



# 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

Dear Parents and Carers

This week has given us moments to reflect, moments to celebrate and moments to be proud. It has been an emotive week for many of us and one where I personally have felt immensely thankful for my teams and for the communities in which my schools are at the heart, putting children first. From the artwork that was shared reflecting on Remembrance, to the time at our Church for us to reflect, there is something incredibly moving about the thoughts and messages coming through in some of our youngest children's voices and ideas—it has been a pleasure to talk to them about this topic this week. It was important to us all that we still are able to mark this moment and reflect together and hope our leaflet on Wednesday was received well by everyone.

Our older children have also made us proud this week, with their thoughtful speeches. The votes are in and we now have our new roles for everyone. Every pupil can be proud of themselves for what they did and what they wrote. The effort and thought they put in is evident in all of them and they will all have some level of responsibility as a result of putting themselves forward for the role. All our candidates can be proud. Lets hope some of them go into politics on day! A hope for a brighter future for sure!

Thank you for supporting Children in Need this Friday too, there is so much going on we have tried to support this charitable event this year in a slightly lower key manner, with a simple non uniform day. We didn't want to add any more pressure to families at this time.

As we look ahead to this term, we are determined to make sure our children get special things happening all the way up until Christmas. We are determined to try to capture our nativity on DVD and work has already commenced on this. The children are very excited and this has been a welcome positive distraction from the second lockdown for all of us.

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.*

## Little Oaks News

The children have been thinking about Autumn and enjoyed collecting leaves in the adventure play area. We had our snack in the outside classroom, which was very exciting!

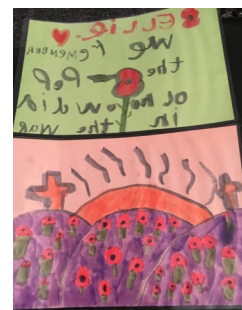
On Wednesday, we all went to the church for Remembrance and the children participated very well in the two minute silence.



## Remembrance Day



With this newsletter, we have also attached the Remembrance Leaflet of our poppy artwork. A few pictures didn't reach us in time to be on the leaflet (we had a deadline to meet to get the leaflet out to our delivery team) - so we have included them below.





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## Key Dates

- ⇒ 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**

**Winter PE kit and warm coats reminder!** Sensible waterproof footwear and coats are needed, including wellies. Joggers and hoodies for PE please. No bare legs anymore please either.

## COMMUNITY BULLETIN

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

**Safeguarding is Everyone's Responsibility**



## School Admissions

### REMINDER—School Entry September 2021

Believe it or not, it's time to start thinking about school entry September 2021; whether it is starting school in reception (DOB 01.09.16—31.08.17) of transferring to middle school (current year 4)

The online application portal on our website is now available:

<https://www.somerset.gov.uk/education-and-families/apply-to-start-school/>

The closing date for starting school or transferring to a junior or middle school applications is 15th January 2021.

As County Hall staff are all working from home, they prefer to only accept online applications. If you need help with your application, please contact us at school.

Please note that no letters will be sent from SCC Admissions to parents/carers informing you of the need to apply or reminding you of the deadline.

## Safeguarding

**Absence Reporting**—Please can we remind you about the importance of letting us know as soon as possible if your child is going to be absent from school. You can do this by calling, emailing or via the absence reporting tool on the ParentMail app.

If we don't hear from you, it is our safeguarding duty to carry out a home visit to make sure everybody is safe and well.

### Danesfield Virtual Open Evening Video

Below is a link to Danesfield Middle School's virtual open evening video. This is particularly relevant if your child is transferring to Danesfield in September or if you haven't yet made up your mind regarding which middle school:

[https://www.youtube.com/watch?v=44LM9Py4luo&feature=youtu.be&fbclid=IwAR1g17QHJGOYjmhpKMPdVLSzdHDhr0Jkcg9AdhWvF\\_hf1uTAXhxY5TFDJKU](https://www.youtube.com/watch?v=44LM9Py4luo&feature=youtu.be&fbclid=IwAR1g17QHJGOYjmhpKMPdVLSzdHDhr0Jkcg9AdhWvF_hf1uTAXhxY5TFDJKU)



**Star of the Week is** Jesse, who has impressed us all this week with his grown-up and sensible attitude around school.

**Class 1** For kindness this week, Mr Webber nominated Aurora for encouraging her classmates to re-focus and persevere during a phonics session. This week's Achievement Award goes to Josie, who impressed Mr Webber by working really hard and staying on task during literacy.

**Class 2**—This week's Achievement Award goes to Sam for outstanding perseverance with his maths work. Miss Sparks has chosen Connor for the Kindness Award for looking after others in the playground.



## Growth Mindset Weekly:

**“Just try new things. Don't be afraid. Step out your comfort zone and soar, all right?”**

Michelle Obama

# Wellbeing



By Kelly Twiss

How the power of kindness impacts our lives in such a positive way!

***“Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.” – Desmond Tutu***

We are lucky to be surrounded by so much kindness in our lovely school and I witness this each time I visit, you should know that kindness affects the user and the experiencer – leaving a lasting impression on both.



In this fast-paced world, kindness and compassion often take a backseat to selfies, self-interest and how many ‘likes’ we can get. I believe after the year we have all experienced and certainly in our lovely community, kindness is all around us! We are going to be focusing on turning that kindness up another notch over the coming weeks in our Mindful Mayhem sessions.

Did you know Kindness produces the hormone Oxytocin? this lowers our blood pressure and improves our overall heart health! Oxytocin also increases our self-esteem and optimism, beneficial if we feel shy or anxious in a social situation.

Kindness increases our energy! People feel stronger and more energetic after helping others. It also produces endorphins, the brain’s natural painkiller.

Kindness stimulates the production of serotonin, this feel-good chemical heals wounds, calms you down and makes you happy, less depressed and with increased feelings of self-worth! Who doesn’t want to experience some of that???

Perpetually kind people have 23 percent less cortisol (the stress hormone) and age slower than the average population!

In one study I have read, a group of anxious individuals performed at least 6 acts of kindness a week, after one month, there was a significant increase in positive moods, relationship satisfaction and a decrease in social avoidance in socially anxious individuals.

**It’s magic, so throw that kindness around like its confetti!!**

There’s no such thing as a “small” act of

*“Kindness is a language which the deaf can hear and the blind can see”.*

*Mark Twain*

