



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, We have had an reflective PSHE focused week this week. We had a really lovely session at our Church on Tuesday, where the children enjoyed writing their own prayers on leaves to be pinned on to our new prayer tree. The children know they can add leaves to our tree and that this is another way for them to 'chat to God.' Mr M has been in helping the children to prepare for their special service next week on Pentacost, as has Lynne and Jess, who lead our lunchtime worship club and our Thursday worship here at school. We also had workshops from Life Education on healthy relationships. This child friendly workshop involves a giraffe and fun child- friendly ways for children to learn how to keep themselves safe. Our Little Oaks joined us for the younger workshop and really impressed the course deliverer with their input. The children have covered many things, including revisiting our 'telling school' ethos and our 'stop, I don't like it' rule. Finally, you will be pleased to know the two ducklings we hatched that now reside with Mrs Waygood are having a brilliant time. They even have their own ensuite shower! Thanks to Mr Webber (Dunster parent) for our farming information this week too! Have a lovely weekend, Mrs Naomi Philip

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.

ECO NEWS

Timberscombe CoE First School is located among some of the most climate friendly food producers in the world. UK farming is home to some of the most efficient systems – there are 278 million dairy cows worldwide and if they were all as efficient as those in the UK, we would only need around 76 million of them to produce the same food. A switch to balanced diets, sourcing all food that is produced sustainably in low greenhouse gas emission systems present a major opportunity for adaptation to and limiting climate change. The carbon footprint of a kilo of British beef has been estimated at around 17.12kg CO₂e³⁸ compared to a global average of 46kg CO₂e per kilo³⁹ whilst the carbon footprint of a kilo of lamb produced in England or Wales is around 14.6kg CO₂e⁴⁰ compared to a global average of 24kg CO₂e per kilo⁴¹. Livestock production forms an integral part of habitat creation and biodiversity enhancements when used in the right farming system, which is suited to much of Exmoor, where grazing animals fertilise and support healthy soils and are an essential part of the eco-system to sustain this. Info from the NFU: The spirit of Meat Free Monday is well aligned with a number of farming's current targets: increasing the percentage of ethanol in car fuel (10), low carbon energy generation (9) and environmental management (5), among other outcomes. The key for us all is to reduce food miles- there was a really good programme recently from Greta Thunberg about this, suitable for children. Provenance of all the food procured by the school is something the Eco reps will explore further.

Little Oaks News

This week we have focussed our learning and play on the children's story, The Very Hungry Caterpillar. We have talked about how caterpillars become butterflies and made some pictures. We have also done caterpillar maths! Here are the children trying the fruits from the story.

Don't forget to send in your baby photos—thank you!



Hermione and Olivia's Charity Bake Sale

This week, we are very proud of Hermione and Olivia, who spent their May bank holiday raising money for charity.

Inspired by Captain Tom's 100 challenge, they had planned to make 100 cupcakes. They actually made and decorated 120 fabulous cupcakes, which they sold at their farm gate and raised an amazing £104 for the Captain Tom Foundation





Key Dates—subject to the government road map

17.05.21—Road Map Step 3
21.05.21—Outreach Team Drop In
 26.05.21—Whole School and Leavers Photographs
 28.05.21—last day of half term
 07.06.21—Inset Day
 16.06.21-18.06.21—Y4 Pinkery Residential
 21.06.21—Road Map Step 4
 25.06.21—Y4 pm visit to MMS
 29.06.21—18.30 Y4 Parents Google Meet with MMS
 01.07.21—Whole School Beach Day
02.07.21—Outreach Team Drop In
 07.07.21—Whole School Move Up Day (Y4 at MMS)
 13.07.21—Sports Day (Dunster) From 1.30 for parents
 14.07.21—Reserve Date for Sports Day
 14.07.21—Teddy Bear's Picnic
 23.07.21—Leavers Service and Last day of term
 02.09.21 & 03.09.21—Inset Days
 06.09.21—Back to school 2021-2022

TARGETS SMASHED!!



