# SELWOOD ACADEMY NEWSLETTER

31st January 2025 Issue 8

## DIARY DATES

FEBRUARY 2025

1st - Ski Trip (returning 8th Feb)

7th - Pre-loved uniform sale - Reception 3.00pm - 3.30pm

11th - SEND Coffee Morning - Library 11.15am

13th - Year 6 Parents Meeting - Online 3.30pm - 7.00pm

14th - End of Term 3

## PAYMENT DEADLINES

- Year 8 Battlefield Trip - Payment 3 - **31st January**
- Year 6 Portsmouth Historic Dockyards Trip - **28th March**
- School Production Cast Contribution - **29th March**

## IN THIS EDITION


- Sports News
- Creative Arts
- Recent Events
- Easter Bingo
- Wizard of Oz
- Useful info


## REMINDERS

### PUPIL LUNCH ACCOUNTS - PARENTPAY

Please ensure your that child's lunch account is topped up in good time. To help manage balances more easily, ParentPay offers an email alert feature which will notify you when the balance falls below a certain amount. Details of how to set up the alert are below.

- Log into your ParentPay account and click on the "Communication" tab.
- Select "Alert Settings."
- Under "Balance Alert," enter the amount.
- Tick the email notification box and click "Save."

This will help you stay on top of the account balance and avoid any disruption.

### LATE ARRIVALS

A polite reminder that If your child arrives to school after 8.45am, they must report directly to the Compass Centre in order to register before going to join their first lesson.

### END OF TERM 3

The last day of term will be Friday 14th February. Term 4 will begin on **Monday 24th February** and we will return on **WEEK 2**


SELWOOD ACADEMY, BERKLEY ROAD, FROME, BA11 2EF 01373 462798
HTTPS://SELWOOD.SOMERSET.SCH.UK/
CLICK TO FOLLOW OUR SOCIAL MEDIA: FACEBOOK & INSTAGRAM

# SPORTS NEWS

## Indoor Athletics Event

Last week, 26 Year 6 pupils took part in an indoor athletics event at Frome Leisure Centre. The event featured a variety of challenges organised by Frome College pupils, including indoor javelin, hurdles, shot put, long jump, skipping, target throwing, and more.



The pupils performed wonderfully, demonstrating great potential, with fantastic attitudes and behaviour throughout and everyone left with a smile on their face! Well done to everyone that took part!





# CREATIVE ARTS

## Music

Pupils have been working on furthering their music history knowledge by focusing on Western Music from the 20th Century. Pupils have built on their knowledge from Year 7 and have been studying music from the 1970s, 1980s, 1990s, 2000s and 2010s. We have listened and analysed a variety of artists including T-Rex, The Bee Gees, Queen, Air Supply, The Verve, Steps, Spice Girls, Beyonce, Linkin Park and David Guetta to name but a few. We have talked about the impact of technology on the music industry with development of CDs, Downloads and streaming services along with the likes of the evolution of music videos and MTV.

## Art

Pupils have just completed their Surface Pattern Unit where they explored print, photography and collage. Pupils in Year 8 did some printing work inspired by William Morris. Photos of the prints were then sent to Ilona Drew from the company IDrewThis, and she selected some of her favourite pieces to be displayed on her social media pages.










This term we are focused on using pen creating high level eye drawing exploring expression, using contour hatching. Pupils who attend Art Club will be gathering information about the Black Swan Open Competition to enter their best pieces and will be supporting the school by painting the stage sets for the school production of the Wizard of Oz.

# CREATIVE ARTS

## Drama

This term's focus in Drama has been style and staging. In Year 8, the pupils are challenged to use Traverse Staging and they have learned all about the advantages and difficulties of this particular staging type. They have explored how set and props can be used as well as how actors can use the audience as part of a performance.





It has given them a good opportunity to work on their use of proxemics on stage and they have had to consider their audience a lot more.



In the coming weeks, the pupils will be applying their knowledge of Traverse staging to perform a scene from Arabian Nights using this staging type.

# RECENT EVENTS

## Year 7&8 Art Shine Trip - Tate Modern

On 17th January, a group of pupils from the Year 7 and Year 8 Art Club and some of our SHINE pupils had the wonderful opportunity to visit the Tate Modern Gallery in London.





Pupils were encouraged to explore the different exhibits independently, in small groups. During their time in the gallery, pupils had the opportunity to sketch, take notes and document their inspiration.

Visiting Galleries is a great way for children to extend their arts education outside the classroom. This trip was an exciting opportunity for pupils to explore one of the world's leading modern art galleries and engage with a wide range of inspiring work. It was a great day, thank you to everyone involved!



# RECENT EVENTS

## IET Challenge Day

Last week, 36 pupils from across Selwood, Oakfield and Avanti took part in the annual Institute of Engineering and Technology (IET) Faraday Challenge. This is a national challenge open to all pupils in year 8. They spent the morning hearing from volunteers from industry that were there to help judge the competition. The theme this year was sustainability and the pupils had to work together in teams as engineers where they had to create an innovative design that used batteries.





