

SELWOOD ACADEMY NEWSLETTER



DIARY DATES

October

- 3rd - Bath Literature Trip
- 8th - Yr5 welcome service
11:30am
- 8th - SATS information Evening
5-6pm
- 10th - World Mental Health Day
- 10th - Yr6 Coffee morning
11:15am
- 15th - Ski parent information
evening 5-6pm
- 16th - Tutor parents evening
3:30-7pm

PAYMENT DEADLINES

- Sicily Trip Deposit - **6th October**
- Paris Installment - **7th October**
- Ski Trip 2026 Balance - **7th November**
- Bath Uni permissions **due 3rd October** & Balance - **7th November**

3rd October 2025 - Issue 2

IN THIS EDITION

- Reminders
- Recent Events
- School News
- Useful info

REMINDERS

BATTLEFIELDS & SKI TRIP

Email copy passports and GHIC to
sadie.wilinski@selwood-academy.co.uk

YEAR 6 SATS INFORMATION EVENING

Follow link to confirm you're attending
<https://forms.gle/MK9mufHExp3hATgz8>

WORLD MENTAL HEALTH DAY

On **Friday 10th October** we invite all children to wear something yellow to school to show their support for World Mental Health Day.

WAC

Please follow link to read wrap around care booklet and to book places:
<https://selwood.somerset.sch.uk/parents/wrap-around-care-wac>

YEAR 5&7 PHOTOGRAPHS

Photographs for Year 5 and 7 are scheduled for **Friday 17th October**.

SELWOOD ACADEMY, BERKLEY ROAD, FROME, BA11 2EF 01373 462798

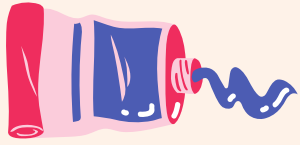
[HTTPS://SELWOOD.SOMERSET.SCH.UK/](https://selwood.somerset.sch.uk/)

CLICK TO FOLLOW OUR SOCIAL MEDIA: [FACEBOOK](#) & [INSTAGRAM](#)

REMINDERS

AFTER SCHOOL CLUB

We've got a new Yr 7 & 8 Art Club starting after half-term on Tuesdays.



Girls Football will be opened to Year 7 and will run up until Christmas.
Year 8 girls football will be closed after half-term



Lego club will be on Thursdays- Donations of lego would be gratefully received by Mrs Mitchell.



Please find link to updated club lists for Autumn 2025:

https://files.schudio.com/selwood-academy/files/Club_List_Autumn_2025_V3.pdf



PARENT SURVEY - OCTOBER 2025

This week you would have had an email with the link inviting you to complete the October 2025 Parent Survey. This survey has helped us develop many areas over recent years and is an important part in continuing to move the school forward. Some of the many examples of positive changes include the addition of forest school and a number of trips, changes to home school communication, improving events such as sports day and careers day as well as changes to the behaviour policy. Feedback provided can make a real difference so your time and contributions are greatly appreciated.

The survey will close on Monday 20th October at 9am.

YOUNG CARERS

We know that for some students, factors outside of school can have a big impact on a positive school experience. Please follow the link to let us know if your child is a young carer - Even if you feel your child or family are doing well and don't need any support, we find it's better for us to be aware and have them on our radar.

<https://selwood.somerset.sch.uk/parents/letters>

SPORTS NEWS

Football Fixtures!

On Tuesday 23rd September, our Year 7 & 8 girls took on Millfield School in the ESFA Cup. It was a really competitive match, with both teams giving their all. The game finished 1-1 after full time, taking the result to penalties. Unfortunately, Selwood were narrowly beaten in the shoot-out, but the girls showed great determination, teamwork, and resilience throughout. A fantastic effort from the whole team!



