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# ST. ALDHELM'S NEWS

## January and February 2024

Dear Parents and Carers

Our first term as a member of the Bath and Wells Multi-Academy Trust family has flown by. The day-to-day amazing learning for the children has continued but behind the scenes many changes have occurred to our systems. Please note our new email addresses and especially the new office email address above. We have obviously welcomed Mr Chorley to our school as well as Jane Winsley, our new office manager, who works at St Aldhelm's on a Tuesday and Wednesday and Mrs Malim who is teaching Magpies full time.



I hope you enjoy reading about some of our highlights of Term 3. Please read on for [Celebrating Learning](#) p2; [Play Leaders and Handwriting Stars](#) p3; [NSPCC Number Day](#) p4; [National Puzzle Day](#) p5; [Children's Mental Health Week](#) p6 and 7; [Toys and Games Workshop](#) p8; [STEM Challenge](#) p9; [SEND News](#) p10; [Talking Mental Health](#) p11; [Governor Message](#) p12 and [Community News](#) p13.



We have also welcomed John the Bear, who was gifted to us to care for by the Trust. We named him after our school vision taken from John 10:10. We really have been fully embracing our motto: Learning together for life in all its fullness.

Finally, Mr Davidson performed a range of guitar songs during a worship for all of the children. Mr Davidson offers peripatetic guitar lessons as well as Mrs Brock offering violin and flute and Mrs Whiting offering piano lessons. Please contact the school office if you would like your child to have additional music lessons.

Kind regards  
Amanda Phillips  
Head of School



07.03.24	World Book Day To celebrate our Reading for Pleasure focus children may choose to come to school wearing pyjamas for the day
11.03.24	British Science Week 'Time' theme including Visit from Earth Science Centre
	Owls Dance Workshop at Stoberry Park School
12.03.24 3:30pm	Y4 Multiplication Tables Check Meeting in Kingfishers
14.03.24 2:45pm	Maths Learning Showcase
	Owls CLP Tech Rehearsal
15.03.24	Owls CLP Performance at St Paul's, Shepton M
	Solar Visitors for Kingfishers
19.03.24 3.40-6pm	Parent Consultations (Sign up from 06.03.24 2pm)
	Cross Country Race, Millfield Prep School
20.03.24 9:10am	Celebration Worship
	Owls Dance Performance at Wells Blue School
21.03.24 3.40-6.30pm	Parent Consultations
27.03.24	Easter Church Service led by Owls and Magpies
28.03.24	<b>Wear Mufti (own clothes) in return for an Easter Egg Donation for the PTA Easter Raffle</b> End of Term 4 <b>NEW</b>
<b>Easter Break 29<sup>th</sup> March – 12<sup>th</sup> April 2024</b>	
15.04.24	Term 5 starts
19.04.24	PTA Easter Bingo
06.05.24	Bank Holiday School Closed
13.05.24	Last week of school staff run clubs
20.05.24	Final Multi Sports club
24.05.24	End of Term 5
<b>Half Term Break 27<sup>th</sup> March – 31<sup>st</sup> May 2024</b>	
03.06.24	Term 6 starts
28.06.24	INSET Day 4 School Closed
12.07.24	School Disco
23.07.24	End of Term 6
24.07.24	INSET Day 5 School Closed

Learning together for life in all its fullness ~ John 10:10



A big well done to all the children who received certificates in Term 3 for their progress, success and achievement with their learning behaviours ☺

