



ST. ALDHELM'S NEWS

September/October 2021

Dear Parents and Carers

Welcome to the first Newsletter of this academic year. We got off to a wonderful in September, welcoming all children back into school without bubbles or restrictions. It was fabulous to see the play and social interaction between the children – something they had not been able to do for the whole of last year. We particularly enjoyed welcoming all our new Reception Robins and their families into our school community. They settled quickly and well, enjoying their space and getting to know each other and how school works.

It has been very unfortunate that we have been hit by Covid recently, having escaped pretty well for 18 months. We have managed however to keep provision running for all children and haven't been forced to close any classes. We truly appreciate your support and understanding with the need to revert back to certain measures. This has allowed us to contain and minimise its affects as well as potential further disruption. We are however so sorry that whole school events, such as Harvest Service, Celebration Worship and Learning Showcase have been unable to go ahead this term.

Please read on for New Classes [pages 2&3](#); Open School [page 4](#); Supporting Mental Health [pages 5&6](#); Message from Governors and Online Safety update [page 7](#); and Community News [pages 8](#). As indicated in earlier communications, we will be sharing class highlights through our class galleries on the website. Please look out for these by visiting your child's class page next term.

Thank you to everyone who joined us for Parent Consultations this month. It has been good to share how your child's learning is progressing, both at home and school. Please feel free to get in touch if there is anything further you wish to discuss as we move forward this year.

Kind regards
Pippa Cohen
Headteacher

School Dates:

11.10.21 Parent Consultation Evenings (Teams)
13.10.21 (Nightingales, Magpies, Owls, Falcons)
18.10.21 Parent Consultation Evenings (Teams)
20.10.21 (Robins and Kingfishers)
Term 1 Learning Showcase cancelled
21.10.21 End of Term 1

22.10.21 SCHOOL CLOSED (in lieu of additional bank holiday in June)

Half Term 23rd – 31st Oct

01.11.21 Term 2 starts for all children
05.11.21 Open School 4-6pm
06.11.21 Open School 9-12noon
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

NEW CLASSES 2021



RECEPTION
ROBINS



YEAR 1
NIGHTINGALES



YEAR 2
MAGPIES



YEAR 3
OWLS



YEAR 4/5
KINGFISHERS



YEAR 5/6
FALCONS

St Aldhelm's
Church Primary School, Doultling

OPEN SCHOOL



Friday 5th Nov 4-6pm
Saturday 6th Nov 9-12 noon
Call to book 01749 880376

Reception 2022
Other year spaces currently available

Our school will be holding **Open School** sessions on **Friday 5th** and **Saturday 6th November** for **prospective parents**. Whilst we would always prefer families to visit us and see the learning in action, we are currently unable to do so. Anyone with a preschool child will be making their decision about where they send their child to school next September. This decision has to be made and an application submitted to Somerset County Council in **January 2022**. We really advise visiting us to see the school facilities, the opportunities on offer at St Aldhelm's and most importantly slideshows of the children who already attend the school. Staff will be on hand to show you around and answer any questions. We also have some vacancies in some of our classes and welcome any in-year applications. Please do share the date with any friends and family who are viewing schools for their children. For first time applications visit: <https://www.somerset.gov.uk/education-and-families/apply-to-start-school/> and for more information or contact the school office on 01749 880376.



Supporting Mental Health



At our school, we aim to promote positive mental health and wellbeing for our whole school community (children, staff, parents and carers). We recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health.

Our mental health and wellbeing lead is Mrs Newman. She works closely with the whole school community in developing ways to support our mental health and wellbeing. This happens in many forms. Some of these include:

- organising whole school events e.g. Children's Mental Health Week;
- leading our wellbeing champions;
- creating and sharing interventions that staff members deliver;
- updating the Mental Health and Wellbeing section of the school website;
- giving advice on strategies and resources that can be used by parents, carers, teachers and children;
- working with specific families;
- making referrals to outside agencies.

In every newsletter, please look out for the Supporting Mental Health section, as this will have tips on supporting a particular area around mental health and wellbeing. These pages will be added to the website along with other useful resources. Please follow the link to access this section of the website. [MENTAL HEALTH AND WELLBEING - St Aldhelm's VA Church Primary School \(staldhelms.co.uk\)](http://staldhelms.co.uk)



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



Supporting Mental Health



Anxiety

What is anxiety?

