

SELWOOD ACADEMY NEWSLETTER

Friday 17 March 2023 | Issue No.11 2022/2023



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We had a fantastic evening last Friday playing Bingo!

Thank you to all who contributed in some way, we raised an amazing:



All money raised at Selwood this year will go towards refurbishment of the Science rooms. The next event will be our Summer Fair on Friday 23 June.



DATES FOR THE DIARY

23/24/25 March School Production, Mary Poppins Jr, Merlin Theatre

23 March Yr 8 Coffee Morning, 11.15am

30 March Yr 7 Easter Service

31 March End of Term 4

17 April Term 5 begins, 8.40am

18/19/20 April Yr History Trip to Portsmouth

21 April Yr 6 Coffee Morning, Focus on SATs, 11.15am

21 April Netball Trip



USEFUL INFORMATION AND REMINDERS



Things to do this week....



- Yr 5 - Complete the permission form and payment for the [Harry Potter Trip](#)
- Egg competition entries to be brought to school on Monday 20 March
- Yr 7 - Complete the permission form and payment for the [Portsmouth Trip](#)
- Make Payment for the Wicked! Trip on [ParentPay](#)
- Yr 8 - Complete the Initial interest for the Prom <https://forms.gle/KyKVZ53tWMsA4tuRD9>
- Make payment for the Battlefields trip on [ParentPay](#)
- Make Payment for the Wicked! Trip on [ParentPay](#)
- Order the Leaver's Hoodie, [click here](#)
- All - Remember the Book Fair is in the Library from 16 - 21 March
- The school production of Mary Poppins Jr has completely sold out for the Thursday and Saturday performances! There is 1 ticket left for the Friday - be quick if you don't want to miss out!

Please remember there are no afterschool clubs during the last week of term.

The club list for the Summer Term will be on the website and emailed to parents by the end of term.



On 27th March we will be having photographers in school to take photos for marketing purposes. If you have not given consent for your child to have their picture taken at school, please click this link to complete the form, <https://forms.gle/zDgY54Lpkkwnr2yX6>

Also if you no longer wish your child's picture to be used for such purposes, please email the school and we will update your preference. Selwoodacademy@selwood-academy.co.uk

As always, please ensure your child is in the correct uniform. See our website for the full uniform schedule: <https://selwood.somerset.sch.uk/parents/uniform>

BOOK FAIR

TRAVELLING BOOKS

COME TO THE **BOOK FAIR**

AND EARN **FREE BOOKS** FOR OUR SCHOOL



Celebrate reading at our Book Fair!

We are delighted to be welcoming back Travelling Books book fair to our school.

Our book fair will be held in the school library from Thursday 16 – Tuesday 21 March and will be open daily to pupils during break and lunch. Your child will also get an opportunity to visit with their English teacher during one of their lessons, the teacher will inform pupils of the day of their visit nearer the time.

There are over 200 titles to choose from with prices starting from £2.99, there is sure to be a book for everyone (please note pupils will be able to use their world book day tokens for a discount of £1.00 on any book £2.99 or more). For more details and a selection of books available please see the travelling books website <https://bookfairs.scholastic.co.uk/travelling-books/the-books>.

Don't forget that every book you buy can help to get **FREE BOOKS** for our school library, this last year amounted to over £880. Pupils will be able to purchase books during the above times with either cash or cheque (made payable to Selwood Academy).

Please don't hesitate to contact Mrs Parker in the Library should you have any questions.

THANK YOU IN ADVANCE FOR YOUR CONTINUED SUPPORT

STAFF PROFILE



CLARE IBBITSON

Job Title: Head of Arts / Year 5 Tutor

Favourite Colour: Blue

I am very passionate about the arts and many people in Frome have seen me tread the boards in both the Merlin Theatre and Memorial Theatre alongside working backstage. I am heavily involved with Tri.Art Dance Academy and am currently their DSL. I also enjoy attending my weekly tap lessons (although I am nowhere near as good as my daughters)

When I am not in the theatre or the dance studio you will find me volunteering with 10th Frome Scout Group and I am heading towards my 20 year long service certificate as a leader.

I am currently watching Criminal Minds and listening to Mary Poppins Soundtrack on repeat

What is your biggest achievement: I guess the corniest answer to my biggest achievement would be my daughters but in fact I would say being part of the Guinness World Record for rowing is probably it.

What is something about you that not many people know? This summer I will be going on tour with Kairos Theatre Company to perform an original production of 'The Haunting of Richard III'. The tour will end at the site of the Battle of Bosworth where Richard III died.