On Wednesday 24th September, our fantastic Year 7 Sports Leaders supported IG Sports in hosting a First Schools Festival at Selwood. They did an excellent job welcoming younger pupils, organising activities, and ensuring everyone had a great time. They all showed great enthusiasm and teamwork and we are very proud of the way they represented the school

**Well done to all the
teams that took part!
We are all so proud of
you!**



SCHOOL NEWS

Maths Update

The momentum in our maths classrooms continues this week with students building on their foundational knowledge. Here is an update on the key mathematical topics each year group is exploring:

- Year 5 have started their new number concept, focusing on understanding and working with numbers up to one million (1,000,000).
- Year 6 are completing their current block on number concepts and are transitioning to a major block on the four operations (addition, subtraction, multiplication, and division).
- Year 7 have successfully completed their algebra block on equality and equivalence and are now moving on to large numbers—specifically, looking at numbers up to one billion (1,000,000,000) and how to write these numbers using powers of 10.
- Year 8 have begun their second ratio block, which includes practical applications like currency conversion, scaling recipes, and working with scale diagrams.

Design a Helmet Competition with Stem Crew!

Competition Link

Design a racing helmet for
Emirates GBR SailGP Team!



Get your students racing ahead by designing their very own helmet inspired by science, sport, and sustainability! From exploring how climate change and pollution impact our oceans and waterways to turning those ideas into bold, creative designs, this challenge is their chance to make a real mark.

SCHOOL NEWS

Swimming Success!

Selwood's very own Rosabella has had great success in a swimming competition recently. She is a member of Frome Swimming Club, and took part in the Somerset County Development swim meet at Millfield School. She competed in the 50m butterfly and the 50m breaststroke. She made personal best times in each event, with a whopping 7-second personal best time in the 50m butterfly and also a qualifying time in the 12 and under age category for the Somerset County Championships.



This is an incredible achievement, well done Rosabella!

Running Success!

On 7th September, Martha from Year 6 placed 1st in the Girls 10 years and under and came 7th overall in the 3km Carnival Chase in Warminster. She had a time of 14.57, the course included some big hills, styles and gates. Martha has been enjoying being part of Frome Juniors Running Club for a while and loves taking part in Park Run when she can.



Well done Martha, this is fantastic!

Please remember to share any achievements if you would like them to be shared in the Newsletter - we would love to hear them!

SCHOOL NEWS

ART

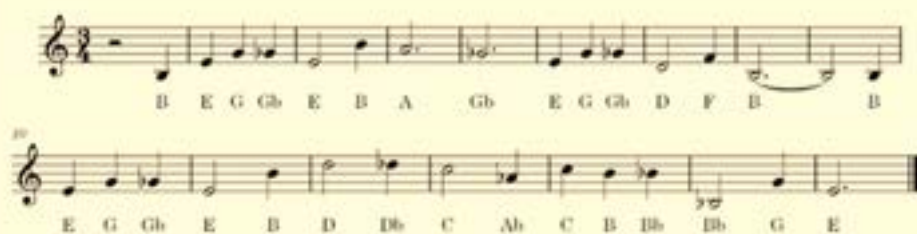
Year 5 Art students are studying the formal elements of line, tone and colour within their topic of Changes in Nature. At the beginning of the term they focused on perfecting their sketching and shading skills with a leaf study.

They will move on to look at the work of Georgia O'Keefe and move their focus on to tint and blending using oil pastels. Their homework this term is based on Autumn and they have a choice of activities to complete. We can't wait to see what our budding artists will produce









MUSIC

Harry Potter Theme



Helpful Hints

	Flat -go a semitone (½ step) BELOW the note.		Natural -After playing a sharp or flat, this sign tells you to go back to the normal note.
	Note Values -Some notes look different because they are worth a different number of beats.		Rest -Do not play for a set number of beats (in this case, 2 beats)
	Tie -Hold this note across the bar line (in this case for 5 beats)		End -A double bar line shows that the music has ended.

