

# SELWOOD ACADEMY NEWSLETTER



## DIARY DATES

### September

19<sup>th</sup> - Year 5 Coffee Morning - 11.15am

24<sup>th</sup> - Awards Evening - 6-7pm

25<sup>th</sup> - Year 7 Living Rainforest Trip

26<sup>th</sup> Macmillan Coffee Morning

### October

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> - Year 5 Mendip Adventure Days

2<sup>nd</sup> - Year 7 Coffee Morning - 11.15 am

3<sup>rd</sup> - Bath Literature Trip

## PAYMENT DEADLINES

- Year 7 Starlight Express Trip – **23rd September**
- Sicily Trip Deposit - **6<sup>th</sup> October**
- Ski Trip 2026 Balance – **7<sup>th</sup> November**

19<sup>th</sup> September 2025 - Issue 1

## IN THIS EDITION

- Reminders
- Recent Events
- School News
- Useful info

## REMINDERS

### FORGOTTEN ITEMS

Polite reminder to ensure that your 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 their forgotten items and messages to children throughout the day.

### EMAILING THE SCHOOL - KEY INFORMATION

When emailing the school regarding your child, please remember to include their full name and tutor group. This will help us process your request or enquiry more efficiently and ensure a quicker response.

### YEAR 5&7 PHOTOGRAPHS

Photographs for Year 5 and 7 are scheduled for **Friday 17<sup>th</sup> October**.

# REMINDERS

## FINGERPRINT PERMISSION

If you haven't yet given permission for your child's fingerprint to be registered and would like to do so, please complete the form via the link below to give your consent.

[Biometric Consent Form](#)

You can also find a Biometrics FAQ document to read on our website using the link below.

[Biometrics FAQ Document](#)

## PARENT PAY

Thank you to the 96% of parents/carers who have set up their ParentPay accounts. Your support in using ParentPay helps us to manage the school income efficiently and provides you with a worry-free, convenient way to pay for items. If you haven't yet set up your account yet please see the email which has been sent to you detailing the activation codes that you need.

## PUPIL SCHOOL EQUIPMENT

Part of being well organised means bringing all of the equipment needed for the school day. It is important to check the timetable and ensure that the correct equipment for the next day is all packed the night before. Your child will need:

### **Mandatory equipment:**

Pens - 2 blue and 2 black ink

A pencil, ruler, sharpener and eraser

Reading book - we encourage reading at every opportunity

### **Suggested equipment:**

Glue stick

Whiteboard pen

A set of colouring pencils

Sensible bag, ideally a rucksack with two shoulder straps so that the load can be spread evenly. We recommend that PE kit is brought in a separate bag.

# SCHOOL NEWS

## ATTENDANCE MATTERS

All pupils are expected to attend school daily (when the school is in session) unless there is an unavoidable cause. We do all we can to encourage pupils to attend by putting in place appropriate procedures. We believe that the most important factor in promoting good attendance is development of positive attitudes towards school. We will reward those pupils whose attendance is very good. Good attendance is vital to a good education and we rely on a parent's support in this matter to fulfil a child's potential.

## REPORTING YOUR CHILD'S ABSENCE

Parents and carers must inform the Academy of their child's absence **before 8:30am** by either calling the **absence line on 01373 468615** and leaving a message, or emailing **[selwood.attendance@selwood-academy.co.uk](mailto:selwood.attendance@selwood-academy.co.uk)**

When reporting an absence please include the following information:

**Child's full name**

**Tutor group**

**A specific reason for the absence and not just 'unwell' or 'under the weather'**

If the absence is known in advance (e.g. for a medical appointment) a message, email or note may be given to the Attendance Officer beforehand.

If no contact is made on the day of absence, the Attendance Officer will attempt to contact the first listed number by phone, email, or text. If there is no response, all other listed contact numbers will be contacted. A home visit will take place should there be a number of days absence without a parent or carer contacting the Academy.

## HOW TO PREPARE FOR SCHOOL THE NIGHT BEFORE

Get uniform out ready

Make sure all homework is complete

Prepare lunch

Pack school bag

Set an alarm

Consider reading a book to unwind before bed

Get a good nights sleep

Our attendance policy can be found on our website using the link below  
[Policies](#)

# SCHOOL NEWS

## Maths Update

The new school year is off to a great start, and all pupils are already diving into some challenging mathematical concepts. Here's a quick look at what each year group is focusing on:

- Year 5 have kicked off the year by exploring geometry, including the concepts of translation (moving a shape) and reflection (flipping a shape over a mirror line).
- Year 6 are mastering the place value of numbers, which is crucial for understanding how our number system works. They have also completed their first Pixl assessments this week as preparation for their Year 6 SATs begin.
- Year 7 are tackling the fundamentals of algebra, with a key focus on understanding equality and equivalence.
- Year 8 are delving into the world of ratio, learning how to compare quantities and solve problems involving proportions.