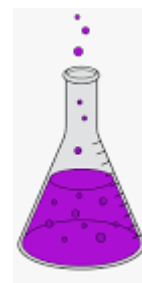
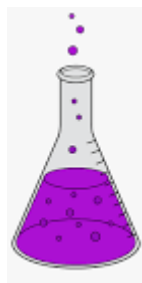
If you were to change careers, what would you do? If I were to change careers I would definitely love to work backstage in one of the West End theatres as part of the crew.



SCIENCE WEEK

Lots of fun was had during Science Week this week. Mr G entertained and educated with his Science demonstrations.

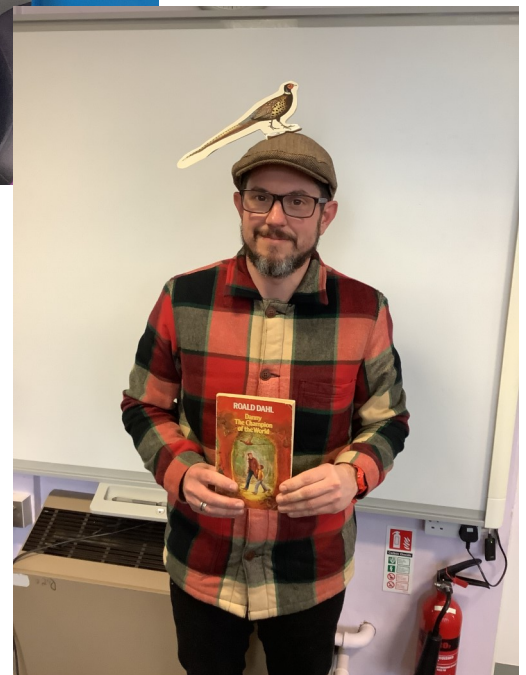
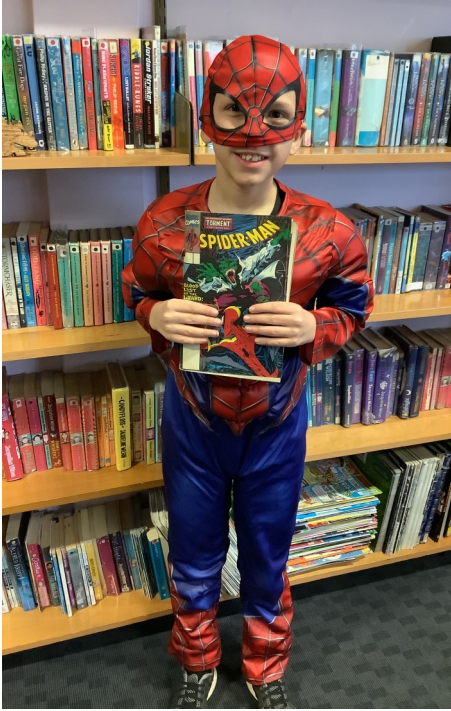
First school pupils were also welcomed along to see the shows during the week.



WORLD BOOK DAY



Our pupils and staff came up with some fantastic costumes for World Book Day this year.
To see more click here: <https://selwood.somerset.sch.uk/pupils>



YEAR 8 POETRY

My identity

Up and Down that football pitch
every single second.
A force that many people
didn't begin to reckon
Nobody can stop me,
I'm like a machine
Parents cheering
while kids playing
on a pitch of green

Suddenly it starts
to rain
like bullets from the sky
but nobody can stop me,
I feel like I could fly.

Up the umbrellas go
as if it was about to snow
but you still have to play the game
until that final blow
Walking to the car
in your wet clothes
then you
get in a bath



Invisible

I'm not very good with identity.
I can't describe myself,
as anything other than invisible.
I describe it as such because,
my general impression on people,
is unnoticeable.
The way I treat people?
Invisible.
My abilities as a student?
Invisible.
The way I act in public places?
Invisible.
People ignore me.
I love it.
I'm able to listen to people,
without them knowing.
Whispers and murmurs are picked up by
a breeze,
and are forever kept.

SPORTS NEWS



The Year 6 & 7 Dodgeball Team had a great time at the Dodgeball Festival at Frome College last week. Well done to all who attended!



On Tuesday 7 March our Year 5 & 6 netball team played a friendly against Oakfield and won both matches. Well Done to all players involved, you all played extremely well.

Gracie and Noah both received player of the match.

Year 5 Netball Team won - 7-2

Year 6 Netball Team won - 4-3



Thank you to all who contributed to our fundraiser for Ben's Foundation, <https://www.bensaundersfoundation.org/>

We raised £305 which will be passed on to this very worthwhile charity.