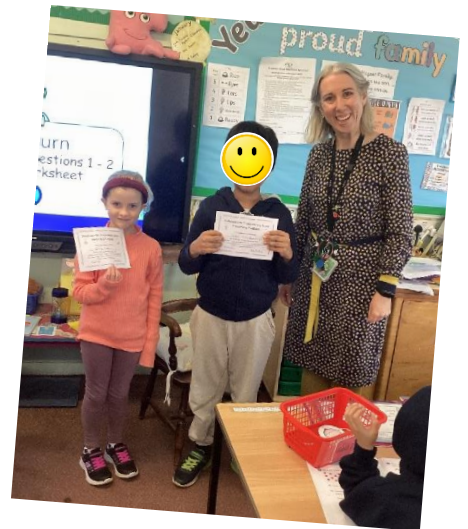
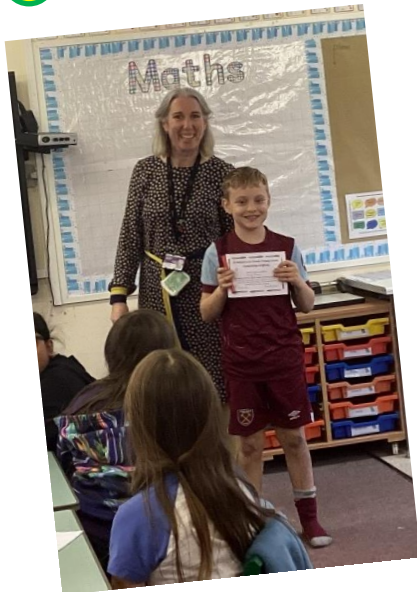


Learning together for life in all its fullness ~ John 10:10



Thank you to our  
Key Stage One  
Play Leaders

## Handwriting Certificates and Pen Users



Our Play Leaders  
and NSPCC  
Rocks winners



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# NSPCC Number Day

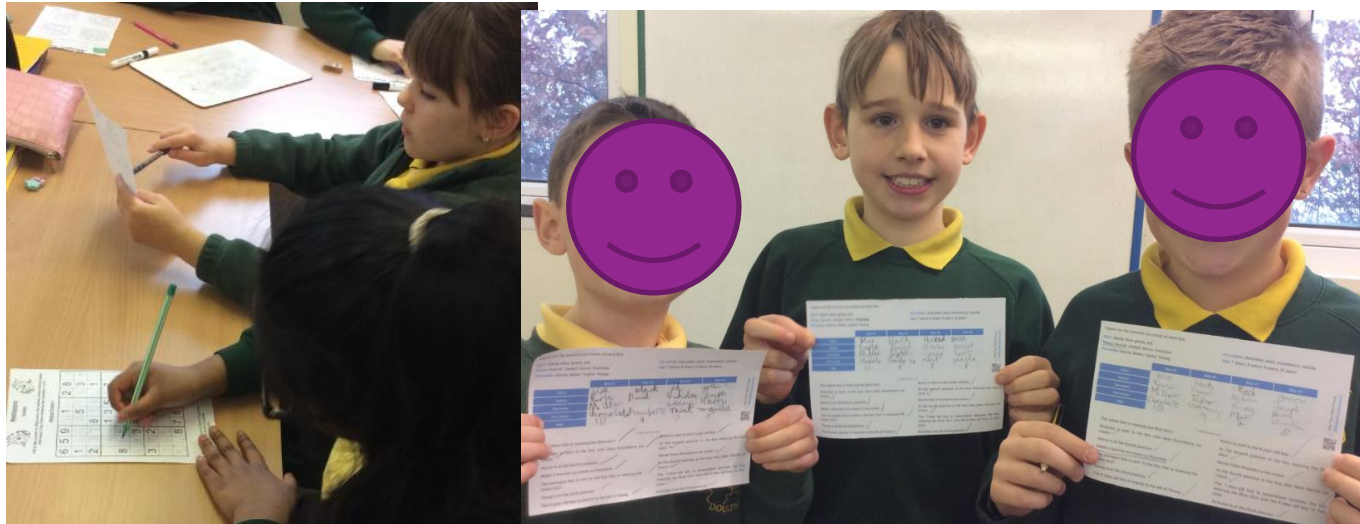
Across school, each class took part in different 'number' based activities whilst Dressing as Digits to raise money for the NSPCC. We had calculators playing countdown and dominoes creating budgets!



Well done to all children in KS2 who took part in NSPCC Rocks, the TT Rockstars competition. Well done in particular to our winning year group, Year 6 Falcons, and to Austen Tuck for most points in the school!

