

SELWOOD ACADEMY NEWSLETTER

Friday 1st March 2024 | Issue No. 10 2023/24



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DATES FOR THE DIARY

4th - 8th Mar - Revision week

5th Mar - Year 7 coffee morning

7th Mar - World book day

11th - 15th Mar - Science week

11th-15th - Mock SATs

15th Mar - Celebration Assemblies

15th Mar - Year 7&8 Bath Netball trip

World book day (7th March) - Pupils will be allowed to dress up as their favourite book characters.

Looking forward to seeing how creative they can be with their outfits!

We are excited to announce we are now on Instagram!

Please follow us for good news and important updates on: @selwoodacademyfrome

****Important****

Social Media platforms are not monitored for queries, we therefore ask that any school queries are emailed to Selwood.academy@selwood-academy.co.uk or that you phone Reception.

If you would like to know more about what your child is learning, please visit our [curriculum page](#).

Please also visit our [homework page](#) for helpful videos on how to access Bedrock,

Forgotten Items

Please can parents and carers ensure that their child has all they need for the school day when they come to school each morning.

With Selwood being a large and busy site, we cannot guarantee that we will get forgotten items and messages to children throughout the day, especially when after 12.30pm.

Thank you for your support with this.

It is vital that we keep up to date contact information for all our pupils, so if any of your details have changed, please let us know. Many thanks.

AUTHOR VISIT



Author Visit

On the 26th April, we will be joined by the fabulous author Ash Bond to celebrate the release of her debut children's novel 'Peregrine Quinn and the Cosmic Realm'. An exciting new voice in YA fiction, Ash Bond's daring heroine Peregrine Quinn is set to become a household name in the vein of Harry Potter, Percy Jackson, Skandar Smith and Lyra Belacqua.

'Peregrine Quinn has always loved hearing her godfather Daedalus Bloom's stories about his life as an immortal, but that's all they were - stories. That is, until the portals that connect the Terran Realm with the Cosmic Realm mysteriously shut down and Daedalus, the only one who can fix them, is kidnapped.'

Peregrine is then swept into a nail-biting adventure, racing through the streets of Oxford, down the riverways of London and into the Under-Underground. She soon realises that not only are the creatures from her godfather's stories real, but they're shooting at her with laser blasters.'

For Years 6 and 8, this event will take place during P2, for Years 5 and 7 this will be P3.

Ash, who graduated from both Oxford University (where she studied Classics) and Bath Spa (for a Masters in Writing for Young people) is a local author and we're thrilled to be championing her new book - due for release on April 25th.

We've also teamed up with the fabulous [Hunting Raven](#) books (found on Cheap Street in Frome) to offer the book at the specially discounted rate of £9.99. These can also be pre-ordered through the school via [ParentPay](#).



EXPECTATIONS



PE kit and expectations

It is that time of year again when the weather is as unpredictable as ever. Please can you make sure that your children are sent to school with suitable PE kit in their bags. Please see the PE kit policy <https://www.selwood.somerset.sch.uk/parents/uniform> for what is expected.

Inevitably sometimes children are not physically able to take part in PE due to illness or injury. If this is the case, can you email your note to say why your child will not be physically taking part, to your child's PE teacher (after Easter hand written notes will no longer be accepted). Please also include Mr Hershbein in all emails.

Mr Hershbein (Head of PE): stuart.hershbein@selwood-academy.co.uk

Miss Phillips: laura.phillips@selwood-academy.co.uk

Mr Ellett: andy.ellett@selwood-academy.co.uk

Mr Sharp: fraser.sharp@selwood-academy.co.uk

The expectation is that where possible, pupils will still get changed for PE.

Every pupil is expected to bring and wear their PE kit even though they won't physically be taking part. This is so that they still feel part of the lesson and also take part in a coaching and learning role that doesn't involve the physicality. It also means that if they have to go outside in bad weather, they stay warm and are not kept in wet clothes for the rest of the day.

I hope that this gives some clarity over the situation and of course the PE department are happy to discuss and make arrangements for exceptional circumstances discussed with us.



We have two pupil teams taking part in sponsored swim and one staff team. Money raised will be split; 50% will go to Selwood and 50% will go to Frome Youth and Community Care Centre. Swim takes place on Sunday 3rd march.

<https://www.justgiving.com/crowdfunding/selwood-academy>

SPORTS NEWS



Indoor athletics

On 1st February we took a group of year 6 and 7 pupils to Frome College to participate in an indoor athletics festival. All pupils who were chosen were those who had not represented the school yet this academic year.

They took part in a number of events having three attempts at each trying to get their highest score. Events included; javelin, long jump, shot put, sprinting, continuous jump, triple jump.

It was a great experience for the pupils to mix and compete with pupils from another school. Four of our pupils came top of their event and received certificates, which was a great achievement.

Well done to all involved.