In music the Year 5s have started the year learning the basics of reading music, learning to play the keyboard, understanding the 8 elements of music and applying it to listening tasks. They are all really enjoying learning how to play the Harry Potter theme but are not so keen when Mrs Hampson and Mrs Ibbitson tell them to use only their right hand for the melody and to use more than one finger!

SCHOOL NEWS

oliver!



We had an overwhelming number of auditions for the production this year which made decision making difficult for Mrs Ibbitson! Well done to everyone that auditioned, we cannot wait to see this year's production, Oliver.

Wesley College

Through our community links with Kingswood School Bath, we were fortunate to welcome Wesley College, Melbourne, Australia, to Selwood on Friday 19th September. The Dramatic Arts Department presented original retellings of Oliver Twist and Snow White and the Seven Dwarfs. The entire production was managed by students aged 14 to 17, who were responsible for makeup, costumes, and sound.



Selwood Academy, Berkley Road, Frome, BA11 2EF 01373 462798

<https://selwood.somerset.sch.uk/>

CLICK TO Follow our social media: Facebook & Instagram

RECENT EVENTS

Awards Evening

On Wednesday 24th September we celebrated our annual Selwood Academy Awards Evening! It was a pleasure to recognise the achievements of our pupils during the 24/25 academic year. Thank you to everyone that came and supported and well done to all of our winners - you are amazing!



RECENT EVENTS

Living Rainforest Trip

On Thursday 25th September nearly Year 7 pupils had the opportunity to attend The Living Rainforest Trip. This attraction is incredible and has won Geography teaching awards as well as doing a huge amount of work on sustainability and conservation.

Although it is small it uses every inch of space to educate and engage. The children loved the rainforests and there was a definite buzz in the two greenhouses as they explored them and listened to the guides who were amazing. They also completed a treasure information hunt, had the opportunity to play in the playground on the various equipment and there were a lot of snakes which travelled home with us to Selwood. Stuffed I might add.

Engagement and participation were excellent and the Living Rainforest staff commented on how polite and confident our children are. So, if your child attended, I know you will have heard all about it! If your child is in Y5 or Y6 rest assured, it will be happening for them too.



RECENT EVENTS

Macmillan cake sale



On Friday 26th September Selwood held a Macmillan cake sale.

We raised £368!

Thank you to everyone that baked and bought, it was a fantastic morning and for a very good cause.

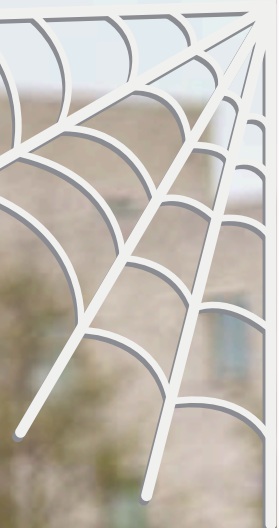


MACMILLAN
CANCER SUPPORT

SELWOOD ACADEMY, BERKLEY ROAD, FROME, BA11 2EF 01373 462798

[HTTPS://SELWOOD.SOMERSET.SCH.UK/](https://selwood.somerset.sch.uk/)

CLICK TO FOLLOW OUR SOCIAL MEDIA: [FACEBOOK](#) & [INSTAGRAM](#)



premier holiday clubs



More fun, More friendships, More smiles
during the October half-term!



Book today
premier-education.com



Premier
Education

Excellent



★ Trustpilot

your Nearest Multi-activity caMp

Venue: Selwood Academy. Frome, Somerset, BA11 2EF

Dates: Wednesday 29th and Thursday 30th October 2025

Times: 9-1pm (4 year olds) or over 4's 9-3pm

Price: 9-1pm - £13.84 9-3pm - £22.82 per day

Ages: 4-11

Additional info: ***childcare vouchers can be used here***



Looking for something exciting this October half-term? Our multi-activity holiday clubs are packed with fun, energy, and variety for children of all ages!

Each day brings something new – from archery and fencing to dodgeball, cricket, and loads more. With a mix of sports, team games, and seasonal crafts, there's never a dull moment.