YEAR 5 NEWS

Well done to members of year 5 who received awards in assembly for outstanding homework submissions on natural landforms of the world. Each pupil received a certificate and a globe squishy for going above and beyond.

Pupils receiving awards were:

5S: Violet C, Alex V

5R: Alexa J, Errol S and Isla J

5E: Jacob M

5F: Pippa M

5M: Layla R, Noah H, Toby D, Olivia S and Tabby H



After researching artist Andy Goldsworthy, Year 5 used his work as inspiration to create our own land art. Some children chose to work independently, some worked fantastically well with others showing great collaborative skills!



September 2023							October 2023							November 2023						
M			4	11	18	25	M		2	9	16	23	30	M			6	13	20	27
Tu			5	12	19	26	Tu		3	10	17	24	31	Tu			7	14	21	28
W			6	13	20	27	W		4	11	18	25		W		1	8	15	22	29
Th			7	14	21	28	Th		5	12	19	26		Th		2	9	16	23	30
F		1	8	15	22	29	F		6	13	20	27		F		3	10	17	24	
Sa		2	9	16	23	30	Sa		7	14	21	28		Sa		4	11	18	25	
Su		3	10	17	24		Su	1	8	15	22	29		Su		5	12	19	26	
December 2023							January 2024							February 2024						
M			4	11	18	25	M		1	8	15	22	29	M			5	12	19	26
Tu			5	12	19	26	Tu		2	9	16	23	30	Tu			6	13	20	27
W			6	13	20	27	W		3	10	17	24	31	W			7	14	21	28
Th			7	14	21	28	Th		4	11	18	25		Th		1	8	15	22	29
F		1	8	15	22	29	F		5	12	19	26		F		2	9	16	23	
Sa		2	9	16	23	30	Sa		6	13	20	27		Sa		3	10	17	24	
Su		3	10	17	24	31	Su		7	14	21	28		Su		4	11	18	25	
March 2024							April 2024							May 2024						
M			4	11	18	25	M		1	8	15	22	29	M			6	13	20	27
Tu			5	12	19	26	Tu		2	9	16	23	30	Tu			7	14	21	28
W			6	13	20	27	W		3	10	17	24		W		1	8	15	22	29
Th			7	14	21	28	Th		4	11	18	25		Th		2	9	16	23	30
F		1	8	15	22	29	F		5	12	19	26		F		3	10	17	24	31
Sa		2	9	16	23	30	Sa		6	13	20	27		Sa		4	11	18	25	
Su		3	10	17	24	31	Su		7	14	21	28		Su		5	12	19	26	
June 2024							July 2024							August 2024						
M			3	10	17	24	M		1	8	15	22	29	M			5	12	19	26
Tu			4	11	18	25	Tu		2	9	16	23	30	Tu			6	13	20	27
W			5	12	19	26	W		3	10	17	24	31	W			7	14	21	28
Th			6	13	20	27	Th		4	11	18	25		Th		1	8	15	22	29
F			7	14	21	28	F		5	12	19	27		F		2	9	16	23	30
Sa		1	8	15	22	29	Sa		6	13	20	27		Sa		3	10	17	24	31
Su		2	9	16	23	30	Su		7	14	21	28		Su		4	11	18	25	

Key:

	School Holiday
	Bank Holiday
	Term Time
	Inset Days

Term dates summary:

Term 1: 04 September – 20 October 2023 (35 days)
Term 2: 30 October – 15 December 2023 (35 days)
Term 3: 02 January – 9 February 2024 (29 days)
Term 4: 19 February – 28 March 2024 (29 days)
Term 5: 15 April – 24 May 2024 (29 days)
Term 6: 03 June – 24 July 2024 (38 days) **TOTAL = 195**

Bank and public holidays 2023/24

Christmas Day Bank Holiday	25 December 2023	Easter Monday	01 April 2024
Boxing Day Bank Holiday	26 December 2023	May Day Bank Holiday	06 May 2024
New Year's Day Holiday	01 January 2024	Spring Bank Holiday	27 May 2024
Good Friday	29 March 2024	Summer Bank Holiday	26 August 2024

Academy, Free Schools, Foundation & Voluntary Aided schools can set their own term dates and may differ from ours. Please check with the individual schools for their term dates.

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND



- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT



- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



NOS National Online Safety®
#WakeUpWednesday

I.G Sports Coaching Ltd

FREE Football!

11-16 Years Old

Wednesday 5th

Thursday 13th

10:00am - 2:00pm

In Partnership With

sasp 
Somerset Activity & Sports Partnership



Turn Up & Play!



Venue

Selwood Academy

3G Pitch,

Berkley Rd, BA11 2EF

***All players must wear firm
ground, moulded studs.***

