



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

I thoroughly enjoyed the children's #shareasmile entries last week, we had great fun enjoying those! It has been key since returning for us all to find ways to laugh together. This has been the highlight of returning- the joyous moments we have shared. From silly jokes, to fun singing and dancing, to outdoor learning or explorative science, from play time to golden time; fun and happiness have been back at the heart of all we do.

The children have been able to rekindle friendships and get back into routines. The weeks have flown by; they have been a challenge, as I said last week to adapt at pace is not easy and yet children and adults have achieved side by side once again. Everyone should be super proud as we head into the last week before the holiday.

We were successful in obtaining a grant for FOTs to invest this week of £1200. The plans for investing the grant money in developing our outdoor space are exciting and we will share more about that in due course.

It was also good to have our pupil parliament this week, the first in a long time and the much awaited biscuits were opened! The children helped me evaluate the remote learning experience and the wellbeing focus of the first few weeks back. Talking to children is truly magical, from the thought provoking response, to the bizarre and totally creative out there thinking! Listening to our children is key, and this forum has been much missed by me as a valuable way to ensure our school plans for development are right. The voice of the child is valued and heard.

Next week we head into our final week before the holiday, we have parents evening (albeit online or on the phone) and our Easter Service.

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.

Little Oaks News

This week we have continued our theme of "On the Farm". The children have had fun learning about where food comes from, including making their own butter and bread to spread it on! We've planted seeds to grow our own beans and carrots and we are looking forward to eating them in the summer. We've also started work on making a



scarecrow which will hopefully keep the birds away from our crops. The children have warmly welcomed a new friend into Little Oaks and its really lovely to see our numbers growing.

Please remember to book through ParentMail by the Wednesday at the latest for sessions for the following week.

THANK YOU
for supporting Red Nose Day

Thank you so much for helping us to "Share a Smile". Your donations raised £20

ECO NEWS

MEAT FREE MONDAY

Did you know that livestock (animals raised for meat production) are thought to contribute up to 14.5% of people's greenhouse gas emissions. Food that comes from cows in particular is considered to be one of the biggest problems for the planet. This is because of a number of reasons:

Energy: Animals, particularly cows, need a lot of water and food. To rear animals for food means keeping them healthy, warm and well-fed and this takes a lot of energy, time and resources.

Land: In 2012, a United Nations Food and Agriculture Organization report found that 26 percent of the earth's terrestrial surface is used for livestock grazing.

Pollution: Animals produce a lot of methane gas, which must be dealt with properly or it damages the environment.

Efficiency: Out of all the food groups, meat is probably the least efficient of all of them because it takes so much energy to produce, but doesn't provide as much energy as things like fruit and veg. One 75g beef burger contributes **nearly 8kg of greenhouse gases per serving**. By comparison, that's almost **four times the amount** of greenhouse gasses produced by fish.

Reducing the amount of meat we eat reduces the impact on the environment. This is why our school is re-introducing **Meat-Free Mondays**. If you bring a packed lunch, please try and join in too.



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Key Dates

30.03.21 Parents Evening 4.00-5.40
31.03.21 Parents Evening 6.00-7.40
31.03.21 am Easter Service
01.04.21 Last day of spring term
19.04.21 Back to school
20.04.21 Hatching eggs delivery (rescheduled)

An Extract from Thought for the Week

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

Have you noticed the birdsong? This week they seem to have ramped up the volume. In the early morning and in the evening the air is filled with one of nature's finest soundtracks. The dawn chorus and evening symphony is a beautiful gift that we can all enjoy. I will even go a step further to say we should enjoy, because our world is singing and we just happen to be the audience.

This is an experience, it isn't about needing to learn or know the different sounds and species. To fully enjoy the experience, we need to embrace our own silence and simply listen. Whether it is by an open window, in a garden or on a walk, we can always treat ourselves to a pause, to stop and to listen. Take a seat, allow your awareness to focus on the unique soundtrack of your local feathered friends creating a concert that can be beautiful to your ears and is wonderful for your soul.

The return of the dawn chorus and the evening symphony reminds us, as we reach the anniversary of the first pandemic lockdown, that our amazing world goes on: that there is hope; there is something more that we are all



connected to, both physical and spiritual. We may have very different experiences of this pandemic, we may hold different views about faith and we are all amazingly unique in our own way. Yet, we share this incredible planet and, in spite of everything, our world is once again singing to us, calling us to stop, to listen, to smile, to hope.

JOB VACANCY

**School Business Manager
at St Dubricius First School**

See below for further details

REMINDER:

Don't forget to book your Parents Evening slot through the ParentMail booking system. Bookings will close on Saturday 27th March at 4pm.

Safeguarding

Early Help Resource Library—Advice Guidance and Support for Children and Young People

Young Somerset <https://www.youngsomerset.org.uk/>

Youth support delivered through three strands of work: Open Access Youth Work; Skills Development; and Social Action, with our Well-being Service running throughout our services.

Contact number: **01278 722100**

School Nurses <https://www.somerset.gov.uk/social-care-and-health/what-is-a-school-nurse/>

School nurses are available to offer support to young people, parents and carers and schools by phone or email. They can signpost you to other providers for sexual health advice and support and a wide range of issues and concerns held by young people. Parents/carers line: **07480 635515**.

