



Nurturing our unique acorns, for the infinite possibilities of the mighty oaks they shall become.

Inspired by John 10:10, Gideon 6:11 and Corinthians 13:4

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Head Teacher's Blog

Dear Parents and Carers

We cannot believe it has come around to this time so quickly but usually we would be welcoming you today at our Church for our Harvest Festival. Obviously things have to be a little different this year, so as we cannot accept food donations at the school due to COVID-19 risk assessments, we have decided to support a charity, and we are kindly asking you for donations towards SOS Africa. We have filmed some of our festival from the Church this morning so that you will be able to watch it on our website. We hope you like being part of it, albeit remotely.

The pupils are very keen to support a child at a school in Africa and we are now linking with this local charity based in Somerset to undertake this. We are aiming to raise £240 (working with both Dunster and Timberscombe First Schools) to support a pupil in their new intake of the school in January 2021. £240 pays for the tuition of the pupil for the entire school year. Our pupils will be able to link up and liaise with the school linking this shared learning as part of our curriculum. We will be setting up a 'justgiving' page working with the charity and will send details of how you can donate.

Next year we have set ourselves a target of £600 to pay for all the things the pupil will need. So, staff are already preparing to undertake a death defying feat, if you can sponsor them! Or maybe you will want to join us and be sponsored as well?! We will keep you posted in our newsletter.

It is our Kilve Activity Centre wellbeing days next week, and we are really excited to be able to provide the children with a day of fun activities to focus on laughter and wellbeing. Kilve Activity Centre is overseen by Somerset County Council who have co written their risk assessments. If you have any questions about next week please let us know.

Have a lovely and safe weekend,
Naomi Philp

*Our school is about kindness, caring for others, ourselves, and our world.
Our school values our faith, our location, our community and most of all each other.
We aim to instill a life long love of learning.*

Top Tips taken from: <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>
A really useful resource full of advice and support for looking after a child's mental health

Top tips to support children and young people



Be there to listen

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it. Find out how to create a space where they will open up.

[How to start a conversation with your child](#)



Support them through difficulties

Pay attention to their emotions and behaviour, and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but try to help them understand what they're feeling and why.

[Help with difficult behaviour and emotions](#)



Stay involved in their life

Show interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



Encourage their interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.



Take what they say seriously

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.

[The Anna Freud Centre support guide](#)



Build positive routines

We know it has not been easy recently, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important – try to get them back into routines that fit with school or college.



Safeguarding - County Lines

Children as young as 7 are being put in danger by criminals who are taking advantage of how innocent and inexperienced these young people are. This is also known as 'county lines' and is when gangs and organised crime networks groom and exploit children to sell drugs. These guides give advice about what to do if you are worried a child may be being exploited:

<https://www.childrensociety.org.uk/sites/default/files/cce-advice-for-parents.pdf>

<https://www.csepoliceandprevention.org.uk/sites/default/files/Guidance%20Cap%20Intel%20Toolkit.pdf>

REMEMBER—IT CAN HAPPEN HERE



Key Dates

- ⇒ Wed 30th September—Whole school activity day at Kilve Court
- ⇒ Friday 23rd October—last day of half term
- ⇒ Monday 2nd November—INSET day—school closed
- ⇒ Thursday 26th November—Whole school flu vaccinations
- ⇒ Friday 18th December—last day of the Autumn Term
- ⇒ Brandon Calaz is running drop in sessions at Timberscombe on the following dates:
Tues 3rd Nov 8.30-9.30; Fri 4th Dec 8.30-9.30

COMMUNITY BULLETIN

Don't forget to read our separate Community Bulletin for information about what's on in the local area



Whole School Flu Immunisations

SAINT (School Aged Immunisation Team) will be in school on Thursday 26th November to administer the flu immunisation. Don't forget to [go online to give or refuse your consent](#):

<https://saint.sompar.nhs.uk/flu/2020/west>

SAINT has produced a video for parents that demonstrates how school based flu sessions will run this term during these uncertain times.

https://youtu.be/cdqeuH97_aU



"FOTS NEWS"

It's that time again for FOTS to hold an AGM—Mon 28th Sept at 3.45 pm. As parents, you are all automatically members of FOTs but due to the circumstances surrounding Covid19, we are only able to have 6 people in attendance and it will be held outside in the school gazebo. And, for this time only (hopefully), we ask that only existing committee members with roles attend the meeting.

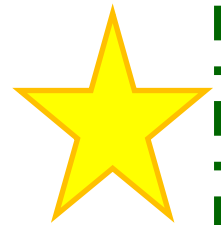
Fundraising this year will need to be very different—so more than ever, FOTs needs your ideas, help and support. Please see Jas or let us know in the school office if you have any ideas and would like to get more involved.



Star of the Week is Jesse. This was a unanimous staff decision as we have all noticed Jesse's patience and understanding, particularly with the younger children. Well done Jesse.

Class 1—Mr Deeks has chosen Oscar C this week for a Kindness Award. He has been such a good friend and is so supportive to the whole class. This week's Achievement Award goes to Josie for her amazing work and resilience in maths

Class 2—This week, Miss Sparks has chosen Teyha for an achievement award for her outstanding commitment to her home-learning, which has produced some brilliant work! This week's Kindness Award goes to Connor, who is always such a kind and caring member of class 2.



Wellbeing theme: Belonging
SEAL Theme: New Beginnings
RE theme: Thankfulness

School Photographs

Proofs are going home today. Please note that this year, ordering will be ONLINE ONLY

Growth Mindset Weekly

"First, think. Second, dream. And finally, Dare"

Walt Disney