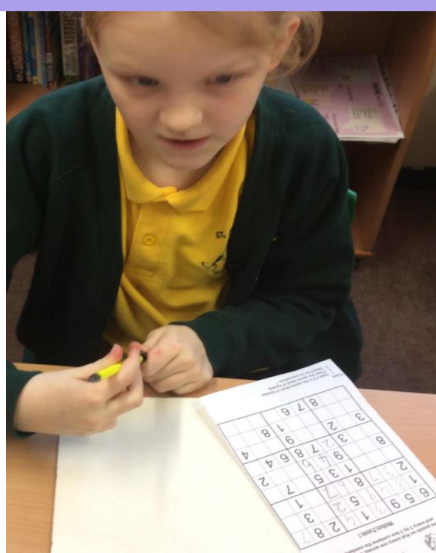


*Learning together for life in all its fullness ~ John 10:10*



## Whole School Problem Solving Day

Across school, all children took part in our latest problem-solving day. This time the focus was on Logic Problems to link with National Puzzle Day. Children completed lots of different activities to get their brains fizzing. Children could choose their level of challenge to complete and showed lots of perseverance and resilience. As well as completing puzzles, lots of children decided to create 'Top Tips' to help people who may struggle with these sorts of problems.



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# Children's Mental Health Week





The theme this year was 'My Voice Matters.' My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

When we feel empowered, there is a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem.



Mrs Newman's Wellbeing Group did a fantastic job visiting classes and sharing about what Children's Mental Health Week is all about making sure that all children know that they have the right to be heard and taken seriously. It was lovely to hear about all the things the children love about our school and the suggestions to make it even better.



 The whole school met Grace a yoga teacher, who kindly came in to show all the children how yoga can help their wellbeing. The children loved taking the time to focus on their breathing, exercises and stresses that can help them calm (power down) and wake us up (power up). The children could see and feel the benefits of what Grace shared. 



*Learning together for life in all its fullness ~ John 10:10*



# Children's Mental Health Week



A big thank you to the Wellbeing Group for organising a great week to support children's mental health. We all loved dressing to express on and taking part in a range of activities to promote good mental health and wellbeing.



Thank you for all the kind donations made on School Gateway. This is still open for anyone who would still like to donate. We appreciate your support and generosity.

*Learning together for life in all its fullness ~ John 10:10*

## Toys and Games Workshop



Year 2 Magpies welcomed Sharon from the South West Heritage Trust who told us all about Victorian Toys and Games. They were tasked to be History Detectives and look for clues whilst exploring the old toys. They also enjoyed looking at the moving pictures created by the Zoetrope - an old-fashioned version of Netflix!



Learning together for life in all its fullness ~ John 10:10



# STEM Science Challenge Day



Mrs Newman organised an amazing day of collaboration, resilience, accuracy and creativity. The children were fantastic engineers in their Science Challenge Day which was brought to them by the Royal International Air Tattoo (RIAT) and Small Piece Trust (a STEM charity). Falcons, Kingfishers and Year 4 Owls joined a live lesson for the day. The children learnt from Tai (their engineer leader) and used the information, practical session and the data collected to draw conclusions on the impact the wing shape and tail design can have on a glider. The children's work was shared with RIAT and the Trust, which was selected multiple times during the day as good examples to show the other schools. A brilliant day of fun and learning to make lives fuller (Learning together for life in all its fullness - John 10:10).



Learning together for life in all its fullness ~ John 10:10

# Special Educational Needs and Disabilities



Throughout the day, we all need a quick dose of physical activity to help us power up (become more alert) and power down (support calming). Our bodies all react differently to different physical actions. It is important when we have movement breaks like these, we think about how our body reacts to them. For example, many people think that if you have lots of energy then you should go for a run. This causes most people to be too alert and it has the opposite effect. The best thing for too much energy is to lift heavy things, push against a wall and even hang off play equipment. Here are a range of activities linked to animals that can be tried. If you have further questions, please contact me.

