

# SELWOOD ACADEMY NEWSLETTER

Friday 13th October 2023 | Issue No. 3 2023/24



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## DATES FOR THE DIARY

**19th Oct** - Harvest Festival

**19th Oct** - Les Misérables trip

**20th Oct** - War memorial shine trip

**20th Oct** - Year 5 & 7 photos

**30th Oct** - Start of term 2

**2nd Nov** - Year 7 coffee morning

**8th Nov** - Phonics coffee morning

Just a reminder that year 5&7 will be having their photos taken on Friday 20th October.

[Please view the letter here.](#)

### Appointments

If your child has an upcoming appointment that requires them to come in later or be picked up early, please be sure to inform the attendance team in advance on the following email address:  
[selwood.attendance@selwood-academy.co.uk](mailto:selwood.attendance@selwood-academy.co.uk)

### Awards evening

On Wednesday 27th September 2023 we held our annual Awards Evening. This was a fantastic opportunity to celebrate all the hard work and efforts of our most deserving children whilst also recognising the hard work and dedication of our staff. A thoroughly enjoyable evening was had by all!

### 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 site, it can be very difficult to get forgotten items and messages to children throughout the day.

Selwood Academy use a biometric till system to allow ease at the point of sale in the kitchen. For more information please see the [FAQ's](#) on our website. To give consent for your child to use the biometric system please complete the form: <https://forms.gle/4pjeH8bZtx9MsvgvHA>

# REMINDERS



## **Mild Illnesses and School Attendance – Communication from the Department for Education:**

We have received the following communication from the Department for Education regarding mild illnesses and school attendance:

"We are aware that the COVID-19 pandemic may have caused some parents to feel less confident with assessing whether their child is well enough to be in school so we have laid out some information which we hope you will find helpful.

*It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat.*

*However, children should not be sent to school if they have a temperature of 38°C or above.*

*For further information please view the **NHS 'Is my child too ill for school?'** guidance via this link [www.nhs.uk/live-well/is-my-child-too-ill-for-school/](https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/)*

**Please note: If your child is unwell for more than one consecutive day, we ask that you please call the attendance line each morning that they will not be present in school.**

**Thank you for your support.**

## **Parent & Carer Coffee Mornings**

We hold regular Coffee Mornings for parents and carers across the year. These are a chance to chat to staff and other parents whilst enjoying a cuppa and a biscuit. Please do come along if you can. They are held in the Library at 11.15am on the following dates:

13 Oct - Year 6

2 Nov - Year 7

8 Nov – Year 5 Phonics

20 Nov - Year 8

11 Dec - SEND

15 Jan - Year 5

31 Jan - Year 6

6 Feb - SEND

5 Mar - Year 7

21 Mar - Year 8

19 Apr - Year 6

17 May - Year 5

24 May - SEND

# REMINDERS & MATILDA CAST

## PARKING

Please can we remind parents to park considerately when dropping off, or picking up your children. We have an arrangement with Frome Town Football Club to use their car park at school drop off and pick up times. Pupils can then walk to the crossing and cross safely into school. Please also do not use the bus loop when it is obviously full. It is also not safe or sensible to wait on the main road until it is free because this is causing cars to back up on a main road.

Please be considerate of others, it is not acceptable to abuse staff or members of the public in trying to keep all safe. Please can we ask that if you see anything that concerns you, that you report it via this link: <https://www.somerset.gov.uk/roads-and-transport/report-a-problem-on-the-road/> .

This will assist us greatly in trying to deal with this ongoing problem

Many thanks for your cooperation.

All clinics below are for the FLU Nasal spray vaccination and are walk ins  
(No appointment needed).

Thursday	26 October 2023	10:00 - 14:30	Frome Community Hospital, Enos Way, Frome BA11 2FH
Monday	18 December 2023	10:00 - 14:00	Frome Community Hospital, Enos Way, Frome BA11 2FH



## Introducing the Matilda Jr cast!

Well done to all pupils who auditioned for our school production, Matilda Jr. Unfortunately we could not give everyone a part but it was lovely to see so many taking part.

Rehearsals are now underway and we are looking forward to a fantastic show!

## MATHS



**Year 5** - We are looking finishing looking at rounding within 1,000,000 and moving on to negative numbers

**Year 6** - We have started looking at the four operations including factors, multiples, primes and square and cube numbers as well as methods for multiplication and division.

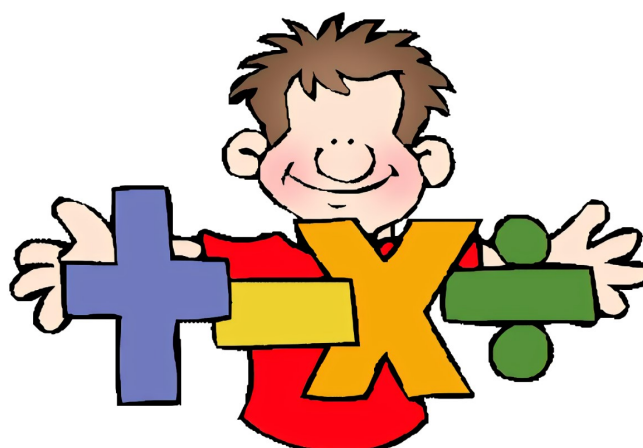
**Year 7** - We are finishing our block on Place Value which includes rounding to 1 significant figure and looking at positive and negative integers as powers of ten.

