



# The Friends of Weston Primary School



## Why join and get involved

When you support us, you are not just turning up at an event, writing a cheque, or giving up your time to volunteer. You are buying your child new playground / gym equipment to climb on at break time, sending them on outings to places they have never been, making new friends, building a community and helping to make your child's school even more brilliant.

### WHAT IS THE FRIENDS OF WESTON (FOW)

The FOW (formally PTA) is an open and friendly group of parents, carers, extended family, school staff and members of the local community. It works towards the common goal of supporting the best educational environment for the children at Weston.

### Everyone's invited

Everyone with a child at Weston Village Primary School is automatically a member of the Friends of Weston. How involved you choose to become is up to you; you might want to come along to meetings or just help out once in a while. If you are passionate about making a difference how about joining the new committee. If you have ideas to share, or want to know more why not head along to the next meeting.

### IT WON'T TAKE OVER YOUR LIFE (unless you want it to)

There are always plenty of ways to volunteer for the Friends of Weston. Whether you work full time, part time, or are a stay at home parent / carer, any help you can offer will be welcomed. The FOW is involved in lots of activities both in and out of school, all with varying time commitments; so how much or how little you chose to get involved really is up to you.

### IT'S GREAT FOR YOUR KIDS (even if they don't realise it)

Studies show there is a direct link between parental involvement at school and how well children do. When they see us involved in their school and learning it encourages them to do their best. Being an active member of the FOW not only improves your child's school, it makes you an excellent role model.

### It's good for you

The FOW is a fast way to get to know other parents and school staff. Feeling part of a wider community is a very real human need—more practically, these friendships create a valuable support network. It's also good for your mental health. Research shows that people that volunteer are happier—the act of giving help increases feel good hormones in the brain while also combatting stress. Finally, it can help you develop new skills along the way.

"I love all the events the FOW does and the fact my mum helps out at them makes it even more fun for me"

### SCHOOL PARTNERSHIP & SUPPORT

"The school team are very much part of the Friends of Weston and we fully endorse and participate in every wonderful event or activity. Our aims are aligned - bringing the community together, enhancing the children's Weston experience at the same time!"

T. Cutts—Weston Head

### WE ALL HAVE SOMETHING TO OFFER

It doesn't matter how many children you have, how old you are or what your background is; the skills and help the FOW need are so diverse. Some people help out at events, others shop for supplies, procure raffle prizes, sort out ticketing, produce posters, film school productions, produce DVD's etc... The most important skills you can bring to the FOW are enthusiasm and a willingness to help out where you can.