## PARENT CHALLENGE QUESTION!

For a fun challenge, see if you can solve this Year 8-style problem:

A recipe for fruit salad uses apples, grapes, and bananas in a ratio of 3:4:2. If a chef uses 12 grapes, how many apples and bananas does he need?

Happy problem-solving!



## Frome in Bloom

Selwood recently won the gold trophy for schools and Colleges in Frome in Bloom! Thanks to Rachel Dahl and Chris Wilkinson for their contribution around the grounds and garden areas of Selwood Academy.





# RECENT EVENTS

## Creative Festival

On the 16th of July, we celebrated our Creative Arts Festival. It was a wonderful fun filled evening with music, drama, art, and dance.

A huge thank you to all our talented pupils for their hard work and incredible performances, and to everyone who came along to support them.

We hope you all had a fantastic evening!



## Computer Recycling

Following a computer system upgrade during the summer, Selwood Academy were able to donate 60 computers and screens to the ITSA Digital Trust, a computer recycling charity who are helping to reduce the digital divide across Africa and the UK.



## Year 8 Leavers Service

On Thursday 17th July, our Year 8 pupils shared some beautiful poetry and heartfelt memories.

They have been a truly wonderful year group, and they will be greatly missed. Thank you to everyone who attended the service.



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](#)



# SAVE THE DATE

# CHRISTMAS FAIR



5TH

DECEMBER 2025

5PM – 7PM



TO BOOK A STALL EMAIL  
[SELWOODPTA@SELWOOD-ACADEMY.CO.UK](mailto:SELWOODPTA@SELWOOD-ACADEMY.CO.UK)



**SELWOOD ACADEMY**

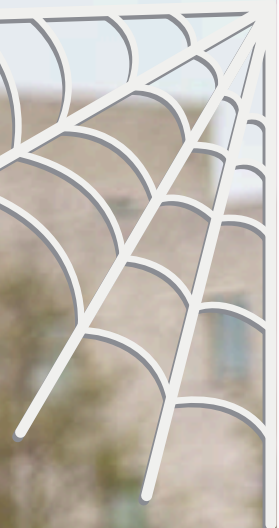
**PTA**

**LOOKING FOR  
NEW COMMITTEE  
MEMBERS**



**JOIN OUR TEAM**

**[SelwoodPTA@selwood-academy.co.uk](mailto:SelwoodPTA@selwood-academy.co.uk)**



# preMier

# holiday clubs

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



**Book today**  
[premier-education.com](https://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.

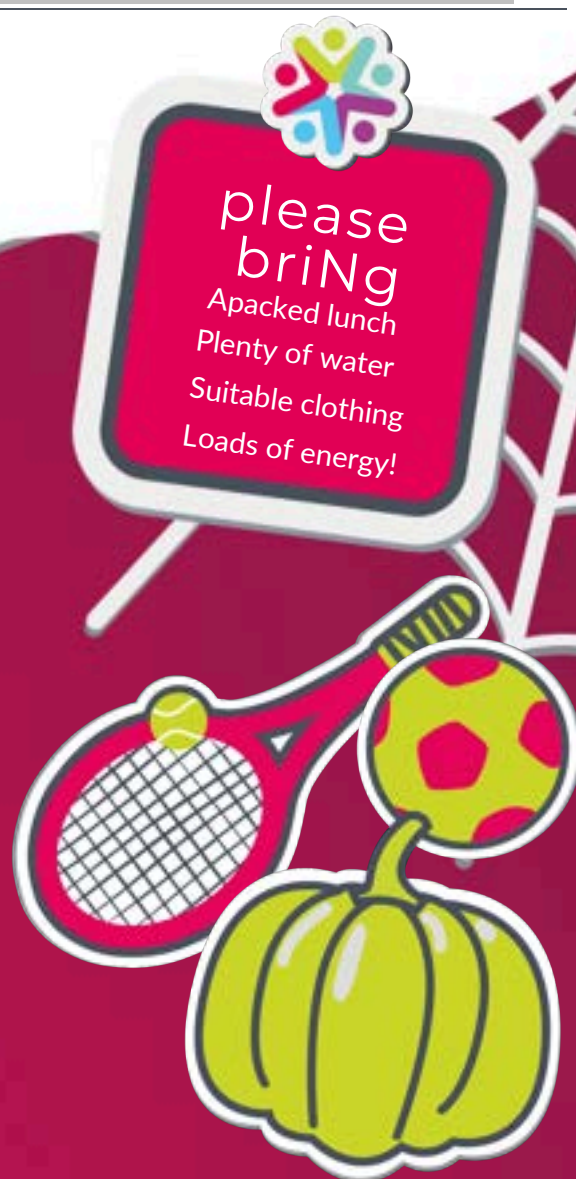
**Book now** for an unforgettable half-term!