Anxiety is a feeling of worry or fear that is experienced as a combination of physical sensations, thoughts and feelings.

All children feel worried sometimes, and this is a normal part of growing up. At certain points, they may become more worried.

If your child is struggling with anxiety, there are things you can do to help them – including providing emotional support, working on practical strategies together and finding the right professional help if they need it.

Our Top Tips

When your child is in an anxious moment:



Use all five senses. Connecting with what they can see, touch, hear, smell and taste can bring them closer to the present moment and reduce the intensity of their anxiety. You might think together about five things they can see, four things they can touch, three things they can hear, two things they can smell and



Sit with them and offer calm physical reassurance. Feeling you nearby, or holding your hand or having a cuddle if it's possible, can be soothing to extend the conversation.



Breathe slowly and deeply together. You can count slowly to five as you breathe in, and then five as you breathe out. If this is too much, try starting with shorter counts. If it works for them, gradually encourage your child to breathe out for one or two counts longer than they breathe in, as this can help their body relax.



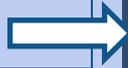
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Online safety for children is everyone's responsibility. Please find a helpful online safety update for parents here...



Free Online Safety Guide

What parents need to know about Apple Guided Access

The majority of parents and carers with an iPhone or iPad quite happily let their children borrow the device for some easy entertainment. Most digital devices, however, contain apps that adults would probably prefer that children weren't let loose on. A few accidental presses in the Amazon app, for instance – or in iTunes or the App Store – could add up to a costly shopping disaster.

Those worries can be avoided, though, by setting up Apple's handy Guided Access feature. It effectively keeps the phone or tablet locked on one app – so if you say 'yes' to a quick game of Angry Birds, for example, then *that* is all a child will be able to do on your device. This week's #WakeUpWednesday guide explains how to enable this valuable safeguarding function.

Read on to access your free guide ...

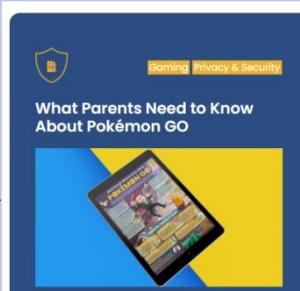
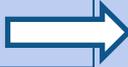
Click on this box to visit the National Online Safety website and download the free parent guide



What Parents Need to Know About Apple Guided Access

[CLICK HERE TO DOWNLOAD](#)

You will also find other updated guides with more information available



A message from our School Governors



Having been a foundation governor for St Aldhelm's school since 2017, this is my second year as Chair of Governors. The last school year challenged us all and we have had to make difficult strategic decisions during that time but I'm confident that it is moving the school in a strong and positive direction.

In order to drive future success and improve school finance, it is essential that we continue to encourage more parents and children to join our wonderful school, as parents you can also help by reaching out to family and friends and spreading your positive experiences at the school. Please also note we are looking for people to join our board of governors and help contribute to the future successes of the school.

Outside of my commitments to the school, I live and work in the local area and try to find time to relax in the garden or on dog walks with the family.

Adam Underwood

Chair of Governors

St. Aldhelm's Community News



Is your child showing signs of musical talent or ambition?

Our visiting music teachers are keen to hear of any children in Year 2 to 6 who would like to take up the opportunity of music lessons. We have piano, flute, violin and guitar on offer. Please call the school office or make direct contact, if your child is interested:

Becky Whiting – piano and flute - bexnmoo@hotmail.com

James Davidson – guitar – jwfdavidson@yahoo.co.uk

Helen Brock – violin – helenbrock_hb@yahoo.co.uk

Get creative and carve a pumpkin for the 2021 Great Pumpkin Walk in Collett Park on Saturday 30th Oct.

Four easy steps ... for all ages!

- 1** Pick-up-a-pumpkin at Collett Park Bandstand between 10 - 11am on Wed 27 Oct, (make a donation to Mind UK if you wish). Look at some carving ideas and examples.
- 2** Carve your pumpkin in Half Term and bring it back to Collett Park on Saturday 30th Oct at 4pm.
- 3** Stroll through the candlelit Pumpkin Walk and pick your top 3 designs.
- 4** Take your pumpkin away at the end ready for Halloween the next day!



Do one thing

for better mental health this
World Mental Health Day

10 October

To get started visit
mind.org.uk/DoOneThing



For further info contact Gill Sakakini:
revgill.sheptonmallet@gmail.com

