



ST. ALDHELM'S NEWS

November & December 2021

Dear Parents and Carers

Well, here we are a week away from Christmas! In some ways, time has flown by and in others, it has felt like an exceptionally long term. The continued impact from Covid has prevented the lifting of restrictions and life in our bubbles seems destined to remain for a while further yet. Although children and staff have made the best of this, it is our interactions with each other and with our parents and wider families that has been compromised. We have missed being able to share learning, events and experiences together as a whole school and with you and know this must have been hard for you too.

Please read on for Christmas Jumper Day [page 2](#); Celebration Certificates term 1 & 2 [page 3&4](#); ADHD Awareness & Competition Update [page 5](#); Supporting Mental Health [pages 6](#); England Rocks and Online Safety Message [page 7](#); Poppy Appeal [page 8](#) and Message from Governors & PTA News [page 9](#).

The staff wish to thank everyone, families and governors, for their generous and thoughtful Christmas gifts and messages this year. We have appreciated the overwhelming support from you all and together with our commitment to the children, that has most certainly kept us all going to do our best for your children and you.

We all wish you a very happy Christmas and hope everyone stays healthy and well throughout the festive break. I hope the New Year brings some much-needed hope and is a better year than this one. We hope you enjoy the Nativity video and that it shares the special Christmas story to make you feel the hope, peace, joy and love of advent.

Kind regards

Pippa Cohen

Headteacher

School Dates:

17.12.21 End of Term 2

Christmas Holiday 18th Dec- 3rd Jan

04.01.22 INSET DAY – school closed to children

05.01.22 Term 3 starts for all children

18.02.22 End of Term 3

Half Term 19th – 27th Feb

28.02.22 Term 4 starts for all children

08.04.22 End of Term 4

Easter Holiday 9th – 24th April

25.04.22 Term 5 starts for all children

02.05.22 Bank Holiday

27.05.22 End of Term 5

Half Term 28th May- 5th June (Bank Holidays 2nd & 3rd June)

06.06.22 Term 6 starts for all children

24.06.22 INSET DAY – school closed to children

22.07.22 End of Term 6

25.07.22 INSET DAY – school closed to children

26.07.22 INSET DAY – school closed to children





Christmas Jumper Day

10th December 2021

Children and staff celebrated National Christmas Jumper Day on the 10th of December. Donations have been gratefully received and will enable us to contribute £144.50 to the Save the Children Charity as well as our own school funds. Thank you for your support – it is important that we educate children about those less fortunate than themselves and we help to make a difference to their lives. Again, we were amazed to see the variety of jumpers that were worn on the day...





A big well done to all the children who received certificates in Term 1 for their progress, success and achievement with their learning behaviours ☺





A big well done to all the children who received certificates in Term 2 for their progress, success and achievement with their learning behaviours ☺





St Aldhelm's Competition

As part of our work on inclusion, Mrs Newman (our school SENDCo), promoted ADHD Awareness Month. In all classes, the children learnt more about what ADHD is and how to be a supportive friend.

Mrs Newman set up a competition for the children to design a calm space for in school. There were many fantastic entries and the teachers enjoyed looking at all of them and helping to select our winners.





Supporting Mental Health

Anger



What is anger?

Anger is a normal and healthy reaction when things don't go the way we expected, life feels unfair or people upset us. It can be a helpful thing - letting us know that something is wrong or not okay with us.

It's normal for children and young people to find it difficult to manage their angry feelings sometimes. Angry feelings and aggressive behaviour can be really hard to deal with as a parent. There are things you can do to help make the situation better for all.

Our Top Tips

Ways you can respond when your child is angry:

1

Avoid asking them lots of questions when they're feeling very angry or distressed. Acknowledge that they're feeling angry, and let them know that you'd like to talk with them about what's going on when they feel ready.

2

If your child doesn't want to talk, try and find another way for them to communicate. It might help to text, write a letter, go for a walk together or do an activity while you're talking to help them relax. You could also try spending five or ten minutes checking in with them each evening to encourage them to open up.