The teams had to project manage, keep to a budget, produce a prototype and give a 5 minute presentation on their design. All teams did amazingly well on the day and one team were commended for their work on using pulleys in their design - a tricky and risky move in the time allowed. A team from Selwood won the competition, with their design for a child's educational mobile and it has been put forward for regionals.

When all the scores are in, we'll know if we will be going through to the next event, so fingers crossed! It was a great day and well done to all of the teams!



# RECENT EVENTS

## Art Club - Black Swan Arts

During Art Club this week, a volunteer from Black Swan Arts came into school to talk about the Black Swan Open Exhibition. The competition is a brilliant opportunity to showcase the artistic talents of all young people aged between 8 and 19 years. For further details please see the following link https://www.blackswanarts.org.uk/whats-on/exhibitions/




## Drop Everthing And Read - (D.E.A.R)

We love to encourage our pupils to read more and D.E.A.R is a fun and engaging way to do this. Mrs Parker holds daily D.E.A.R sessions where she visits lessons and reads a short piece from a book. Reading can reduce stress and can have a beneficial impact on our mental wellbeing and we are very proud of committing to our D.E.A.R sessions and our library facilities here at Selwood.






***As Dr Seuss said..."The more that you read, the more things you will know. The more that you learn, the more places you'll go."***

# EASTER BINGO




Our Annual Easter Bingo will be held at the school on **Friday 21st March 2025** from **6pm.** Be sure to save the date and spread the word to your family and friends – it's going to be a fun filled evening for everyone to enjoy! Any donations of Easter Eggs, vouchers, and items for hampers would be greatly appreciated. All proceeds will go towards supporting projects that benefit our pupils in our school. We hope to see you there!

