



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

"The sun will shine on you again and the clouds will go away" Captain Sir Tom Moore. I wanted to start with this quote this week, Captain Tom's amazing tenacity to achieve what he did is a truly inspiring story. Remembering Captain Tom; what is so evident is how his simple and straight forward activity showed such resilience and strength that it inspired so many, gave us hope and raised so much for those in need. At a time when anxiety can be prevalent, maybe if we can take a moment to be inspired by Captain Tom and so many other people doing their best to help, we will feel more positive ourselves. We have so many local heroes to admire, people being creative, finding solutions to help others, and going the extra mile. Anxiety can be infectious, but so can hope, so can creativity, so can resilience and so can bravery, if we let them. Of a more housekeeping nature: our safeguarding procedures still apply. We are running daily sessions through Google Classroom so if we do not regularly see the children, or do not have contact with you, we are duty bound to follow up in the same way we would if your child was absent from school without explanation. We want to know you and your children are safe, well and that your children are able to access their education. That means you may have phonecalls or visits, or even be referred to other agencies if that contact wanes. At present our engagement from all of you is tremendous and we have almost 100% of engagement each day, please maintain communication with us. We care and see this time very much as our partnership with you.

On this note, we have been considering that during a normal school day, children would have opportunities to disclose concerns to safe adults and raise any worries with us they may have. Obviously during this time that opportunity is diminished. We have been considering how we may address that, and are going to introduce inclusion of Childline numbers in our presentations and would encourage you to really monitor online activity in particular, making time to talk to each other and really listen— allotted device free time. There are parent workshops running after the half term too— information included separately.

Children's Mental Health Week has been taking place on 1-7 February 2021 so enjoy some special

activities together— maybe some from Kelly Twiss below. Stay safe and well, Mrs 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

We've had another happy week in Little Oaks with all the children enjoying playing and learning together.

We had a lovely time using the pegs to make towers of different sizes. This was completely child initiated and led to wonderful discussion using mathematical language of size - shorter, longer, the same as, taller than, smaller etc. We even managed to make one tower reach the ceiling!

We've also had a fun sensory experience playing with soap foam. It made lovely 'snowballs' and provided lots of excitement and fun!



This week, we heard the deeply sad news that a national hero, Captain Sir Tom Moore, had died. Last year, Captain Tom raised a phenomenal £32 million for NHS charities and in doing so brought us joy, hope and inspiration during a very dark and difficult time.

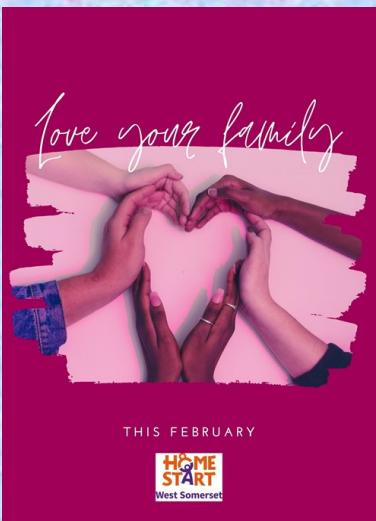


**Rest in peace, Captain Tom
Thank you for being there when we
needed you**



Key Dates

12.02.21—Last day of half term
25.02.21—Parents' IT Workshop Google Classrooms
04.03.21—World Book Day. Watch this space



Home Start's "Love Your Family" is a positive community Project to coincide with Valentine's Day and February half term.

Spread the love throughout West Somerset by decorating a window in your house with pictures, cards and messages that express love for your family whether human, animal, near or far away!!

Home Start have resources available for collection or delivery, but please do book this by either emailing:

admin@homestart-westsomerset.org.uk

Or calling the office 01643 707304

There's further information on their website:

<https://www.homestart-westsomerset.org.uk/2021/01/love-your-family/> or why not check out their Social media for lots of ideas and inspiration!

<https://www.facebook.com/homestartwestsomerset/>

<https://instagram.com/homestartws?igshid=xjmq9m8mkmdv>

Let's get creative and share the love throughout West Somerset!!

Send us photos of your displays, so we can celebrate them here.

Workshops to help Parents with Home Learning:

3:30pm-4:30pm Monday 22nd February 2021 - Tapestry for Remote Learning

3:30pm-4:30pm Tuesday 23rd February 2021 - Parental Controls and Managing Screen Time

3:30pm-4:30pm Wednesday 24th February 2021 - Microsoft Teams for Remote Learning

* * 3:30pm-4:30pm Thursday 25th February 2021 - Google Classroom for Remote Learning

To book onto the workshops please register by following this link https://forms.office.com/Pages/ResponsePage.aspx?id=m0W7dFVoeE2n5_DP-psr41vAJUnUowpFq-nswVg2XntUOVBQUkk4U1dETkhCTjGQjVKNjJDQVFQNi4u



Our Star of the week is Tom, for being an all round legend and good egg! He works really hard and always makes us smile

Class 1 Jack gets an Achievement Award from Mr Deeks this week for excellent maths and growth mindset with his home learning. An Achievement Award too for Emme for perseverance and hard work in all areas of her home learning

Class 2 Miss Sparks has nominated Jesse for an Achievement Award this week for his lovely art work. Hudson gets a Kindness Award for his lovely manners to both children and adults in school.