Kind regards,

*Mrs Newman* (SENDCo)

★ **Power Play the Animal Way**

**Warm UP:**

10 Jumping Jacks  
10 Forward Arm Circles  
10 Backward Arm Circles  
20 High Knees  
20 Butt Kicks  
20 Torso Twists

<p>Bear Crawl </p> <p>Starfish </p> <p>Frog Hops </p> <p>Gorilla Walk </p> <p>Kangaroo Hops </p> <p>Inch Worms </p> <p>Donkey Kicks </p> <p>Crab Walk </p> <p>Dead Bug </p> <p>Platypus Swim </p> <p>Dog at a Hydrant </p> <p>Challenger: Cricket </p>	<p>★ Use all animals <u>OR</u> as many as you want!</p> <p>1. Pick a number. Do each animal move that many repetitions <u>OR</u> Pick a length of time (e.g., one minute), set a timer, and move until time is up!</p> <p>2. REST after each animal move! Animals like a good stretch.</p> <p>3. REST 1-2 minutes after you complete ALL the animal moves!</p> <p>4. Use the Energy Meter! Check in. Where are you? Ready to move on with your day? Or do you need more movement to Power UP or Power Down?</p>
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*Learning together for life in all its fullness ~ John 10:10*



# Talking Mental Health



We experience lots of emotions for example happy, sad, or angry. These emotions happen because of our thoughts and feelings. Learning to cope with how we are feeling is an essential part of getting older. We can learn skills to help make better choices for ourselves and others.

This table might be supportive when helping your child understand their emotions and strategies to support them.

Kind regards,

*Claire Newman* (Mental Health Lead)

Meltdown		
<p>I am feeling:</p> <ul style="list-style-type: none"> <li>Overwhelmed</li> <li>Angry</li> <li>Confused</li> <li>I can't identify my feelings</li> </ul> <p>I might say:</p> <ul style="list-style-type: none"> <li>"I've had enough"</li> <li>"Go away!"</li> </ul>	<p>How I might act:</p> <ul style="list-style-type: none"> <li>Say mean things</li> <li>Swear</li> <li>Scream</li> <li>Pace around</li> <li>Throw things</li> <li>Break things</li> <li>Hit my head</li> <li>Bite</li> <li>Spit</li> <li>Shake</li> </ul>	<p>Strategies: Stay with me but allow me some space OR Let me stand outside the room (I won't run off) Wait for 5 minutes then I can:</p> <ul style="list-style-type: none"> <li>Use an essential oil on my wrist</li> <li>Paced breathing, in for 4 out for 6</li> <li>Spray water mist on my own face</li> <li>Suck a mint</li> </ul>
Over Alert		
<p>I am feeling:</p> <ul style="list-style-type: none"> <li>Frustrated</li> <li>Anxious</li> <li>Tearful</li> <li>Agitated</li> <li>Panicky</li> <li>Cornered</li> <li>Embarrassed</li> <li>Irritated</li> <li>Upset</li> <li>Annoyed</li> <li>Lost</li> </ul>	<p>How I might act:</p> <ul style="list-style-type: none"> <li>Angrily</li> <li>May refuse to do something</li> <li>May sleep during the day (because I'm not sleeping well at night)</li> <li>Be rude to people</li> <li>Distance myself</li> </ul>	<p>Strategies: It is helpful if you let me vent my feelings but I might not be able to get things straight in my head. I may repeat myself – you should let me do this up to 3 times After this I need:</p> <ul style="list-style-type: none"> <li>Positive reassurance, e.g. 'You won't always feel like this', 'You will feel better', 'Let's do something else'</li> </ul> <p>Then I will use:</p> <ul style="list-style-type: none"> <li>A cooling mat/weighted blanket</li> <li>Mindful colouring/walking. Fidget toy.</li> <li>Muscle relaxation meditation</li> <li>Deep breathing techniques</li> <li>A.C.E. (Acknowledge your emotions, Come back into your body, Engage with the outside world)</li> <li>Use earplugs/noise cancelling headphones</li> </ul>
Calm and Alert		
<p>I am feeling:</p> <ul style="list-style-type: none"> <li>Calm</li> <li>Enjoyment</li> <li>Contentment</li> <li>Happy</li> <li>Interested</li> <li>Awake</li> </ul>	<p>How I might act:</p> <ul style="list-style-type: none"> <li>Speaking freely with people</li> <li>I stay awake during the day</li> <li>I am contributing</li> <li>Do my work</li> </ul>	<p>What I might be able to do: I am engaging in things I need or want to do. I may:</p> <ul style="list-style-type: none"> <li>Read</li> <li>Spend time with friends</li> <li>Complete my work</li> <li>Engage in lunch time activities</li> <li>Answer questions</li> </ul>
Under Alert		
<p>I am feeling:</p> <ul style="list-style-type: none"> <li>Low</li> <li>Bored</li> <li>Disinterested</li> <li>Flat</li> <li>Lethargic</li> </ul>	<p>How I might act:</p> <ul style="list-style-type: none"> <li>Close my eyes more</li> <li>Take longer to answer</li> <li>Not finish my work</li> </ul>	<p>Things that might help me stay more alert:</p> <ul style="list-style-type: none"> <li>Light touch on my shoulder</li> <li>Strong smells</li> <li>Getting out of my seat</li> <li>Activities I enjoy</li> <li>Special interests</li> </ul>
Sleep State		
<p>I am asleep</p>		<p>Set an alarm to wake me up Gentle pat on the shoulder</p>