Mrs Edwards-Heathcote had hoped to achieve 100 leg lifts and raise enough money for our school to buy a few plants or some seeds for our outdoor area. Miss Sparks and Mrs Philip visited Judith last Friday, on her 95th birthday, and were delighted to learn that she had actually done 219 lifts and raised a staggering £650. We are so grateful to Judith for her support of our school. A big thank you as well to the employees of

Oxley Care who encouraged and supported Judith.

Safeguarding **Pace** Parents against child exploitation

PACE - Parents against child exploitation: <https://paceuk.info/>

Pace works alongside parents and carers of children who are – or are at risk of being – exploited by perpetrators external to the family. We offer guidance and training to professionals on how child exploitation affects the whole family.

Contact number: [0113 240 3040](tel:01132403040)



Our Stars of the week are Hermione and Olivia for their amazing charity bake sale.

Class 1 This week's Achievement Award is for McCartney for his excellent letter in Literacy. A Kindness Award goes to Oscar T for keeping us all cheerful by coming in with a big smile everyday!

Class 2 Miss Sparks has nominated Harry for the Kindness Award for the sensible and patient way in which he resolves conflict. The Achievement Award goes to Tom for his exceptional understanding of fractions.

An Extract from Thought for the Week

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

Between 19th April and 19th May the 'Big Ask' is underway. Rachel De Souza, the Children's Commissioner for England, is seeking to find out from children aged 4 – 17 what life is like for them and their ambitions, what they would like their life to be like, for the future. [The Big Ask | Children's Commissioner for England](https://childrenscommissioner.gov.uk/bigask/)

(childrenscommissioner.gov.uk)

Asking children and listening to their voice is so important as we all shape the future together. So often children and young people's voices are kept to the periphery. Thank you for the ways that you value the voice of young people, please do encourage as many children as possible to engage with the 'Big Ask'. Living out virtues such as humility, humanity and hope is also key to shaping a positive future. Children learn so much simply by observing others, including adults, listening to what they say and, more so, watching what they do. What patterns and rhythms help you to stay grounded in positive virtues, especially in these changing and uncertain times? Who was, or is, a great, positive role model for you? How have they helped to shape you, the way you value others, the ways you 'exercise' and strengthen positive virtues in your life?



Recognition for Mr Mountstephen

Our very own Mr M has been awarded the **Somerset Medal**, which was launched by Somerset County Council to say a heartfelt thank you to the unsung heroes of the pandemic. Mr M was nominated after providing singing classes throughout lockdown using Google classroom.

He also wrote a song to say thank you to key workers, which was turned into a choir ensemble piece and sent to the nurses at Musgrove.

We are very proud to say, "Mr M, you are an Award Winner!"



Wellbeing

By Kelly Twiss



Self-Care Day Anyone?



mental health awareness week is the perfect reminder we need to make sure we are all looking after ourselves!!

If we are looking after our mental, physical and emotional selves we are better equipped to look after those around us more effectively.

Any activity which helps you feel calm, confident and content, is self-care!

Why not plan a day in advance just to take care of you, or you can plan a family self-care day?



Everyone approaches self-care differently; it could be something small, like catching up on some missed sleep and gifting yourself a lie in, or it may be more energetic like going for a hike on Exmoor to create some headspace for yourself.

IDEAS:

Catch the sunrise or the sunset!

Start the day with a meditation – there are loads of free apps you can use, or listen to your favourite music to get you in the right mood!

Bake your favourite dessert

Luxuriate in a long hot bath using all your favourite products



Go for a walk in nature with no goal of where you are going! Oh, the freedom! And walking boosts endorphins and gives you more energy!!

Unplug for the day! Very freeing, just let your friends and family know you are totally disconnecting from emails, texts and social media, you will gain the most incredible headspace.

Give each other a massage, even a little shoulder rub or foot rub does wonders for your wellbeing

Enjoy a day of eating whatever you like, guilt free. How about a take-out and a family film? Yes please!!

Buy yourself some flowers

Learn something new together

Catch up on some podcasts

Just potter around in the garden with no end goal in mind

And don't forget to plan your next self-care day!!!

