

# SELWOOD ACADEMY NEWSLETTER

17th December 2024 Issue 6



## DIARY DATES

### DECEMBER 2024

18th - Christmas Jumper Day & Christmas Lunch

19th - Carol Service at Christ Church 7pm

20th - End of term - finish 12.05pm

### JANUARY 2025

6th - Welcome Back! Start of term - Week 2

7th, 8th, 9th January - Year 5 Harry Potter Trip

13th - Year 5 Coffee Morning

## PAYMENT DEADLINES

- Year 5 Paris Trip 2025  
Payment 4 - **6th January**
- Year 7 Paris Trip 2025  
Payment 4 - **6th January**

**MERRY  
CHRISTMAS**

## IN THIS EDITION

- Creative Arts
- Sports News
- Recent Events
- Christmas Events
- Thank you - Raffle
- Useful info

## REMINDERS

### CHRISTMAS LUNCH & JUMPER DAY

If you have not booked a Christmas Lunch for your child, they will need to bring in a packed lunch. There will be no other meal options available on this day. Pupils are invited to swap their blue jumper for a Christmas jumper if they wish.

### AFTER SCHOOL CLUBS & WRAP AROUND CARE

There will be no after school clubs this week, except Year 7 Roller Skating. **Premier Education** will still be running their wrap around sessions this week, except for Friday evening due to the early finish at 12.05pm.

### LAST DAY OF TERM

On Friday 20th December pupils will finish early at 12.05pm. If your child receives Free School Meals, they will be able to use their allowance at break time on this day. School transport are aware of the early finish and will provide services at this time.

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# SELWOOD ACADEMY NEWSLETTER

## REMINDERS CONTINUED...

### RECEPTION SHORT CLOSURE - 19TH DECEMBER

Our reception will be closed briefly on Thursday 19th December between 12pm and 1pm. Please leave a message and we will get back to you. If you have an urgent query please email us on [selwoodacademy@selwood-academy.co.uk](mailto:selwoodacademy@selwood-academy.co.uk) which will be checked regularly.

Thank you for your understanding.

### YEAR 7 ICELAND 2026 PROPOSED TRIP DEADLINE

The expression of interest form for the Year 7 Iceland Trip 2026 closes on Friday 20th December, this is an exciting new opportunity to develop your child's geographical knowledge and see some of the Earth's natural wonders.

<https://forms.gle/imp75XdZWfpcGDV7>

### BACK TO SCHOOL

We will return back to school after the Christmas break on Monday 6th January 2024.

**We will return on week 2.**

### 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.

### NEW LOOK NEWSLETTER

We hope you are enjoying our updated newsletter, if you have any feedback please share with us via email [selwoodacademy@selwood-academy.co.uk](mailto:selwoodacademy@selwood-academy.co.uk). We always welcome ideas and suggestions.

# CREATIVE ARTS

## ART

Year 6 Art students are looking at the Mexican festival 'Day of the Dead'. They started learning all about the festival and how it



compares to cultures celebrating this time of year. After their research they created their own skull linked to the festival and painted all the patterns, colours and the shapes used in Mexico during this Festival



## MUSIC

This term Year 6 have begun to look at the history of Western music and have started their journey in the Baroque Era.

They have learnt about key composers and developed their listening skills via a variety of Christmas themed Baroque music. For their practical element they have worked hard on their pianistic skills and have been learning to play an extract from Vivaldi's Four Seasons, 'Spring'. They have focused on using both hands to play the melody and the bass line and moving away from just using one finger!

## DRAMA

This term, Year 6 have been working really hard in Drama to develop their vocal and physical characterisation. Using The

Lion, The Witch and The Wardrobe as our stimulus, the children have portrayed a number of characters from the White Witch to animals such as the Beavers. As a challenge, their assessment task has been to portray the Pevensie children



transitioning back to children as they venture back through the wardrobe. This has required them to consider how their voice would change as well as their body language and expressions.





# SPORTS NEWS

## Year 7 & 8 Netball Vs Kingdown

We had our first home netball fixture at Selwood against Kingdown School. Both Year 7 and Year 8 teams played some excellent netball. Year 7's won 11-2 and Year 8's won 5-1. Player of the match for Year 7 was Alexa C and Player of the Match for Year 8 was Ava F. Well done to everyone involved!



## Year 7 & 8 Netball Vs Oakfield

On Wednesday 4th December, our Year 7 and our Year 8 Selwood Netball Teams played friendly netball matches against Oakfield Academy. Our Year 7 Netball teams played exceptionally well and they won 29-1 against Oakfield. Our Year 8 Netball teams played some great games but unfortunately lost 13-11 to Oakfield.