## A message from our School Governors



I always look forward to a new calendar year. The days are getting longer which means you can begin to plan outdoor activities with the kids after school. Children grow so fast, their capacity to learn is so amazing. The games we played last year no longer suffice and instead we look forward to doing new things.

There are of course many exciting new things happening at school, a new name “St. Aldhelm’s Church School - A Bath & Wells Academy”. We greet a new Head of School Mrs Phillips who as well as her enthusiasm and dedication brings a wealth of experience working with the school to this role. We extend a warm welcome to new staff, Mr Chorley who shares us with St Vigor & St John Church School in the role of Executive Head. We also welcome a new Year 2 teacher Mrs Malin as well as Mrs Winsley our office manager amongst others.

To compliment these staff changes we can now draw upon a wide range of resources and access to support from the team at The Bath and Wells Trust. This gateway offers all sorts of opportunities to build new networks at all levels for staff, parents and pupils.

We also have a beautiful new logo designed by Hannah Condry which encapsulates the church school vision of leaders at all levels. Teacher, parent and child inspired to learn together for life in all its fullness, the provenance of which lies in the bible John Chapter 10 where the good shepherd and his sheep are demonstrated.

I am so pleased to be a governor of a school that faces the inevitability change with gusto and enthusiasm. Just as I said at the beginning, I look forward to these changes in the way that I look forward to the days getting longer and the good weather that lies ahead.

Warm regards,

*Phil Edwards*

Foundation Governor

*Learning together for life in all its fullness ~ John 10:10*

# St. Aldhelm's Community News

We were very sad to hear of the death of Joy Lees on 9<sup>th</sup> February at her home in Doultling. Joy was for many, many years a school governor and real supporter of the school, always with a warm smile and kind words. I thought it would be fitting to share again some of the comments from children and staff which we shared with Joy as she retired from her Governor term of office.

She has a smile that can lift anyone's spirit!

Genuinely cares about how you are and is always positive

Welcoming and kind

Knows everyone and makes the point of introducing herself.



Always has time for you. She's selfless.



She's lovely to me and you

Joy's funeral will be held in St Aldhelm's Church at 2pm on Friday 8<sup>th</sup> March. The Car Park which is owned by the Village Hall will be in use for the afternoon and so we kindly ask that you try to walk where possible, avoid arriving too early on that day or car share if at all possible as the car park will be even busier than normal!

Learning together for life in all its fullness ~ John 10:10