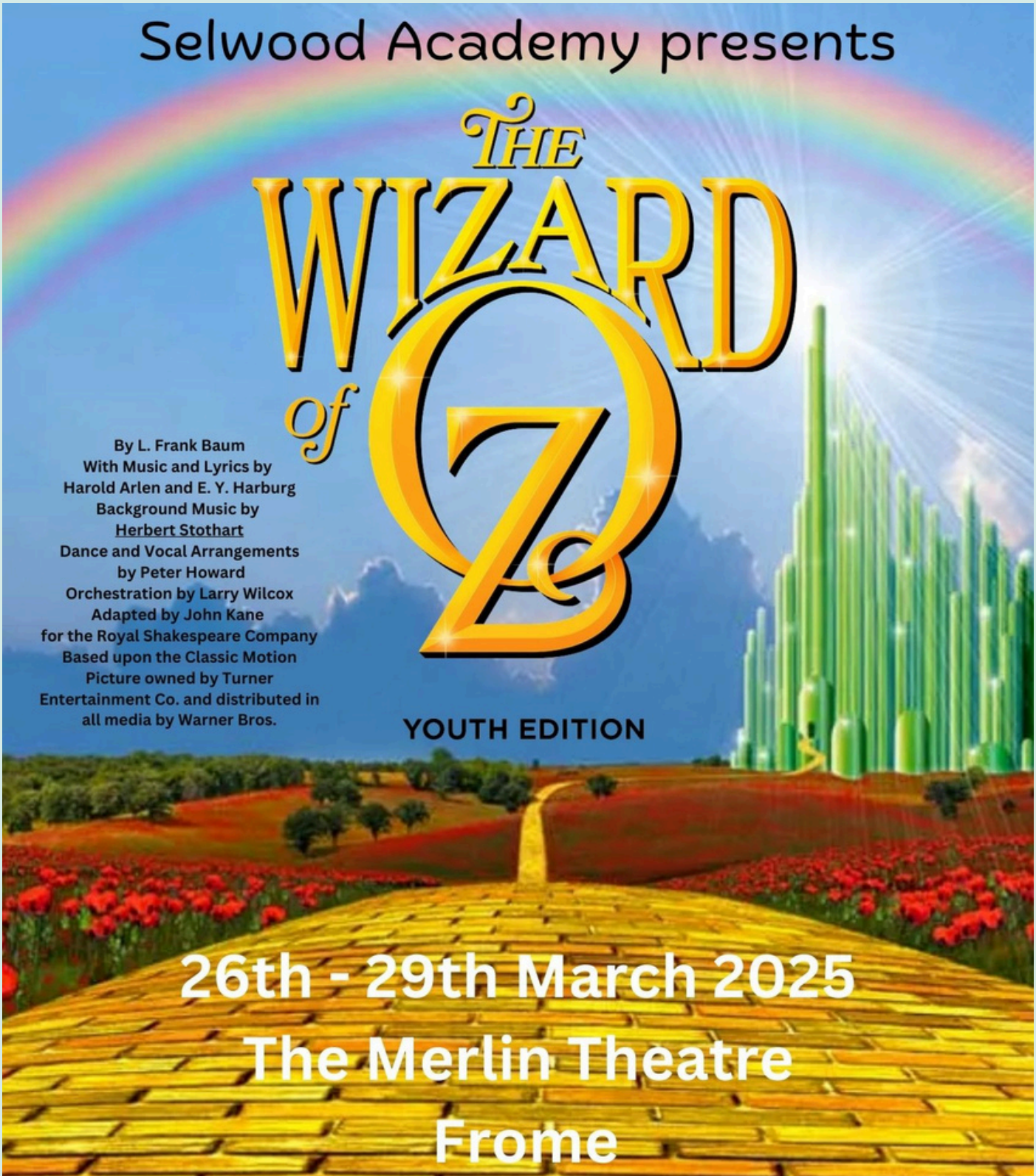


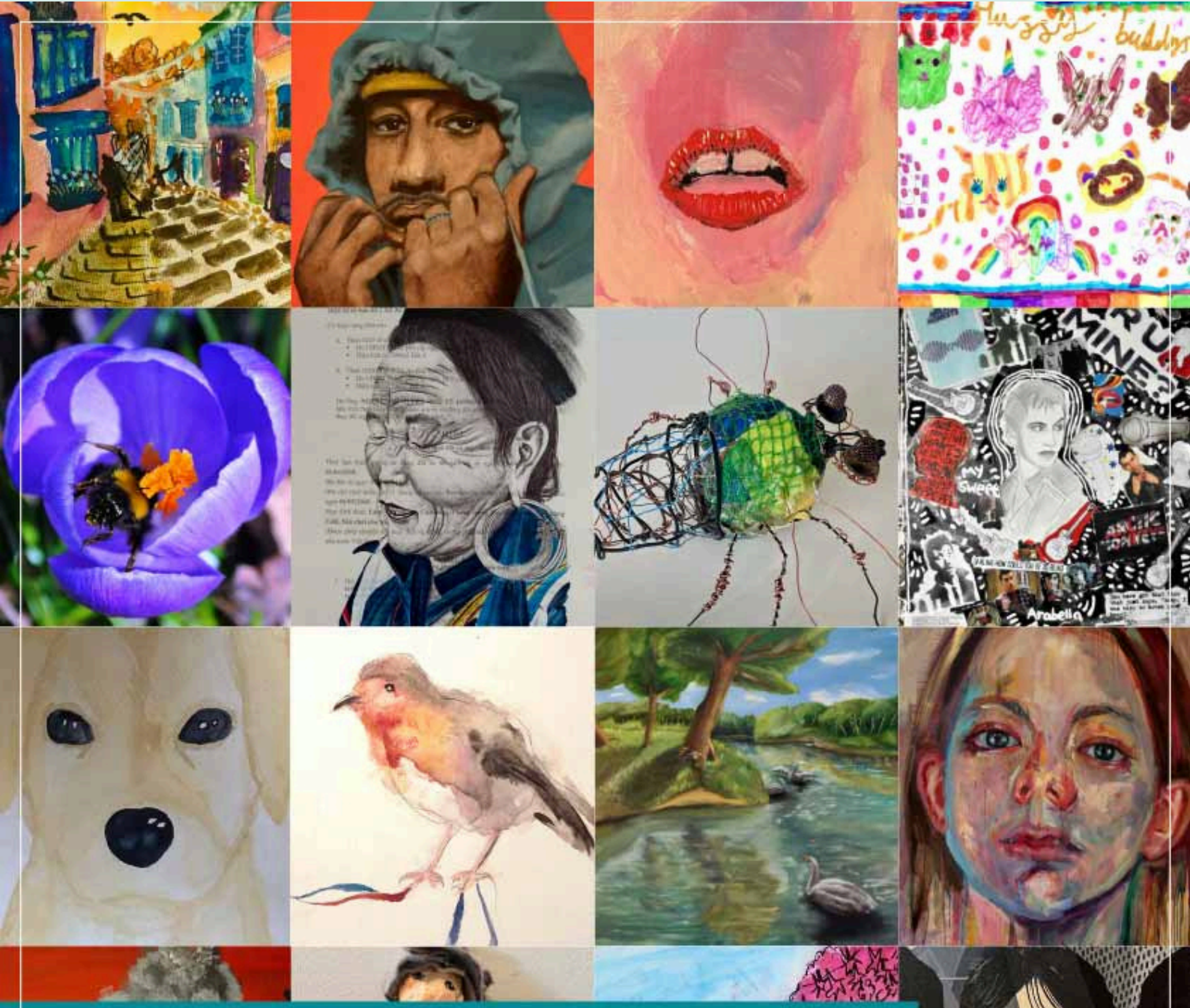
# WIZARD OF OZ

Rehearsals are in full swing for the school performance of The Wizard of Oz : Youth Edition. Tickets are selling fast, with some dates already sold out! Make sure you get yours by clicking on the link below:

**BOOK TICKETS HERE**








Black Swan Arts

# Young Open 2025

## Ages 8-19

Open for entries
**11 December 2024**

Entries close
**01 March 2025**

Exhibition
**22 March 2025 - 27 April 2025**

Mon - Sun 10am-4pm
2 Bridge Street, Frome BA11 1BB
**blackswanarts.org.uk**

BlackSwanArts
Galleries | Studios | Shop | Cafe

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

## 10 Top Tips for Parents and Educators

# SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

### 4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

### 5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

### 7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

## Meet Our Expert



Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.

#WakeUpWednesday®

The National College®



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 29.01.2025