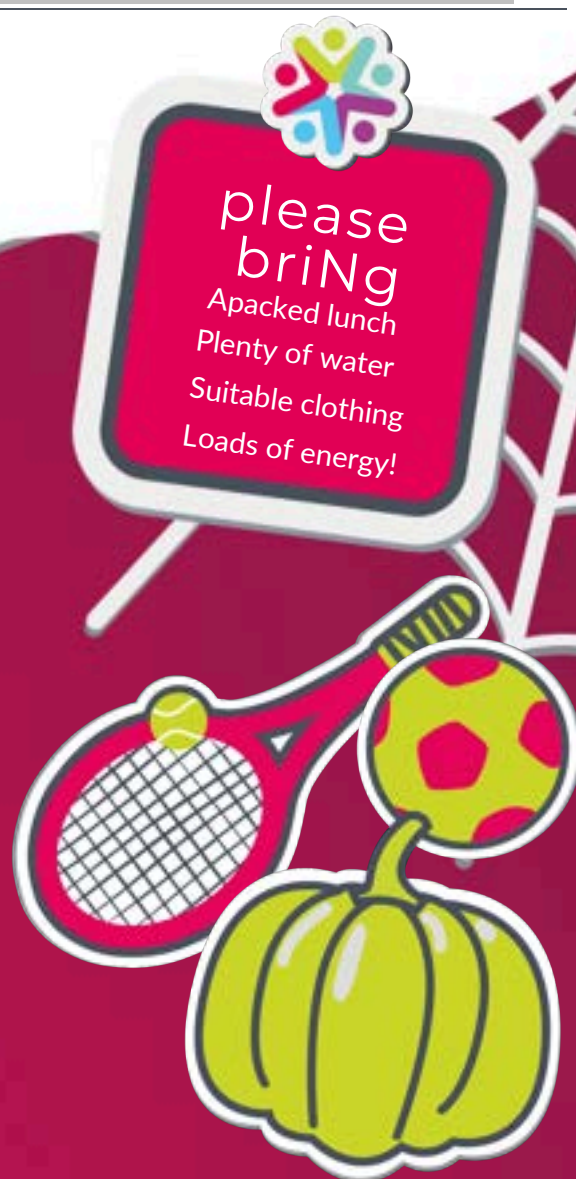
Book now for an unforgettable half-term!

caMps are better
with frieNds!



treat your frieNds
to 20% off...aNd get
20% off too!


*Ts&Cs apply. Refer a friend discount on new bookings only.



Excellent



★ Trustpilot

The poster is decorated with various autumn-themed illustrations. At the top, there are several colorful leaves in shades of orange, yellow, and purple. On the left and right sides, there are green vines with yellow leaves. Several pumpkins are scattered around the text: a large jack-o'-lantern with a smiling face on the left, a smaller one with a sad face at the top right, a one with a surprised face on the right, and two others at the bottom left and bottom right, each with a different facial expression.

FRIENDS OF BERKLEY SCHOOL SPOOKTACULAR PUMPKIN TRAIL

.....

FIND THE PUMPKINS.
CRACK THE CODE.
WIN A PRIZE!

25 October - 01 November

If you'd like to be part of the trail and
display a pumpkin + letter in your
window, please email us:

BerkleySchoolFBS@gmail.com

BUY YOUR MAP - £5

Children's eye health

Your child's sight is precious. Good vision helps them learn, play and communicate with the world around them.



Yet, there are more than a million children in the UK with undetected vision problems (source: Eye health UK)

Children's vision continues to develop until they reach the age of eight, so caring for a child's eyes in the early years can help lay the foundations for good vision that lasts a lifetime.

There are lots of simple things that you can do to help keep children's eyes healthy.

Essential Eye Checks

Having regular sight tests as advised by your optician is a great place to start.

