



# TIMBERSCOMBE C OF E FIRST SCHOOL

*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

As I write this we enter the second lockdown with updated guidance on expectations in schools published Thursday. This ever changing situation is tough on everyone, but our main goal remains: to keep the children safe and happy at school and then they can learn and make progress. We are constantly holding each other to account, reminding each other, reviewing our risks and asking of each other the challenging questions to ensure our provision has the highest expectations. On the INSET day we spent a good deal of time focused on the wellbeing of our classes prior to analysing what progress we had made across the entire curriculum. All my staff noted how well the children had done since returning in September in their academic learning, but also in their social and emotional development. We believe it is critically important for the children that we maintain this strong educational provision for them while it is safe to do so. This is both a privilege and a joy. To come to work and hear the pupils laughter and spend time working with dedicated colleagues, I count myself as lucky when so many are affected by the isolation. I thank you for your support and in the wearing of masks onsite for example. Please note, the majority of our wrap around clubs remain in place, as we are aware many of you are using them for childcare.

We are also preparing for Christmas, it will be different, but we intend to still have a lot of fun! We will still fill our school with the joy of this time of year albeit in slightly different ways. In fact, we have set ourselves some challenges such as our nativity– a DVD version! Fingers crossed this ambitious project works with no interruptions.

Don't miss our Remembrance project either– poppy art to us ASAP please.

Please remember, if news of this second lockdown has affected you negatively, to talk about it and seek help is a sign of strength. If you need signposting for help and services or think we can help please let us know. Have a lovely weekend, Mrs 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.*

Wellbeing

## ACTION CALENDAR: NEW WAYS NOVEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Give yourself a boost. Try a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Find out something new about someone you care about	9 Plan a new activity or idea you want to try out this week	10 When you feel you can't do something, add the word "yet"	11 Be curious. Learn about a new topic or an inspiring idea	12 Overcome a frustration by trying out a new approach	13 Choose a different route and see what you notice on the way	14 Find a new way to help or support a cause you care about
15 Go outside and do something playful - walk, run, explore, relax	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Tune in to a different radio station or TV channel	27 Enjoy new music today. Play, sing, dance or listen	28 Join a friend doing their hobby and find out why they love it
29 Discover your artistic side. Design your own greeting cards	30 Look for reasons to be hopeful, even in difficult times					

**"You never know what you can do until you try" ~ C. S. Lewis**

## ACTION FOR HAPPINESS

Learn more about this month's theme at [www.actionforhappiness.org/new-ways-november](http://www.actionforhappiness.org/new-ways-november)

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Keep Calm · Stay Wise · Be Kind



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## Key Dates

- ⇒ Wednesday 11th November am—Remembrance Day
- ⇒ Friday 13th November—Children in Need **Non-Uniform Day**—suggested £1 optional donation
- ⇒ Thursday 26th November—Whole school flu vaccinations
- ⇒ Friday 4th Dec—**Dress as an Elf Day** for Dementia—suggested £1 optional donation
- ⇒ Friday 16th Dec—Christmas Dinner and Party
- ⇒ Friday 18th December am—Christingle
- ⇒ Friday 18th December—**Christmas Jumper Day** for Save the Children—suggested £1 optional donation. Last day of the Autumn Term
- ⇒ Emotion Health Workers, Brandon Calaz and Kari King are running drop in sessions at Timberscombe on the following dates: **Fri 4th Dec 8.30-9.30**



## FLU IMMUNISATIONS REMINDER

Please remember to **give or refuse** consent for your child to be given the flu immunisation in school.

You can do this online here:

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

SAINT will be in school on Thursday 26th Nov to administer the vaccines.

## Poppy Artwork Appeal

Please send us photos of the children's artwork or your own art for a remembrance leaflet that is going to be shared across the villages.

You may be a super knitter or embroiderer yourself, print maker, textile artist or have one in the family... let's see how many poppy art works we can gather over the weekend.—take a photo and send it to us: [timberscombe@educ.somerset.gov.uk](mailto:timberscombe@educ.somerset.gov.uk)

Mrs Philp will then put them all together in a wonderful Remembrance collage—just like the NHS Rainbows!



**We have poppies and other items for sale in school** to support the Royal British Legion Poppy Appeal. Please send in a donation and the children will be able to choose something from the box of goodies—poppies, badges, pencils, erasers, pencil sharpeners etc.

## Safeguarding

**If you have any concerns about a child's well-being or safety please talk to**

**Naomi Philp**

(Designated Safeguarding Lead)

**or in her absence**

**at Timberscombe:**

**Kate McEntee or Helen Hickman**

(Deputy Designated Safeguarding Leads)

**at Dunster**

**Kate McEntee, Helen Hickman or Louise Collins**

(Deputy Designated Safeguarding Leads)

Timberscombe First School fully recognise the responsibility they have under the Education Act 2002 and the contribution they can make to protect children and support pupils in school.