On 17th December we have arranged for Team Bath Netball Coaches to run a workshop for all the Selwood Netball Players, we are all excited to welcome them to our School



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# SPORTS NEWS

## Autumn Inter-form

Last month all of our pupils were given the opportunity to represent their tutor group in an active competitive event. They played against other tutor groups in their year. Their tutor helped them organise three different teams to participate in a friendly competition in Benchball, Netball and Tag rugby. Each team needed to be comprised of three girls and three boys with all competitions being seven a side. Players rotated so that everyone had the chance to shine. Results were not kept or published for year fives as this was a festival and an introduction to competition. However, year 6, 7 and 8 were competitive and scores were taken and recorded, but always with great sporting behaviour at the forefront. There was some great play in all sports with a great atmosphere amongst the players, we even had music to keep them motivated.



The overall results are below:

Year 6 overall winners: 6E with 59 points  
over the three sports

Year 7 overall winners: 7R with 42 points  
over the three sports

Year 8 overall winners: 8F with 40 points  
over the three sports.

Everyone had a great time and we are lucky that the school regards physical activity, social interaction & healthy competition an important part of our pupils' development. A special thank you to all our year 7 and 8 sports leaders who helped to officiate all the games, they did a fantastic job and are a credit to our school.

We look forward to our next inter-form competition in the spring, where we will be taking part in three different sports.  
Well done to all involved.

Mr Hershbein  
Head of PE.



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# SPORTS NEWS

## Selwood Rugby Success

Our year 7 and 8 rugby teams have been training superbly this year, supported by Paul Lovett from Frome Rugby club, their confidence and skills have improved. I have been really impressed by their commitment in all weathers. Recently Kingdown School came to Selwood for a rugby fixture against our eager year 8's. Sadly, they couldn't bring a year 7 team so our year 7's played a match against each other. Even though they were playing their



friends, you wouldn't have known it seeing some of the tackles they were putting in! Kingdown brought a strong year 8 team. We had beaten them earlier in the term, but this was a much stronger side and put us to the test.

We started strongly with some great tackling and running, a nice passing move was finished off by Aidan who scored. With our backs Oli A, Noah, Dennis and Leo all looking good, Aidan broke free again to put

us two tries up. This was backed up by commanding forward play by Riley, Tristan, Oliver A-A, Laurence, Henry, and Jake. However, Kingdown had some very fast backs and one broke away to make it 2 tries to 1. Just before half time, we broke away again with a lovely off load from Noah to Aidan who finished it off, however it was disallowed due to a knock on in the build up. The score was 10-5 at half time. For the second half Archie came on for his first game for the school, Heath also came on and both did well. We were under a lot of pressure and Kingdown were dominating the ball. We conceded a try due to their constant pressure and we went 10-12 down. The conditions were tough and both sides were finding handling the ball hard. Their fast players were causing us problems and on two occasions Leon produced fantastic try saving tackles from full back. With only a minute to go Riley and Oliver, supported by



other players, managed to keep driving the ball forwards. With the last play of the game, Riley scrambled the ball over the line for the match winning try. The final score was 15-12. The boys deserve huge praise for their efforts and attitude. Keep up the good work and we look forward to more matches in the new year.



# RECENT EVENTS



## Year 5 Nativity

Our Year 5 pupils recently performed in their Nativity, and what a great night it was! Well done to everyone involved, the children were wonderful and we are all so proud of them!

A special thank you to Sainsburys and Lidl in Frome for providing the mince pies and mulled wine!



## Harvest

Fair Frome have recently wrote to us to thank the parents and pupils for their amazing harvest donation of 162.93 kg. They said "your generosity is very much appreciated by us and enables us to run the Fair Frome food bank and continue our work to reach and support those in need in the town."





# RECENT EVENTS

## Christmas Fair

We had a great time at our Christmas Fair on the 6th December! Thank you to everyone who made it possible, including our local businesses who donated raffle prizes, stallholders, pupils, parents, and staff.



We raised an amazing **£2066.80** in vital funds for our school and we couldn't have done it without all of your support!

The student stalls raised in excess of £900 alone. What an effort! Two stalls raised £140 and £100 on their own.

Therefore special mentions must go to Blaize & Jack in 6S and Alex, Jacob, Noah & Jack IN 5M respectively.

We hope you all had a wonderful time!



## Pantomime



On the 5th December, M&M Theatrical Productions visited Selwood Academy to perform their pantomime, 'Cinderella'. This was a fantastic opportunity for pupils to see a piece of live theatre without leaving school and watch how a professional theatre company works. Pupils enjoyed a professional pantomime, complete with set, lights, sound effects and costumes and it looked like they all had an amazing time!

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# THANK YOU

A big thank you to our amazing local businesses for their generous donations towards our Christmas Fair Raffle. Their amazing support helped us to raise vital funds for our school and we all had lots of fun in the process!

**Well done to all of the raffle winners!**

**COOPER  
AND  
TANNER**

Frome Lettings Department  
Abi & Laura



**Boots**

**ASDA**



**HAYNES**  
MOTOR MUSEUM

**FLAWLESS**  
*By Laura Lenton*  
**HQ**

**cosmic  
monkey**

**Winstone's**  
love books, love reading

**I.G Sports Coaching**



**TROPIQUARIA  
ZOO**





# CHRISTMAS EVENTS



## Family Hangout Xmas Party!!

Huge Lightbox Art - Free Arts & Crafts - Badge Making  
Xmas Disco Classics - Xmas Loon Treasure Hunt  
Grinch Corner for Naughty Elves - Food from 1pm  
Take a break from the madness of Xmas Shopping!