Sight tests will ensure any problems such as childhood conditions like squint and lazy eye (amblyopia), longsightedness (hypermetropia) or short sightedness (myopia) are picked up early.

The sooner problems are identified the better the treatment outcomes.

Remember sight tests are free on the NHS for all children under 16 years or 18 in education or training. If they require vision correction (glasses or contact lenses) you'll be entitled to an optical voucher towards the cost of this too!

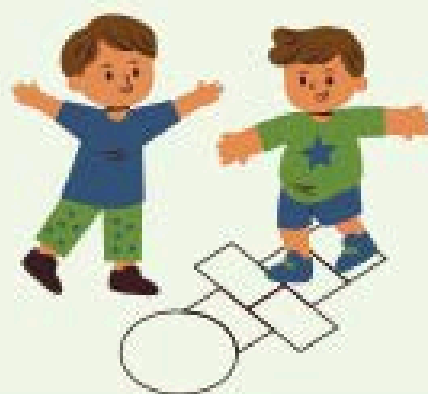
In Somerset there is access to reception aged vision screening at school.



Eat a rainbow

Eating a rainbow of colourful fruit and vegetables helps ensure young eyes get the nutrients they need to grow healthily.

Food like tomatoes, grapes and blueberries as well as fish, eggs and whole grains are packed with eye-friendly nutrients.



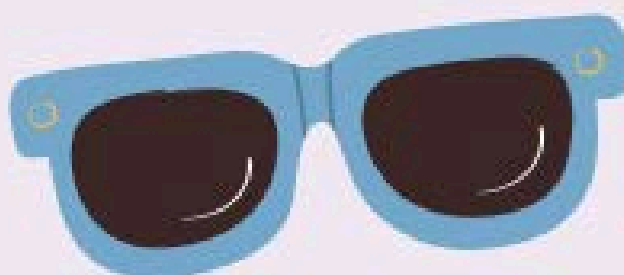
Spend time outside

There is evidence that spending two hours or more a day outdoors can reduce the risk of myopia or shortsightedness, even if there is a history of the condition, so time spent outside can benefit your children in many ways.

Try walking to school, playing outside, sports, PE lessons or going for a bike or scooter ride.

Cover up

It's really important to protect your eyes from the sun. When you're young the lens at the front of the eye is really clear so can let even more of the damaging sunlight in.



Protect children's eyes whenever the UV Index rises to three or more even on cloudy days and check that their sunglasses have a CE; UV 400 or British Standard Mark to ensure they provide the right level of UV protection.



A hat with a wide brim can also help protect against damaging UV.

Visit the [Met Office](https://www.metoffice.gov.uk) website for information on UV levels.

Limit use of screens

Children should be reminded to take regular breaks whenever they do any intense close work like using a screen or reading a book. There is some evidence that excess screen time can damage vision long term.



A good rule to follow is the 20, 20, 20 rule which suggests taking a break of at least 20 seconds, every 20 minutes and to look 20 feet (6 metres) away.

Teenagers viewing smart phones should hold the screen at least 30cms away from their face to avoid eye strain.

Signs of reduced vision

It's often difficult to tell if your child is having problems with their eyes but some tell-tale signs that there could be something wrong include:

- struggling to recognise colours and shapes
- not showing any interest in learning to read
- complaining about headaches
- sitting very close to the TV.

If you recognise any of these symptoms you should arrange for your child to have a sight test.

Developed by the Orthoptic Team at Somerset NHS Foundation Trust and the Public Health Team at Somerset Council

What Parents & Educators Need to Know about EA SPORTS FC 26



Our guide looks at the risks surrounding EA Sports FC 26 and our top tips to minimise them. This marks the third year since EA left the FIFA licence, and the game is mostly unchanged from last year. While Kick-Off mode is great for playing with friends and Career Mode allows players to fulfil long-term ambitions as a manager or player, Ultimate Team remains the main draw for many players – and it can get out of hand in terms of how much money players can invest.