Our pupils had a great time at the Spring Interform this week

They showed off their skills in dance, football, and basketball, and our Sports Leaders looked super sharp in their new hoodies. We're so proud of all our pupils for their hard work and sportsmanship. Keep shining, superstars!

SUBJECT NEWS



MATHS



Year 5 - We are continuing to look at fractions in detail including adding and subtracting fractions below and above 1.

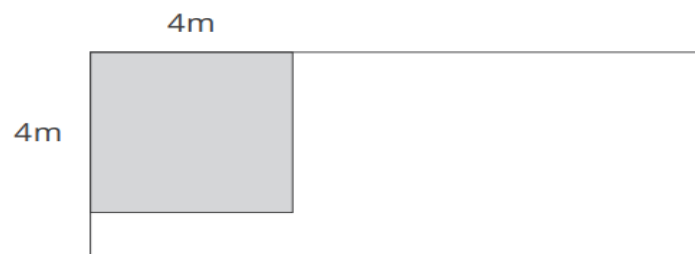
Year 6 - We are continuing to look at area of shapes such as triangles and parallelograms before looking at volume of cubes and cuboids.

Year 7 - We are finishing our block on fractions, decimals and percentage equivalents.

Year 8 - We are moving on to look at our sixth unit of the year which focuses on decimals and ratio.

Parent challenge question:

A rectangular garden has a 4m square vegetable patch as shown. This accounts for $\frac{2}{7}$ of the total area of the garden.



A section of the vegetable patch is used for growing cucumbers. If the fraction of the whole garden that is used for growing cucumbers is $\frac{1}{8}$, what is the area of the cucumber patch? Give your answer in m^2 .



JOIN IN WITH OUR WBD ACTIVITIES

- On 07th March, dress up as your favourite book character
- Take a picture of yourself reading in a wacky location
- Re-create your favourite book cover and take a picture of it

Join us for a chat!

COFFEE MORNING

Yr 7 Parents & Carers:
Tuesday 5 March, 11.15am



SELWOOD ACADEMY
ANGLICAN/METHODIST FOUNDATION SCHOOL

****Calling all cleaning enthusiasts!****

✂️ Selwood Academy is on the lookout for reliable and efficient cleaners to join our team. Help us maintain a pristine and welcoming environment for our pupils and staff. ⭐ Casual hours available, so you can fit cleaning around your other commitments. 💰 Competitive pay - £11.59 per hour. If you're passionate about cleaning and take pride in your work, we'd love to hear from you! Application and safer recruitment checks required but please contact the school in the first instance to register your interest and discuss the current requirements.



****Join our Lunchtime Supervisor team and make a difference!****

We're looking for kind, caring, and calm individuals to join our existing supportive team of Lunchtime Supervisors. If you have a passion for helping children and want to make a positive impact in their lives, this could be the perfect opportunity for you.

As a Lunchtime Supervisor, you'll be responsible for supervising pupils during their lunch break, ensuring their safety and well-being.

This is a part-time position, working 1 hour and 10 minutes a day during term time. It's a great way to earn some extra money while making a difference in the lives of children.

****If you're interested in joining our team, please contact us today!****

Selwoodacademy@selwood-academy.co.uk

We look forward to hearing from you! 😊



SELWOOD ACADEMY
ANGLICAN/METHODIST FOUNDATION SCHOOL

THE A PLATES CUP



SATURDAY 18TH MAY 2024

12PM - 4PM



**FROME TOWN
UNITED FOOTBALL
CLUB**

Critchill Manor Estate,
Frome, BA11 4JL



**TROPHY AND
MEDALS FOR THE
WINNERS!**

Medals for all participants!

**FTU HARRIERS U11
CHILCOMPTON COLTS U11
FTU EAGLES U11
BISHOPS CANNING
LIGHTNING U11
BRADFORD BOBCATS U11
WESTFIELD BLACKS U11**

**FOOD AND DRINK AVAILABLE!
RAFFLE PRIZES TO BE WON!
ALL MONEY RAISED
GOES TO TEAMS!
GREAT FOOTBALL AND
FUN FOR ALL!
ALL WELCOME TO SUPPORT
AND RASIE MONEY FOR
GRASS ROOTS TEAMS!**

For more information please
contact:

zrafferty004@gmail.com
ftuharriers@gmail.com
www.frometownunited.co.uk
www.aplates.co.uk

**Raffle Tickets available
to purchase on the day!**

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEND Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College



Somerset's **SEND** Local Offer Live Roadshow

Friday 8th March in Frome
@ Frome Town Hall. 1pm to 3pm

The Local Offer Live is a one stop place to come and find out about information if your child has additional needs (SEND).

At the Frome Roadshow we will be joined by: CIA Team, Young Somerset, The Neurodevelopmental Partnership team. Preparation for adulthood, NHS Transitions, POD plus many more...

<http://www.somerset.gov.uk/somersets-local-offer-live-week>