Young person's line: **07480 635516**

ChildLine www.childline.org.uk

Private and confidential service for children and young people up to the age of 19. They are able to contact a counsellor to talk about any issues they may be experiencing.

Helpline: **0800 1111**

The Hideout www.thehideout.org.uk

Created by Women's Aid to help children and young people understand domestic abuse and how to take positive action if it's happening to them.

Runaway Helpline www.runawayhelpline.org.uk

Runaway helpline is a support service for children and young people who are thinking of running, have run or have returned after running away from home. The service is run by the UK charity Missing People. Helpline - call or text: **116 000**



Our Star of the week is Hermione, who has impressed Mr Deeks so much this week with her excellent reading and maths

Class 1 A Kindness Award for Josie for supporting the adults and children in the class and always being willing to help. Jack gets an Achievement Award for his perseverance in maths and his amazing attitude to learning.

Class 2 Miss Sparks has nominated Hudson for a Kindness Award this week for looking after the Little Oaks children. The Achievement Award goes to Keira for super progress in reading

Growth Mindset Weekly

"If I cannot do great things, I can do small things in a great way" Martin Luther King



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stdubricius.school@educ.somerset.gov.uk

www.stdubriciuscofeschool.co.uk

School Business Manager

22.5 hours per week, Monday to Wednesday (8am – 4pm), term time only

Salary 13 point 6-9 (£10.21- £10.83 per hour)

We require an enthusiastic, capable and efficient person to join our friendly school team from May 2021. The role includes completion of daily administrative tasks, monitoring and managing school finances, maintenance of health and safety records and checks, facilities management and risk assessments, maintaining HR records, managing child care registers and funding (nursery and after school club provisions). To effectively perform this role the individual needs to be highly organised with excellent IT skills and be able to juggle a range of priorities and duties. The ability to work and engage with colleagues across the school, children's service professionals and parents is essential, as is working independently with own initiative.

We are looking for someone with the following qualifications and qualities:

- Discretion
- Highly organised with ability to proactively manage workload
- Relevant administrative experience within an education or business setting
- Proven financial competencies with knowledge of finance and budgeting requirements
- Excellent IT skills
- Excellent interpersonal skills with ability to engage positively face to face, by phone and email.
- Openness to learning and development of the role.
- Sympathy with the ethos and approach of a Church school

Desirable:

- Knowledge of school financial systems, FMS
- Knowledge of schools database, SIMS
- Health and safety trained, such as IOSH certified.
- First Aid trained

St Dubricius Church of England School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. This post is subject to a satisfactory Disclosure and Barring Service (DBS) Enhanced Disclosure. It is the schools policy to obtain references in advance of an interview.

For more information and an application pack please email, stdubricius.school@educ.somerset.gov.uk

Closing date: 16th April 2021

Interview Date: 22nd April 2021



Mindfulness & Music



Mindful Music listening can be a wonderful way to reduce stress and reconnect with your body and your breath.

For some who find Mindfulness challenging (or haven't tried it) the addition of music can help you to stay focused and can be a powerful way to experience the present moment.

Listening to Music with new Ears

Try out this mindful exercise - this is great fun to enjoy with the children too.

You will need to choose a piece of music you love and have listened to a lot.

Now you are going to listen to it again, but this time you will practice being mindful of different parts of the music.

Before you start playing the music, sit down and make yourself comfortable.

Begin by taking a few deep mindful breaths to ground yourself, sit still and count silently in, two, three. Out, two, three.

Next, play the music and give it your full attention. Don't do anything else. You may find that your attention wanders from the music. That's fine. It happens to everyone. In fact, that's part of the exercise - noticing that your attention has wandered. Every time that happens, just bring yourself back to the music.

After you've played the song once, you may want to play it again or listen to a different piece of music. (You can do this right away or try it another time.)

Again - give it your full attention but this time, practice shifting your attention to different parts of the song. For example, first put your full attention on the vocals, then shift it to the guitar, the keyboard, or another instrument. Then shift again, to another instrument.

You can choose to observe the rhythm or tempo.

Spend about 30 seconds focusing on one aspect of the song and then shift to another. This will give you excellent practice in observing. If you notice that your mind has wandered, bring your attention back to the music. That's all you need to do to practice this skill.

The more we can observe when and where our thoughts start to wonder, the more control we have of them and they are less likely to take us into a negative way of thinking!

Enjoy!





THRESHER

GLASS & GLAZING

Calling all Children and Families
In West Somerset....



Here at Thresher Glass and Glazing we strive to give you a clear view BUT this Spring we want to see some creative Easter themed windows from you!

First Prize will consist of an Easter Basket full of goodies to help keep you entertained over the Easter Holidays and two lucky Runners Up will receive an Easter Egg per household!

To Enter:

All you have to do is get your Adults to find us on Facebook, Like our Page and Share this post and Send us a Picture of your Easter Window.

Alternatively, they can email us your entries to:
MT@thresherglassandglazing.co.uk

Entries must be submitted by 5pm Friday 1st of April 2021 and
Winners will be announced on Easter Sunday!