3

Hold consistent boundaries around consequences. For example, you might say that while it's normal to feel angry, it's not okay when they shout at you. Remember that while your child might resist boundaries and consequences, they can actually help them to feel safe, contained and cared for.



Somerset County Council have launched a mobile health service for parents and young people in Somerset making it easier to get health and wellbeing advice. This is available Monday-Friday from 9am-5pm.

Parents of children 0-4 years: Text 07480 635514

Parents of children 5-19 years: Text 07480 635515

St Aldhelm's Rocks!

For a week in November, Year 3, 4, 5 and 6 children took part in England Rocks 2021: an opportunity to challenge themselves with their knowledge of times table facts. The competition, run by TT Rockstars, gave schools across the nation a chance to compete against each other. It has been fantastic to see so many Owls, Kingfishers and Falcons taking part, and also to see our many talented mathematicians engaging with others across the country. Well done Mathematicians - such focus and concentration!!



Falcons were our 'Highest Scoring Band' with Fabio as the 'Most Valuable Player', Izzy second and Austen third.



Online safety for children is everyone's responsibility. Please find a helpful online safety update for parents here...

Free Online Safety Guide

What parents and carers need to know about age-inappropriate content

According to research carried out by the British Board of Film Classification, last year 60% of children had to talk to their parents after viewing something online that had left them feeling uncomfortable, scared or confused. One in seven (13%) teens said that watching content online that they later wish they hadn't seen is a daily occurrence.

Perhaps unsurprisingly, more than half of the content reported by children featured either violence, hate speech or explicit sexual material. Social media often acts as a gateway to this material: trending topics tend to be seen whether they were searched for or not. Our #WakeUpWednesday guide examines this and other sources of inappropriate online content.

Click on this box to visit the National Online Safety website and download the free parent guides



The best way to know what your child is doing online, is to keep talking to your child about what they are enjoying playing or doing online. Having open communication is the way to make any online activity transparent. It will help you as parents and your child to keep safe online.

A message from our School Governors

What is the Governing Board at St Aldhelm's?

Like many schools, St Aldhelm's has a Governing Board consisting of members from the school and also from the wider community that support the Headteacher and staff team with strategic management and operations. There are several different types of Governors on the Governing Board at St Aldhelm's, including co-opted governors, Foundation Governors, Parent Governors and Staff Governors. Governing Boards can also include people with specific skills required for supporting the school, such as Associate Governors and Local Authority Governors.

Understandably, pupil welfare and education is the main priority for the Governing Board and is under regular review from all members. Aims also include ensuring the strategic direction of the school is in line with the vision set out by the staff team, overseeing financial matters and being a source of support and accountability for the Headteacher and the on-site team.

These collective aims require a good oversight of the day-to-day and long term activities, goals and achievements of St Aldhelm's in all areas, which is mainly carried out through Full Governing Board meetings. Regular updates are given in these meetings through detailed reports from the Headteacher and specific policies and documents that have been designed to support compliance with local government, Ofsted and Diocese requirements.

We also have a number of sub-committees that allow information flow to reach the full board and operations within St Aldhelm's, such as the Finance Committee and Admissions Committee. Governors also carry out a number of monitoring visits throughout the academic year to observe the quality of education, how different subjects are being developed and meeting school curriculums in all year groups, and the wellbeing of pupils.

Liam Dutton

Parent Governor

Friends of St. Aldhelm's PTA

Thank you to everyone who supported the Christmas Raffle, both for the donations for the hampers and for buying tickets. Together we raised a fabulous £625 and hope that the fifteen winners enjoy their prizes.

The Friends of St Aldhelm's PTA also gave every child a Christmas gift on the last day of the term. The children enjoyed receiving these and it added to a special last day at school.

A big thank you from all the children!



POPPY APPEAL

The Shepton Mallet branch of the Royal British Legion wrote to thank everyone for the wonderful £231.62 donation, raised for the Poppy Appeal last month. This donation will help to enable the charity to continue their lifelong support for Armed Forces personnel, their families and veterans all year round. The support and generosity was gratefully appreciated.