**Year 8** - We are moving on to our second unit on Area and Volume which includes the area of parallelograms and trapeziums and how to calculate the surface area of cuboids.

Parent Challenge Question:

**Can You Solve This?**

$$6 \div 2(1+2) =$$





# SUBJECT NEWS

## ENGLISH



**Year 5** - Will be learning about non-fiction writing and creating their own autobiographical pieces. Next term they will begin learning about story structure by studying a novel - these include 'Cloudbusting' by Malorie Blackman and 'Jamie' by LD Lapinski.

**Year 6** - Will be building on what they learned about non-fiction writing in Year 5 to create magazine pieces in different styles. Next half term they will be studying 'Windrush Child' by Benjamin Zephaniah, learning about the Windrush generation.

**Year 7** - Will be continuing their study of Oliver Twist looking at writing topic sentences and finding evidence to support their ideas.

**Year 8** - Will be continuing Sherlock Holmes, studying the stories 'A Scandal In Bohemia', 'The Red-Headed League' and 'The Blue Carbuncle'. They will be learning how to pick out effective quotations and structure an analytical paragraph.



On Monday the 2<sup>nd</sup> October, pupils in Year 5 and 6 were joined by Hayesdown's Year 4 pupils, for a visit from award-winning author Hannah Gold.

Hannah came by to talk about her new book 'Finding Bear', the sequel to the 'The Last Bear' (Waterstone's children's book of the year). She spoke about the inspiration behind her books, her journey to becoming an author and shared her love of the environment and polar bears with students. It was a fantastically inspiring event which ended with a book signing and a Q&A session with the author.

# SUBJECT NEWS

## ENGLISH



It's that time of year again where the English corridors are buzzing with excitement. Pupils in Year 7 and 8 have taken part in the National Book Trust's Bookbuzz programme which means that they each get to take home a book of their choice from a selection of 16 fantastic titles - all paid for by the school. We can't wait to hear what they think of their choices.

### Warner Bros Studio Tour visit:

English department at Selwood are delighted to offer pupils in Year 5 the opportunity to attend an educational session at Warner Bros studios - The Making of Harry Potter.

During the day, pupils will be given a lesson on creative writing from the team at Warner Bros Studios. This will also include the opportunity to discuss careers in the film and TV industry with professionals working at the studio.

Following their lesson, pupils will then be given a tour of the Making of Harry Potter exhibition at the studios before returning home.

The cost of the trip will be £38.52 and will include the cost of the day as well as the coach to and from London. Please pay on ParentPay by 31st October.

5E, 5F and 5L will have their visit on the 9<sup>th</sup> January.

5M, 5R and 5S will have their visit the following day on the 10<sup>th</sup> January.

The Harry Potter visits will run subject to take-up of tickets by students.

# SPORTS NEWS



Year 6 Sports Leaders helped with First School festival on Wednesday 27<sup>th</sup> September for Years 3 & 4 from Beckington, Rode and Hayesdown. The leaders helped coach dodgeball, end ball and multi sports. All the students and schools really enjoyed taking part, well done Year 6 Sports Leaders.



On Tuesday 26th September we took 4 of our year 6 pupils to participate in the Young Ambassadors Conference. The Young Ambassador programme aims to empower and inspire young people to become leaders through sport, helping to encourage their inactive peers to become hooked on sport. Back at school, Violet, Rufus, Tommy, and Beatrice are going to promote PE and school sport, promote the positive values of sport and increase participation. A massive congratulations to these 4 pupils for being such great role models for PE in school!



# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

### FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



### RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



### KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



### EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



### MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



### CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



### SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



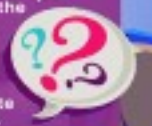
### TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



### ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



### FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



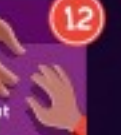
### BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



### IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



### Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



**National Online Safety**

#WakeUpWednesday

<https://www.nos.org.uk> | <https://www.nos.org.uk/helping-your-child-with-upsetting-content> | <https://www.nos.org.uk/parents-can-talk-your-child-about-what-they-see>



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Book online at [wellscathedral.org.uk/holidays](http://wellscathedral.org.uk/holidays)



## Threads through Creation

October 2023

**Creative workshops for children inspired by the stunning 'Threads through Creation' exhibition. Take time to see the wonderful, supersized fabric panels before your craft session; pick up a free family trail leaflet and explore the kaleidoscope of colours, shapes, patterns – and of course many, many different creatures!**

**Felted Worlds** Monday 23 October\*

Make a mini felted Earth to hang at home, complete with your message for a better world.

**Spectacular Spirals** Tuesday 24 October\*

Take inspiration from spirals in the exhibition and in nature. Try circular weaving or create a snazzy snake mobile.

**Fabric Creations** Wednesday 25 October\*

Stitch a mini textile panel or use fabric and glue to create a colourful creature collage.

\*Sessions at 10.00 a.m., 11.15 a.m., and 2.00 p.m.

## Scan to book:

Or drop in on the day (subject to availability)

£2.15 per child / £1.10 if eligible for free school meals; Accompanying adults FREE

Please note that Children must be accompanied by a responsible adult and no dogs are allowed at family activities.