**All staff involved with children (teaching and non-teaching) have a responsibility to be mindful of issues related to children's safety and welfare and a duty to report and refer any concerns.**

**Similarly parents and carers have a duty to report and refer any concerns.**

Information about the Child Protection Procedures that are followed in Somerset and in our school can be found at:

[www.swcpp.org.uk](http://www.swcpp.org.uk)

If you are concerned about the welfare or safety of a child **or an adult** in our community, for information and advice you can contact Somerset Direct on:

**0300 123 2224**

**Press 1 for Children's Services and 2 for Adult Social Care**

Local Authority Designated Officer LADO/DO: Mr Anthony Goble



**Star of the Week is:** Connor, who has worked so hard at home and produced some amazing project work on Ancient Egypt.

**Class 1** For kindness this week, Mr Deeks has chosen Oscar T for being so supportive to his classmates. This week's Achievement Award goes to Amelia for her excellent attitude to learning.

**Class 2**—This week's Achievement Award goes to Stanley for some excellent maths work. Miss Sparks has decided to give the Kindness Award to the whole of class 2 for being so kind and welcoming to Miss Hill in her first week

## Growth Mindset Weekly:

**"We have a long way to go," sighed the boy.**

**"Yes but look how far we have come." said the horse**

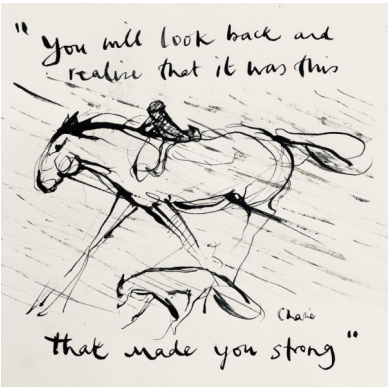
*From 'The Boy, the mole, the fox and the Horse' by Charlie Mackesy*





# Resilience

By Kelly Twiss from Mindful Mayhem



I thought that seeing we are heading into another lockdown, it would be a good time to share some top tips for building resilience in Children. Through working with your children in both schools, I am already impressed with their understanding of resilience and I think these children can teach us a thing or two on this very subject!!

Resilience is our ability to cope in the face of adversity, trauma or stress. In our lifetimes, there has never been a year when this has become so important.

Here are my top tips for helping children build resilience:

Parents and carers can develop these skills by allowing children to fully contribute to their family. By developing children's self-help skills, parents promote a real sense of independence, as well as their children's resourcefulness.

1. Provide support. Help them to see there are people who care about them and can give them care and advice when needed – It's great if children have a trusted older person outside of their direct family they can also talk to about their feelings.
2. Remember, bad feelings don't last. Have a purpose and prompt them to do things differently, they learn to have an underlying belief that things will turn out right in the end.
3. When reading stories, or discussing events, point out how people manage to overcome difficulties, children absolutely love hearing these people's experiences. This also encourages them to like themselves and believe they can make a difference in the world.
4. Help them see that problems can be solved and that sometimes we need to break them down into bite size pieces and take our time working through them, they will have a willingness to try new things and to see new opportunities.
5. Encourage them to keep things in perspective, this can be a tricky tool to learn for them. Reading together and discussing the different characters and why they do certain things and react in certain ways can offer discussions about different emotions and how to manage them.
6. Encourage children to accept responsibility for their actions and rather than shout or lose your temper when they mess up, try and get down on their level and discuss the consequences and how they can improve next time.
7. Learning can be frustrating at times, encourage them to persist and believe they can get there, again, break whatever they are finding difficult into small chunks and praise and reward them. They can learn to have a sense of direction and can learn to see a plan through.
8. Remember the value of humour – laughing is a great release and as long as it's well-intentioned, laughing just has to be the best tonic! All the children I have met in these schools have an amazing sense of humour.
9. Allow children to solve problems, particularly difficulties with friendships. Sometimes when a parent intervenes it can cause further problems, instead encourage them to resolve things amicably themselves.
10. Children's life experiences also contribute to their resilience. The seemingly small disappointments they may experience, such as not being invited to a party, not being picked for the sports team or not achieving success in a school project helps them to learn to cope with hardships and frustrations. Coping with minor development issues, such as change and sibling conflict, builds up a psychological hardiness that helps them when they face some of life's big challenges in adolescence and beyond.
11. Show faith in your children's abilities to cope rather than simply 'get over it' attitude, this gives them great hope when they face difficulties and they are much likelier to achieve and become more confident.
12. Most importantly a child is more likely to be resilient if they have someone to love them unconditionally, Stay safe, play lots, laugh lots and hug lots xxxx