Growth Mindset Weekly:

"For all those people finding it difficult at the moment, the sun will shine on you again and the clouds will go away" Captain Sir Tom Moore

A Prayer from Thought for the Week

*Ed Gregory, Director Education
Diocese of Bath and Wells*

Dear God

Thank you for things around us that captivate and inspire,
Help me to notice, let me be captivated and inspired,
Help me to notice others, that I might care and encourage
Thank you for our wonderful world, our perfect planet full
of wonder

Thank you for words and songs and poems

Thank you for your promise that I may be filled with joy
and peace

That I may overflow with hope, through your Holy Spirit
Amen

Safeguarding

Remember that support services for people suffering domestic abuse **are still fully operational during lockdown**

Somerset Domestic Abuse Helpline 0800 6949 999
email yourfirstsidas@theyoutrust.org.uk.

<https://somersetsurvivors.org.uk/>

<https://www.somerset.gov.uk/social-care-and-health/domestic-abuse/>

Are you worried to access a support website?
This link will show you how to cover your tracks:

<https://www.victimsupport.org.uk/covering-your-tracks-online>

Are you reluctant to leave an abusive relationship because you are worried about your pet?

If you have nowhere for your pet to go while you access safety and support, there is an amazing charity that operates in the South West: <https://refuge4pets.org.uk/> will find a temporary, loving home until the time is right for you to have your pet back.



Wellbeing

By Kelly Twiss



Everyday Mindfulness – Arts & Crafts

Mindfulness through Art has a multitude of benefits and positive outcomes, colouring has been found to reduce negative mood states and actively serve as a mood enhancer.

Most of us have had an experience at some point in our lives of being so immersed in art that we lost track of time. This happens because creative activities ease us into a process of focus, concentration, absorption and flow. Which is the same process we experience when we're meditating.

The not so Mindful eating Caterpillar! He eats far too much and ends of with a tummy ache. Ouch!

Egg Box – Hungry Caterpillar

A fun way to recycle some egg boxes and get the Paints and colours out.

You will need - Egg boxes, Scissors, Paints, Pens or crayons, optional pipe cleaners or crayons for antennae.

Begin by cutting the egg box in half, you may need some help from an adult for this, then enjoy choosing your colours and paint your caterpillar shape, adding the eyes, then once the paint has been left to dry, ask an adult to slit a couple of holes in the top and thread a pipe cleaner or crayons in for the antennae.



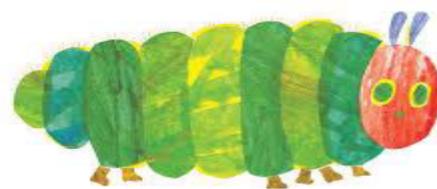
Or for a less messy version

On a piece of card, draw around a circle template, such as a cookie cutter, draw the circles next to each other so that they are touching you will then have a long caterpillar body. You can then colour the circles with your favourite pens, pencils or crayons and add any lovely details. Enjoying the process of colouring and enjoying the colours that you are using!



This week I have attached the Very Hungry Caterpillar story massage. Most year groups have learnt the massage techniques and will be able to follow this, it is carried out on your back and your head whilst fully clothed with no messy oils required! – even if children don't know the specific techniques, make your own up! It really is so good for us and our immune systems!!!

It's a truly wonderful way to connect with your child, flood the brain with the love hormone Oxytocin, bring your blood pressure down, giving you that warm fuzzy feeling, just the perfect way to come together after a long day. ENJOY!!!



The Hungry Caterpillar

In the light of the moon a little egg lay on a leaf.

The Moon

One Sunday morning the warm sun came up and -pop! – out of the egg **The Fan & The Circle**

Came a tiny and very Hungry Caterpillar.

The wave

He started to look for some food.

Sprinkles

On Monday he ate through one apple. But he was still hungry

The bounce – The circle

On Tuesday he ate through two pears, but he was still hungry

The bounce – 2 circles side by side

On Wednesday he ate through three plums, but he was still hungry

The bounce – The walk – 3 steps!

On Thursday he ate through four strawberries but he was still hungry

The bounce – finger walk

On Friday he ate through 5 oranges, but he was still hungry

The bounce and 5 squeezes

On Saturday he ate through one piece of Chocolate Cake

The bounce Big Circle

one ice-cream,

wave

one pickle,



shoulder bounce

one slice of swiss cheese,

the squeeze

one slice of salami,

The Claw

one lollipop,

The Fan

one piece of cherry pie,

The Circle

one sausage,

The wave

one cupcake,

The circle

and one slice of watermelon

The squeeze

That night he had a stomach-ache!!!

The drum!

The next day was Sunday again

The Fan

The Caterpillar ate through one nice green leaf

The gentle bounce

And after that he felt much better.

smile

Now he wasn't hungry anymore and he wasn't a little caterpillar any more.

The squeeze

He was a big, fat Caterpillar

The Circle

He built a small house, called a cocoon, around himself.

The Claw

He stayed inside for more than two weeks.

The Calm

Then he nibbled a hole in the cocoon

The Sprinkle

Pushed his way out and became a

The Fan

Beautiful Butterfly!!!

The Fan - Calm

