member to discuss any concerns you may have about your child.

sleep
toileting
healthy lifestyles
emotional wellbeing

Call the Eastleigh School Nurse team on 02382 318752 to book your appointment.

Hampshire Healthy Families | Health for Kids! | ChatHealth

Walk Wheel Cycle Trust

For our health. Our wellbeing. Our world.

Bike It Hampshire September 2026 Newsletter

We'd love to hear from you!
John Clode aka Bike It John is the Schools Officer for South Hampshire. Please get in touch if you have any great walking or wheeling stories or would like to find out more about our school work.
Email: john.clode@walkwheelcycletrust.org.uk

Bike It School Dates

- **Tuesday 3rd November - Bike Maintenance Lessons at Toynbee School**
- Wednesday 4th November - Year 6 Bike Dr at KGA Rowner TBC
- **Monday 9th & Tuesday 10th November - Year 6 Bike Dr at Hiltingbury Juniors**
- Wednesday 18th November - Bike Dr & security coding at Deer Park School
- **Friday 20th November - Your Time to Shine Day with Bling Your Rides at Hiltingbury Infants & Juniors, Elson Infant and KGA Gomer.**
- Monday 23rd November - Bike Maintenance Lesson at Deer Park School

October Activities

Bike It John has had another busy month with quite a variety of activities.
Year 4 at Alverstoke Junior School enjoyed some great scooter skills sessions, improving their balance, control and sharing the pavement with pedestrains.

The first ever girls only bike maintenance lessons were held at Toynbee school. With help from colleagues Denise, Louise and Ray the group learned how to fix punctures, safety check their bikes, and adjust their brakes and gears. What a brilliant group they were!

Each Year 5 class at Hiltingbury Junior School enjoyed a morning with Bike It John undertaking the Big Street Survey, to explore the areas around their school to find the safest and healthiest routes to travel actively to school. The fieldwork linked in nicely to their topic of whether our choices matter and everyone agreed choosing active travel can make a big difference!



Scooter Skills at Alverstoke Juniors



Toynbee Maintenance Lessons



Hiltingbury Big Street Survey

Toynbee School welcomed Bike It John back again for a Bike Dr across 2 days to fit in as many bikes as possible. With the help of John and Clyde, some of our amazing volunteers, 77 bikes were checked and repaired.

The half term wrapped up nicely with Alverstoke Junior School having their Be Bright Be Seen day, with all children dressing up as brightly as they could for a lunchtime fashion show, Bike It John and the JRSOs had the tricky task of picking some lucky winners who all recieved a small prize.

Walk Wheel Cycle Trust — Working in partnership with My Journey Hampshire — My Journey, Helping Hampshire Get Around

What's coming up?

Hampshire Bike Equipment Library

The **FREE** bike equipment library is now up and running, and already has equipment on loan to families but there is still plenty of equipment available.
There are child seat trailers, bike mounted child seats, lights, locks, pumps and pannier racks and bags.

If you would like to borrow any equipment then please get in touch with Bike It John by phone 07708 835330 or email john.clode@walkwheelcycletrust.org.uk

Hiltingbury parents making good use of the Burley double trailer
"We are absolutely loving the trailer, even local rides feel like an adventure"



Junior Road Safety Officer Training

If you haven't booked training for your JRSOs then there might still be time! JRSO training registration link

Your Time to Shine

With the evenings getting darker, it is important to highlight the need to be seen by traffic. Schools are invited to take part in Your Time to Shine on **Friday 20 November during Brake's Road Safety Week**, or on a date that suits them. Hold a **Be Bright Be Seen non-school uniform day or a Bling Your Ride** and receive road safety resources by completing the Your Time to Shine form.

Leg it to Lapland

Our winter active travel challenge **'Leg it to Lapland'** is returning for 2026!! After having more schools than ever taking part last year we will counting up your active journeys for a week starting on **Monday 7th December** to see if you can make it to Lapland to see Santa. The school with the highest percentage of children walking, wheeling, and cycling over the week will win a fantastic prize!



Travel champions - look out for more details coming very soon!

Useful information:

Sofa to Saddle - Free Cycling App
Check out this new app from British Cycling. A free app, with an 8-week personalised programme that helps people to take their first steps into cycling, to build confidence on the bike. Download from Google Play Store or Apple Store now!

Check your Bike
Want to keep your bike in good shape? Then check out our M-check guide to make sure your bike is safe to ride and working well.
Walk Wheel Cycle Trust M-Check

National Cycle Network

Created by Walk Wheel Cycle Trust (formerly Sustrans), The National Cycle Network is a UK-wide network of signed paths and routes for walking, wheeling, cycling and exploring outdoors.
In 1979, Sustrans built their first traffic-free path that would become part of the Network, the Bristol and Bath Railway Path.
Over the years many more miles of walking and cycling routes across the country have been created.
To find out more and find a route near you to explore visit the National Cycle Network page on our website



Walk Wheel Cycle Trust is grateful for the support of Hampshire County Council and the My Journey team for our work in schools across Eastleigh, Fareham and Gosport.

My Journey, Helping Hampshire Get Around — Walk Wheel Cycle Trust, For our health. Our wellbeing. Our world.

Funded by UK Government

Hampshire County Council — Hampshire Achieves



Positive Parenting Online course

Mondays 2 November - 30 November

7:30pm - 9pm

FREE - Eligibility criteria applies
This is an online course using Microsoft Teams. Participants will be required to use Microsoft Teams.
Booking is essential, please visit https://shop.hants.gov.uk/collections/library-courses to book your place. If you have issues booking online please contact branch staff or call 02392 232957