WHAT ARE THE RISKS?

AN ANNUAL RELEASE SCHEDULE

As was the case with the last two EA Sports FC games and the FIFA series before it, the franchise rolls out once a year with updated squads and new features. This can make it expensive to keep up with, particularly when so many dedicated players are keen to get their hands on the latest edition.

VOICE CHAT

Voice chat can be enabled across all platforms, meaning young people can speak to anyone they play with or against. While it can be switched off, some children will no doubt want to speak to their friends while they play. This also means they may encounter strangers much older than them, which can expose them to inappropriate language or behaviours.

IN-GAME PURCHASES THROUGH ULTIMATE TEAM

Ultimate Team is the big draw for EA Sports FC, letting players spend real money on packs that they can open to build a squad of the world's best players. They're not always easy to obtain, and new, improved versions of players will be regularly added as limited-time offerings. Young people could feel pressured into spending money and experience fear of missing out.

SCAMMERS IN ULTIMATE TEAM

Ultimate Team is managed by EA itself, but that hasn't stopped scammers from looking to dupe players out of money and in-game coins. Some scammers sell their accounts, which is a violation of EA's terms of service, while others will 'sell' coins – something the developer is still working to crack down on. Some try to gain access to others' accounts, potentially giving them access to payment information.

POTENTIAL FOR ADDICTION

While EA Sports FC is potentially addictive, thanks to its fast-paced gameplay and mirroring of the real-world skill and glamour of football, Ultimate Team's focus on limited-time rewards and the lottery of winning packs can make it feel closer to gambling than gaming, which may lead to addiction and impulsive spending of money.

Advice for Parents & Educators

PREPARE FOR ANOTHER GAME IN A YEAR

The annual-release cadence aligns with the return of the school year, and can be a great way to incentivise good behaviour at the start of term. If children are applying themselves and preparing for a new year of school, or were particularly well behaved in the summer, EA Sports FC 26 could make a great reward.

LIMIT SPENDING

If you're worried about children accidentally spending real money in Ultimate Team, whether in game or on the EA Sports FC companion app, don't link a payment card to their account. Reclaiming funds can be a mountain to climb, and the dopamine hit of opening flashy packs with slick animations means one purchase can lead to another very quickly. It's also worth adding a prepaid card if you'd prefer them to make their own choices with their budget.

MONITOR VOICE CHAT

As in-game chat is open, be sure to adjust the settings in EA Sports FC 26 to lock it down. If children want to chat with their friends while they play, consider setting up a safe space for them to call, to allow them to play without fear of outsiders.

BE VIGILANT

As with last year, there are ways to keep scammers at bay. Ensure passwords are locked down, and consider using a password manager application to keep them secure. EA will never contact players through the game itself, so be vigilant with incoming messages, and block and report suspected spam. EA will contact players by email if needed, but they will never ask for usernames or passwords. Players should also avoid buying in-game currency from unofficial websites – doing so can lead to accounts being banned and could cost players money in the process.

Meet Our Expert

Lloyd Coombes is an experienced freelance writer and has been working in the gaming and tech industry for seven years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. He's also a tech and fitness writer and has been published at sites including IGN, TechRadar, and plenty more.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/ea-sports-fc-26>



Join our Fun Family Quiz Night Friday 10th October

From 5.30pm -7.00pm
so even the youngest can come along!
We invite you to take part in our
Fabulous Fundraising Quiz Night!

Here's all you need to know to join the fun!

Team info: Up to 6 people per team (any age) £10 per team: pay on door

Venue info: Frome College in the main hall

Extra info: Games in between quiz rounds

What else: Refreshments to buy

Any more: A raffle

Prizes: Obviously, yes, for the winning team ... plus wooden spoon!

Please let us know if you're coming, so we have an idea of numbers
- [click here](#) -

but, hey, if you want to decide on the day, then just turn up!

We're always happy to see you

contact us on info@purpleelephant.org.uk