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



# Creatively Calm

Well-being sessions for parent carers

*Mindful creative activities to strengthen well-being, emotional resilience & promote a sense of calm*

We're offering two new Creatively Calm sessions designed to support the well-being of parent carers through mindful, creative activities. Led by Abi Brown, holistic practitioner, clinical aromatherapist, and one of our brilliant parent reps. These sessions offer a gentle space to recharge, reflect, and reconnect.

## **Aromatherapy**

Learn about the botanical origins and properties of essential oils, and how they can be used to strengthen emotional well-being, promote a sense of calm, and support your ability to cope. You'll have the opportunity to explore a range of essential oils and create a personal oil blend and pocket-sized applicator.

**Frome:** Tuesday 23<sup>rd</sup> September @ 10:00 to 11:30

**Glastonbury:** Tuesday 30<sup>th</sup> September @ 11:00 to 12:30

**Yeovil:** Friday 10<sup>th</sup> October @ 10:00 to 11:30

**Taunton:** Thursday 16<sup>th</sup> October @ 11:00 to 12:30



There is a small charge of £5 per session.

If this is a barrier to you attending, please don't hesitate to message us, we want these sessions to be accessible to all parent carers.

Refreshments will be provided.

To book or find out more:

[somersetparentcarerforum.org.uk/home/events/workshops-and-information-days](https://somersetparentcarerforum.org.uk/home/events/workshops-and-information-days)



# 10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Returning to school after the summer holidays can be both exciting and daunting for children of all ages. Different routines, classes, schools, and academic pressures can cause anxiety or uncertainty. Parents play a vital role in easing this transition. This guide will help you support your child emotionally, mentally, and practically as they return to school.

## 1 RE-ESTABLISH ROUTINES



Gradually shift back to school-time routines a week or two before term starts. Regular bedtimes, wake-up times, and mealtimes can help children feel more secure and reduce the shock of change when school begins. Having a routine creates predictability and stability, helping to reduce anxiety while improving sleep and concentration.

## 2 TALK ABOUT FEELINGS



Encourage open conversations with children about their feelings. Ask them how they feel about returning to school, such as what they're looking forward to and anything they might be feeling unsure or worried about. Validating their emotions can help reduce anxiety and show them it's okay to talk about their emotional wellbeing.

## 3 SUPPORT WITH SLEEP



Children need adequate sleep for concentration, brain function, memory, and emotional regulation. Establish a wind-down routine without screens at least an hour before bed, and encourage relaxing activities like reading or listening to calming music.

## 4 LOOK OUT FOR SIGNS



Some children hide their anxiety. Watch for changes in their behaviour, such as withdrawal, stomach aches, and irritability. If worries persist, speak with their teacher or the pastoral team early to ensure your child receives support.

## 5 REFRESH SOCIAL CONNECTIONS



Help children reconnect with school friends by arranging playdates or video chats in the week before school starts. Familiar faces and social interactions help the transition and provide emotional comfort on that first day back.

## 6 CREATE A CALM MORNING



Mornings set the tone for the day. Plan ahead with a consistent morning routine that allows time for breakfast, getting dressed, and talking calmly about the day. Avoid last-minute rushing to reduce stress for everyone.

## 7 FOCUS ON POSITIVES



Talk about the fun and interesting parts of school - seeing friends, favourite subjects, or exciting activities. One simple but powerful change parents can make is swapping "How's your day been?" for "What's been good about your day?" This invites more of a positive, open response. Focusing on positives can help shift children's anxious thoughts and reframe school as a safe and engaging place.

## 8 VISIT OR VISUALISE SCHOOL



If possible, encourage visits to the school grounds before the first day, especially if it's a new school. Walking the route or even looking at photos of classrooms and teachers can make the environment feel familiar. The school website is always a great go-to place for this. This is particularly helpful for younger children or those with additional needs.

## 9 PLAN AHEAD TOGETHER



Involve children in preparing for school - buying supplies, packing their bag, or choosing lunch options. This gives them a sense of control and builds excitement. Use checklists or calendars to prepare together, helping reduce last-minute stress.

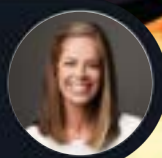
## 10 STAY POSITIVE AND PRESENT



Children pick up on your outlook. Stay calm, positive, and present, especially during drop-offs. Avoid lingering goodbyes, and let them know you'll be there at pick-up. A consistent, reassuring presence builds their confidence and resilience.

## Meet Our Expert

This guide was created by Jo Morton-Brown, an Emotional Health Practitioner with nearly 15 years' experience supporting children and young people's mental health. She produces uplifting YouTube content for pupils and trains adults to better support young people's wellbeing, with a mission to help every child feel valued and understand their emotions.



**WakeUp  
Wednesday**

The  
National  
College



# 10 Top Tips for Parents and Educators

## RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

### 1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

### 2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

### 3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

### 4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

### 5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

### 6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

### 7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

### 8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

### 9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

### 10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

## Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.