**SATURDAY DECEMBER 21<sup>ST</sup>**  
**BOOK A FREE TICKET**  
**TO GUARANTEE ENTRY**

23 BATH ST, FROME. 1PM TIL 7PM

TICKETS  
SKIDDLE.COM







You are cordially invited to our

*Christmas  
Carol Service*

**Thursday 19th December  
Christchurch, Frome  
7pm**



**"Let your light shine before others"**

Matthew 5: 14





# Winter Wonders: Arts and Crafts

## Frome | December

Top line

Fun and festive arts and crafts for  
children (and their grownups!)

Wednesday 18th December  
3.30pm – 5.30pm | 1 session

\*Please see  
our website  
for eligibility  
information

Scan the  
QR code  
to sign  
up



Book online, or call us

sslcourses.co.uk 0330 332 7997

# USEFUL INFORMATION

## Westbury Winter Railway Closure

### What's happening?

From Xmas Eve night until the early hours of Friday 24 January, Network Rail is replacing track and upgrading signals to the immediate south of Westbury station. Some minor station improvements are also being planned for this period, as well as repairs to the station roof following the recent storm.

### What does it mean for train travel?

From 27 December until 23 January there will be no trains running between Westbury, Frome and Yeovil Junction and Yeovil Pen Mill, Salisbury, Trowbridge and Chippenham. Train services are due to resume on Friday 24 January. Bus replacement services will be in operation during the closure of the railway.

### Where can I find out more/get hold of maps, graphics and other resources?

There is a toolkit at the bottom of the dedicated webpage at  
[www.networkrail.co.uk/westbury](http://www.networkrail.co.uk/westbury)

Please check before you travel during this period: [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or  
[www.GWR.com/upgrade](http://www.GWR.com/upgrade)



## Westbury area track renewals

**Friday 27 December 2024 to  
Thursday 23 January 2025**

Replacement buses are planned  
between Westbury and:

- Trowbridge
- Frome
- Salisbury
- Chippenham

Trains between Reading and Taunton  
will stop at Frome instead



**GWR.com/Wessex**

**GWR**

**NetworkRail**

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# COPING AT CHRISTMAS

The Added Pressures of Christmas can be Tough, but it's Important to know there's always Someone you can Talk to...



111 online

Call 111 & select option 2 to speak to the NHS Mental Health Crisis Response Service 24/7

[Nhs.uk/mental-health](https://www.nhs.uk/mental-health)

PAPYRUS

Under 35s can Call 0800 068 4141, Text: 88247 or Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) 24/7

[Papyrus-uk.org](https://www.papyrus-uk.org)

SAMARITANS

Call 116 123 to talk to Samaritans, or email: [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours

[Samaritans.org](https://www.samaritans.org)



Call MIND's Mental Health Helpline 24 hours a day, 7 days a week on 0800 414 8247

[Mind.org.uk](https://www.mind.org.uk)

shout  
85258

Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19

[Giveusashout.org](https://www.giveusashout.org)



Mental Health Forum & Chat for Men from 5pm - midnight every day Call or Whatsapp 0800 585858

[Thecalmzone.net](https://www.thecalmzone.net)

[ChristmasCountdown.uk](https://www.ChristmasCountdown.uk)



## Option Subjects Information Evening

All Current Year 8 Students and Parents are Invited to Explore the Optional Subjects Available for Year 9 Start September 2025

Date: Thursday, 30 January 2025

Presentation Times: 17:30 and 18:30

Location: Merlin Theatre

Find out about:

Available option subjects   Detailed subject information   Application process

For more information email [WDay@fromecollege.org.uk](mailto:WDay@fromecollege.org.uk)



# What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

## WHAT ARE THE RISKS?

### QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

### PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

### DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

### LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

### DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

### IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

## Advice for Parents & Educators

### CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

### READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

### SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

### ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>



# 10 Top Tips for Parents and Educators SAFETY OVER THE FESTIVE SEASON.

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

## 1 MONITOR DIGITAL ACTIVITY

Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Balancing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

## 2 PRACTICE FIRE SAFETY PROTOCOLS

The incidence of house fires increases during Christmas due to greater use of candles, cookers and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

## 3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

## 4 BEWARE OF ALLERGIES

Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labelling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations.

## 5 PREVENT THE SPREAD OF ILLNESS

Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

## 6 STAY VIGILANT ON THE ROAD

Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

## 7 MAINTAIN SAFE DECORATIONS

Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce risks.

## 8 SET BOUNDARIES FOR GIFTS

Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

## 9 ADDRESS STRESS & FATIGUE

Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

## 10 DRINK RESPONSIBLY

Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front of children ensures that celebrations remain positive and secure.

## Meet Our Expert

James Whelan is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/safety-over-the-festive-season>