

The Stables Independent School Newsletter



13th February
2026



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Nut Free
School

A message from Mrs Porter

Thank you so much to all the carers who came to visit the children's latest Topic Showcase in The Barn this morning. I'm sure you'll agree that the children have produced some fantastic work on Winter this term!

If you were not able to make it, there are photos on the back page!

As always, we had our end of term Rewards Assembly this afternoon. Well done to all our winners! You can see who won Best Attendance, Best Behaviour, Most Improved Behaviour, and Best Accelerated Reader over on page 2!

Congratulations to Yellow House on accumulating the most merits this term!

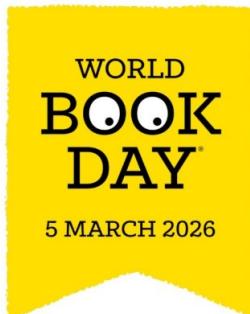
Next week is half term holiday. We return on Monday 23rd at 08:45. Don't be late! Have a brilliant break!

Best wishes from all of us at The Stables!

End of Term Bumper Celebration Edition!

Dates for your diary

- ♦ 23rd February - Back to school
- ♦ 5th March - World Book Day



Proud to support
The National Year
of Reading 2026.



"Should children have social media?"

Turn to page four to read more about this and Safer Internet Day.

House Points - Spring Term 1

Well done to Miss Butler's Yellow House Team. After a slow start, they surged ahead to end the term in first place! Congratulations to Bobbie-Lee, Fendi, Theodore, TJW and Tyla!

2nd

1st

4th

3rd

196

206

187

191

Spring Winners

100%

Attendance Club

- Caleb
- Fendi
- Finley
- Harrison
- Harry
- Keiran
- Kenzo
- Lucas
- Theodore
- TJW
- Troy



Accelerated Reader™

Well done to Bobbie-Lee, TJJ and Caleb for making the most progress in the Accelerated Reader programme, and to TJH for being Foxes star reader this term!



Badgers



Hedgehogs



Bobbie-Lee

TJJ



Foxes

Caleb

TJH

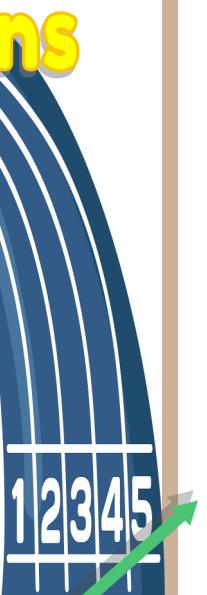
Best Behaviour

Well done to Keiran!



Congratulations

to Ben, TJW, Caleb, Harry, Lucas and Harrison, for representing our school at the UEA Indoor Athletics event on Wednesday. They took on eight other schools in track and field events and came first! Well done boys!



Most Improved Behaviour Trackers

Congratulations to Fendi and Tyla for climbing 3% on last term's trackers! Keep up the excellent effort and hard work!



If your child going to be absent, call or text Mrs Gibson on 07786 376 046.



UK Health
Security
Agency

NHS

Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery
know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, **search for health protection in schools** or scan the QR code or visit <https://qrco.de/minfec>.

Safer Internet Day 2026 | **Tuesday 10 February**

Coordinated by the UK Safer Internet Centre

saferinternetday.org.uk

This Tuesday we recognized Safer Internet Day, during Children's Mental Health Week. We were visited by Ormiston Families, a local organisation that provides a range of support services to families, children and young people, promoting emotional wellbeing, and safe, secure relationships. There is a lot of negative press around social media and its effect on our mental health, particularly for young people. Some countries

have banned access to social media for under 16s. As the use of AI becomes commonplace, there are new potential dangers online for children and young people to navigate, from fake news, deep fake imagery, to amplified bias and discrimination. The UK Safer Internet Centre has lots of helpful advice and "Top Tips for Carers". We've posted a list of other useful sites at the bottom of the page. Below, Take Home News, focuses on proposals to ban under 16 year olds from sites such as X, Facebook and Instagram. What are your views?

TAKEHOME

9th - 15th February



Should children have social media?



In the news this week

Adults in the UK are talking about whether children under 16 should be allowed to use social media, as the government is considering new rules to help keep children safe online. Some people believe social media helps children stay connected, while others worry it can affect wellbeing and mental health. During Children's Mental Health Week, the story reminds us how important it is to look after our mental health both online and offline.

Things to talk about at home ...

- What rules or agreements can help us feel safe when using technology at home?
- Can you think of ideas for families to help balance screen time and other activities?
- What are some of the activities that you do online? Do you do different things online to others at home?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



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There is a wealth of information out there for all ages and stages. Understand more about the online world from gaming to chatrooms to AI and video sharing platforms. What are your children doing, seeing or hearing? Is it appropriate? Check out these sites for advice!

saferinternet.org.uk

thinkuknow.co.uk

internetmatters.org

bbc.co.uk/bitesize

getsafeonline.org

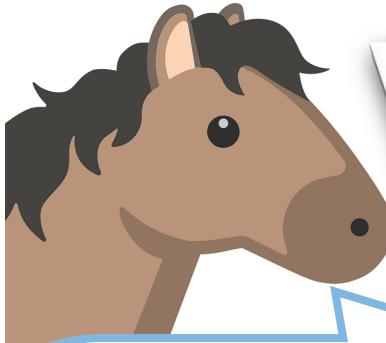
childnet.com

nscs.gov.uk

nspcc.org.uk/keeping-children-safe/online-safety

swgfl.org.uk

cybersmile.org



Winter

It was great to see you today at our Topic Showcase. If you missed it, here are some photos of the children's displays.

